

UNITED WAY OTTAWA – CALL FOR PROPOSALS

MENTAL HEALTH AND ADDICTIONS – PRIORITY GOAL DESCRIPTION

PRIORITY GOAL	PEOPLE EXPERIENCING MENTAL HEALTH AND / OR ADDICTIONS CHALLENGES HAVE ACCESS TO COORDINATED COMMUNITY-BASED SUPPORTS^{1,2}
KEY ISSUE	Mental health and addictions issues affect people of all ages, genders, culture, education and income levels, touching everyone in our community. One in five Canadians will experience a mental health issue in their lifetime and 70 percent of adults living with mental health problems say symptoms developed before they were 18 years old. Because they fear stigma, many people often delay seeking support for mental health issues or don't seek it at all. In fact, nearly two-thirds of those with a mental health issue do not seek help. According to the Mental Health Commission of Canada, mental health significantly affects the work place; problems are linked to more lost work days than any other chronic condition, costing the Canadian economy an estimated \$51 billion a year in lost productivity. Many youth in Ottawa experience problematic use of drugs and/or alcohol on a regular basis. One in four Ottawa students reported binge drinking (drinking 5 or more drinks on one occasion) in the past month. Young people who are struggling with addictions lose interest in school and family life. Many drop out of school, have conflict with the law and can be drawn into a cycle of poverty and homelessness.
ADDRESSING SYSTEMIC CHANGE	There is no shortage of gaps or needs in the mental health system. The Royal Ottawa Mental Health Care Group's Mental Health Needs & Capacity Assessment found that investment in front-line mental health services is low in Ottawa's region relative to the Ontario average. A report produced by Statistics Canada in 2011 evaluated the unmet need for mental health care in Canada; it concluded that the most commonly reported need was for counselling, which was also the least likely need to be met. Furthermore, data from 2009-10 show that 3,116 people saw 4 or more physicians for a mental health and addictions-related issue in 2009/10, with 196 people seeing 11-25 physicians and 32 people seeing 26 or more physicians. Because they fear stigma, many people often delay seeking support for mental health and addictions issues. Reducing barriers and increasing access to community-based supports can make an enormous difference over a lifetime. The ability to identify issues and intervene early through a coordinated, integrated and culturally-appropriate service delivery system is instrumental in creating an inclusive and supportive community. Substance abuse can have lifelong negative consequences for young people. Consequently, stopping the cycle of substance abuse early is critical to reducing long-term dependency on drugs and alcohol. The school-based substance abuse model is a collaborative of school boards, government and service delivery partners working together to ensure that youth and their families have the education, support and treatment needed to help youth move from substance dependency to resiliency.
FUNDING CATEGORIES AND	Mental Health and Addictions • Programs and Services that are community-based² and promote healing, resilience and recovery for those affected by mental health and addictions issues. Examples include counselling, wait list supports, peer support models and supports that are

EXAMPLES	culturally competent. Programs and services must demonstrate their connection to 211 and maintain their 211 information up to date. • Research that identifies gaps and/or evidence informed practices in community-based mental health support and services • Convene stakeholders to support a more integrated community response³ to mental health and addictions supports. One example would be the reinforcement or development of ongoing shared process and outcome monitoring to promote program improvement. • Advocacy initiatives that aim to reduce barriers within a community-based mental health and addictions service delivery model School-based Youth Substance Abuse Intervention • Programs and Services that focus on a service delivery model of school-based substance abuse prevention and intervention for youth and their families. • Engagement of community partners and stakeholders to resource and implement comprehensive substance abuse prevention and treatment programs targeted to youth in schools and non-traditional academic settings • Advocacy that engages community partners, community leaders and all levels of government to address youth substance abuse • Research that identifies gaps, best practices and evaluation related to school based substance abuse models • <i>N.B. United Way Ottawa does not provide Community Funding for capital investments or for rent supplements / allowances / or subsidies.</i>
TARGET POPULATIONS	Mental Health and Addictions Supports Individuals and families dealing with mental health issues with an emphasis placed on those facing additional barriers such as low income, multicultural, youth, Francophone, Aboriginal people, rural and GLBTTQ2S. School-based Youth Substance Abuse Intervention Youth, aged 12 to 25, who are engaged in problematic substance use and are enrolled in mainstream or non-mainstream academic settings in Ottawa's secondary school system and their families.

¹**Addictions** Refers to all manner of addictive behavior including but not limited to dependency on substance use, gambling, gaming, etc. It should be noted that United Way Ottawa may place more emphasis on one or more types in its calls for proposals.

²**Mental health and addictions supports** Refers to investment in community-based supports targeted at those faced with challenges of low to moderate episodic severity. This may include people with 'severe but manageable' conditions that need occasional support. Community-based programs and services are accessible in the communities where people live, are non-institutional in nature and include supports for people with undiagnosed mental illness.

³**A more integrated community response** Refers to the coordination and integration of various elements of the community-based mental health and addictions programs and related policies with respect to themselves as well as with the broader health and social services sectors. Supporting a more integrated community response is primarily aimed at ensuring that people experiencing more severe and/or chronic mental health challenges are linked to the appropriate ongoing supports. See the below definition of "a more integrated community response".

