



## **Indicator Highlights**

### **1. Mental health and addictions-related emergency department visits (Data up to March 2024)**

- Mental health and addictions-related emergency department rates were higher in males when compared to females.
- Emergency department visit rates for substance use disorder continue to be higher than the visit rates for 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 in this age category have been decreasing across our study period.
- Rates of emergency department visits are highest in the North West region of Ontario when compared to other regions in the province and the visit rates in this region have increased over time.

### **2. Emergency department visits for intentional self-injury (Data up to March 2024)**

- The rates of emergency department visits for intentional self-injury are:
  - Higher in females when compared to males.
  - Consistently highest among those aged 14-17 years, followed by those aged 18-24 years.
  - Higher in the North West region of Ontario when compared to the rest of the province, followed by the North East region.
- Self-poisoning was the most common method of self-injury across all years in our study period.

### **3. Mental health and addictions-related hospitalizations (Data up to December 2023)**

- Mental health and addictions-related hospitalization rates were higher in males when compared to females.
- The highest mental health and addictions-related hospitalization rates were observed in those aged 14-24 years.
- Across our study period, hospitalization rates for mood disorders have been consistently higher compared to the rates for other mental health-related disorders. However, the hospitalization rate for substance use disorders surpassed the rate observed for mood disorders as of July 2023.
  - In our most recent quarter of observation (October to December 2023), rates of hospitalization for schizophrenia spectrum and other psychotic disorders were nearing those observed for substance use and mood disorders.
- The rates of hospitalizations are higher in the North West and North East regions of Ontario compared to the rest of the province.

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

- Rates of emergency department visits and hospitalizations for eating disorders are highest for those aged 0-24 years.

- Emergency department and hospitalization rates for eating disorders among those aged 0-24 years have been decreasing since October 2021.

#### 5. Mental health and addictions-related outpatient visits (Data up to March 2024)

- Mental health and addictions-related outpatient visits are most common among family physicians/general practitioners, followed by psychiatrists, and then paediatricians.
- The rates of mental health and addictions-related outpatient visits to any specialty are:
  - Higher in females compared to males, although rates of mental health-related outpatient visits to a paediatrician are higher in males.
  - Higher in the 25-44 years age group when compared to the rest of the population.
  - Higher in the Toronto region of Ontario when compared to the rest of the province, which is largely driven by increased visits to psychiatrists.

#### 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 emergency department 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 emergency department 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 emergency department 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 March 2024)

- Individuals seen by doctors for mental health and addictions care most commonly visit family physicians/general practitioners, followed by psychiatrists, and then paediatricians.
- A higher proportion of females were seen by any specialty for mental health and addictions care compared to males; however, a higher proportion of males were seen by a paediatrician.
- There were increases over time in the proportion of individuals seen by a psychiatrist, primary care provider, or paediatrician among those aged 14-44 years.
  - Compared to the other age categories, those aged 18-21 years have the highest proportion of individuals seen by any specialty, family physicians/general practitioners, and psychiatrists for mental health and addictions care.

- The proportion of individuals seen by a psychiatrist, primary care provider, or paediatrician in the Central and North West regions of Ontario are lower compared to the rest of the province.