



## Indicator Highlights

### 1. Mental health and addictions-related emergency department visits (Data up to September 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, but the rates on this age category have reduced following the pandemic.
- 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 September 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 June 2023)

- **NOTE: We have restricted the hospitalization indicator to June 2023 due to missing data.**
- Higher hospitalization rates were seen in those aged 14-17.
- Hospitalization rates for mood disorders are higher compared to other disorders. However, since January 2023, rates for substance use disorders are comparable to that of mood disorders.
- There is 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.
- 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 September 2023)

- Rates of mental health and addictions-related outpatient visits are highest among family physicians/general practitioners, followed by psychiatrists and pediatricians.

- Rates of mental health and addictions-related outpatient visits among family physicians/general practitioners have returned to pre-pandemic levels following an increase observed following the onset of the pandemic.
- 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 June 2023)

- 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 June 2023)

- 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 May 2023)

- Rates of re-admissions occurring within 30 days of a hospital admission are mostly higher for females than males.
- 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 May 2023)

- 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.
- Rates for males are consistently higher than for females.

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 September 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.