

Status of Mental Health in Ottawa

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Disclosure Statement

- We have no affiliation (financial or otherwise) with a pharmaceutical, medical device or communications organization.





Status of Mental Health in Ottawa

REPORT 2018

How did we get here?



BUILDING A HEALTHIER OTTAWA

OTTAWA PUBLIC HEALTH STRATEGIC PLAN 2015-2018

Strategic Direction #2

Foster Mental Health in Our Community

Mental health is essential for overall health and well-being. Mental health impacts people's ability to enjoy life and realize their full potential. Addressing mental health issues can range from promoting emotional well-being and capacity for dealing with life's challenges, to providing the tools and supports to reduce substance misuse, and preventing suicides. Enhanced focus on mental health in the community, a key issue of concern in Ottawa and one for which there is growing collective community action, will enable OPH to continue to identify gaps, foster connections among community partners, and engage in mental health promotion and substance misuse prevention.

AIMS

- Enhance social connectedness and inclusion in our community
- Promote healthy coping mechanisms and resiliency across the lifespan
- Promote a culture of moderation and decrease harms related to alcohol and substance misuse
- Reduce the rate of suicide and other harms from poor mental health



CONTEXT

- Almost a third of residents exceed Canada's low-risk drinking guidelines, and 44% of adults reported binge drinking at least once in the past year
- There were 1,200 emergency room visits due to self-harm
- 10% of adults reported having been diagnosed with a mood disorder such as depression, and 9% with an anxiety disorder
- 25% of youth in grades 7-12 report visiting a mental health professional at least once in the past year
- On average, more than 60 people die by suicide in Ottawa every year

How did we get here?

- Scope public health's role for mental health programming and services
- Identify indicators for assessment and surveillance
- Mental Health Advisory Committee

POSITIVE MENTAL HEALTH

Self-rated mental health Happiness Life satisfaction Psychological well-being Social well-being



Applying the Framework Locally

Strengths

- Local relevance
- Local data availability
- Impact

Challenges

- Intended for general population
- Lack of local data
- Some indicators under development
- Not intended for surveillance of mental health disease burden

Here's what we found

Positive Mental Health

69%

- Very good or excellent mental health

75%

- Happy almost every day

91%

- Satisfied with life

63%

- Strong community belonging

64%

- Psychological well-being

Mental Health & Addictions Care Utilization

45% ↑

- ED visits and hospitalizations since 2007

80

- People die by suicide each year

1 in 9

- Students considered suicide

60%

- Of these students did not know where to turn for help

Certain populations report poorer mental health

Promoting Mental Health

- Resilience
- Family relationships
- Social connectedness
- Health equity and stigma



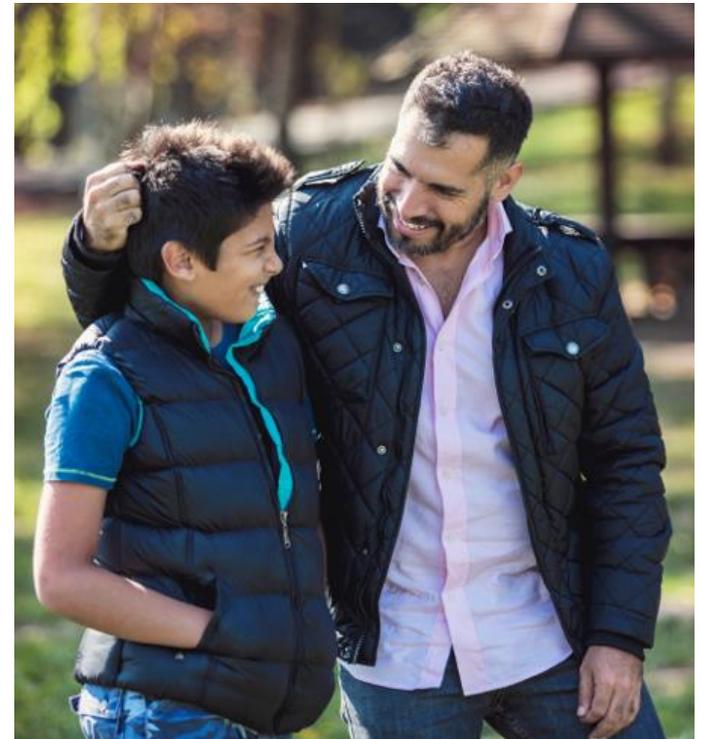
Resilience

- Face adversity, confidence in abilities, problem solving, managing feelings
- Begins at birth, early childhood critical
 - 1 in 4 children vulnerable in one or more areas of early development
- Teenage years can be stressful
 - 93% (gr 7-12) report moderate to high self-esteem
 - 35% report symptoms of moderate to serious psychological distress in past month



Family Relationships

- 84% (gr 7-8) and 74% (gr 9-12) got along with at least one parent
- One-third usually or always talked about their problems with a parent
- 32% wanted to talk to someone about a mental health or emotional problem in the past year but did not know where to turn



Social Connectedness

- 91% (gr 7-12) school is a safe place, 83% felt part of school
- One in ten worried about being harmed at school
- One in five bullied at school, cyberbullied
- 48% problematic electronic device use
- One in ten residents felt unsafe to walk at night in neighbourhood

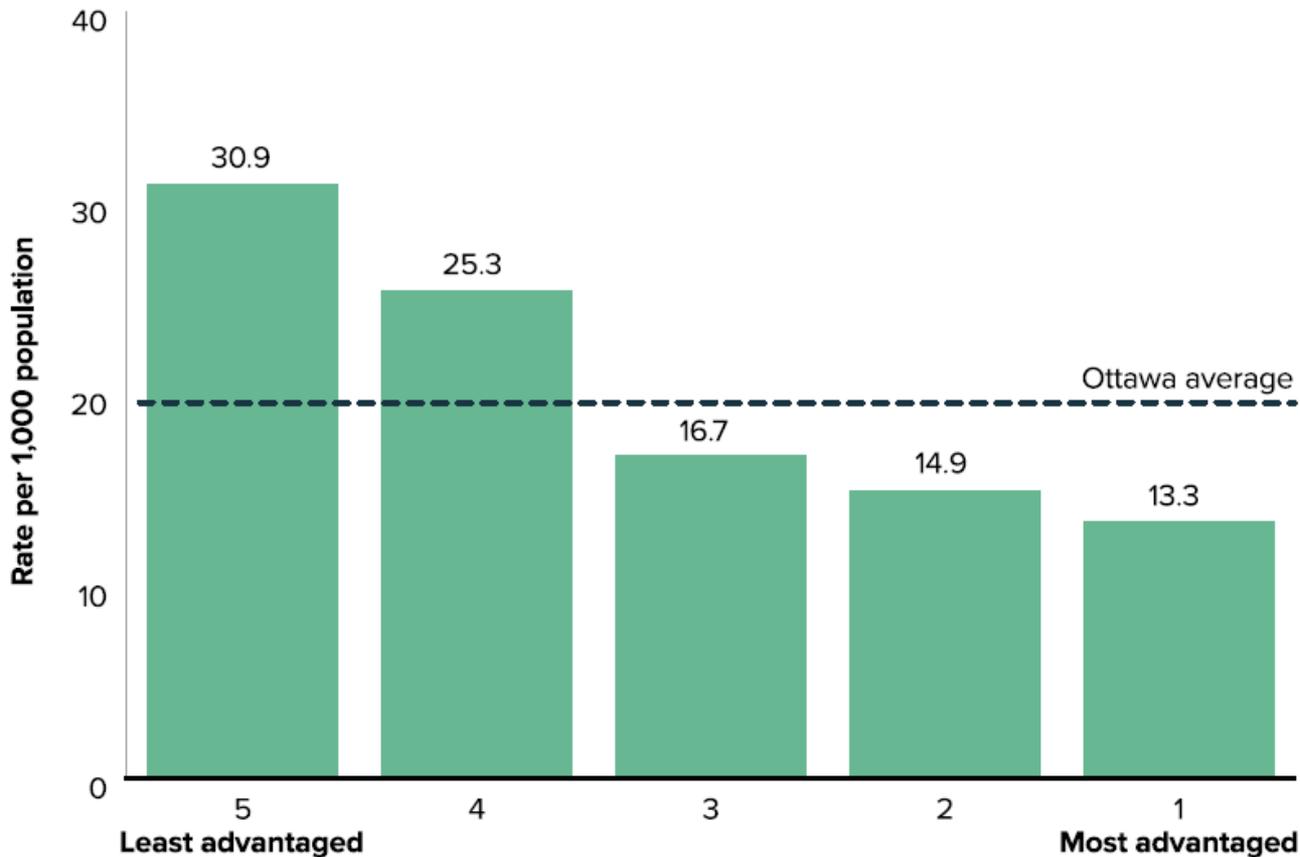


Health Equity & Stigma

- Lower income
- Lower education level
- Increasing age and older adults
- Home renters
- Unemployed/unable to work
- Immigrants
- Living alone
- Data gaps for other populations
 - Indigenous people
 - LGBTQ2



Rate of ED visits for Any Mental Health or Addictions Condition by Ottawa Neighbourhood Socio-economic Advantage



Source: Unscheduled ED visits for any mental health or addictions condition, NACRS Dataset [2014–2016]. Ontario MOHLTC, IntelliHEALTH ONTARIO. Extracted February 15, 2018 by Ottawa Public Health. Any mental health or addictions condition definition from ICES, 2017 (43). Neighbourhood and socioeconomic status classification from the Ottawa Neighbourhood Study.

Community Engagement Findings

- Engaged 400+ individuals and 45+ organizations
- Key Findings:
 1. Lack of data for diverse populations (ACB, LGBTQ2+, Indigenous)
 2. Stigma and Discrimination impact
 3. SDOH impact
- Report with recommendations coming Summer 2019

Questions

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Indicators or data sources

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