

TO:	CHAIR AND MEMBERS COMMUNITY AND PROTECTIVE SERVICES COMMITTEE MEETING ON JANUARY 24, 2017
FROM:	SANDRA DATARS BERE MANAGING DIRECTOR, HOUSING, SOCIAL SERVICES AND DEARNESS HOME
SUBJECT	UPDATE ON MENTAL HEALTH AND ADDICTIONS STRATEGY

RECOMMENDATION

That, on the recommendation of the Managing Director, Housing, Social Services and Dearness Home, the report on Mental Health and Addictions Strategy **BE RECEIVED** for information.

PREVIOUS REPORTS PERTINENT TO THIS MATTER
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- London for All: A Roadmap to End Poverty (April 18, 2016)
- London for All Update: First 12 Month Recommendations and Development of the Implementation Body (November 15, 2016)

BACKGROUND

Through the City of London 2015-2019 Strategic Plan, *Strengthening our Community; caring and compassionate services* is a key area of focus which sets out to “eliminate barriers for individuals facing poverty, mental health and addictions and help them find pathways to be successful.” The Strategic Plan identifies that one of the paths to achieve this goal is to develop a Mental Health and Addictions Strategy. Council further approved an amount of \$200,000 towards the creation of such a community strategy: \$100,000 for 2016 and \$100,000 for 2017.

London for All

The *London for All: A Roadmap to End Poverty* echoed the City Strategic Plan, noting that individuals with mental health and addictions issues were more likely to be affected by poverty. Suggesting that mental health and addictions are “distinct but related challenges with multiple causes and impacts”, recommendation #3.1 calls on the community to “develop and implement a coordinated local mental health and addictions strategy, collaborating with Southwest Local Health Integration Network and other key stakeholders.” *London for All* further recommends that the Mental Health and Addictions Strategy be “health-based, evidence-informed, and developed with community members with lived experience with poverty who have the power to make decisions on outcomes that affect them.”

Strategic Initiatives on Mental Health and Addictions

Over the last year, Civic Administration has met with several key stakeholders and has participated in community sessions on mental health and addictions. There are a number of activities and projects designed to improve the outcomes of mental health and addictions treatment, and to address such issues as clear access points, the social determinants of mental health and addiction problems, and at-risk groups such as children and youth.

Civic Administration has also participated at several ongoing strategic discussions and meetings. Since the development of the City of London’s Strategic Plan in March 2015, community organizations have initiated a number of strategic meetings and initiatives. There is also increased collaboration among organizations. The following is a high-level, but not exhaustive overview of ongoing strategic work in mental health and addictions at the local level:

- London Drug and Alcohol Strategy

The London Drug and Alcohol Strategy evolved from meetings in November 2015 and January 2016 with over 80 diverse stakeholders from London and Middlesex County, with the Middlesex-London Health Unit playing a coordinating role. The Steering Committee, which is broadly representative of diverse sectors and includes people with lived experience, is guided by a collaborative vision “of a caring, inclusive, and safe community that works collaboratively to reduce and eliminate the harms

associated with drugs and alcohol". The team is employing a collective and coordinated approach based on a Four Pillar framework of prevention, treatment, enforcement, and harm reduction. An environmental scan has been completed and there are plans for broader community consultation to inform and develop priorities, initiatives, and strategic actions related to substance use by December 2017. The City of London is represented on both the Steering Committee and on the Treatment Pillar.

- Community Health Collaborative

The Community Health Collaborative involves a broad range of partners across the continuum of health, education, and social services that impact health in London and Middlesex, brought together to leverage their collective strengths and better utilize system resources to create positive change for healthier communities. Established in 2014, the Community Health Collaborative continues to impact population health issues across London and Middlesex. Project champions are Dr. Chris Mackie of the Middlesex London Health Unit and Andrew Lockie of the YMCA of Western Ontario. The City of London is represented on the Steering Committee, the Housing Working Group, and the Mental Health and Addictions Work Group.

- London/Middlesex Addiction and Mental Health Network

The London/Middlesex Addiction and Mental Health Network (LMAMHN), which is co-chaired by staff of Canadian Mental Health Association Middlesex and Mission Services of London, represents the mental health and addictions agencies funded by the South West Local Health Integration Network (SW LHIN). LMAMHN is working collectively to plan and oversee the continued development of a coordinated and integrated system of mental health and addictions services in the SW LHIN catchment area; consult with mental health and addictions stakeholders in the community as well as stakeholders in other sectors whose services relate, and provide advice to the SW LHIN on system needs, pressures, gaps and directions for future development. City of London staff participate on this networking group.

- Vital Signs Discussion

The London Community Foundation (LCF) released its biennial Vital Signs report, *The Time is Now*, in October 2016, identifying mental health as "the single greatest issue facing our community." With this report and subsequent *Vital Conversation* held on November 3, 2016 with approximately 50 stakeholders working in the mental health field, LCF intends to mobilize Londoners to address system gaps, call for a more inclusive network of mental organizations, and act as a catalyst for change in London's mental health care system. A second *Vital Conversation* will be held in the near future, and the City of London will participate.

- MINDS of London-Middlesex

MINDS of London-Middlesex is a project initiated in November 2016 by Professor Arlene MacDougall of Western University, and which has been endorsed by the Community Health Collaborative. MINDS recognizes that the scale and complexity of mental health and addictions is increasing and has multiple causes and human, social, and economic impacts. MINDS is employing the techniques and expertise of the MaRS Solutions Lab which aims to establish a social innovation lab that develops and scales "disruptive solutions" for two complex mental health systems. In doing so, it hopes to build local sustained capacity, show an impact on all beneficiaries, and demonstrate proof of concept of the MINDS model and facilitate its growth in other settings across Ontario and elsewhere. MINDS is seeking partners and funders. The City of London is attending the MINDS project and planning meetings.

Other important strategic work includes a feasibility study on the integration of mental health services of the London Health Sciences Centre and St. Joseph's Health Care. The London and Middlesex Enhanced Mental Health and Addictions Crisis and Case Management Service is using partnerships to provide preventative services and transitional and urgent support, thus diverting clients with a mental illness and/or concurrent addiction problem from hospital emergency departments throughout the region.

Province and South West Local Health Integration Network (LHIN)

In addition to the above local strategic initiatives, the Province launched a comprehensive ten-year mental health and addictions strategy in 2011 called *Open Minds, Healthy Minds* which aims to address systemic issues. The strategy is divided into two phases.

Phase 1, 2011-2021 is focused on children and youth mental health and is looking at the transformation in the child and youth mental health system. This work is steered by the Ministry of Children and Youth. Phase 1 led to the *Moving on Mental Health Plan* which identified service areas and lead agencies for child and youth mental health across the province in December 2015. In London, the lead organization to plan and deliver programs for child and youth mental health is Madame Vanier Children's Services. *Moving on Mental Health* is also working towards defining core services, creating and supporting pathways to care, developing a transparent, equitable funding model, and putting in place legislative, regulatory and accountability tools.

Phase 2, 2014-2021 is led by the Ministry of Health and Long-Term Care, and supported by the Mental Health and Addictions Leadership Advisory Council. Phase 2 focuses on adults, transitional aged youth, and persons with addictions. The provincial strategy is also informed by the 2015 *Patients First* plan to put people and patients first by improving their health outcomes as well as their health care experience. Phase 2 of the strategy is guided by five strategic pillars for action: 1) Promote resiliency and well-being; 2) Ensure early identification and intervention; 3) Expand housing, employment supports, and diversion and transitions from the justice system; 4) Provide the right service, and the right time and the right place; and 5) Fund, based on need and quality.

The Mental Health and Addictions Leadership Advisory Council has provided the 2015 annual report to the Ontario Government and the 2016 report on the group's findings and initiatives is due in the spring of 2017. Its working groups are focusing on the following five themes: community funding reform; system alignment and capacity; prevention, promotion and early intervention; youth addictions; and supportive housing.

Discussions with representatives of the Advisory Committee, including municipal stakeholders, has suggested that those communities interested in developing their own mental health framework should consider waiting for the release of the provincial report.

Regionally, the South West Local Health Integration Network (LHIN) is a crown agency responsible for the planning, integration and funding of nearly 200 health service providers among them mental health and addictions agencies. The South West covers an area from Lake Erie to the Bruce Peninsula and is home to almost one million people. As part of its Integrated Health Services Plan 2016-19, the South West LHIN has been working with its mental health and addictions partners to increase capacity and to standardize and coordinate mental health and addictions services across the LHIN. This work is driven by and aligns with the provincial *Open Minds, Health Minds* strategy and was informed by the *South West Mental Health and Addictions Community Capacity Implementation Final Report* otherwise known as the *Whaley Report* released in June 2014. Multiple investments have been made based on the recommendations of the Whaley Report.

FINANCIAL IMPACT

The work done to date by Civic Administration on this initiative has been managed within existing resources. In light of the many concurrent activities and the desire to avoid duplication of existing planning and/ or development efforts, both within the community and provincially, none of the Council approved funding (\$200,000) has yet been expended, pending development of a comprehensive plan moving forward.

CONCLUSION

Since Council provided direction, through the Strategic Plan, for the creation of a community Mental Health and Addictions Strategy, numerous strategic planning initiatives have been concurrently initiated, locally, regionally, and provincially. Civic Administration has endeavoured to become aware of, research, and as possible, engaged in many of these current activities, both to ensure active involvement but also to best determine how these initiatives may assist in the development of a community strategy. The City of London will remain active in and supportive of these community and provincial initiatives and will monitor the outcomes and determine next steps for further plan development, before considering the creation of new strategic planning initiatives.

Civic Administration will provide an updated report by September 2017.

PREPARED BY:	RECOMMENDED BY:
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