
The Mental Health of Children and Youth in Ontario

2017 Scorecard

INFOGRAPHIC SUMMARY

June 2017



Outpatient mental health and addictions care for children and youth

Rising demand for care in the community

Outpatient Care Snapshots 2014



MORE CARE SOUGHT

Children and youth had more than **1.35 million outpatient doctor visits** for mental health and addictions care, a **25% increase** from 2006

2006: 26.4 visits / 100 children and youth
2014: 33.5 visits / 100 children and youth

MORE CHILDREN AND YOUTH SEEING PSYCHIATRISTS

Rates **increased by 40%**

2006: 15.4 children and youth / 1,000 population
2014: 22.0 children and youth / 1,000 population

MORE NEED IN OLDER YOUTH

Youth aged 22–24 had the **highest rates** of mental health and addictions visits (2012–2014)

Primary care physicians: 39.9 visits / 100 youth
Psychiatrists: 14.8 visits / 100 youth

Acute care use for children and youth with mental illnesses and addictions

More kids are showing up in emergency departments and hospitals, often with anxiety

Acute Care Snapshots 2014



MORE EMERGENCY DEPARTMENT VISITS

Children and youth had more than **70,000 ED visits** for mental health and addictions care, a **53% increase** from 2006

Highest rate seen in youth aged 18–21 (38.4 visits / 1,000 youth)

MORE HOSPITALIZATIONS

Children and youth had almost **20,000 hospitalizations** (5.0 hospitalizations / 1,000 children and youth), a **56% increase** from 2006

Highest rate seen in youth aged 14–17 (11.4 hospitalizations / 1,000 youth)

MORE ANXIETY

2X rise in ED visits for anxiety

2006: 3.3 visits / 1,000 children and youth
2014: 6.1 visits / 1,000 children and youth

Leading reasons for ED use:

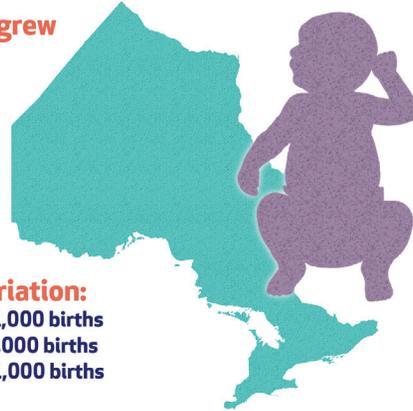
- **Anxiety**
- **Substance use**
- **Mood**

Neonatal abstinence syndrome: a growing concern

Poverty and geography drive inequities in risk of infants born with exposure to opiate drugs

Ontario prevalence grew 6-fold in 12 years:

2002: **1.0 per 1,000 births**
2014: **6.2 per 1,000 births**



Wide geographic variation:

North West LHIN: **48.1 per 1,000 births**
North East LHIN: **15.0 per 1,000 births**
Central West LHIN: **1.0 per 1,000 births**

When mother is a teen:

5+ times the risk

Mothers <19 years old: **11.5 per 1,000 births**
Mothers 20 years old+: **2.0 per 1,000 births**

When mother is low-income:

3+ times the risk

Mothers in lowest income group: **9.4 per 1,000 births**
Mothers in top 3 income groups: **3.0 per 1,000 births**

When mother is a non-immigrant:

6+ times the risk

Non-immigrant mothers: **6.1 per 1,000 births**
Immigrant mothers: **<1 per 1,000 births**

Indicators of quality for child and youth mental health and addictions care

Increases seen in return ED visits and readmissions; lack of timely follow-up



UNSCHEDULED RETURN VISIT TO ED

Increased 18%

2014: **8.1%** children and youth discharged from ED after mental health and addictions care revisited the ED within 30 days

2006: Rate was **6.9%**



30-DAY READMISSION

Increased 33%

2014: **8.9%** children and youth discharged from hospital after mental health and addictions care were readmitted within 30 days

2006: Rate was **6.7%**



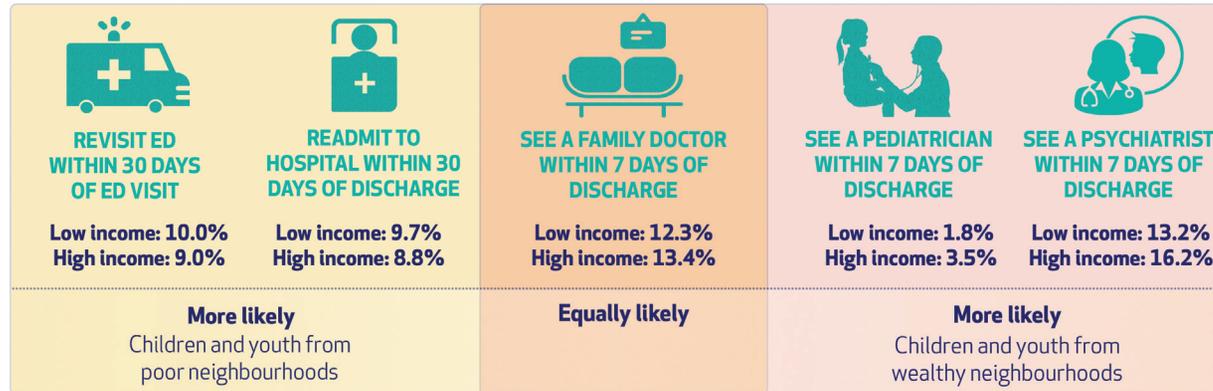
PHYSICIAN VISIT ≤ 7 DAYS OF DISCHARGE

No significant change

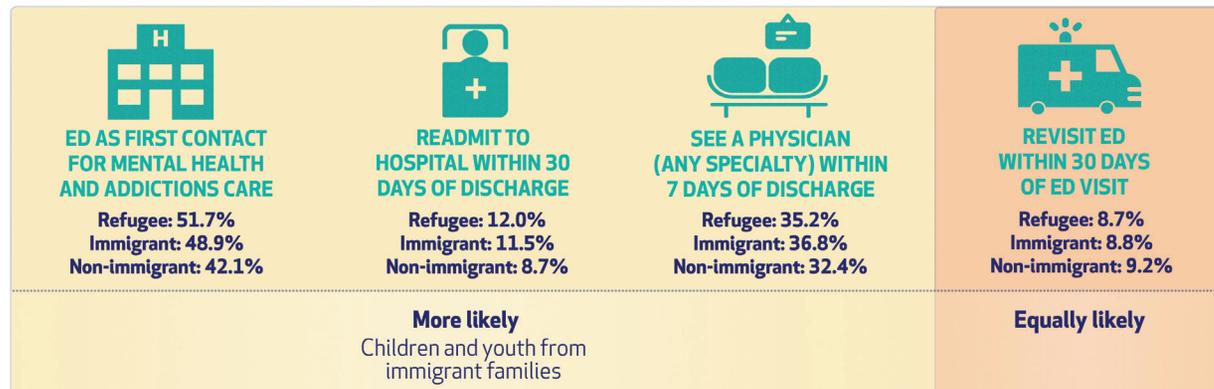
2014: **38.3%** children and youth discharged from acute care visited a physician of any specialty for follow-up within one week

2006: Rate was **35.6%**

Child and youth mental health and addictions care by neighbourhood income level (2012-2014) — *Low income a barrier to specialist care*

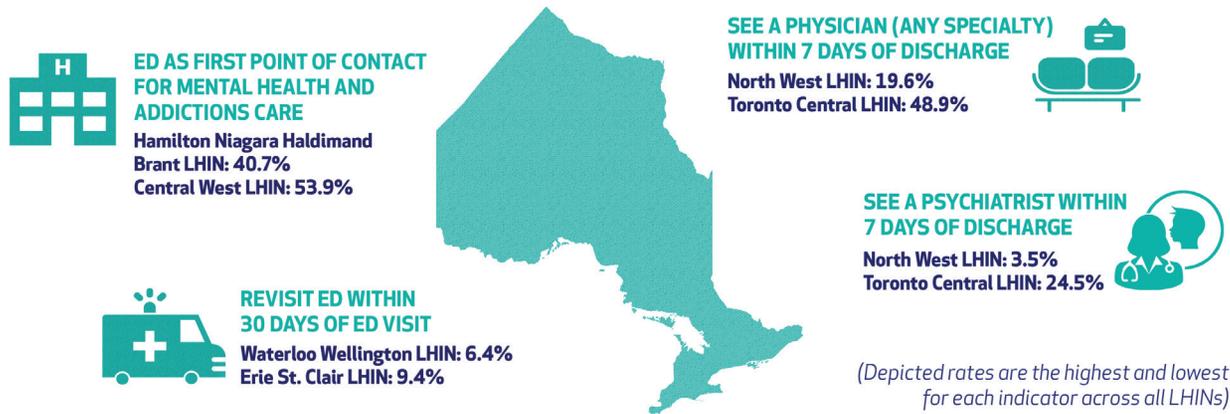


Child and youth mental health and addictions care by immigration category (2012-2014) — *Lower initial access to outpatient care in immigrants, but higher follow-up rates*



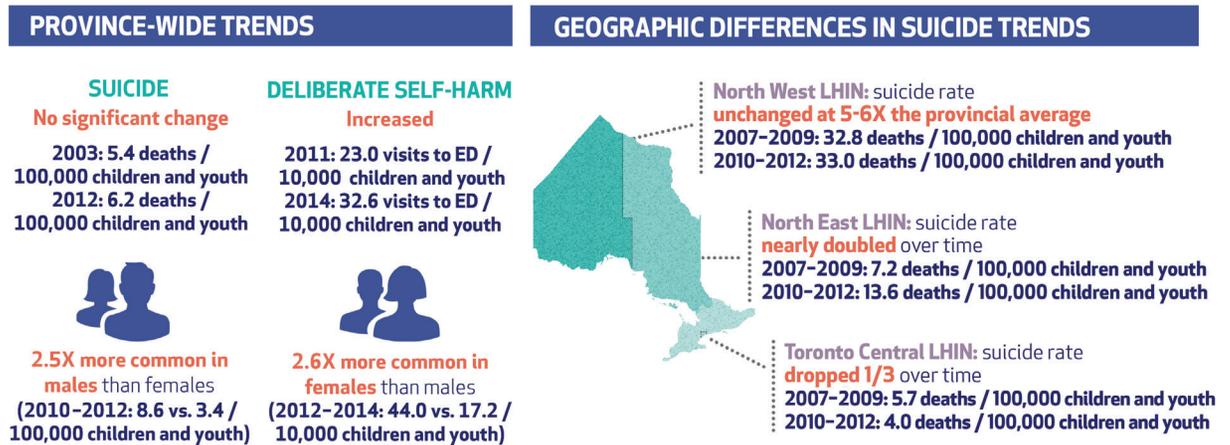
Access to mental health and addictions care by geography (2012-2014)

Regional variation in how children and youth access care, and the quality of care they receive



Suicide and deliberate self-harm in Ontario children and youth

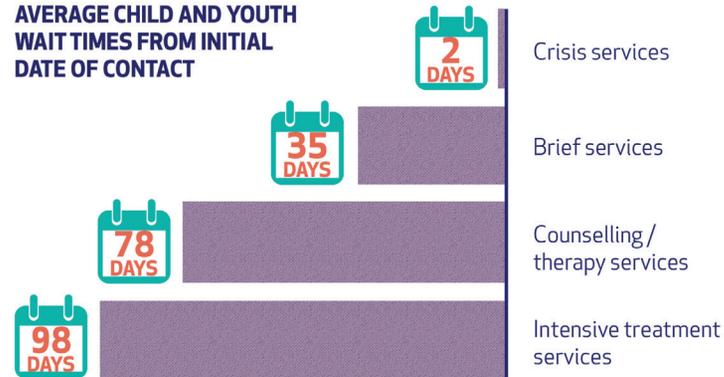
Some improvement in outcome but remains a major concern





In 2015/16, more than **121,000** children and youth accessed services in community-based child and youth mental health agencies

AVERAGE CHILD AND YOUTH WAIT TIMES FROM INITIAL DATE OF CONTACT



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INFOGRAPHIC SUMMARY

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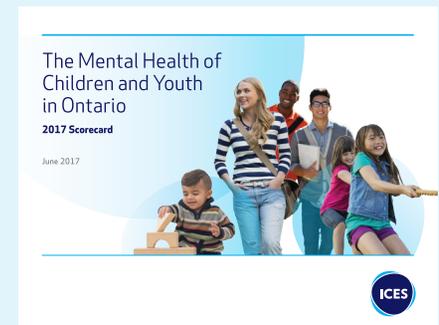
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This study was supported by the Institute for Clinical Evaluative Sciences (ICES), which is funded by an annual grant from the Ontario Ministry of Health and Long-Term Care (MOHLTC). The opinions, results and conclusions reported in this study are those of the authors and are independent from the funding sources. No endorsement by ICES or the MOHLTC is intended or should be inferred.

Parts of this report are based on data and information compiled and provided by the Canadian Institute for Health Information (CIHI) and Immigration, Refugees and Citizenship Canada (IRCC). However, the analyses, conclusions, opinions and statements expressed herein are those of the authors and not necessarily those of CIHI or IRCC.

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