



## Seven Oaks Tertiary Mental Health Facility

### Seven Oaks Tertiary Mental Health Program

Seven Oaks provides services for adults with diagnoses of severe and persistent mental illness who require a high-level of professional support. The facility has 40 beds and works in partnership with Assertive Community Treatment teams that follow additional clients in the community.

Seven Oaks provides individualized treatment based on best practices and psychosocial rehabilitation using a combination of modeling, support, encouragement and education in order to allow each resident to achieve his or her maximum independent functioning. This holistic approach is rooted in the key values of openness, participation, quality and innovation.

### Innovative Approach and Unique Location

Located in a 17 acre park-like setting just 20 minutes from downtown Victoria, this purpose-built facility consists of five houses, rehabilitation building and an administration building. The home-like houses allow residents to enhance basic living skills, develop and hone new approaches to manage their symptoms and live amongst the local community in order to move towards greater independence. Two to four inter-professional staff work directly with residents in four of the five houses.

One of the houses at Seven Oaks provides single-occupancy supported-living apartments for flexible services, to ensure a smooth transition into community living and to maintain continuity of care. The tranquility of the surrounding park-like environment complements the emphasis on treatment and rehabilitation that is individualized to meet each resident's particular needs.

### Objectives

- Create an environment that encourages residents to reach the highest possible level of achievement and independence.
- Care providers share a diverse range of skills such as anger management, assertiveness training, time and organizational management and everyday living skills.
- The program encourages a multi-disciplinary approach working in partnership with residents, families and community health providers.
- Individualized health plans are developed for each resident with established goals evaluated on an ongoing basis.
- Use a combination of modeling, support, encouragement and education to ensure maximum independent functioning for each resident.

*Excellent health and care for everyone, everywhere, every time*