Canada by the numbers

1 in 5 (6.7 million) Canadians suffer from a mental illness each year.\(^4\)

33% of hospital stays in Canada are due to mental disorders.\(^{26}\)
The issue in numbers

People with mental illness and addictions are more likely to die prematurely than the general population.

Mental illness can cut 10 to 20 years from a person’s life expectancy.11

Mental disorders account for more of the global burden of disease than all cancers combined.23

By 2020, depression will become the second leading cause (next to heart disease) of disability adjusted life years for all age groups and both sexes.9
Mental health as a priority

• Canada spends 7.2% of its annual federal health-care budget on mental health— the lowest percentage of all G7 countries.

• Many mental health services and supports, like psychotherapy, peer support and structured interventions, are not covered in the publicly funded healthcare system.
CMHA by the numbers

• Founded in 1918, the Canadian Mental Health Association (CMHA) is the most established and extensive community mental health organization in Canada.

• Each year, we provide direct service to more than 1.3M Canadians via 16,000 staff and volunteers in over 330 communities across Canada.
Moving upstream

• The current system in Canada is based on responding to crisis, and to meeting the acute care needs of people with severe mental illness. We know there is so much more that can be done, and done earlier.
• While 1 in 5 Canadians have mental illness, 5 in 5 Canadians have mental health that deserves to be protected and promoted.
• CMHA is on a journey to learn from and about Indigenous knowledge on the path to understand and address psychological, social, emotional, cultural and spiritual aspects of recovery and well-being.
Indigenous Partnerships

Happy #NationalIndigenousPeoplesDay! Take time today to learn more about the rich cultures and amazing achievements of First Nations, Inuit, and Métis peoples.

#NIPDCanada
In 2018, the Canadian Mental Health Association (CMHA) celebrates 100 years of community mental health.
Key values & principles

• Embracing the voice of the people with mental health issues
• Promoting inclusion
• Working collaboratively
• Influencing the social determinants of health
• Focusing on the mental health needs of all age groups
• Using evidence to inform our work
• Being transparent and accountable
Whole-population approach

• A population health approach requires an investment in partnerships between public health and community mental health to achieve a focus on mental health promotion and mental illness prevention in Canada’s public health response.
Our stepped care model

Highly Intensive Mental Health Services & Supports
(e.g., inpatient hospital treatment; long term residential treatment for addiction, eating disorders; long-term intensive day treatment programs)

Specialized Mental Health Services & Supports
(e.g., outpatient psychotherapy services provided by psychologists/psychiatrists; ACT teams & other outpatient wrap-around services; short term residential addiction treatment; outpatient early intervention programs)

Services Provided By Formal Health & Social Systems
(screening, assessment & early intervention by interdisciplinary primary care providers; including GPs, Nurse Practitioners, & Allied Health Professionals)

Formal Community Based Services & Supports
(e.g., Formal Community Based Services such as trained & paid peer workers & recovery coaches; mental health and addictions counsellors; easily accessible structured intervention programs like Bounce Back, Living Life To The Full; school-based mental health services)

Informal Community Supports
(e.g., peer support networks such as AA; Elders in Aboriginal communities; Canadian Legions for veterans; other volunteer services outside formal paid system)

Universal supports
(e.g., school-based education programs, psychological health & safety standards in workplaces, universal prevention)
Investment in Community
Mental health is about more than mental illness. It’s more than being happy all the time. It’s about feeling good about who you are, having balance in your life, and managing life’s highs and lows. Everyone deserves to feel well, whatever their mental health experience. And we all need a support system to lean on.
Mental Health Week 2018

• Over 70,000 uses of our hashtags #GetLoud #mentalhealthweek
• Over 220 million social media impressions on Twitter and Facebook
• Over 1,250 news stories (broadcast, print and online)
• Over 13,500 communications toolkits downloaded
• Hundreds of events across Canada
Prime Minister Justin Trudeau’s statement on MentalHealthWeek: ow.ly/wYQ30jQ75
#GetLoud

Statement by the Prime Minister on Mental Health Week
The Prime Minister, Justin Trudeau, today issued the following statement on Mental Health Week: “This week, I encourage all Canadians to raise their voices and #GetLoud... pm.gc.ca

8:39 AM - 7 May 2018
208 Retweets 425 Likes
Statement by the Prime Minister on Mental Health Week

Ottawa, Ontario - May 7, 2018

The Prime Minister, Justin Trudeau, today issued the following statement on Mental Health Week:

“This week, I encourage all Canadians to raise their voices and #GetLoud for mental health. Led by the Canadian Mental Health Association, Mental Health Week calls on all of us to share our stories and listen to others, and make sure those struggling with mental health issues know they are not alone.

“Mental health is an essential part of our well-being, yet too often is treated differently than other forms of health. Shame and discrimination lead many people to suffer in silence, and to not speak up and seek help. We all share a responsibility to encourage open and honest conversations, while looking out for signs of psychological and emotional distress – at home, in classrooms, and in our workplaces.

“Together, we are stronger and more resilient when we break through the stigma that surrounds mental health issues, and make sure people have the support they need. The Government of Canada is committed to doing its part, and working with provincial and territorial governments to improve access to mental health services. Budget 2018 continues to deliver on this commitment, with greater support for Indigenous Peoples, Canadians in uniform, and first responders, including those living in remote or rural areas.
It’s Mental Health Week! From my first job as a counselor with @CMHA_NTL to my current one as Minister of Health, I’ve been lucky to see just how far we’ve come in fighting stigma. This week, it’s time to #GetLoud about what mental health means to you! #MentalHealthWeek
Sharpening our message

Care not Corrections

Relieving the Opioid Crisis in Canada

CANADIAN MENTAL HEALTH ASSOCIATION

APRIL 2018

www.cmha.ca
Sharpening our message

Ending the health care disparity in Canada

Over half of Canadians consider anxiety and depression to be ‘epidemic’ in Canada

85% of Canadians think mental health services are the most underfunded in our health-care system.

www.cmha.ca
Mental Health Parity

1. Publicly fund evidence-based therapies
2. Improve the quality of care through a continuum of integrated services
3. Invest in promotion, prevention, and early intervention
4. Address stigma and discrimination and ensure equitable access
5. Research mental illness and evaluate health outcomes
Twitter Global Moment – World Suicide Prevention Day
#WSPD2018
What is Not Myself Today?

A turnkey, evidence-based program designed to help employers and employees transform mental health at work

- Build awareness and understanding
- Reduce stigma
- Foster a safe and supportive work environment
A pressing social issue

Mental health is increasingly being recognized as one of the most important, devastating and costly issues facing our society.

- #1 CAUSE of disability in Canada is mental illness
- UP TO 25% of disability costs from mental health problems could be avoided by taking action
- 500,000 CANADIANS will miss work this week due to mental health issues or illness
MH4A Conference 2018

AHEAD BY A CENTURY
THE SHAPE OF THINGS TO COME
FAIRMONT HOTEL, MONTRÉAL, QUÉBEC
October 22 – 24, 2018

MentalHealthForAll
CONFERENCE 2018
Looking back, leaping forward

• It’s time to envision the future of mental health in Canada.
• This year’s conference builds on last year’s whole-of-country focus and issues a call to action for all of us. We want schools, campuses, workplaces, people with lived experience of struggle and recovery, care providers and health care facilities, municipalities, and all communities to think outside the box toward a population-based mental health approach for the next century.
Thank you

Dr. Patrick Smith - psmith@cmha.ca