

## Calgary's Mental Health and Addiction Strategy

a community-based, cross-sector initiative that is about helping our community find hope and support to address issues related to mental health, addictions, and public safety by advancing three strategic outcome areas: Being Well, Getting Help and Staying Safe

### Mental Health and Addiction Investment Framework

\$5.9 million of the earmarked \$25 million one-time funds from the Fiscal Stability Reserve earmarked by Council (2018-2023)

**\$5.6M**

**\$341K +**

\$300K leveraged through Community Investment Table\*

#### Connect the Dots!

Enhancing community-based programs and services

#### Change Can't Wait!

\*\$300K carried into 2023 to test new ideas

#### Targeted Investments

\$341K invested in Strategy Actions

### Community Safety Investment Framework

\$8 million annually (Base Budget)

**\$8 million +**

\$8 million through partnership with CPS + carryover from 2021

Strengthening Existing Crisis Supports

Transformative Crisis Initiatives

### Being Well

\$3.4M invested in wellness at home, at school, at work, and in the community.

#### 24 initiatives reached 6, 300+ Calgarians

Through educational workshops, capacity building and community initiatives.

- **80% of participants** improved their ability to cope with stresses and strains of everyday life.
- **97% of participants** increased understanding of how to support others experiencing mental health.
- **82% of participants** reported a strong social support or availability of natural supports.

- **Resilient People and Communities:** Investments increased the ability of Calgarians to recover from difficult times.
- **Reduced Stigma:** Investments addressed the complex social process which aims to exclude, reject, shame, or devalue people based on mental health or addiction.

### Getting Help

\$2.5 M invested in Calgarians having what they need, when, where and how they need it

#### 19 initiatives reached 7, 200+ Calgarians

Through counselling, therapy, peer support and system navigation initiatives.

- **85% of participants** reported improved access to services through coordinated points of access.
- **87% of participants** improved knowledge of how to access help.
- **92% of participants** who accessed formal mental health and addiction support reported their needs were met.

- **Improved Service Access and Navigation:** Investments increased service coordination and integration between the mental health and social services in Calgary.
- **Increased Knowledge:** Investments ensured Calgarians know where to get help for mental health issues, substance use and addiction issues.

### Staying Safe

\$19.7 million invested in security at all times, especially in a crisis

#### 48 initiatives reached 28, 000+ Calgarians

Through wraparound care, crisis counselling, peer support and systems navigation

- **55% of programs** improved crisis triage.
- **49% of programs** integrated case management.
- **40% of programs** increased the capacity of support networks

- **Increased Safety:** Investments ensured Calgarians received the help they need when in crisis, including supports to prevent or lessen future crises.

