



Indicator Highlights

1. Mental health and addictions-related emergency department visits (Data up to June 2023)

- Mental Health and Addictions-related Emergency Department visits continue to be highest for those diagnosed with a substance use disorder compared to other mental health-related disorders, such as anxiety disorders.
- Rates of Emergency department visits are highest among those aged 18-24 years.
- Rates of emergency department visits are highest in the North West region of Ontario when compared to other regions. The rates continue to increase over time.

2. Emergency department visits for intentional self-injury (Data up to June 2023)

- Overall, rates of emergency department visits for intentional self-injury are:
 - Higher in females when compared to males.
 - Highest amongst 14-17 year-olds.
 - Higher in the North West and North East region compared to the rest of the province.

3. Mental health and addictions-related hospitalizations (Data up to March 2023)

- **NOTE: We have restricted the hospitalization indicator to March 2023 due to missing data. Therefore, the following highlights have not been updated.**
- Overall, there was a decrease in hospitalizations during the pandemic months with a return to pre-pandemic levels. However, rates have been slowly decreasing since and will require further monitoring.
- Hospitalizations decreased across all age groups during the pandemic, with a return to pre-pandemic levels in most age groups.
- For all diagnostic categories, hospitalization rates have returned to pre-pandemic levels with the exception of mood disorders which are still slightly below pre-pandemic levels.
- There was a notable decrease in all income quintiles at the start of the pandemic. There was also a gradient such that the highest rates were observed in the lowest income neighbourhood quintile and the lowest rates were observed in the highest neighbourhood income quintile. Rates in all income quintiles have returned to near pre-pandemic levels.
- The rates for hospitalizations are higher in the North West region and North East region compared to the rest of the province.

4. Emergency department visits and hospitalizations for eating disorders (Data up to March 2023)

- Post onset of the pandemic, rates of emergency department visits and hospitalizations for eating disorders markedly increased in age group 0-17 years.

5. Mental health and addictions-related outpatient visits (Data up to June 2023)

- Rates of mental health and addictions-related outpatient visits are highest among family physicians/general practitioners, followed by psychiatrists and pediatricians.
- Mental Health and Addictions-related outpatient visits are:
 - Higher in females than in males.
 - Highest in the 25-44 years age group when compared to the rest of the population.
 - Highest in the Toronto region when compared to the rest of the province.
- Following the onset of the pandemic, there was a dramatic decrease in in-person visits and a dramatic increase in virtual visits. Rates for in-person visits are now increasing and rates for virtual visits are decreasing.

6. Outpatient visits within 7 days following a mental health and addictions-related hospital discharge (Data up to September 2022)

- Rates of 7-day outpatient follow-up increased during the pandemic and were largely driven by increases in patient visits to family physicians/general practitioners and psychiatrists. This has returned to pre-pandemic levels.
- Overall increases in outpatient follow-up 7 days after hospital discharge were largely attributed to increased visits by females. This has returned to pre-pandemic levels.
- There was a slight increase in 7-day outpatient follow-ups at the start of the pandemic, with a return to near pre-pandemic levels across all regions. The rates for 7-day outpatient follow-ups in the Toronto region are higher compared to the rest of the province.
 - Rates of 7-day outpatient follow-up for psychiatrists were very low in the North West region. This could reflect poor access to outpatient psychiatric care in this region.

7. Emergency department visits as first point of contact for mental health and addictions-related care (Data up to September 2022)

- The highest rates for ED visits as first point of contact were observed in age groups 0-9 and 85-105 years.
- There was a decrease in substance-related and addictive disorders after December 2020 which has returned to pre-pandemic levels.
- A sharp increase in anxiety disorders was observed after March 2020 which has since returned to pre-pandemic levels.
- There was a sharp drop in ED visits as first point of contact for personality disorders as of March 2020, which has not returned to pre-pandemic levels.
- Individuals in the lowest income quintiles had lower rates of emergency department being the first contact for mental health and addictions related care compared to the other four quintiles.
- There was a slight decrease in ED visits as first point of contact at the onset of the pandemic which has returned to pre-pandemic levels. The rates in the Toronto region are lower compared to the rest of the province.

8. 30-day hospital readmission following a mental health and addictions–related hospital discharge (Data up to November 2022)

- Rates of re-admissions occurring within 30 days of a hospital admission increased early in the pandemic, with a return to near pre-pandemic levels.
- Rates for personality disorder related readmissions are notably higher than other disorders.

9. 30-day emergency department revisits following a mental health and addictions-related emergency department visit (Data up to November 2022)

- Rates of emergency department revisits occurring within 30 days of an emergency department visit notably increased among individuals diagnosed with a personality disorder early in the pandemic, with rates remaining elevated.
- Rates for schizophrenia spectrum and other psychotic disorder related revisits are higher than other disorders.

10. Median length of stay for mental health and addictions-related hospitalizations (Data up to March 2023)

- Overall, the median length of stay has been consistent since September 2020.
- The longest median length of stay observed in those diagnoses with schizophrenia spectrum and other psychotic disorders.
- The median length of stay is shortest in the North West region, followed by the North East region when compared to the rest of the province.

11. Individuals seen by a psychiatrist, primary care provider, or paediatrician for mental health and addictions care (Data up to June 2023)

- Rates of individuals seen by a psychiatrist, primary care provider, or paediatrician for mental health and addictions care are highest among family physicians/general practitioners, followed by psychiatrists and pediatrician.
- There were increases in the number of individuals seen in transitional aged youth (14-24 years-old), along with a slight increase in individuals seen in the 10-13 age group when compared to the last July 2023 release.
- The number of individuals seen in the Toronto region are much higher compared to the rest of the province.