



# Children and Youth Mental Health Survey

OCTOBER 31, 2017

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## INTRODUCTION

- Methodology

# Methodology

- An online survey was conducted on Ipsos' Omnibus among a representative sample of 806 Ontarians, 18 years and older, between October 24 and 26, 2017. The credibility interval for the total sample is  $\pm 4.0$  percentage points, 95% of the time.\*
- Data were weighted to the 2016 Statistics Canada Census proportions by age, gender and region.
- Analysis includes subgroups of parents with children under 25 years old (n=289), and 18 to 34 year olds (n=210). We surveyed 18 to 24 year olds (n=74) about their current experiences, and 25 to 34 years old (n=136) about their youth experiences. The credibility interval for the sample of parents is  $\pm 6.6$  percentage points, and for 18 to 34 years olds  $\pm 7.7$  percentage points, 95% of the time.

## Reporting conventions:

- We ran statistical significance testing using a t-test applied across subgroups. The test was done at a confidence level of 95%. Sub-groups are only shown in the report where there are statistical differences, and in cases where there is a reliable sample size.
-  Red and green arrows are used throughout the report to indicate significant differences between subgroups.

*\* The precision of Ipsos online surveys is measured using a credibility interval. This is similar to standard confidence limits assigned to traditional phone and other surveys, but has been tailored for online surveys.*

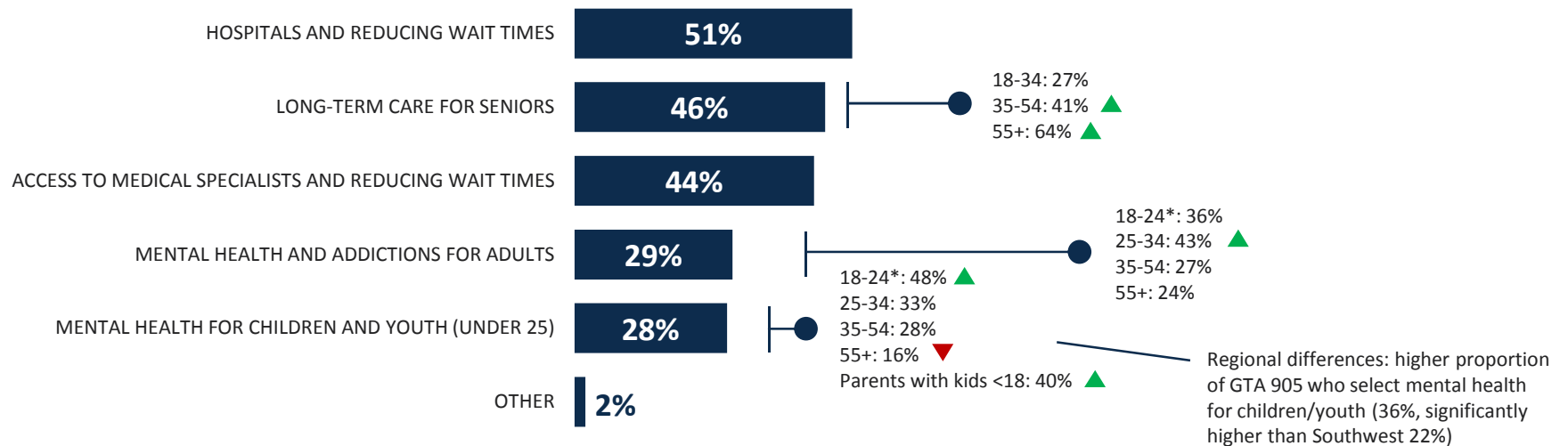


## GENERAL POPULATION

- Level of priority for children and mental health
- Impact statements on level of priority
- Confidence in system

## PRIORITY ISSUES

# Children and youth mental health is seen as a lower priority relative to other health system issues.

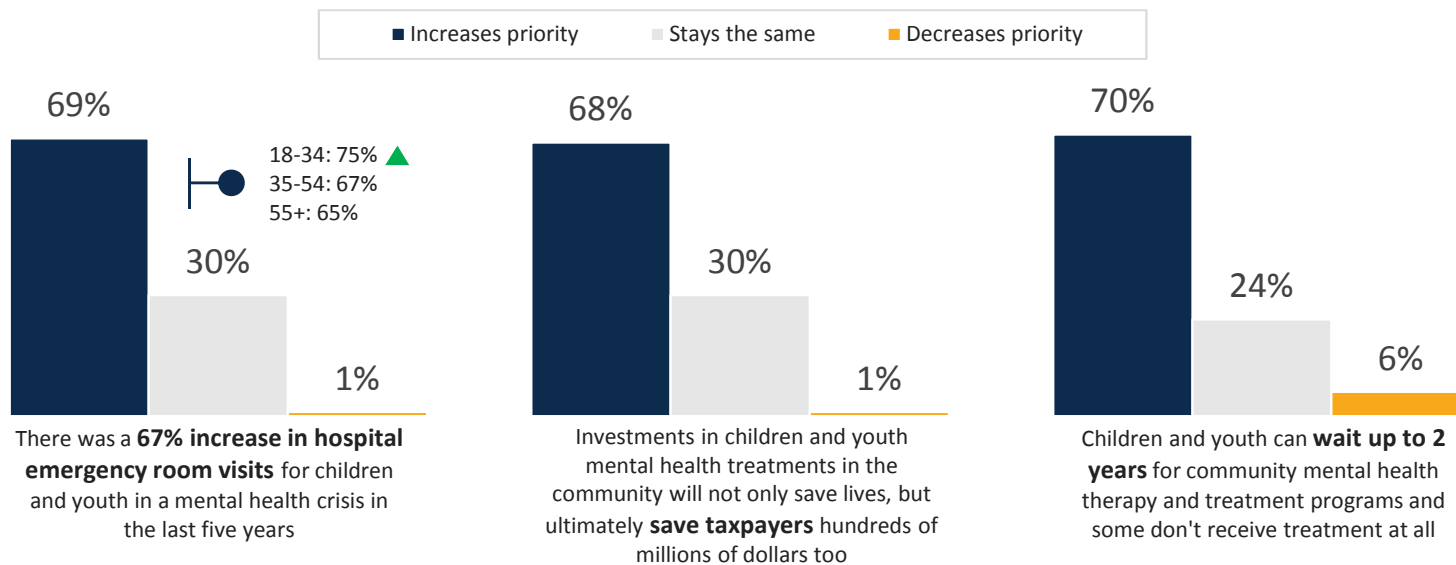


Q1. THE FOLLOWING IS A LIST OF ISSUES FACING THE PROVINCIAL HEALTH CARE SYSTEM. WHICH TWO ISSUES DO YOU THINK ARE MOST CRITICAL FOR THE ONTARIO GOVERNMENT TO BE FOCUSING ITS EFFORTS?

BASE: ALL RESPONDENTS, REP SAMPLE OF ONTARIANS (N=806); 18-24 YEARS -- \*SMALL BASE (N=74)

## IMPACT STATEMENTS

**However, this is due to a general lack of knowledge. Information increases the priority of the issue significantly.**

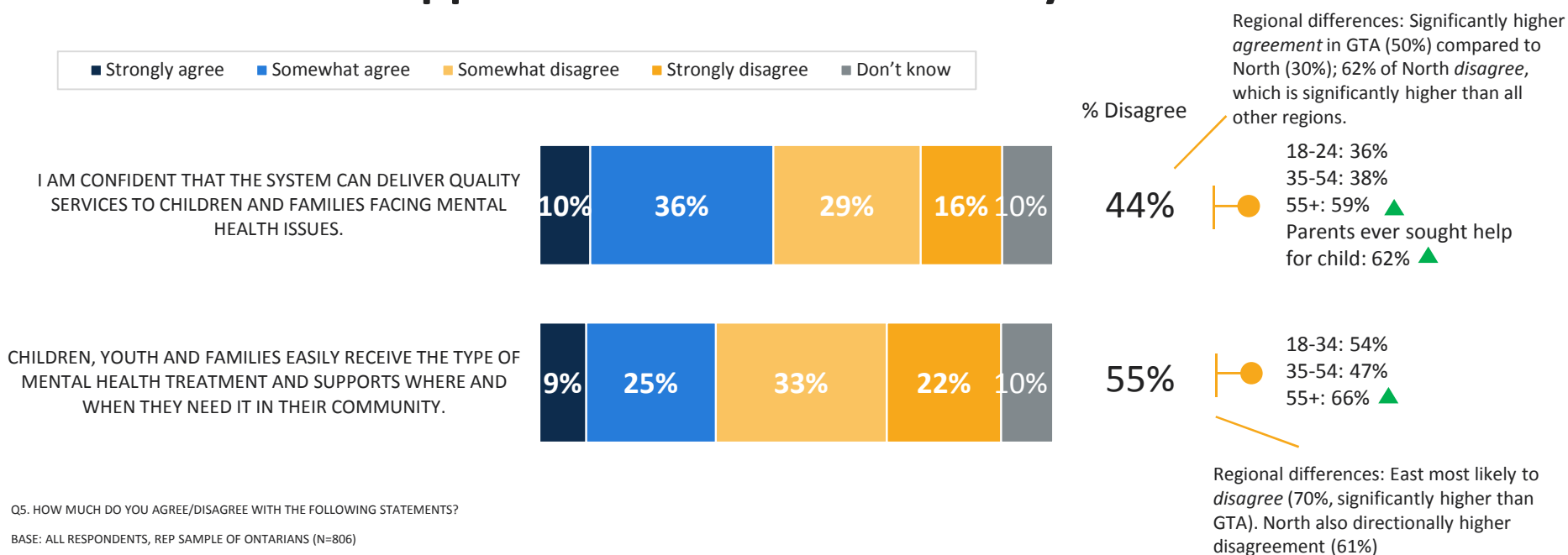


Q2/Q3/Q4 [RANDOMIZED] WHAT IF TOLD YOU THAT....., DOES KNOWING THIS CHANGE THE LEVEL OF PRIORITY PLACED ON THE ISSUE OF CHILDREN AND MENTAL HEALTH IN TERMS OF GOV'T EFFORTS.

BASE: ALL RESPONDENTS, REP SAMPLE OF ONTARIANS (N=806)

## CONFIDENCE IN AND ACCESS TO SERVICES

# Almost half of Ontarians are confident in the quality of mental health services, but fewer say children and families receive treatments and supports where and when they need it.



Q5. HOW MUCH DO YOU AGREE/DISAGREE WITH THE FOLLOWING STATEMENTS?

BASE: ALL RESPONDENTS, REP SAMPLE OF ONTARIANS (N=806)





## PARENTS (KIDS <25)

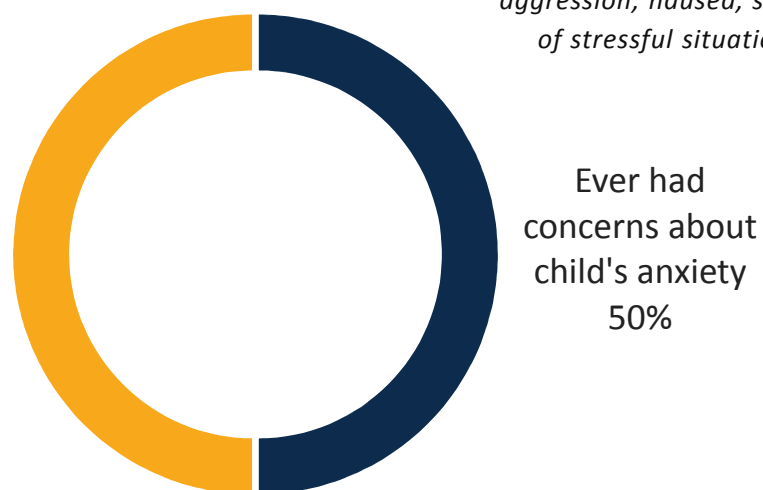
- Child experienced anxiety
- Impacted by child's anxiety
- Resources
- Seeking help for child
- Ease in accessing resources

## PARENTS – CHILDREN EXPERIENCED ANXIETY

# Half of parents report having ever had concerns about their child's level of anxiety.

*Symptoms of anxiety can include:*

*excessive fear or worry; panic or anxious thoughts; irritability, sadness or aggression; nausea, sleep problems or difficulty performing daily tasks; avoidance of stressful situations (like school, sports and parties)—among other things.*

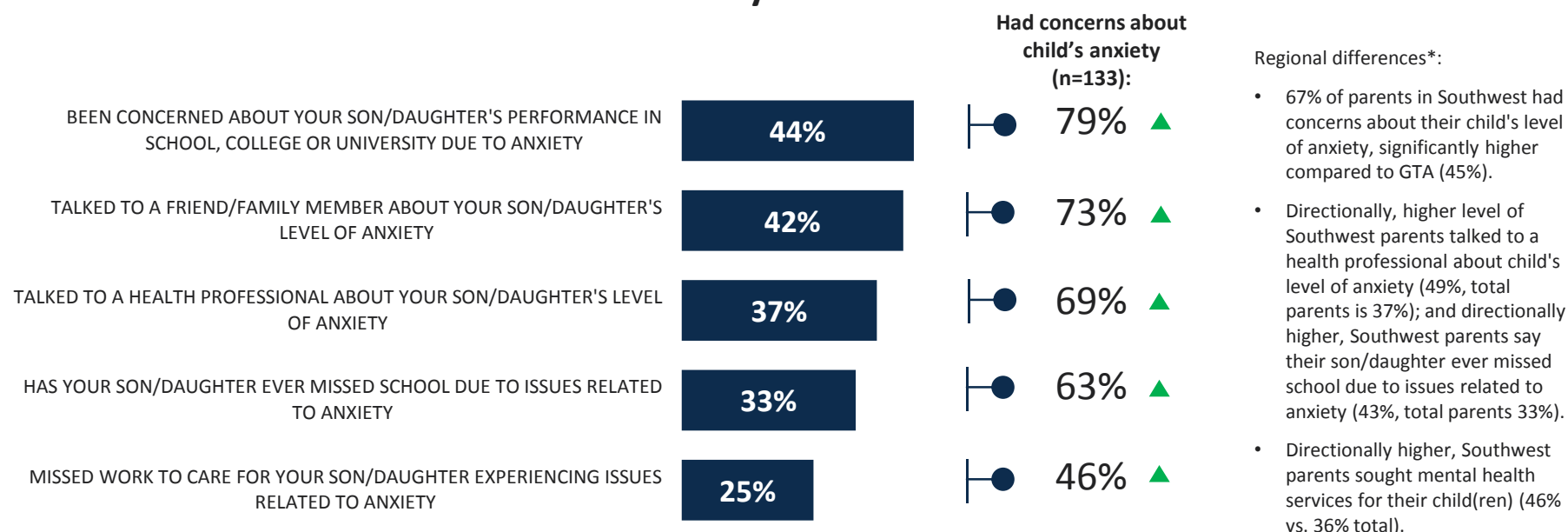


Q6. NOW, A COUPLE OF QUESTIONS ABOUT ANXIETY. FOR THE PURPOSES OF THIS SURVEY WE'RE REFERRING TO "ANXIETY" AS...HAVE YOU EVER [INSERT ITEM]?

BASE: PARENTS OF CHILDREN AND YOUTH (UNDER 25) (N=269).

## PARENTS – IMPACTED BY CHILD’S ANXIETY

**One-third of parents have had a child miss school due to anxiety; one-quarter have missed work to care for their child. This is significantly higher among parent who have had concerns about their child’s anxiety.**



Q6. HAVE YOU EVER [INSERT ITEM]?

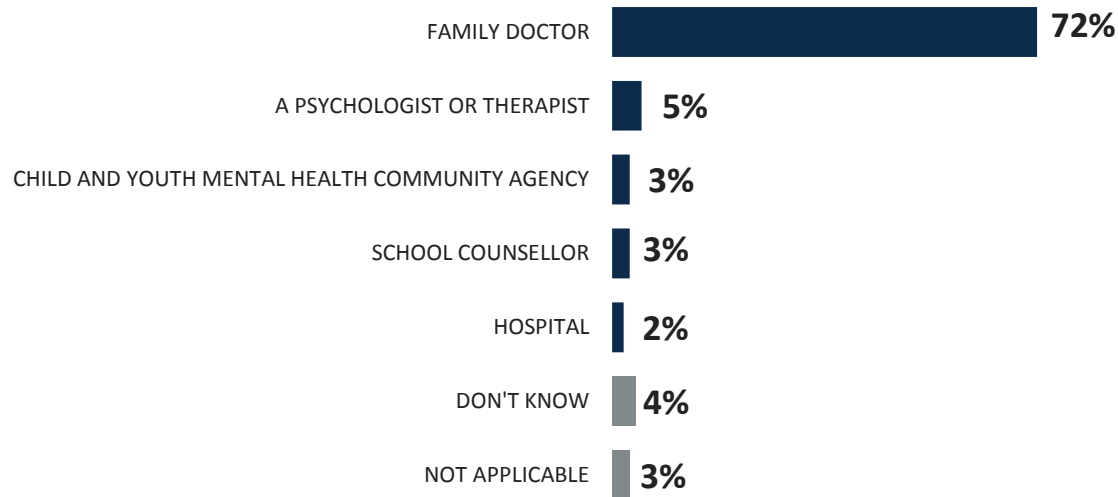
BASE: PARENTS OF CHILDREN AND YOUTH (UNDER 25) (N=269).

▲ ▼ Indicates a significant difference between subgroups

\* Small base sizes for regions. Data should be read as directional higher/lower.

## PARENTS – RESOURCES

**Most parents would turn to their doctor first for help; 3% would go to a mental health community agency.**

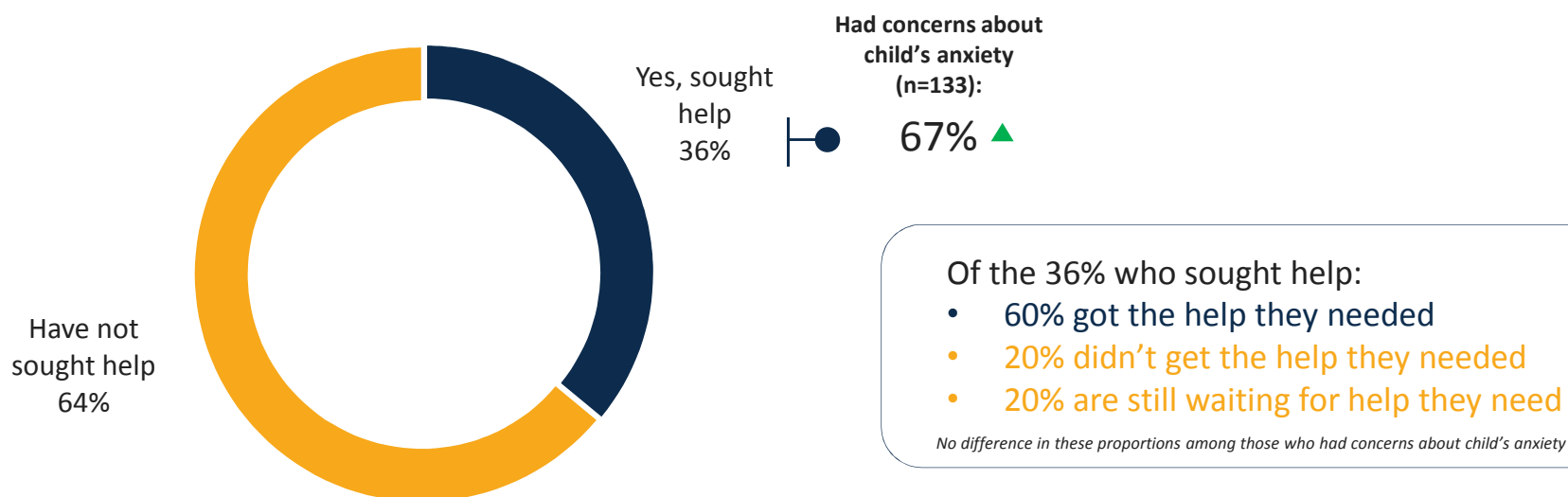


Q7. WHERE WOULD YOU GO FIRST TO SEEK HELP IF YOUR SON/DAUGHTER WERE TO EXPERIENCE MILD TO MODERATE MENTAL HEALTH ISSUE?

BASE: PARENTS OF CHILDREN AND YOUTH (UNDER 25) (N=269); NOTE: BASE SIZES TOO SMALL TO REPORT BY AGE, OR OTHER VARIABLES

## PARENTS – SEEKING HELP

**One-third of parents have sought help for their child; of those who did, 4 in 10 didn't get the help needed or are still waiting.**

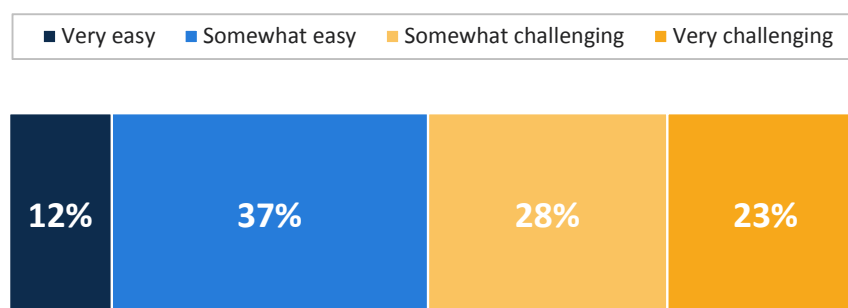


Q8. HAVE YOU EVER SOUGHT MENTAL HEALTH SERVICES FOR YOUR SON/DAUGHTER?

BASE: PARENTS OF CHILDREN AND YOUTH (UNDER 25) (N=269).

## PARENTS – EASE IN ACCESSING SERVICES

# Half of parents who sought help said they faced challenges in getting the services they needed, primarily due to wait times.



% Challenging

51%

Reasons why found it challenging (small base)	n=46
Wait times are long	65%
Services don't offer what my child needs	38%
Don't/didn't know where to go.	26%
Services don't exist where I live	14%
Services not offered at convenient times	14%
Services offered are too far from my home	9%
Other	14%

Q9. HOW EASY OR CHALLENGING WAS YOUR EXPERIENCE/HAS YOUR EXPERIENCE BEEN IN GETTING MENTAL HEALTH SERVICES FOR YOUR SON/DAUGHTER?

BASE: PARENTS OF CHILDREN AND YOUTH (UNDER 25) WHO SOUGHT SERVICES IN Q8 (N=99).



## YOUTH

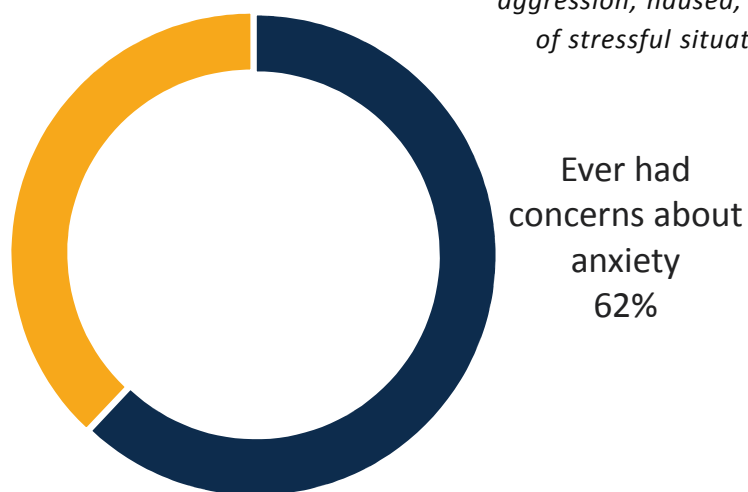
- Experienced anxiety
- Impacted by anxiety
- Resources
- Seeking help
- Ease in accessing resources

## YOUTH – EXPERIENCED ANXIETY

# Six in 10 youth report having ever had concerns about their level of anxiety.

*Symptoms of anxiety can include:*

*excessive fear or worry; panic or anxious thoughts; irritability, sadness or aggression; nausea, sleep problems or difficulty performing daily tasks; avoidance of stressful situations (like school, sports and parties)—among other things.*



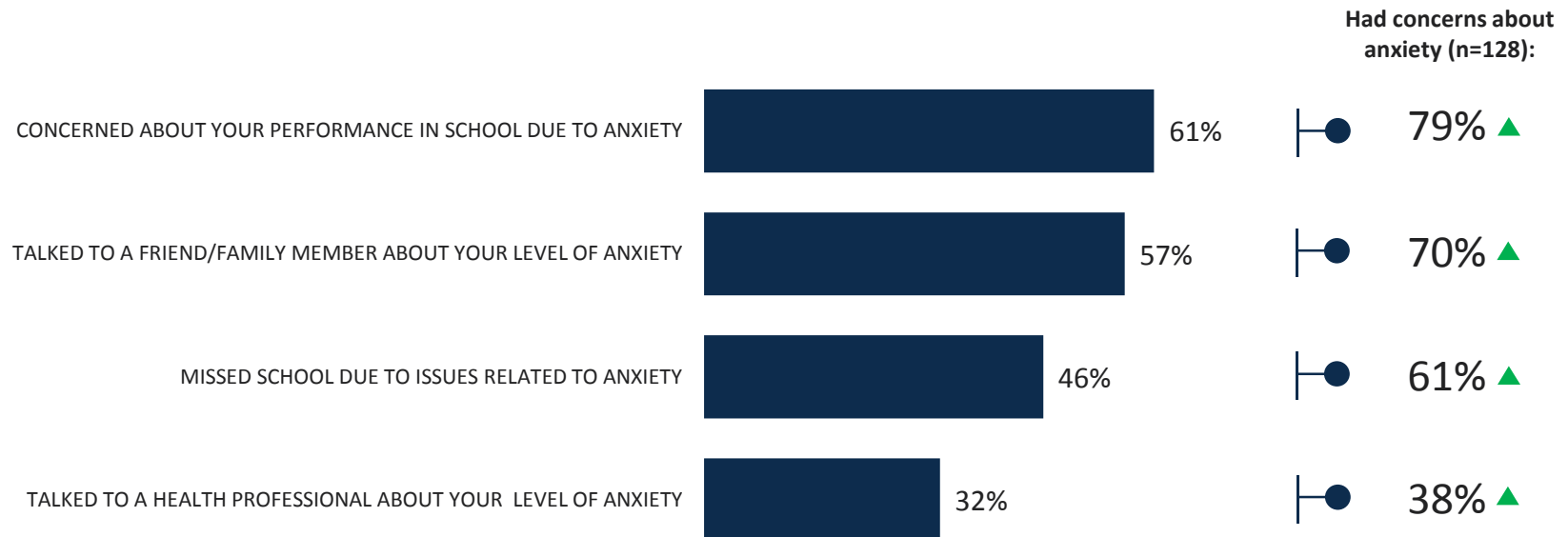
11A\_1. HAVE YOU EVER: - HAD CONCERNS ABOUT YOUR LEVEL OF ANXIETY. 11B\_1. THINKING BACK TO WHEN YOU WERE YOUNGER, SPECIFICALLY UNDER 25, DID YOU EVER: - HAVE CONCERNS ABOUT YOUR LEVEL OF ANXIETY.

BASE: 18 TO 34 (N=210)



## YOUTH – IMPACTED BY ANXIETY

# Almost half of youth have missed school due to anxiety, but only 3 in 10 have talked to an HCP.

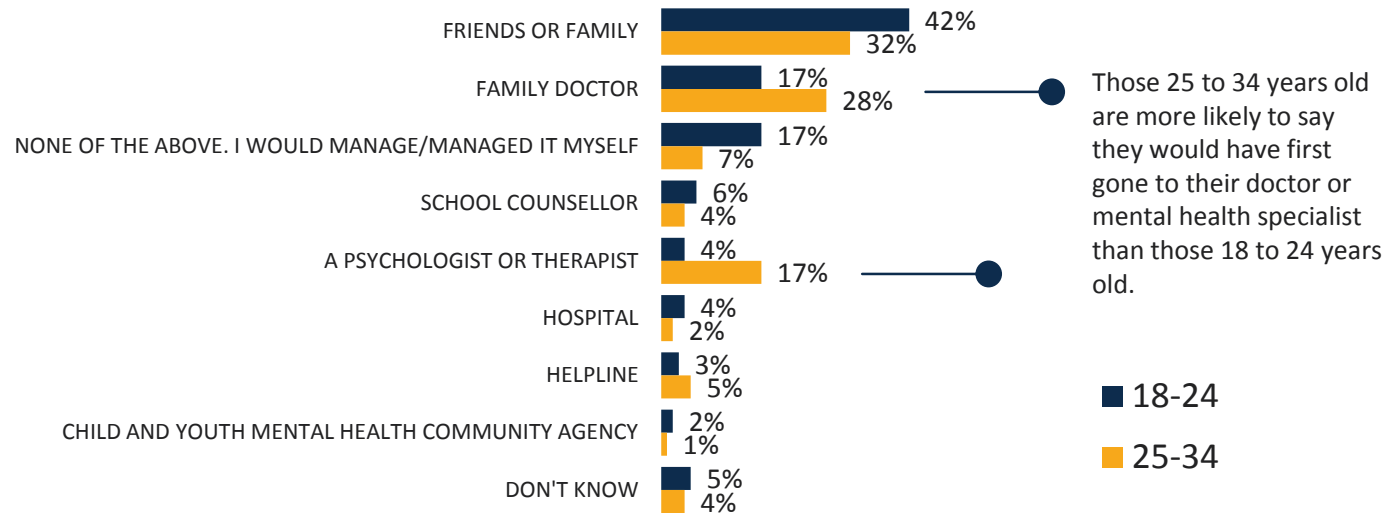


11A\_1. HAVE YOU EVER: - HAD CONCERNS ABOUT YOUR LEVEL OF ANXIETY. 11B\_1. THINKING BACK TO WHEN YOU WERE YOUNGER, SPECIFICALLY UNDER 25, DID YOU EVER: - HAVE CONCERNS ABOUT YOUR LEVEL OF ANXIETY.

BASE: 18 TO 34 (N=210)

## YOUTH – RESOURCES

**Compared to parents, youth would turn first to their support network of family/friends for help, and second to their doctor.**

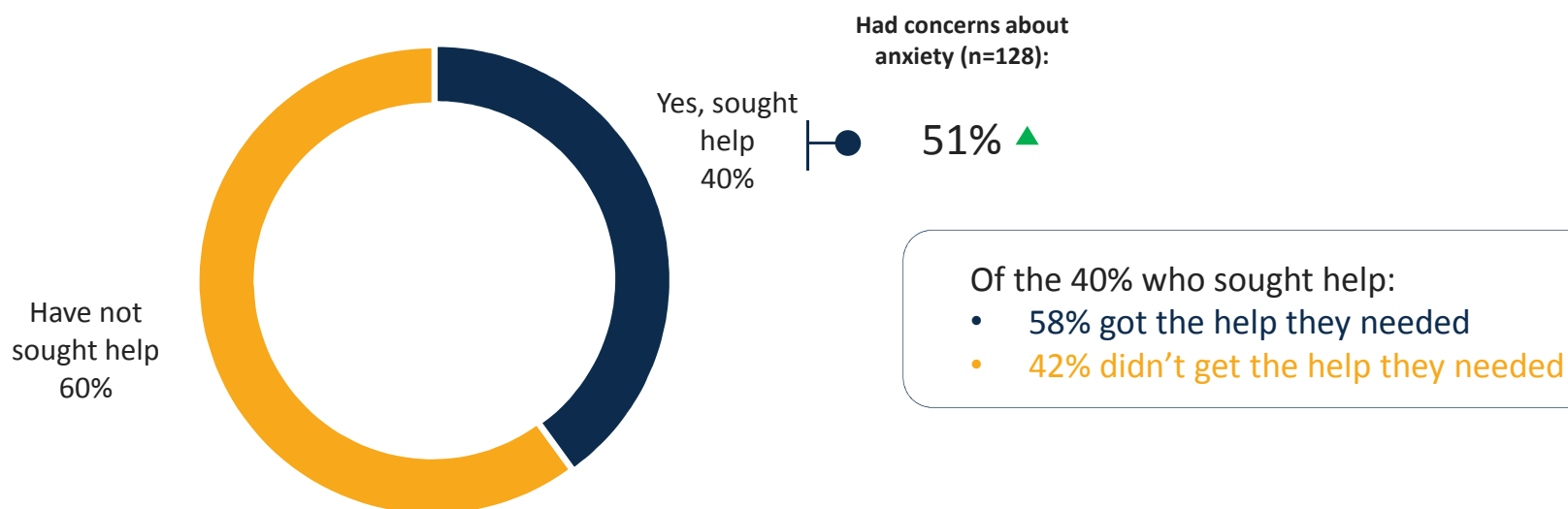


Q12A. WHERE WOULD YOU GO FIRST TO SEEK HELP IF YOU WERE TO EXPERIENCE A MENTAL HEALTH ISSUE SUCH AS ANXIETY?. Q12B. WHERE WOULD YOU HAVE GONE FIRST TO SEEK HELP IF YOU WERE TO EXPERIENCE A MENTAL HEALTH ISSUE SUCH AS ANXIETY?

BASE: YOUTH 18-24 (N=74); 25 TO 34 (N=136)

## YOUTH – SEEKING HELP

**4 in 10 youth have sought mental health services. More than half of these were not able to get the help they needed.**



13A. HAVE YOU EVER SOUGHT MENTAL HEALTH SERVICES FOR YOURSELF? 13B. STILL THINKING BACK TO WHEN YOU WERE YOUNGER, DID YOU EVER SEEK MENTAL HEALTH SERVICES FOR YOURSELF?

BASE: 18 TO 34 (N=210)

## YOUTH – EASE IN ACCESSING SERVICES

# Half of young Ontarians who sought help found their experiences in getting services challenging, due to various reasons.

■ Very easy  
 ■ Somewhat easy  
 ■ Somewhat challenging  
 ■ Very challenging



% Challenging

50%

Reasons why found it challenging (small base)	n=43
Services don't/didn't offer what I need	44%
Don't/didn't know where to go	39%
Wait times are/were long	34%
Services not offered at convenient times	26%
Services offered are/were too far from my home	25%
Services don't/didn't exist where I live	18%
Other	6%

Q14.. HOW EASY OR CHALLENGING WAS YOUR EXPERIENCE/HAS YOUR EXPERIENCE BEEN IN GETTING MENTAL HEALTH SERVICES?

BASE: ALL WHO SAID THEY SOUGHT SERVICES IN Q13A OR B (N=89)

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