




Moving Forward in Mental Health and Addictions: A Presentation to LHIN CEOs

**Canadian Mental Health Association (Ontario)
Centre for Addiction and Mental Health
Ontario Federation of Community Mental Health and Addictions Programs**



April 2006

Presentation Overview

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- ✦ Introduce our partnership
 - ✦ Provide information about addictions and mental health
 - ✦ Identify current challenges and opportunities in our sector
 - ✦ Explore opportunities to work with LHINs as we move forward

Our Partnership: A Strong Voice for Mental Health and Addictions

CAMH, CMHA Ontario & the Federation

- ✦ Working together since early 2004
- ✦ Provincial organizations with members including service providers, consumers and family members
- ✦ Focusing attention on mental health & addictions in a transforming health system
- ✦ Providing advice to government
- ✦ Supporting the development of LHINs
- ✦ Encouraging local participation in LHIN related activities

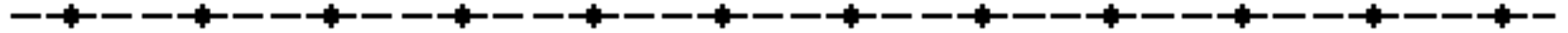
Key Partnership Initiatives

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- ✦ Making Ourselves Heard - A Community Mental Health and Addiction Sector Working Session, September 2004
 - ✦ Active participation in LHIN consultations across the province – mental health and addictions rated a high priority in most LHINs
 - ✦ A Strong Provincial Focus for the Addictions and Mental Health Sector in Ontario, 2005
 - ✦ Submission on Bill 36, The Local Health System Integration Act, 2005

About Mental Health and Addictions: Prevalence is High

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- ✦ 20% of Canadians will experience a mental illness in their lifetime
 - ✦ 23% of Ontarians report high-risk drinking in past year
 - ✦ 14% of Ontarians report lifetime use of cocaine, speed, ecstasy, hallucinogens or heroin
 - ✦ 4% of Ontarians are “problem gamblers”

About Mental Health and Addictions: Access can be difficult



- ✦ Waiting lists for some mental health and addiction services range from 2 months to a year
- ✦ Almost half of those accessing services wait for more than 8 weeks
- ✦ Many people do not seek help due to stigma
- ✦ In Ontario 80% of agencies surveyed closed programs temporarily and 25% closed them permanently, to manage budget shortfall

About Mental Health and Addictions: Costs

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- ✦ One-third of all days in hospital involve someone with a mental illness
 - ✦ Mental health claims have overtaken cardiovascular disease as the greatest cause of workplace disability
 - ✦ Direct and indirect costs of mental illness in Ontario are estimated to be \$2.9 billion and of substance abuse \$7.02 billion (1992)
 - ✦ More than 4,000 Canadians commit suicide each year – 90% have a mental health or addiction diagnosis

About Mental Health and Addictions: Recovery

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- ✦ People with mental illness and addictions can look forward to living productive lives, even if managing a chronic illness
 - ✦ Recovery is supported by “a home, a job and a friend”
 - ◆ housing
 - ◆ income
 - ◆ social support
 - ✦ Consumer/survivor initiatives play a critical role in supporting recovery

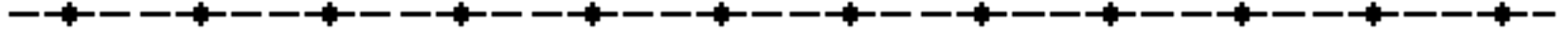
About Mental Health and Addictions: Supporting Recovery through a Continuum of Care

- ✦ Our partnership is founded on a belief that people need access to a continuum of services – from hospital to community - to address mental health & addiction needs
 - better coordination between hospitals and community-based sector
 - continued integration among community-based services

About Mental Health and Addictions: A Full Spectrum of Services is Needed

- ✦ Numerous reports and policy documents have provided clear direction for reform over the past 20 years
- ✦ Mental health and addiction system must include:
 - Crisis response
 - Case management
 - Links to primary care
 - Income support
 - Consumer initiatives
 - Inpatient and outpatient services
 - Assertive community treatment
 - Supportive housing
 - Employment services
 - Family self-help

Challenges



Overcoming historic marginalization

- ✦ Mental health and addictions have been 'orphans' of the health system
- ✦ The situation for marginalized communities is even worse
- ✦ Research has shown that mental health and addictions do not fare well in regionalizing systems without protected funding
- ✦ Misperception that the problem is too many agencies providing services – promotes competitiveness rather than collaboration
- ✦ LHIN cross-border issues
- ✦ One size does not fit all: models of coordination and integration require correct sizing to the community

Challenges

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- ✦ Putting consumers at the centre of the system: meaningful participation
 - ✦ Ensuring a focus on the determinants of health - housing, employment and income support
 - ✦ Enhancing skills in addressing mental illness and addictions
 - ◆ workforce development
 - ◆ best practices dissemination
 - ◆ cultural competence
 - ✦ Consistency across LHINs in the absence of a provincial strategic plan

Opportunities


- ✦ Greater understanding of addiction and mental health issues and their impacts
 - ◆ Prevalence of the problems
 - ◆ Recognition as problems of health
 - ◆ Workplace issues
- ✦ Increased focus on health promotion and disease prevention
 - ◆ Leverage to address housing, employment and income issues
- ✦ More attention being paid to mental health and addiction issues in the system
 - ◆ Key integration priority in LHIN community consultations

Opportunities




- ✦ Increased emphasis on collaboration across the hospital / community continuum
- ✦ Technological advances
- ✦ A focus on best practices and improving outcomes

Moving Forward


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- ✦ Build on the existing collaboration among mental health and addiction service providers
 - ◆ planning networks
 - ◆ agreed upon points of access
 - ◆ standardized assessment/ intake tools
 - ◆ common data set
 - ◆ service coordination protocols

Moving Forward

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- ✦ Build on the sector's focus on "every door leads to service": wherever individuals come into contact with the system, they will receive the assistance required or be referred to the most appropriate service that will meet their needs

Moving Forward

- ✦ Take advantage of the work of our partnership – both locally and province-wide
 - ◆ Organizing the participation of the addiction and mental health sector in broader health system activities
 - ◆ Supporting the engagement of consumers
 - ◆ Providing input to local service planning and coordination
- ✦ Benefit from our expertise, our leadership, our collaboration



Karen McGrath
Chief Executive Officer
Canadian Mental Health Association Ontario

Paul Garfinkel
President & Chief Executive Officer
Centre for Addiction and Mental Health

David Kelly
Executive Director
Ontario Federation of Community Mental Health and
Addictions Programs