

# Mental Health and Addiction: Federal, Provincial and Municipal Strategies

## Federal and provincial strategies

Organization	Strategy	Description
Government of Canada	Canadian Drugs and Substances Strategy (2018)	<p>National drug strategy that aims to:</p> <ul style="list-style-type: none"> <li>• Protect the health and safety of all Canadians by minimizing harms from substance use for individuals, families and communities</li> <li>• Action plan for prevention, treatment / rehabilitation, harm reduction, and enforcement</li> <li>• Utilize a strong evidence base to identify trends, monitor impacts, target interventions and support evidence-based decisions</li> <li>• Fund programs to support activities under the strategy</li> <li>• Specific actions to address Canada's opioid crisis</li> </ul>
Mental Health Commission of Canada	<p>Advancing the Mental Health Strategy for Canada: A Framework for Action (2017-2022)</p> <p>Mental Health Strategy for Canada (2012)</p>	<p>Strategic directions of the national mental health strategy include:</p> <ul style="list-style-type: none"> <li>• Promote mental health across the lifespan in homes, schools, and workplaces, and prevent mental illness and suicide</li> <li>• Foster recovery and well-being for people of all ages living with mental health problems and illnesses, and uphold their rights</li> <li>• Provide access to the right combination of services, treatments and supports</li> <li>• Reduce disparities in risk factors and access to mental health services, and strengthen the response to the needs of diverse communities and Northerners</li> <li>• Work with Indigenous communities to address their distinct mental health needs, acknowledging their unique circumstances, rights, and cultures</li> <li>• Mobilize leadership, improve knowledge, and foster collaboration at all levels</li> <li>• Create benchmarks and ongoing evaluation of system performance, and translate evidence-based mental health knowledge into policy and practice</li> </ul>
Government of Alberta	Valuing Mental Health: Next Steps (2017)	<p>Provincial mental health &amp; addictions strategy aims to:</p> <ul style="list-style-type: none"> <li>• Improve access to services and provide long term supported care throughout the path to recovery</li> </ul>

	Valuing Mental Health: Report of the Mental Health Review Committee (2015)	<ul style="list-style-type: none"> <li>• Better integration of governance, funding, and policy across services and sectors to support more seamless access to, and transition between services</li> <li>• Focus on prevention and early intervention</li> <li>• Public education to increase understanding and awareness of addiction and mental health issues</li> </ul> <p>Over the next three years (2017-2020), the Government of Alberta will work with partners to integrate and coordinate addiction and mental health services. Initial efforts will target four populations requiring immediate attention: children, youth and families; people with multiple and complex needs; individuals requiring addiction services; and Indigenous people and communities.</p>
	Creating Connections: Alberta's Addiction and Mental Health Strategy (2011)	<p>Goals of the strategy:</p> <ul style="list-style-type: none"> <li>• Reduce the prevalence of addiction, mental health problems and mental illness in Alberta through health promotion and prevention activities</li> <li>• To provide quality assessment, treatment and support services to Albertans when they need them</li> </ul> <p>Actions identified in five key areas:</p> <ul style="list-style-type: none"> <li>• Building health and resilient communities</li> <li>• Fostering the development of healthy children, youth and families</li> <li>• Enhancing community-based services, capacity and supports</li> <li>• Addressing complex needs, and</li> <li>• Enhancing assurance in the Alberta mental health care system</li> </ul> <p>Promotes an integrated addiction and mental health service model based on a five-tier model: The model is a continuum that ranges from health promotion and early intervention to rehabilitation and long-term, specialized treatment.</p>

## Municipal Strategies

Municipality	Strategy	Description
Edmonton, AB	<p>Urban Isolation &amp; Mental Health initiative</p> <p>Living Hope: A Community Plan to Prevent Suicide in Edmonton 2018-2021</p> <p>Edmonton Suicide Prevention Strategy 2016 - 2021</p>	<p>The City of Edmonton's initiative on Urban Isolation and Mental Health works to positively affect mental health and wellbeing by connecting residents within their communities.</p> <ul style="list-style-type: none"> <li>As part of the Urban Isolation and Mental Health Initiative, the Suicide Prevention Strategy includes three goals and 14 outcomes that call for greater awareness, improved accessibility to services and a commitment to address the needs of higher risk populations.</li> <li>The strategy also outlines 35 recommended actions intended to enhance the community's ability to offer the protective factors that decrease the risk of suicide.</li> </ul>
Vancouver, BC	<p>Mayor's Task Force on Mental Health and Addictions (2014)</p> <p>Healthy City Strategy – Four-Year Action Plan 2015-2018</p>	<p>Embedded within the Healthy City Strategy, the Mayor's Task Force on Mental Health &amp; Addictions identified 23 priority actions to address 6 key gaps in mental health and addictions response systems</p> <ul style="list-style-type: none"> <li>Goal is to optimize an effective mental health and addiction service system through integration, peer supports, specialized addiction practices, consumer choice and involvement, and special attention to youth, Aboriginal and gender inclusion.</li> </ul>
London, ON	Community Mental Health and Addiction Strategy for London (2017)	<p>As part of its 2015-2019 Strategic Plan, the City of London developed a Community Mental Health and Addictions Strategy, with the following strategic directions:</p> <ul style="list-style-type: none"> <li>Expand the effectiveness of system communication across London</li> <li>Enhance access to health by reducing barriers and integrating across the continuum of service</li> <li>Build effective and productive relationships to meet the needs of local residents</li> <li>Develop awareness of local resources and trends among the public and broad system partners</li> <li>Build capacity for a local system that delivers the best outcomes and experiences for residents</li> </ul>
Brantford, ON	<p>Mental Health Strategic Framework (2015)</p> <p>Brantford – Brant Community Drug Strategy (2017)</p>	<p>The strategic framework provides blueprint for augmentation or enhancement of mental health services, with the aim to bolster current systems, agencies and individuals working in the system.</p> <p>The Drugs Strategy outlines recommendations to:</p> <ul style="list-style-type: none"> <li>Delay or prevent substance use</li> <li>Keep individuals safe and healthy while respecting their unique choices</li> </ul>

		<ul style="list-style-type: none"> <li>• Ensure individuals have access to timely, adequate services and are treated with dignity and respect</li> <li>• Reframe addiction from a criminal justice issue to a public health issue</li> </ul>
Toronto, ON	Toronto Drug Strategy (2005)	<ul style="list-style-type: none"> <li>• Provides a comprehensive approach to alcohol and other drug issues in Toronto based on the integrated components of prevention, harm reduction, treatment and enforcement</li> <li>• Includes the Toronto Overdose Action Plan: Prevention &amp; Response (2017)</li> </ul>
New York, NY	<p>ThriveNYC: Year Two Update (2018)</p> <p>ThriveNYC: A Roadmap for Mental Health for All (2015)</p>	<p>Aims to change the way the City of New York approaches mental health and substance misuse, with significant new resources and an evidence-based approach informed by experts to achieve the following:</p> <ul style="list-style-type: none"> <li>• Change the Culture: Mental health first aid training and public awareness campaign</li> <li>• Act Early: Invest in prevention and early intervention</li> <li>• Close Treatment Gaps: Provide equal access to care that works, where and when it is needed</li> <li>• Partner with Communities: Collaborate with local communities to create effective and culturally competent solutions</li> <li>• Strengthen Government's Ability to Lead: Affirm City government's responsibility to coordinate an unprecedented effort to support the mental health of all citizens</li> </ul>