

## Document 2 – Next Steps and Action Items for 2021/2022

OPH will continue to work with those with lived and living experience, school boards, hospitals, community health, workplaces, multicultural and racialized community partners, and the general community in the delivery of mental health and substance use health programs and services. Using data, best and emerging evidence, and in consultation with living experience partners, OPH will adapt services to meet the needs of the community. Moreover, based on data trends, OPH recognizes that mental health and substance use health needs will remain a high priority post-pandemic. As part of this strategic priority, OPH will continue to advance its work through two distinct, yet interconnected strategies:

- ***OPH's Mental Health Strategy*** (MHS)
  - Goals:
    - Mental Health Literacy and Stigma Reduction
    - Fostering a Resilient Community
    - Suicide Prevention and Life Promotion
- ***The Ottawa Community Action Plan*** (OCAP) – Substance Use and Wellness Strategy with a focus on Opioids
  - Goals:
    - Preventing stigma and problematic substance use
    - Emerging harm reduction initiatives that can reduce harms associated with substance use
    - Collaborating and integrating across the system to centralize access to comprehensive mental health, substance use health and social services leading to increased access and uptake of services

The table below provides examples of OPH actions to address mental health and substance use health based on the two strategies and aligns with the table in recommendation 1.

Next Steps for 2021/2022 and Alignment with Recommendation 1	Action Items
<b>Mental Health Strategy</b>	
<b>Mental Health Literacy and Stigma Reduction</b> <b>1.1</b>	OPH develops and implements mental health campaigns and resources for the general population to reduce stigma and increase awareness of coping strategies and services,

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	<p>such as, <a href="http://www.havethattalk.ca">www.havethattalk.ca</a> and <a href="http://www.ottawapublichealth.ca/covidmentalhealth">www.ottawapublichealth.ca/covidmentalhealth</a>.</p> <p>OPH provides capacity building workshops and training targeting intermediaries (educators, City staff, community housing staff, peers, etc.) with a focus on those supporting at risk populations. The workshops support intermediaries' ability to promote positive mental health, increase awareness of MH resources &amp; services in Ottawa, and how to address crisis and connect individuals to further help.</p> <p>Examples of this work will include:</p> <ul style="list-style-type: none"> <li>• Staff will continue to offer stigma reduction training to City staff, Elected and Appointed Officials, intermediaries reaching at risk populations and employees</li> <li>• Stigma activities include increasing awareness of stigma associated with COVID-19 within our staff, and partners, the media, and the community. COVID-19 has the potential to exacerbate stigma and worsen pre-existing social inequities</li> <li>• Continue promoting access to resources and services in our community</li> <li>• Develop a mental health literacy and stigma reduction course through the learning centre, in order to ensure all City staff, have access to key concepts and person-first language around substance use health and mental health</li> <li>• Develop and deliver mental health literacy and community services and support training for all OPH staff</li> <li>• Deliver mental health literacy training to all elected officials</li> </ul>
<b>Infant and Early Childhood Mental Health</b>	<ul style="list-style-type: none"> <li>• Continue to participate on the Infant and Early Child Mental Health (IECMH) Steering Committee and Awareness and Education working group to promote</li> </ul>

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1.1	IECMH to parents and the community, as well as, working with partners to build the capacity of intermediaries to promote IECMH best practices across Ottawa's programs and services
<b>Workplace Psychological Health and Safety</b> 1.1	<ul style="list-style-type: none"> <li>• Launch a new toolkit to help support the mental health and well-being of both employers and employees in the workplace as we slowly return to pre-pandemic activities</li> <li>• Develop and deliver workshops, trainings and tools to promote Psychological Health and Safety in Ottawa Workplaces</li> <li>• Continue to work with business organizations, including small business owners, to support the mental health of owners and developed tailored tools and resources with them to meet their needs</li> <li>• Collaborating with the City of Ottawa's Human Resources to continue to advance mental health supports for City of Ottawa employees and their families</li> </ul>
<b>Fostering a Resilient Community</b> Using targeted strategies in partner collaboration, capacity building and outreach to address risk and protective factors for mental health. Key partners and initiatives will include:	
<b>School Health</b> 1.2	<ul style="list-style-type: none"> <li>• Continue to collaborate with multiple partners to promote the mental health and resilience of children and youth</li> <li>• Re-establish work in the Bridges program with the Youth Services Bureau, CHEO and the Royal</li> <li>• Work in partnership with OPH School Health teams, CHEO/Kids Come First Health Team, Ottawa Child and Youth Initiative, Rideauwood, Le Cap, Crossroads, ONFE and many others to develop and deliver mental health promotion and substance use health programs, resources and supports in all four schoolboards in</li> </ul>

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	<p>Ottawa as well as in all Post-Secondary institutions</p> <ul style="list-style-type: none"> <li>• OPH school health nurses will provide education and awareness support in schools for mental health and resilience, substance use and stigma reduction and assist with linkage to treatment</li> </ul>
<p><b>ACB and Faith Leader Work</b></p> <p><b>1.3</b></p>	<ul style="list-style-type: none"> <li>• Continue to be an active member of Ottawa Black Mental Health Coalition, of which OPH is a founding member. OPH works in collaboration with Ottawa's ACB community to disseminate findings and implement programs, services and strategies from OPH's Mental Health of Ottawa's Black Community Research Study. This work includes efforts to reduce and challenge racism, improve partners service quality, and increase access and availability of culturally appropriate services</li> <li>• Ottawa Black Mental Health Coalition has introduced a new series, "Black Mental Health Matters" which takes place the last Wednesday of every month. OPH will contribute to the series with 2 sessions in the Fall 2021: <ul style="list-style-type: none"> <li>○ Infant and Early Childhood Mental Health and supporting children and youth</li> <li>○ "The Power of Words" stigma</li> </ul> </li> <li>• Develop and deliver anti-racism training with a focus on mental health. OPH will deliver training to the Canadian Innovation Centre for Mental Health, to the federal government and their staff in 2022 which will include information on how newcomers and racialized populations can be supported as employees and to help the government understand the unique mental health factors that affect them disproportionately</li> <li>• OPH alongside the City's Anti-Racism Secretariat, developed and launched the new <i>haveThattalk</i> videos and workshops to highlight the impacts of racism on mental health and the importance of allyship. OPH will continue to raise</li> </ul>

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	<p>awareness and reach of this resource with City and community partners</p> <ul style="list-style-type: none"> <li>• Work in collaboration with faith leaders and faith groups to build their capacity in mental health, crisis response and suicide prevention</li> </ul>
<p><b>Older Adult Mental Health</b></p> <p><b>1.4</b></p>	<ul style="list-style-type: none"> <li>• OPH will continue to provide information and support discussions on the Aging Well in Ottawa Facebook page about taking care of one's mental health and well-being. This portal provides an online space for older adults to ask questions from public health experts and enhance their social connections with peers, even when connecting in person is not an option</li> </ul>
<p><b>Suicide Prevention and Life Promotion</b></p> <p><b>1.5</b></p>	<ul style="list-style-type: none"> <li>• Continue to Co-Chair Suicide Prevention Ottawa (SPO), of which OPH is founding member, a Network of 40+ partners, including First Responders, hospitals, schoolboards and community agencies working towards having a community without suicide through training, awareness, education, and research</li> <li>• Partner on Youth Nominated Peer Support Suicide Prevention Training program with SPO, Parents Lifelines of Eastern Ontario, the Royal and other community partners to decrease suicide attempts in youth with previous attempts</li> <li>• Increase reach and awareness of SPO and CMHA Ottawa "Post Suicide Support Team", providing resources and supports to those after a death by suicide</li> <li>• Delivering suicide prevention workshops and training to Elected Officials and their staff fall 2021</li> <li>• Continued promotion of LivingWorks Suicide Prevention Start program as well as reinitiating safeTALK suicide prevention trainings for City Staff and intermediaries across the region that support at risk</li> </ul>

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	<p>residents once public health measures allow</p> <ul style="list-style-type: none"> <li>• Provide presentation on community resources and the <i>Know What to Do Youth Mental Health Guide</i> to Residence Advisors and other university staff for World Suicide Prevention Day (WSPD) 2021</li> </ul>
<b>OCAP and Substance Use Initiatives</b>	
<p><b>Decrease Stigma and Discrimination</b></p> <p><b>2.1</b></p>	<ul style="list-style-type: none"> <li>• Collaborate with CAPSA to reduce stigma, discrimination and increase substance use health programs and resources through targeted training/workshops (i.e. for hospitals, first responders, City staff, etc) and broad knowledge sharing events (i.e. podcasts, events, videos, social media).</li> <li>• Develop Anti-Stigma workshop with City of Ottawa corporate Learning Center to be offered to all City of Ottawa Employees</li> <li>• Develop anti-stigma media campaign and media package</li> <li>• Support CAPSA with Recovery Day Ottawa event by participating in 2021 and the Working On Wellness (W.O.W.) event in 2022 that encompasses substance use health, mental health, and physical health</li> <li>• Collaborate with CAPSA on publication of Spectrum of Substance Use Health and Wellness tool for practitioners with conversation guide</li> <li>• Develop and implement <i>have THAT Talk</i> about Substance Use Health videos</li> <li>• Physician's Update: publish articles in support of mental health and substance use health with topics such as the early years, concurrent disorders, opioids, youth and language</li> <li>• Collaborate with OCAP partners to develop and deliver Substance Use Health Series for the public:</li> </ul>

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	<ul style="list-style-type: none"> <li>○ <i>The Spectrum of Substance Use Health 101 series</i></li> <li>○ <i>Stigma – And the Power of Language</i></li> <li>○ <i>Substance Use and The Early Years: workshop for intermediaries describing the relationship between when problems are occurring with a caregivers substance use and the relationship with early child development, with a goal of reducing stigma</i></li> </ul>
<b>Increase Lived and Living Experience members and Clients as Experts (And teachers and facilitators)</b> <b>2.2</b>	<ul style="list-style-type: none"> <li>• Ensure adequate and sustained representation of people with lived/living experience on relevant committees/working groups (including but not limited to the Needle Distribution and Retrieval Consultative Group, OCAP Steering Committee, Safer Supply Ottawa Working Group, and Overdose Prevention and Response Task Force)</li> <li>• Ensure clients and those with lived and living experience are engaged in the program planning, implementation, and evaluation of OPH’s Substance Use and Harm Reduction Services</li> </ul>
<b>Increase Awareness of “Good Samaritan Act”</b> <b>2.3</b>	<ul style="list-style-type: none"> <li>• Increase awareness through social media, partner outreach and through a public session of the Substance Use and Health Series</li> </ul>
<b>Enhance peer support and harm reduction technologies available in Ottawa</b> <b>2.4</b>	<ul style="list-style-type: none"> <li>• Education and awareness around peer support and harm reduction technologies available in Ottawa</li> </ul>
<b>Re-establish substance use initiatives:</b> <ul style="list-style-type: none"> <li>• <b>Alcohol</b></li> <li>• <b>Tobacco</b></li> <li>• <b>Vaping</b></li> </ul>	<b>Alcohol</b> <ul style="list-style-type: none"> <li>• OPH works directly with the post-secondary institutions, and in collaboration with Event Central’s Special Events Advisory Committee (SEAT). Through SEAT, OPH provides party-safer messaging and training to staff and volunteers for events such as the Panda game, Capital</li> </ul>

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<ul style="list-style-type: none"> <li>• Cannabis</li> <li>• Gambling</li> </ul> <p>2.5</p>	<p>Hoops and Escapade</p> <ul style="list-style-type: none"> <li>• OPH also works directly with the post-secondary institutions to support Frosh week activities and other school led initiatives throughout the school year. These health promotion initiatives serve to address and promote safer consumption of alcohol and cannabis as well as how to identify an overdose, proper use of naloxone, and how to help someone in need</li> <li>• Capacity building of the COVID 19 School Support Team staff and development of resources to support schools</li> <li>• Collaboration with Rideauwood to ensure consistency of messaging, sharing of information and common language for school-based services</li> </ul> <p><b>Tobacco</b></p> <ul style="list-style-type: none"> <li>• Coordinate Network of Smoking Cessation partners</li> <li>• Collaborate with the Ottawa Heart Institute Ottawa Model for Smoking Cessation (OMSC) to increase coordination and referral between members of the Smoking Cessation CoP and OMSC members</li> <li>• Collaboration with Tungasuvvinat Inuit to expand awareness of the nicotine replacement therapy (NRT) available to First Nations and Inuit people through the promotion of the educational tool developed in partnership with OPH</li> </ul> <p><b>Vaping</b></p> <ul style="list-style-type: none"> <li>• Support school health team as needed and monitor vaping rates (youth) in Ottawa.</li> <li>• Ongoing surveillance of retail compliance and other vaping related bylaws</li> </ul> <p><b>Cannabis</b></p> <ul style="list-style-type: none"> <li>• Continue public education (target youth, parents and older adults), social media communication and promoting access to resources and services in our</li> </ul>



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	<p>community</p> <ul style="list-style-type: none"> <li>• Support council / community as needed in relation to retail</li> </ul> <p><b>Gambling</b></p> <ul style="list-style-type: none"> <li>• Coordinate and Co-Chair the Ottawa Gambling Harm Prevention Network (OGHPN)</li> <li>• OGHPN to develop joint communication to coincide with release of lower risk gambling guideline and new or anticipated changes in online and sport / event betting</li> <li>• Facilitate OGHPN action plan for 2021/22, such as holding additional working groups to resolve identified issues with referral (specifically in relation to self-exclusion)</li> <li>• Update terms of reference for OGHPN to address gaps including how to develop, review and submit joint consultations</li> <li>• Expand engagement and communications to increase public, service provider and policy maker awareness and referrals</li> </ul>
<p><b>Increase Uptake and Access to Naloxone</b></p> <p><b>3.1</b></p>	<ul style="list-style-type: none"> <li>• Substance Use and Health Series <ul style="list-style-type: none"> <li>• <i>Naloxone and the Good Samaritan Drug Overdose Act</i></li> </ul> </li> <li>• Inspire a naloxone-supportive culture at OPH (i.e. normalizing carrying Naloxone)</li> <li>• Increased training and partnerships for overdose prevention/naloxone programming with partners reaching populations at increased risk/facing access barriers (initial focus on first responders; hospitals; shelters/high-risk housing facilities; peer-based services; services geared to youth; ACB and Indigenous populations)</li> </ul>

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	<ul style="list-style-type: none"> <li>• Develop resources specifically for construction industry, and others that are disproportionately represented</li> <li>• OPH will work closely with the Construction industry to provide substance use health tools such as increasing naloxone training and availability, reducing stigma and increasing awareness of services and supports</li> </ul>
<p><b>Expand overdose strategies for people using substances alone/at home</b></p> <p><b>3.2</b></p>	<ul style="list-style-type: none"> <li>• OPH will continue to work with the Overdose Prevention Task Force and other partners to implement interventions such as technology and outreach strategies that can be used to better reach people who choose to use drugs alone <ul style="list-style-type: none"> <li>○ For example, some cities across Canada have implemented mobile technology that links people who use drugs alone to community volunteers who can assist in the event of an overdose. These tools are anonymous, private, and developed in partnership with people with living experience</li> </ul> </li> </ul>
<p><b>Explore, Advance and Evaluate Programs and Services to Address the Toxic Unregulated Drug Supply</b></p> <p><b>3.3</b></p>	<ul style="list-style-type: none"> <li>• Safer Supply Ottawa 3-year Pilot Program and evaluation, including participation in Health Canada's national third-party evaluation</li> <li>• Ongoing participation in Safer Supply Ottawa Working Group &amp; Ottawa Safer Supply Community of Practice</li> <li>• Seek Provincial and Federal government support to increase access to and evaluation of services providing a spectrum of safer pharmaceutical alternatives, including increasing access to the medications required to expand service options</li> <li>• Explore opportunities to expand current services to include and evaluate pharmaceutical alternatives for people using stimulants</li> <li>• Explore opportunities to expand access to and evaluation of community-based drug checking services</li> </ul>

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<p><b>Increase Access to Medication Assisted Therapy</b> 3.3 &amp; 3.4</p>	<ul style="list-style-type: none"> <li>• Continue to provide physician's update articles related to treatment and therapies, including medication assisted therapy</li> <li>• Engage the dental community and dental practitioners related to prescribing and opioid awareness</li> <li>• Collaborate with local pharmacists, hospitals, first responders on increasing access to medication assisted therapy</li> <li>• Increase capacity of emergency departments and hospitals to identify and support people with substance use disorders</li> <li>• Collaborate with service providers to expand access to Rapid Access Addictions Medicine (RAAM) clinics, including virtual services that expand accessibility and reach particularly to rural areas</li> <li>• Seek Provincial and Federal government supports to increase access to funding and availability of iOAT services and medications</li> <li>• Collaborate with partners to explore funding opportunities to expand access to iOAT in Ottawa</li> </ul>
<p><b>Integrate and promote a Public Health Approach to Substance Use Health into OPH and community partner's work, with an aim of reducing inequities and harm</b> 3.5</p>	<ul style="list-style-type: none"> <li>• Embed the Public Health Approach to Substance Use in programing, service delivery and resource development both in OPH work and work done in collaboration with partners</li> </ul>
<p><b>Increase Access and Availability of Integrated Services</b> 4.1 &amp; 3.5</p>	<ul style="list-style-type: none"> <li>• Development of Substance Use Health and Mental Health dashboard that takes a population health approach and breaks down data by income, immigration status, gender and by racialized populations as much as possible, in collaboration with service delivery partners to establish an understanding of the current situation is</li> </ul>

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	<p>Ottawa and to promote action on emerging trends and issues</p> <ul style="list-style-type: none"> <li>• Continue partnership and promotion of regional coordinated access portals such as AccessMHA and 1call1click</li> <li>• Advance work to facilitate integration of harm reduction approach and practices across allied service partners (initial focus on hospitals, first responders and shelters/high-risk housing providers)</li> <li>• Increase capacity of emergency departments and hospitals to identify and support people with substance use disorders through the development of a specialized addictions medicine teams and enhanced substance use services and supports</li> </ul>
<p><b>Explore and Advance Alternatives to Criminalization of People Who Use Substances 4.2</b></p>	<ul style="list-style-type: none"> <li>• Collaborate with ‘Getting to Tomorrow’ partners to advance action items following the <i>Ottawa Getting to Tomorrow: Ending the Overdose Crisis</i> event scheduled on September 14 &amp; 16, 2021</li> <li>• Host knowledge exchange event(s) in collaboration with ‘Getting to Tomorrow’ partners on the results of September’s event</li> <li>• Write to the Federal Government for policy change as outlined in recommendation 4 of this Board report</li> <li>• Support and collaborate with partners to advance an alternative approach for the possession of drugs for personal use within the city of Ottawa. Key partners will include: <ul style="list-style-type: none"> <li>○ people with lived and living experience of drug use and family members;</li> <li>○ community-based service providers, including Black and Indigenous-led agencies and LGBTQ+ led agencies;</li> <li>○ relevant City divisions and agencies,</li> </ul> </li> </ul>

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	including law enforcement; and policy and research experts in relevant areas.
<b>Health Protection Services</b> <b>4.3</b>	<ul style="list-style-type: none"> <li>• Per a new provincial guidance document, the Infection Prevention and Control team (IPAC) will be taking on routine and complaint-based inspections of the supervised consumption and treatment services</li> <li>• IPAC staff are participating members of the Regional Mental Health &amp; Addictions Congregate Settings Workgroup to support the re-opening of residential services for mental health and addictions, by providing IPAC recommendations and answering any questions related to Ministry guidance and vaccination</li> <li>• Provide 3 Lowertown/Market Needle Hunter routes from April-November which run twice daily, mornings (7am-9:15am) &amp; afternoons (4pm-6:15pm). Recently 15 minutes were added to each route which represents a 12.5% increase for Lowertown. Feedback from the Needle Hunters has indicated this increase is making a positive difference, particularly for better coverage in the parks as identified as an issue by the community at the start of the season.</li> <li>• The Needle Hunters winter Lowertown route runs daily in the mornings (8-10am) and Sundays (8:30-10:30am) from December to March each year</li> <li>• OPH provides close to 90 Needle Drop Boxes located throughout the city in targeted areas. These boxes provide accessible locations for safe needle disposal</li> <li>• Data and community feedback drive changes or increases to services for needle drop boxes and needle hunter programs</li> <li>• Active investments into keeping needle drop boxes active in the geographic area where vandalism is frequent</li> </ul>

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<p><b>People that are experiencing homelessness or unstably housed</b></p> <p><b>4.3</b></p>	<ul style="list-style-type: none"> <li>Working in partnership with Ottawa Inner City Health, Shepherds of Good Hope, the City of Ottawa and many others to develop accessible and available services to support the mental health and substance use health needs of people experiencing homelessness and people unstably housed</li> </ul>
<p><b>Support workplace mental health and well-being of employees and employers</b></p> <p><b>4.5</b></p>	<ul style="list-style-type: none"> <li>Collaborate with employers to create enhanced pathways to mental health and substance use health supports and treatment, for example, Ottawa's construction industry</li> </ul>
<p><b>Link parents and families to services to promote mental health of perinatal/postpartum women, children &amp; youth</b></p> <p><b>4.5</b></p>	<ul style="list-style-type: none"> <li>Deliver Healthy Babies Healthy Children (HBHC) home visiting services and continue to prioritize clients with mental health issues, child protection involvement and families living in complex situations</li> <li>Actively work with community partners, Community Health Centres (CHCs), community Resource Centres (CRCs) and the Champlain Maternal Newborn Regional Program (CMNRP) to increase the capacity for services to pregnant and new families in the City</li> <li>The Baby Help Line was created to replace the Parenting-In-Ottawa drop-ins. Public health nurses (PHNs) working on the Baby Help Line have been able to support clients experiencing Postpartum Maternal Depression (PPMD) with screening and, as needed, referring people to physicians, community resources and the HBHC program</li> <li>Continue work with the Best Practice Spotlight Organization (BPSO) initiative with the East Ottawa Ontario Health Team (OHT). Lead initiative within OPH on best practice guideline (BPG) on mental health and concentrate our efforts on Intervention and Assessment of the Perinatal Depression BPG</li> <li>Currently in the implementation phase of a universal PPMD screening for all pregnant and postpartum</li> </ul>

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	<p>women HGD PHNs are talking to. We are also exploring expanding this universal screening to other OPH programs. In collaboration with East-Ottawa OHT partners we will explore ways to increase the range of services for clients with perinatal mental health issues</p> <ul style="list-style-type: none"> <li>• In 2018, HGD slowly started to implement the PHN Liaison model in Ottawa birthing hospitals (Montfort, Queensway-Carleton, TOH (the Ottawa Hospital) - General and Civic campuses). These PHNs go to each birthing hospital, Monday to Friday, and complete the HBHC screen (physical and psycho-social screen). Restarted going to some of the hospitals to complete the HBHC screens in October 2020, and by October 2021 HGD PHNs will be present in all four birthing hospitals. Having this in-hospital initial contact with a PHN is increasing the involvement of at-risk clients with the HBHC program</li> </ul>