

Investments in community mental health and addictions needed now more than ever

CMHA ONTARIO 2021-2022 PRE-BUDGET SUBMISSION:

The pandemic has further highlighted the need to prioritize mental health and addictions funding for the community sector which has demonstrated nimbleness and creativity while responding to an unprecedented challenge. The community mental health and addictions sector needs an infusion of funding to address historical inequities so that mental health is given appropriate parity with other sectors of health care. The need to create a long-term vision to fund the sector is more important than ever.



COMMUNITY MENTAL HEALTH AND ADDICTIONS: HISTORICALLY UNDERFUNDED

Annual funding for: community mental health and addictions vs overall health care (projected 2020-2021)

ONLY 2.7%⁴

\$60.5 BILLION
Overall Ministry of Health base funding¹

\$1.6 BILLION²
Community mental health and addictions spending³

COMMUNITY-BASED PROVIDERS ARE UNDERFUNDED AND UNDERPAID WHEN COMPARED TO ACUTE CARE SYSTEM⁷

Pandemic-related emergency one-time relief funding (2020-2021)

ONLY 4.5%⁶

\$8.3 BILLION
Overall health care emergency pandemic relief allocation⁵

\$376 MILLION
Community mental health and addictions allocation



STEPPING UP DURING THE PANDEMIC:

Community mental health and addictions providers are nimble and responsive. CMHA branches have shifted resources, redeployed staff, moved to virtual or telephone-based service

95%

of CMHA programs remain open during the pandemic.⁸

Provincewide programs were rapidly scaled up to meet rising demand.

COMMUNITY MENTAL HEALTH AND ADDICTION AGENCIES CAN SERVE AS 'VACCINATION HUBS'

in phase two of vaccine roll-out much as they have done for influenza vaccinations in the past.



CMHA ONTARIO'S BOUNCEBACK

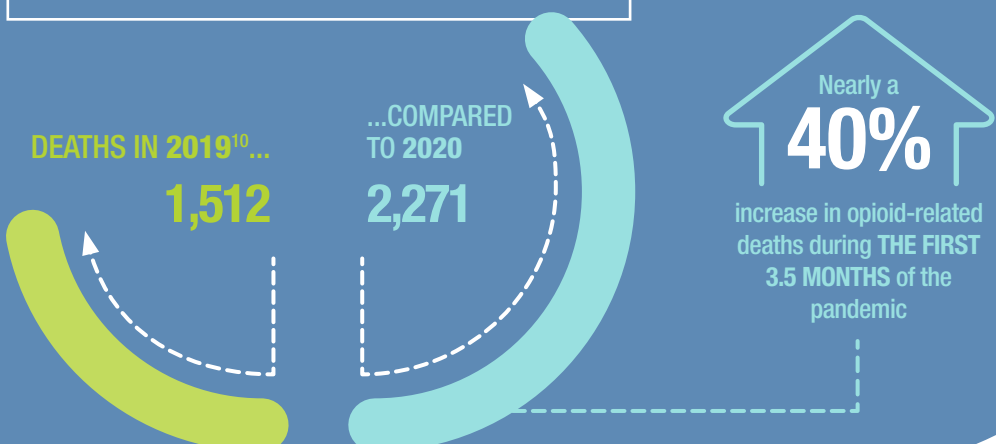
BounceBack⁹ is a free skill-building program to help adults and youth 15+ manage low mood, mild to moderate depression and anxiety, stress or worry. Delivered over the phone with a coach, through online videos. Learn tools to support you on your path to mental wellness.

More than **2,000 PARTICIPANTS / MONTH** early during pandemic

Nearly **20% INCREASE** in self referrals

PANDEMIC AND SUBSTANCE USE: A STARTLING CORRELATION

ESTIMATED OPIOID-RELATED DEATHS IN ONTARIO



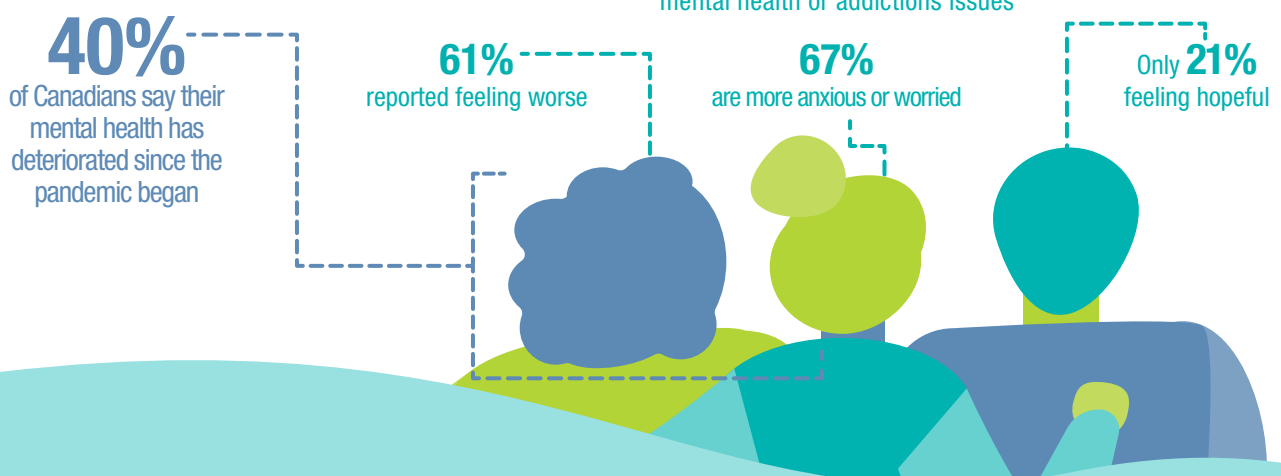
Expanded access and increased funding to low-barrier harm reduction interventions is essential:

- Safer opioid supply programs¹¹
- Naloxone access
- Rapid access to addiction medicine clinics
- Supervised consumption services
- Outreach programs

AFTER THE PANDEMIC, WE'LL BE BUSIER THAN EVER

THE ONGOING IMPACT OF THE PANDEMIC:¹²

The pandemic has had a disproportionately higher impact on people with pre-existing mental health or addictions issues



OUR FUNDING REQUESTS

Mental health and addictions issues will continue long after the pandemic is over. People struggling with grief, job loss, relationship breakdown, rising substance use, etc. The impacts will not disappear post pandemic. The community mental health and addictions sector needs emergency and sustained funding in the following areas:

3 PER CENT BASE BUDGET INCREASE FOR OUR COMMUNITY BRANCHES. Community mental health and addictions sector requires additional funds to cover increased operating costs and compensate staff appropriately.

HARM REDUCTION SERVICES, including safer supply approaches to protect communities and people who are at imminent risk of death due to a toxic drug supply (e.g. opioids).

POST-PANDEMIC SUPPORT. Nearly 70 per cent of Ontarians believe the province is headed for a mental health crisis due to the pandemic.¹³ Ongoing, annualized funding allows us to keep supporting people living with a mental health or addictions challenge.

SUPPORTIVE HOUSING. Every \$10 invested results in an average savings of \$21.72 in reduced emergency room visits.^{14,15} Over the next 10 years, build 30,000 supportive housing units across the province at a rate of 3,000 units per year.

MOBILE CRISIS RESPONSE TEAMS (MCRTs). Expanding MCRTs across every community will help keep clients safe when experiencing a mental health or addictions crisis, decrease encounters with and entry into the justice system, and reduce emergency department visits.



Canadian Mental
Health Association
Ontario