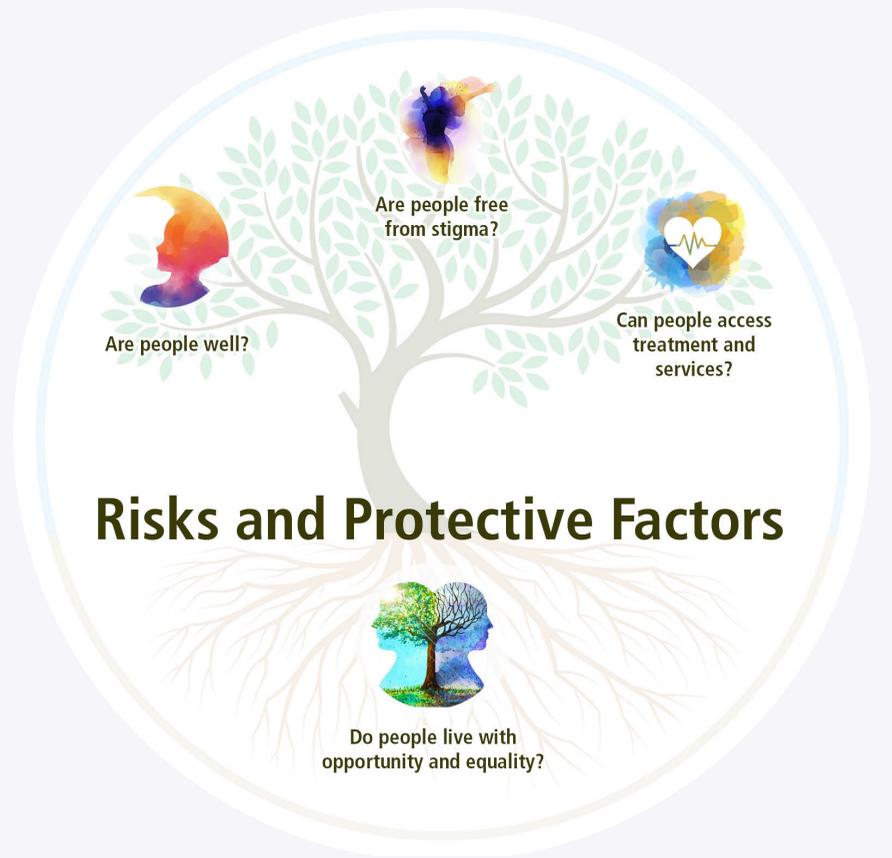


Mental Health, Addictions and Substance Use Health Community Dashboard



To learn more and see the broader picture of mental health, addictions and substance use health in Ottawa, visit OttawaPublicHealth.ca/WellnessDashboard

Why was it made?

The dashboard is a community driven tool, built by community partners, for the community. The goal of the dashboard is to improve the health status of the people of Ottawa in relation to mental health, addictions, and substance use health by centralizing and showcasing local data to support further action.

What do the different sections mean?

The dashboard is framed by 4 domains. The first 3 domains, shown in the branches of the tree, look at key factors that impact mental health, addictions and substance use health. These factors include needs, harms, stigma and access to health and social services. Domain 4, shown in the roots of the tree, shows key factors that are the root causes of poor health and influence the wellbeing of every person in our community.

What will the impact be?

The next steps involve further collaboration between partners, utilizing data found within the dashboard to inform and influence health and system planning, policy interventions, and system innovation and transformation.

Consulting and Contributing Partners

- 1Call1Click.ca
- AccessMHA
- The Community Addictions Peer Support Association
- The Canadian Centre on Substance Use and Addiction
- The Canadian Public Health Association
- The Children's Hospital of Eastern Ontario
- Community Navigation of Eastern Ontario
- Connex Ontario
- Counselling Connect
- Kids Come First
- Knowledge Institute of Child and Youth Mental Health and Addictions
- Ottawa Health Team
- Ottawa Inner City Health
- Ottawa West Four Rivers: Ontario Health Team
- The Royal Mental Health Care Centre
- Rural Ottawa Youth Mental Health Collective
- Sandy Hill Community Health Centre
- Somerset West Community Health Centre



Are people well?



Most people in Ottawa report having 'excellent' or 'very good' mental health. However, self-reported mental health has worsened compared to pre-pandemic reports.



There has been an increase in opioid related deaths compared to pre-pandemic reports. Most deaths still occur in a home, and rates among people who are experiencing homelessness have increased in the last 2 years.



1,100 overdoses reversed by staff at Supervised Consumption and Treatment Services in 2022.



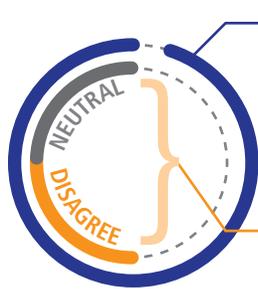
10K+ naloxone kits were distributed in Ottawa through the Ontario Naloxone Program. 65K+ kits were distributed by pharmacy partners in 2022.



~21% of racialized people of Ottawa don't have a primary health care provider.

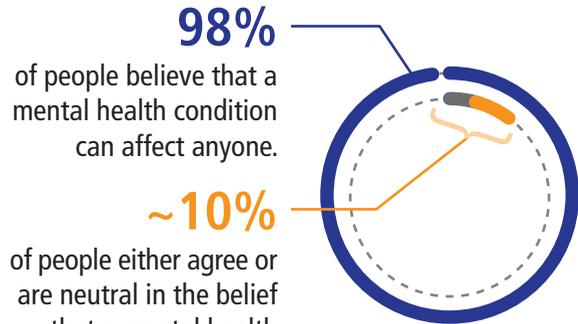


Are people free from stigma?



95% of people somewhat or strongly agree that someone with a substance use disorder is deserving of healthcare.

~50% of people are either neutral or would not hire someone with a substance use disorder.



98% of people believe that a mental health condition can affect anyone.

~10% of people either agree or are neutral in the belief that a mental health condition is caused by personal weakness.

Results from the *Mental Health of Ottawa's Black Community Study*.



56% rated services as 'fair/poor/very poor'

- Issues include:
- poor provider attitude
 - lack of cultural competency
 - racism and discrimination
 - systemic issues (clinic setup and location)



Can people access treatment and services?



Over 1000 Days is the average wait time for supportive housing

Double the number of people living in Ottawa reached out for support to local system navigators between January and April 2022. Reasons include:

Mental Health 75%

Substance Use Health 35%

Behavioural Addictions 10%

Gambling Disorder 9%



There has been an increase in the number of youth who saw a doctor, nurse or counsellor about their mental health in 2021 compared to previous years, especially for those that are socioeconomically disadvantaged.



Do people live with opportunity and equality?



Sense of Belonging
There is a decrease in youth that feel like they are part of their school community, especially for those that are socioeconomically disadvantaged.



5 Hours a day spent on social media amongst 1/4 of youth in 2021. Research has suggested that frequent use of social media can lead to poor mental health outcomes.



Fear for safety is the number one reason cited for not staying in a shelter.



Between 2020 and 2022, the **number one reported hate crime** was because of race or ethnicity.