

REFERENCES



TOP FACTS

- ✘ Calls, text and clicks to mental health crisis lines for children and youth have increased by 110% from 2019 to 2020 (from 1.9 million in 2019 to 4 million in 2020).ⁱ
- ✘ CMHA Ontario reports an average 43% increase in demand for service (measured by number of calls) from 2019/20 to 2020/21 with one branch experiencing a 157% increase in crisis line calls.ⁱⁱ
- ✘ In a single week, there were 3225 mental health related emergency department visits in Ontario and 1301 substance misuse-related emergency department visits – that’s 3.3% of overall ED visits.ⁱⁱⁱ
- ✘ Half of Ontario’s children and youth are at risk for mental health issues, with 30% being at high risk and 19% at moderate risk of mental health issues.^{iv}
- ✘ Almost three quarters (74%) Ontarians are experiencing increased mental health and addiction challenges as a result of COVID-19.^v
- ✘ 42% of Ontario adults have increased their substance or gambling use.^{vi}
- ✘ CMHA surveyed participants about whether they’ve had thoughts of suicide. In the May 2020 survey, 6.4% answered yes. That increased to 10% in October 2020. This is compared to data from Statistics Canada indicates that 2.5% of the population reported having suicidal thoughts in pre-pandemic 2019.^{vii}
- ✘ Overdose rates and opioid related deaths have increased during the months of the pandemic by up to 35-40% . The Ontario Coroner has reported a 48% increase in suspected drug use related deaths per month from March 2020 to January 2021.^{viii}
- ✘ 28,000 children are on the wait list for mental health services in Ontario. For children and youth the wait time can be as long as 2.5 years.^{ix}
The longest wait for service for children and youth can reach 919 days.
Wait times for supportive housing programs are on average 1061 days (2.9 years) with the longest wait time in the province at 2920 days – that’s 8 years.^x
- ✘ The average wait list for residential addiction treatment in Ontario is 100 days. The target should be with 30 days maximum with outpatient support while they wait. For some treatment agencies, the wait list is 13 months.^{xi}
- ✘ In 2013-2014, 5% of ED visits and 18% of inpatient hospitalizations for children and youth age 5 to 24 in Canada were for a mental disorder.^{xii}
- ✘ Between January and October 2020 there were 1,906 confirmed and probable opioid-related deaths.^{xiii}



REFERENCES

- ⁱ <https://www.thestar.com/news/gta/2020/12/13/4-million-cries-for-help-calls-to-kids-help-phone-soar-amid-pandemic.html>
- ⁱⁱ According to CMHA branch data provided by CMHA Ontario measuring change in service demands between 2019/20 and 2020/21. Data is as of January, 2021. Provided by CMHA Ontario on February 23, 2021.
- ⁱⁱⁱ Mental health and addictions COVID-19 impact report provided by AMHO as provided by the Electronic Canadian Triage and Acuity Scale (eCTAS) program at Ontario Health. Percentage calculated by using the monthly ON ED visits in 2019/20 (549,697) to estimate the weekly ON ED visits.
- ^{iv} "Ontario COVID-19 Child, Youth and Adult Mental Health and Addiction Survey" conducted by Addictions and Mental Health Ontario (AMHO) and Children's Mental Health Ontario (CMHO) in May 2020 across Ontario, responded to by 1,002 individuals
- ^v "Ontario COVID-19 Child, Youth and Adult Mental Health and Addiction Survey" conducted by Addictions and Mental Health Ontario (AMHO) and Children's Mental Health Ontario (CMHO) in May 2020 across Ontario, responded to by 1,002 individuals, 74% of respondents agree that Ontarians are "experiencing increased mental health and addiction challenges as a result of COVID-19"
- ^{vi} "Ontario COVID-19 Child, Youth and Adult Mental Health and Addiction Survey" conducted by Addictions and Mental Health Ontario (AMHO) and Children's Mental Health Ontario (CMHO) in May 2020 across Ontario, responded to by 1,002 individuals.
- ^{vii} <https://www.publichealthontario.ca/-/media/documents/o/2020/opioid-mortality-covid-surveillance-report.pdf?la=en>
- ^{viii} Data on opioid-related mortality are provided by the office of the Chief Coroner of Ontario (OCC). This data should be considered preliminary and subject to revision.
- ^{ix} Children's Mental Health Ontario (CMHO), 2020 Report on Wait Lists and Wait Times For Child and Youth Mental Health Care.
- ^x Connex Ontario Wait Times, As of February 3, 2021. Service Type = Support Within Housing Mental Health. As provided by CMHA Ontario
- ^{xi} Addictions and Mental Health Ontario (AMHO). Publicly Funded Residential Addiction Treatment Investment Guidance 2021-2022 Budget. Submission to the Associate Minister of Mental Health and Addictions, February 2021.
- ^{xii} Canadian Institute for Health Information (2015). Care for children and youth with mental disorders. Ottawa: CIHI.
- ^{xiii} According to preliminary 2020 data provided by the Ontario Coroner's Office there were 1,906 confirmed and probable deaths from opioids from Jan to December of 2020