

Open Minds, Healthy Minds

Ontario's Comprehensive Mental Health and Addictions Strategy

Making Healthy Change Happen

We are committed to creating a province where everyone enjoys good mental health and well-being throughout their lifetime, and where all Ontarians with mental illness or addictions can recover and participate in welcoming, supportive communities.

However, an estimated one in five Ontarians will experience a mental health problem at some point in their lives, and one in 40 Ontarians will have a serious mental illness.

In 2011, Ontario launched Open Minds, Healthy Minds: Ontario's Comprehensive Mental Health and Addictions Strategy, a 10-year strategy to deliver mental health and addictions services to Ontarians in an integrated, coordinated and effective way.

The first three years of the Strategy included a \$93 million investment that focused on children and youth. As a result, more than 50,000 additional children and youth are now benefitting from faster and easier access to the right mental health supports with more than 770 new mental health workers in schools, communities and the courts.

As part of the Strategy, the Moving on Mental Health plan was launched in 2012. The plan will result in a simplified and improved experience for children and youth with mental health problems and their families so that, regardless of where they live in Ontario, they will know:

- What mental health services are available in their communities; and
- How to access the mental health services and supports that meet their needs.

Ontario is now building on the first phase of the Strategy, expanding it to improve transitions between youth and adult services, and to invest in improved services and care for Ontarians of all ages who have mental illness and addictions. Through additional investments of over \$65 million in 2014–15, growing to about \$83 million annually by 2016–17, the expanded Strategy will help to ensure Ontarians and their families have better access to quality services and supports for their mental well-being. It will achieve better value for these investments by linking funding directly to the quality care that is needed.

November 2014

LET'S MAKE
**HEALTHY
CHANGE**
HAPPEN

Building on our Shared Success

Connecting all Ontarians to the help they need

The next phase of the Mental Health and Addictions Strategy will build on the first three years to achieve the vision of Open Minds, Healthy Minds through five strategic pillars for action.

1. Promoting Mental Health and Well-being by:

- Expanding proven programs to promote mental health in schools and the workplace.
- Using public health expertise and programming for mental health promotion and addictions prevention.
 - > Ontarians will be able to effectively deal with the demands and challenges of everyday life.
 - > Ontarians will be able to recognize when they should seek help.

2. Ensuring Early Identification and Intervention by:

- Using virtual applications to enable people with mental illness and addictions to access services.
- Expanding and tailoring training programs, mentorship and support led by service providers.
- Increasing access for self-help and early intervention by expanding on existing programs.
 - > Ontarians will be able to identify and manage their own symptoms.
 - > Ontarians will receive the appropriate care, when they need it.



3. Expanding Housing, Employment Supports and Diversion and Transitions from the Justice System by:

- Increasing supportive housing for people with mental illness and addictions who are homeless or at risk of homelessness.
- Expanding effective workplace mental health programs.
- Expanding initiatives to reduce contact with the justice system.
 - > Ontarians will have a stable place to live.
 - > Ontarians will have a job and an employer who understands their mental health issue.
 - > Ontarians will have better transitions between police and hospital emergency departments.

4. Providing the Right Care, at the Right Time, in the Right Place by:

- Developing integrated service coordination across Health Links and Ministry of Children and Youth Services lead agencies, and strengthening coordination between service collaboratives and Health Links.
- Addressing gaps for youth who are using harmful substances.
- Developing innovations in patient care for people suffering from simultaneous mental and physical illness.
 - > Ontarians will know whom to contact for all their health and social service needs.
 - > Providers will work together on a single plan of care for individual clients.
 - > Ontarians will experience better access to services and better interactions with the system.

5. Funding Based on Need and Quality by:

- Establishing a new funding model linked to population need, quality improvement and service integration.
 - > Ontarians can expect better access to high-quality services delivered consistently wherever they receive them.
 - > Ontarians will wait less time for the services they need.

Ontario's Mental Health & Addictions Strategy

Children & Youth 2011–2014

more than
50,000

additional children and youth are receiving services.

 = 5,000 Children & Youth



more than
770

new mental health workers have been hired in communities, schools and courts.

 = 77 Workers



Investing

in safe schools and equity and inclusive education to support school boards and school communities.



more than
1,000

post-secondary students a month using a province-wide helpline dedicated to mental health supports for post-secondary students.



Expanded

eating disorders treatment services, including inpatient, day treatment and outpatient programs.



Launched

Ontario's youth suicide prevention plan to help communities better respond to young people in crisis.

14 / 34

14 lead agencies have been identified and another 20 will be introduced in 2015 as part of our Moving on Mental Health plan to strengthen the mental health system, delivering what children and youth need, when they need it, as close to home as possible.



18

Service Collaboratives improving access and transitions for vulnerable children and youth across health, social and justice services.



more than
2,500

additional psychiatric consultations per year through an expanded and enhanced Tele-Mental Health Service for kids in remote, rural and underserved regions.