



Canadian Mental  
Health Association  
British Columbia  
*Mental health for all*

# Canadian Mental Health Association

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Select Standing Committee on Finance and  
Government Services

*Pre-Budget 2017 Consultations*

September 19, 2016

# Introduction

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**An acknowledgement of our traditional and unceded territories**

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# Budget 2017

## An opportunity for bold leadership in mental health and addictions care

## The Case for Investment

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- In any given year, 1 in 5 Canadians experiences a mental health or addiction problem
- By the time Canadians reach 40 years of age, 1 in 2 have – or have had – a mental illness

## The Case for Investment

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- 70% of mental health problems have their onset during childhood or adolescence
- Young people aged 15 to 24 are more likely to experience mental illness and/or substance use disorders than any other age group

## The Case for Investment

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- Men experience higher rates of addiction than women, while women have higher rates of mood and anxiety disorders
- People with a mental illness are twice as likely to have a substance use problem compared to the general population.
- At least 20% of people living with mental illness have a co-occurring substance use problem
- For people living with schizophrenia, the number may be as high as 50%

## The Case for Investment

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- People living with substance use problems are up to three times more likely to have a mental illness
- More than 15% of people with a substance use problem have a co-occurring mental illness

## The Case for Investment

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- Canadians in the lowest income group are three to four times more likely than those in the highest income group to report poor to fair mental health
- There is a clear moral and economic imperative to invest in the mental health and wellbeing of British Columbians

# B4Stage4

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- What would it look like if mental health and addictions care were treated in more equal terms to physical health care?
- What would it take to strengthen spending in prevention and early intervention in mental health and addictions?

*We can help you sustain our provincial health system*

# B4Stage4

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<https://youtu.be/4V1HLVImUJ0>

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# Our key recommendations:

- *Address the fact we pay for mental health and addictions care in the most expensive ways possible*
  - *Spend early, spend smart*
  - *Focus on prevention, early identification, and intervention*

# Building upon your existing investments

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Government has made investments to build a prevention and early intervention system -

- Nurse-Family Partnerships – Healthy Connections Project in BC (Setting = Home)
- FRIENDS – universal prevention program focused on anxiety (Setting = Schools)
- Confident Parents Thriving Kids – targeted prevention and early intervention program focused on behavioural problems (Setting = Home)

# Building upon your existing investments

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Government has made investments to build a prevention and early intervention system -

- Bounce Back and Living Life to the Full – targeted and early intervention program focused on low mood, anxiety, and stress for adults and adaptation for young people (Setting = home)
- Child and Youth Mental Health and Substance Use Collaborative – province-wide initiative to improve systems of care (Setting = community)
- BC Integrated Youth Services Initiative – province-wide initiative to provide place-based, integrated care (Setting = community)

# Building upon your existing investments

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Government has made investments to build a prevention and early intervention system –

- Hereto Help – universal mental health and substance use literacy resource
  - 1.47 million visits
  - 2.74 million views
  - A flagship provincial resource

# Tipping Point for BC's Mental Health and Addictions System

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EY|Inspire Foundation in Australia:

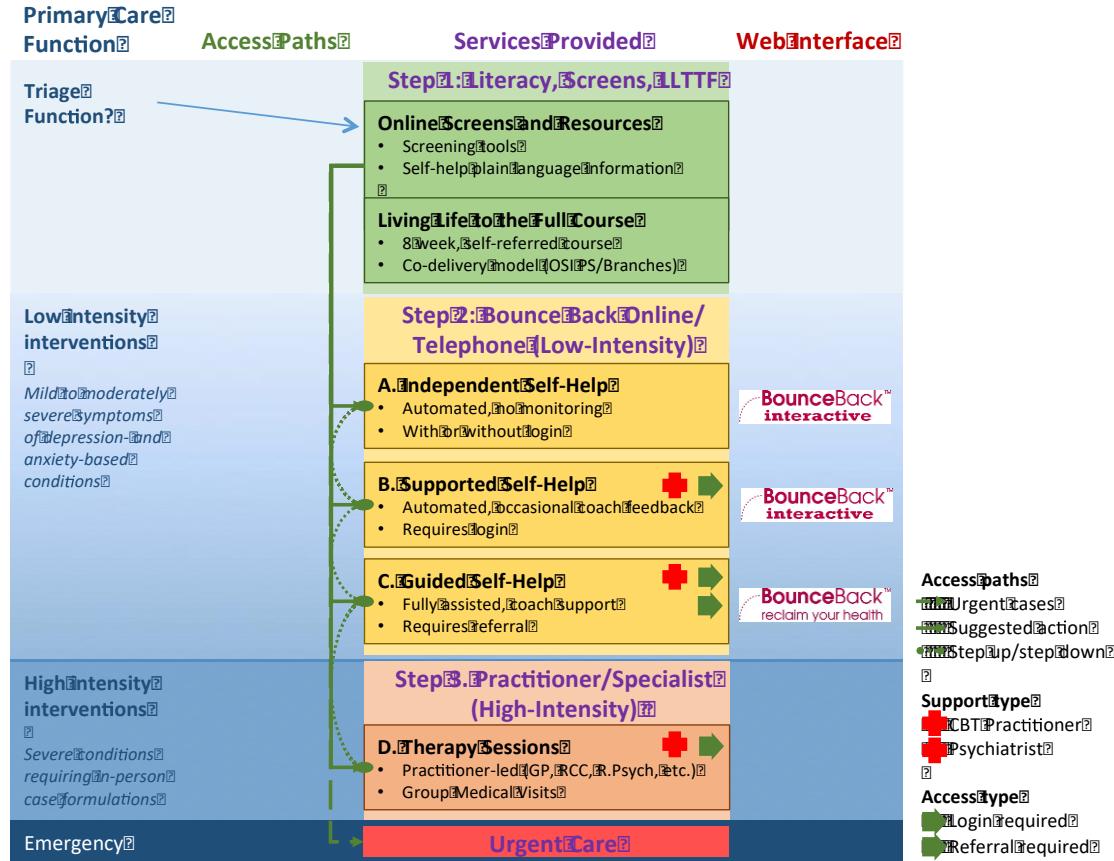
- To double the proportion of Australians receiving timely and appropriate mental health services would require an additional \$9B over 15 years to provide the extra 8,800 mental health professionals required to meet the target

# Tipping Point for BC's Mental Health and Addictions System

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- The numbers might be a bit different here, but there is a similar reality facing BC
- We have significant treatment gaps (e.g. 50% treatment gap for depression; 75% treatment gap for children and youth experiencing clinically significant symptoms)
- We need to match the right resource to the right person at the right time
- **We are at a tipping point to build province-wide stepped models of care for high prevalence problems like depression, anxiety, and behavioural problems**

## Proposed Stepped Care Model



## **Recommendation #1– Ensure BC's children and youth have a fair chance at life's opportunities**

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- Continue to build upon and strengthen your investments in child, youth, and family mental health
- Help us expand your investments to build effective, evidence-based, stepped models of care
- Double the investment in MCFD's Child and Youth Mental Health Services from \$80M to \$160M

## **Recommendation #2– Ensure a safety net for the most vulnerable British Columbians**

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Impact the lives of almost 60,000 British Columbians, receiving disability income assistance, living with mental illness or addiction

- Increase the disability income assistance rate for People with Disability (PWD) to \$1200 per month
- Indexing the disability income assistance rate for People with Disability (PWD) against the cost of living in BC
- Build on the progressive policy changes under Annualized Earnings Exemptions by increasing the number of people using the exemption to work – we can help

## **Recommendation #3— Build out evidence-based, timely, community-based substance use services**

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Let's respond to the current addictions crisis and build a more cost effective system by:

- Investing in evidence-based prevention and timely early identification, and early intervention services, in community, with a strong focus on primary care

## Recommendation #4 – Help us to influence the Health Accord

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Let's work together to ask the Federal Government to:

- Ensure sustainable funding for access to mental health and addiction services by increasing the federal share of mental health spending to 25 per cent of the total, which would result in \$777.5 million more in additional annual federal direct funding support for mental health and addiction services.
- Increase social spending directed at mental health and addictions by 2.0% points over current levels
- Establish a five-year, \$100M innovation fund to accelerate the adoption of proven and promising mental health and addiction innovations

## Budget 2017 – An opportunity

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Budget 2017 is an opportunity to address the fact we pay for mental health and addictions care in the most expensive ways possible and for us to act B4Stage4

Let's change the way we think about ... and pay for mental health and addictions in BC

We can lead. We can change.

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# Thank you