

**Report to  
Rapport au:**

**Ottawa Board of Health  
Conseil de santé d'Ottawa  
18 June 2018 / 18 juin 2018**

**Submitted on June 11, 2018  
Soumis le 11 juin 2018**

**Submitted by  
Soumis par:**

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**Ward: CITY WIDE / À L'ÉCHELLE DE LA VILLE      File Number: ACS2018-OPH-HPP-0005**

**SUBJECT: MENTAL HEALTH IN OTTAWA REPORT 2018**

**OBJET: RAPPORT SUR LA SANTÉ MENTALE À OTTAWA 2018**

#### **REPORT RECOMMENDATION**

**That the Board of Health for the City of Ottawa Health Unit receive, for information, the Status of Mental Health in Ottawa Report 2018 and the Promoting Mental Health in Ottawa Summary Report 2018, attached as Documents 1 and 2 respectively.**

#### **RECOMMANDATION DU RAPPORT**

**Que le Conseil de santé de la circonscription sanitaire de la ville d'Ottawa prenne connaissance du Rapport sur l'état de la santé mentale à Ottawa de 2018 et du Rapport sommaire sur la promotion de la santé mentale à Ottawa de 2018, tous deux joints en tant que documents 1 et 2 respectivement.**

## BACKGROUND

In June 2016, the Board of Health approved Ottawa Public Health's (OPH) plan to *Foster Mental Health in Our Community*, which included six strategic initiatives in the broad areas of mental health awareness and stigma reduction; building a more resilient community by reducing harms from substance use; and suicide prevention. Since 2016, OPH has moved forward on all six initiatives, including developing a local mental health report, the *Status of Mental Health in Ottawa Report 2018*, to provide local data to inform policy, program and service delivery planning.

In addition, to further assess the factors that promote positive mental health, OPH developed the *Promoting Mental Health in Ottawa Summary Report 2018*. Based on the local data and research evidence, this report highlights factors that have significant impact on promoting positive mental health of Ottawa residents.

To inform, review, and support the development of these reports, OPH established a Mental Health Advisory Committee consisting of mental health experts, key stakeholders, and community partners. The Committee provided expertise in developing the report, selecting measures, collecting data and reviewing the report.

The Public Health Agency of Canada's (PHAC) *Positive Mental Health Surveillance Conceptual Framework* provided the framework for the collection, analysis and presentation of the local data for the report. This evidenced-based framework provides a population approach to measuring mental health outcomes and determinants of mental health across the individual, family, community and societal domains. It ensures the information is relevant and actionable to influence change in healthy public policy and practice, and that indicators are evidenced-based, accessible, and can be collected regularly to monitor trends over time<sup>1</sup>. In addition to the Advisory Committee, the Public Health Agency of Canada conducted a review and provided expert feedback on OPH's *Status of Mental Health in Ottawa Report 2018*.

Local sources of data were used when possible, such as the [Ontario Student Drug Use and Health Survey](#) and the [Canadian Community Health Survey](#). Where local data was out-of-date or unavailable, provincial or national sources of data were used, such as the [General Social Survey](#), [Aboriginal Peoples Survey](#), and the [Ontario Incidence Study of Reported Child Abuse and Neglect](#).

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<sup>1</sup> Orpana, H. Vachon, J. Dykxhoorn, J. McRae, L. Jayaraman, G. *Monitoring positive mental health and its determinants in Canada: the development of the Positive Mental Health Surveillance Indicator Framework*. Health Promotion and Chronic Disease Prevention in Canada. Vol 36. No. 1, January 2016

## DISCUSSION

The *Status of Mental Health in Ottawa Report 2018* describes the current state of mental health in Ottawa. The report identifies factors that influence mental health outcomes, and helps to inform recommendations for improving the mental health of residents and fostering a resilient community. It also provides a snapshot of mental health care utilization, mental health challenges and illnesses, and substance use and addictions.

Overall, many Ottawa residents report very good or excellent mental health (69%). Many residents have supports for mental health in strong social connections with family, friends and within the community. However, continued efforts are needed to maintain and improve mental health across the population, as some residents are at risk of developing poor mental health due to many factors, including socio-economic disadvantages, stigma and discrimination.

Though OPH accessed available local data for different domains of the PHAC Framework, there were challenges in accessing local data for specific populations living in Ottawa. Research literature indicates that some residents are at higher risk of poor mental health or mental illness due to discrimination or inequities, such as in education, employment, income, and housing<sup>2</sup>. Increased access to local data, and increased information from local partners on populations that could be at higher risk due to these variables, would support an approach to mental health promotion programming and policies that promotes health equity.

### **Next Steps:**

#### **1. Community Engagement Plan**

OPH will disseminate the *Status of Mental Health in Ottawa Report 2018* and *Promoting Mental Health in Ottawa Summary Report 2018* to stakeholders and the public. The reports will be distributed electronically to community partners, including networks and associations, and to the public through our social media and OPH website. As well, OPH will host webinar(s) in the Fall of 2018 for community partners and other health units to share the data from the report.

Over the next six months, OPH will engage with community partners, policy makers, service providers, and individuals and groups with lived and living experience to identify gaps in the data, and explore opportunities to work collectively to apply the findings to

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<sup>2</sup> Canadian Mental Health Association Ontario. Advancing equity in Ontario: Understanding key concepts. 2014

inform future services, policies, and program planning. Partners will include those in the mental health and social services sectors, such as hospitals, primary care, Community Health and Resource Centres and community organizations, as well as employers and the education sector.

This community engagement work with partners and individuals with lived and living experience will explore opportunities to build on current policies and practices to address and enhance positive mental health in Ottawa. The focus will be promotion of positive mental health and the prevention of mental illness using a community-wide population approach.

## **2. Planning for 2019**

In 2019, OPH will compile the findings from the community engagement sessions and identify actions for further development. As well, the findings from the community engagement sessions, coupled with the data from the reports, will contribute to and inform OPH's work moving forward with further mental health promotion activities.

### **RURAL IMPLICATIONS**

There are no rural implications to this information report.

### **CONSULTATION**

The Mental Health Advisory Committee, which consisted of community partners and mental health experts, provided recommendations and guidance in the development of the Status of Mental Health in Ottawa Report. The Advisory Committee consisted of members from: Public Health Agency of Canada, Champlain Local Health Integration Network, Ottawa Local Immigration Partnership, Children's Hospital of Eastern Ontario, the Canadian Mental Health Association, Royal Ottawa Mental Health Centre, University of Ottawa, Youth Services Bureau, Wabano Centre for Aboriginal Health, Centre des services communautaires Vanier, Carlington Community Health Centre and a Member of the Ottawa Public Health Board of Health.

### **LEGAL IMPLICATIONS**

There are no legal impediments to receiving this report for information.

### **RISK MANAGEMENT IMPLICATIONS**

There are no risk management implications associated with this report.

#### FINANCIAL IMPLICATIONS

There are no financial implications associated with this report.

#### ACCESSIBILITY IMPACTS

There are no accessibility impacts associated with this report.

#### SUPPORTING DOCUMENTATION

Document 1: Status of Mental Health in Ottawa Report 2018

Document 2: Promoting Mental Health in Ottawa Summary Report 2018

#### DISPOSITION

OPH will coordinate the distribution of the *Status of Mental Health in Ottawa Report 2018*, and the *Promoting Mental Health in Ottawa Summary Report 2018*.