

# Charting Outcomes

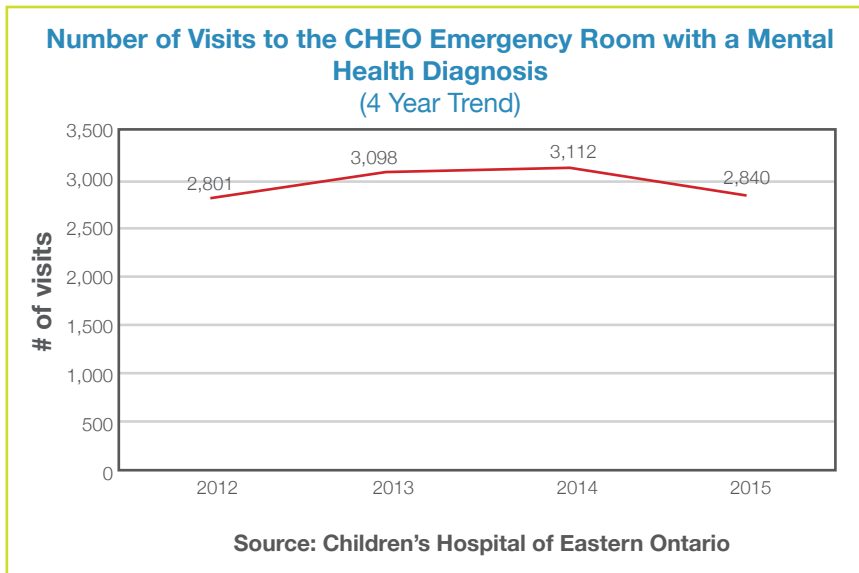
DECEMBER 2016 UPDATE

## COMMUNITY ACTIONS TO ENSURE THAT ALL CHILDREN AND YOUTH ARE HEALTHY AND THRIVING

Indicator: Number of Visits to the CHEO Emergency Room with a Mental Health Diagnosis

### YOUTH MENTAL HEALTH

In 2013, 62.7% of Ontario students who responded to the Ontario Student Drug Use and Health Survey (OSDUHS) reported their mental health as excellent or very good, while only 15% rated their mental health as fair or poor.<sup>1</sup> Despite these promising numbers, the fact remains that an estimated 10-20% of youth in Canada are affected by mental illness.<sup>2</sup> CHEO's Emergency Room visits with a mental health diagnosis increased by 75% between 2010 and 2015,<sup>3</sup> 26% of Ontario students reported that they did not know where to access support when they needed it,<sup>4</sup> and only 1 out of 5 young people who need mental health support in Canada receives it.<sup>5</sup>



### WHAT THIS CHART IS TELLING US

The chart above represents the number of children and youth visiting CHEO's Emergency Room who are given a mental health diagnosis. Current wait times for outpatient mental health services in Ottawa are 6 to 9 months at CHEO and 6 months at the Royal.<sup>7</sup> Community-mental health services have also seen a steady increase in demand for service of 10% per year with over 6,500 children and youth in Ontario waiting over a year for treatment.<sup>8</sup> The Canadian Institute for Health Information reported that 39% of those children and youth who visited the Emergency Room for a mental health issue had three or more visits, compared to 15% of those who visited for other reasons.<sup>9</sup>

Early investments in mental health promotion and prevention are essential to reducing the current pressures on crisis services, ultimately reducing the mental health service waitlists.<sup>10</sup>

**\$1.80 to \$17.07: The return yielded for each dollar spent on early intervention for child and youth mental health.**<sup>11</sup>

**In 2001, the World Health Organization declared stigma as the "single most important barrier to overcome."**<sup>12</sup>

### WHAT WORKS

- Reducing stigma<sup>13</sup>
- Early childhood/preschool programs<sup>14</sup>
- Sustainable, connected communities<sup>15, 16</sup>
- School-based mental health programs<sup>17</sup>

### RECOMMENDATIONS ON HOW TO PROMOTE EARLY YEARS MENTAL HEALTH<sup>18</sup>

- Engage families, caregivers and service providers in system planning, developing care pathways
- Adopt and promote common language across sectors
- Early screening
- Develop a system that includes promotion, prevention and intervention
- Train the mental health workforce/Build capacity and enhance skills of practitioners
- Strengthen childhood mental health data collection, monitoring and research
- Adopt a government-wide approach to infant and early childhood mental health
- Awareness, communication and transparency across/between sectors

## HOW ARE WE CREATING CHANGE

### OTTAWA PUBLIC HEALTH HEALTHY TRANSITIONS

Healthy Transitions is a 5-session universal mental health promotion program for students in grades 7 and 8, their parents and teachers and has been adopted by all four of Ottawa's school boards. The program aims to increase knowledge and skills that foster mental health and promote home and school environments that support healthy adolescent development. Parents of youth aged 10-17 years receive information sessions on normal adolescent development, warning signs, family resilience building and mental health services in communities. In 2012, 4,505 students, 219 teachers and 217 parents received the program. Since taking the program, 50% of students identified that they knew how to cope better with stress and 46% indicated that they knew where to get help.

## SOURCES OF STRENGTH SUICIDE PREVENTION

Sources of Strength is a best practice youth suicide prevention program that harnesses the power of peer social networks with a mission to prevent suicide by increasing help-seeking behaviours and promoting connections between peers and caring adults. This upstream model will strengthen multiple sources of support around young people. Early findings show that the program has increased youth-adult connectedness, increased peer leaders' school engagement, and increased positive perceptions of adult support for suicidal youth and the acceptability of seeking help. Fourteen of Ottawa's schools have adopted the Sources of Strength program.

## NEED HELP?

### Ottawa Distress Centre:

613-722-6914

<https://www.dcottawa.on.ca/>

### Kids Help Phone:

1-800-668-6868

<http://kidshelpphone.ca/teens/home/splash.aspx>

### Child, Youth and Family Crisis

#### Line for Eastern Ontario:

1-877-377-7775

(or 613-260-2360 in Ottawa)

<http://www.icrs.ca/en>

### Eastern Ottawa Resource Centre:

613-741-6025

<http://www.eorc-creo.ca/>

### Mental Health Crisis Line

(ages 16 and up):

613-722-6914

<http://www.crisisline.ca/english/>

### Youth Services Bureau of Ottawa:

613-260-2360

<http://www.ysb.ca/index.php?page=24-7-crisis-line&hl=eng>

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