

2017 REPORT CARD: ANXIETY

Recent IPSOS Survey Finds More Kids in Ontario Seeking Mental Health Treatment for Anxiety Than Ever Before – But Over Half Can't Get the Help They Need

FROM KIDS

6 IN 10 YOUTH

REPORT HAVING HAD CONCERNS ABOUT THEIR LEVEL OF ANXIETY.

- Almost half of youth have missed school due to anxiety.
- 4 in 10 youth have sought mental health services for their anxiety. But, more than half were not able to get the help they needed.



FROM PARENTS



1/4 OF PARENTS

HAVE MISSED WORK TO CARE FOR THEIR CHILD WHO IS STRUGGLING WITH ANXIETY.

- 1/3 of parents have had a child miss school due to anxiety.
- 1/3 of parents have sought help for their child who is struggling with anxiety. Half of parents who sought help said they faced challenges in getting the services they needed—with wait times being the reason in over 65% of cases.

ALMOST **80% OF TEACHERS** BELIEVE THAT AN INSUFFICIENT NUMBER OF COMMUNITY-BASED MENTAL HEALTH PROFESSIONALS IS A POTENTIAL BARRIER TO TREATMENT.

FROM TEACHERS



- Nearly 3/4 of teachers agree that anxiety disorders in the classroom are a pressing concern.

(Source: Canadian Teachers' Federation)

INDICATOR	PERFORMANCE	NEEDED ACTION
<p>Right Care</p> 	<p>Experts agree that the best treatment option for children and youth with anxiety problems is counselling and psychotherapy rather than medication. But of the nearly \$73 million that the government has committed to structured psychotherapy over the next three years, zero dollars for psychotherapy have been committed to supporting children and youth.</p>	<p>Children’s Mental Health Ontario has a plan to improve mental health treatment in Ontario for children and youth with anxiety and calls upon Ontario to invest in community-based child and youth mental health centres in the following ways:</p> <ul style="list-style-type: none"> ✓ Scaling and spreading innovative models of specialized treatment to support children and youth with the most significant anxiety problems close to home.
<p>Right Time</p> 	<p>Average wait time for counselling and therapy services in the community is over 2.5 months. And in some parts of the province, the wait can be as high as 1.5 years!</p>	<ul style="list-style-type: none"> ✓ Increasing the number of publicly-funded therapists available for children and youth, to provide assessment, treatment, and management of anxiety disorders and other mental health issues.
<p>Right Place</p> 	<p>The number of children and youth going to the emergency department for mental disorders has increased by 63% over the last decade; the number of young people being hospitalized has increased by 67%.</p> <p>Anxiety is the leading mental health cause of emergency department visits for children and youth in Ontario, and a growing cause of hospitalizations.</p>	<ul style="list-style-type: none"> ✓ Supporting community agencies to explore online and telephone-based coaching and counselling services for young people with mild mental health issues and enhancing e-health service options to better support children and youth in Northern, rural, and other remote communities. 

“ This is a matter of life and death. This is kids waiting for potentially lifesaving treatment to access mental health services... If we are able to provide kids with the mental health services that they need, they will be able to grow and be the people that they were meant to be. ”

Assia Messaoudi, Youth Advocate

“ Sadly, these findings are not surprising. As we too have reported, our teachers see this every day in their classrooms. There is so much more to do on behalf of children and families struggling with anxiety and other mental health issues including providing more mental health care supports at community mental health agencies. ”

Sam Hammond, President of the Elementary Teachers Federation of Ontario

Children’s Mental Health Ontario (CMHO) works to identify and develop solutions to important policy issues affecting the child and youth mental health sector. We represent close to 100 accredited children’s mental health agencies that provide treatment and support to infants, children, youth and families. This includes targeted prevention, early intervention, short- and long-term counselling and therapy, and intensive services for those with complex and/or persistent mental health issues.

