



## **Indicator Highlights**

### **1. Mental health and addictions-related emergency department visits**

- Overall, there was a notable decrease in emergency department visits following the start of the pandemic with rates continuing to be slightly below pre-pandemic levels.
- There was a decrease in emergency department visits across all age groups following the start of the pandemic, with all age groups returning to near pre-pandemic levels except for visits among individuals aged 18-21 years, which remain slightly below pre-pandemic levels. There were decreases in emergency department visits for anxiety disorders, mood disorders, and substance related and addictive disorders, with rates for all these disorders returning to near pre-pandemic levels.
- There was a notable decrease in all income quintiles with an observed gradient with highest rates in the lowest neighbourhood income quintile and the lowest rates in the highest neighbourhood income quintile. Emergency department use in the lowest income quintile was higher than the other 4 quintiles.

### **2. Emergency department visits for intentional self-injury**

- Overall, there was a decrease in emergency department visits for intentional self-injury following the start of the pandemic, with rates appearing to return to pre-pandemic levels as of December 2021.
  - Among people who visited the emergency department with a diagnosis of intentional self-injury, there was a decrease in the rates of admissions, transfers to the intensive care unit and deaths in the emergency department following self-injury during the early pandemic months which have since returned to pre-pandemic levels.
  - Emergency visits for intentional self-injury among 14-17 year-olds were among the highest rates in the population and rose between September 2020 and December 2021
  - There are early signs of a potential rise in rates among 10-13 year-olds that will require monitoring.
- There was a notable decrease in all income quintiles following March 2020. 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.

### **3. Mental health and addictions-related hospitalizations**

- Overall, there was a decrease in hospitalizations during the pandemic months with a return to pre-pandemic levels.
- Hospitalizations decreased across all age groups during the pandemic, with a return to pre-pandemic levels. For all diagnostic categories, hospitalization rates have returned to pre-pandemic levels with the exception of mood disorders which have returned to near pre-pandemic levels.

- There was a notable decrease in all income quintiles. 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.

#### 4. Mental health and addictions-related outpatient visits

- Overall, there was an increase in outpatient visits, mostly attributable to family physician/general practitioner visits.
- There was an increase observed after March 2020 in outpatient visits across all age groups with rates stabilizing at a slightly elevated level compared to pre-pandemic.
- Outpatient visits in the lowest income quintile were higher than in the other four quintiles.

#### 5. Outpatient visits within 7 days following a mental health and addictions-related hospital discharge

- 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.
- Overall increases in outpatient follow-up 7 days after hospital discharge were largely attributed to increased visits by females.
- Follow-up care was highest in the highest income quintile than the other four quintiles.

#### 6. Emergency department visits as first point of contact for mental health and addictions-related care

- 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 highest income quintiles had higher rates of emergency department being the first contact for mental health and addictions related care compared to the other three quintiles.
- 

#### 7. 30-day hospital readmission following a mental health and addictions-related hospital discharge

- 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.

#### 8. 30-day emergency department revisits following a mental health and addictions-related emergency department visit

- 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 a return to near pre-pandemic levels.

#### 9. Median length of stay for psychiatric hospitalizations

- Decrease in median length of stay was notable among schizophrenia spectrum and other psychotic disorders, mood disorders without returning to pre-pandemic levels by March 2021.

#### 10. Individuals seen by a psychiatrist, primary care provider, or paediatrician for mental health and addictions care

- Rates of individuals seen by a psychiatrist, primary care provider, or paediatrician for mental health and addictions care increased in August 2020 and was accounted for by increases in individuals seen by primary care .
- There were large increases in the number of individuals seen in transitional aged youth (14-24 years-old)
- Rates of individuals seen by a psychiatrist, primary care provider, or paediatrician for mental health and addictions care in the lowest income quintile were higher than in the other four quintiles.