Objectives
This study aims to evaluate the role and effectiveness of psychiatric short-stay units (SSUs) in mental health crisis care through a review of the current literature. In addition, this study aims to assess the current utilization of the Royal Jubilee Psychiatric Emergency Services Short Stay Beds (SSBs) through an analysis of administrative data.

Methods
The literature review used MEDLINE and PubMed to identify studies, including systematic reviews, literature reviews, and cohort studies, assessing SSUs' effectiveness and operational features. Data analysis involved descriptive statistics and data visualization of anonymous, quantitative administrative data from the Psychiatric Emergency Services at the Royal Jubilee Hospital in Victoria, B.C.

Introduction
Psychiatric SSUs are specialized facilities designed to offer brief, intensive care and support for individuals experiencing acute mental health crises. These units are strategically positioned within crisis care pathways to provide immediate assessment and stabilization for patients that do not require inpatient admission but are not safe to be immediately discharged.

The main characteristics of studied psychiatric SSUs are their small size, ranging from four to 12 beds per unit, their brief duration of stay, generally a few hours to a few days, and their multidisciplinary team comprising of psychiatrists, nurses, social workers, psychologists, and other professionals.

The Royal Jubilee Hospital PES offers a Short Stay Beds (SSBs) care pathway. Patients in PES may be not admitted, admitted to an SSB, or to an inpatient unit. These SSBs provide short-term supervision and reassessment, but they currently do not have distinct unit status and parameters. This study aims to explore the SSBs' current characteristics.

Psychiatric Short Stay Units play a crucial role in modern mental health crisis care, providing urgent support to distressed individuals. Research shows they reduce hospital admissions and ED waiting times, yet further investigation is essential to unlock their full therapeutic potential.

Results
Current literature on Psychiatric SSUs is constrained, yet the synthesis of existing research demonstrate the effectiveness of SSUs in reducing hospital admissions, improving service utilization, and decreasing emergency department wait times.

Data analysis demonstrates the distribution of patients in PES based on age (Figure 1) and presenting complaints (Figure 2). It examines average daily, weekly, and monthly visits to PES according to care pathway (Figure 3). Additionally, it presents patient visitation numbers broken down by admission status, comparing the frequencies of each designation upon arrival at PES (Figure 4). Lastly, it compares the average duration of stay in PES across different care pathways (Figure 5).

Conclusions
In summary, SSUs represent a vital component of contemporary mental health crisis care, offering timely, intensive support to individuals in acute distress. This overview of the conceptualization, operational characteristics, and effectiveness of SSUs in psychiatric emergency care, offers valuable insights to optimize crisis care delivery.

The SSBs within the Royal Jubilee Hospital PES offer a promising opportunity to investigate the potential of a dedicated SSU, improving hospital operations and optimizing patient therapeutic outcomes.

Limitations
While existing research underscores their effectiveness in reducing hospital admissions, and improving wait times, further investigation is warranted to elucidate their therapeutic value comprehensively. This further research is needed to optimize the delivery and effectiveness of acute care for patients experiencing mental health crises and is of paramount importance to policymakers, clinicians, and researchers.

References