

# BETTER MENTAL HEALTH

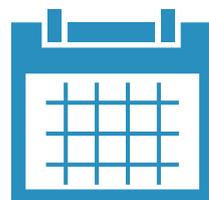
“There’s been an increase in awareness with more acceptance and more talking about mental health as an important issue.”

– Jason Barr, Director, Client Services and Program Development, Canadian Mental Health Association-Halton

Thanks to more open discussions and efforts to reduce the stigma of mental illness, more people are seeking treatment, families are finding support and new conversations have started around how addictions and mental health issues affect child and youth development, immigrant families and older adults.

## YOUNGER PATIENTS, MORE COMPLEX NEEDS

Reach Out Centre for Kids (ROCK) served 1,016 clients from Oakville between April 2014 and March 2015, with many clients receiving multiple services. The top issue treated by ROCK is anxiety (in children as young as five).<sup>28</sup>



## 2 YEARS

Typical wait time for psychological assessments

## ISOLATED OLDER ADULTS ARE AT GREATER RISK

Treatment needs may be unrecognized, attributed to getting older by health care professionals or invisible due to the isolation of living alone.<sup>31</sup>



## ONE IN FOUR

Older adults are living with an illness or a mental health problem such as depression, anxiety or dementia<sup>32</sup>



## 50%

People over the age of 80 who report feeling lonely<sup>33</sup>

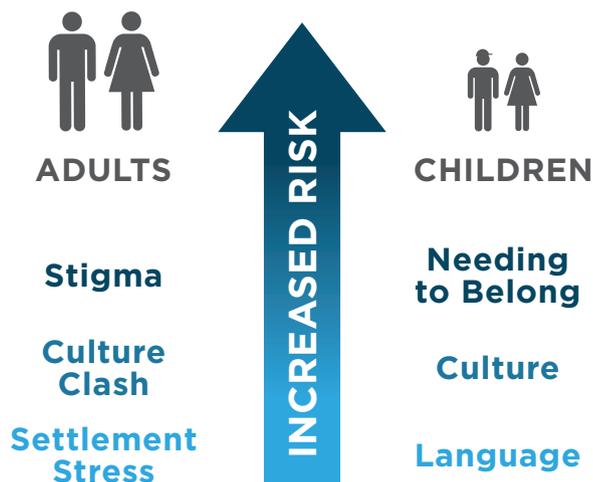
## EMPLOYMENT SUPPORT IS HELPING

STRIDE (Supported Training and Rehabilitation in Diverse Environments) is a vocational rehabilitation program aimed at providing employment assistance to individuals living with mental health issues, to address their employment goals, support entry or re-entry into the competitive workplace, and retain employment. STRIDE served 171 Oakville residents last year; 54 were hired in competitive employment positions.

## CRISIS CALLS INCREASING

COAST (Crisis Outreach and Support Team) is a program partnership between the Canadian Mental Health Association Halton Region and Halton Police that serves residents (16+) who have a serious mental health issue and are in crisis. Oakville occurrences account for more than a third of all calls to the 24-hour crisis line and halfway into 2015, calls from Oakville residents had increased by 30 per cent over the total calls for the previous year.<sup>29</sup>

## IMMIGRANT FAMILIES FACE ADDITIONAL CHALLENGES<sup>30</sup>



## PATIENT-CENTERED CARE

oneLink is a new referral program offered through the Mississauga Halton Local Health Integration Network and led by Halton Healthcare Services. oneLink offers a single point of access for referrals to 10 addiction and mental health service providers and is currently in a pilot phase coordinating referrals from primary care into Halton Healthcare and Trillium Health Partners mental health programs. Individual needs and backgrounds of clients - language, culture and personal preference - are respected to ensure each person feels supported and valued.

