

September 3, 2020

The Honourable Michael Tibollo
Associate Minister of Mental Health and Addictions
Hepburn Block, 10th Floor
80 Grosvenor St.
Toronto, ON M7A 2C4

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REGION OF PEEL
OFFICE OF THE REGIONAL CLERK

Dear Minister Tibollo:

On behalf of Region of Peel Council, thank you for meeting with our virtual delegation at the recent AMO Conference.

Thank you for your long-standing dedication to addressing challenges related to mental health and addiction services across the province. We appreciate the opportunity to discuss with you the Region's position on the need for an equitable funding model that would ensure those in need of mental health supports can access services they need, which includes building capacity within the current mental health and addictions services system.

As referenced in our meeting, while Peel is growing faster than the provincial average, per capita funding for mental health and addictions services for Peel is among the lowest in Ontario. Funding formulas have not accounted for Peel's rapidly growing population and multi-cultural mosaic. Consequently, 185,000 people go untreated every year, including 60,000 children and youth. There is growing concern regarding the mental health crisis in Peel. It will take a collective effort to ensure improvements and investments in community mental health reach those in need and we look forward to working with you to make such progress.

As we also discussed in our meeting, COVID-19 has precipitated an even greater demand for mental health and addictions services in Peel and wait lists have grown. We're asking you to provide Peel community mental health and addictions agencies with appropriate funding to account for the additional care that people in our community have needed through COVID-19. We also seek immediate approval and implementation of the new population-based funding formula for children and youth mental health services and ask that this formula be applied to adult services, as well.

We appreciate your expressed interest in learning more about Peel-specific mental health and addiction initiatives and offer three examples, as highlighted at Peel's recent community mental health roundtable, for your information. (additional details in the attached)

- **Stepped Care model:** Since implementation in January 2019, the stepped care model has reduced wait time for psychiatric consultations by 80% (from 365 days to 90 days). Furthermore, wait time for psychotherapy reduced by 85% (24 weeks to 2 weeks).
- **Psychotherapy: Cognitive Behavioural Therapy (CBT), Dialectical Behaviour Therapy and Trauma-focused CBT**

REFERRAL TO _____
RECOMMENDED _____
DIRECTION REQUIRED _____
RECEIPT RECOMMENDED ☒

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Regional Chair & CEO

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- For children and youth aged 0-24 years, investments in CBT will help to reduce distress and improve the day-to-day lives of children and youth struggling with the most prevalent mental health disorders (e.g., anxiety, depression, eating disorders, substance use disorders and trauma). These services have produced positive outcomes and have been shown to be cost-effective for children as young as four, through to youth and young adults.
- For young adults/adults and seniors, investments will help to reduce wait times, making it easier to access care when needed and build coping strategies to improve self-management and support recovery.
- **Services and Housing in the Province (SHIP)**
- High Support Program and Housing in Place teams are designed to assist individuals with complex mental health and addiction challenges with appropriate housing options and the necessary supports to remain housed. Both programs contribute to housing stability and reduce additional burden on health system (i.e. ED visits, hospitalizations)

Once again, thank you for meeting with the Region of Peel's delegation at the 2020 AMO Conference to discuss these important issues. Please feel free to contact me at 905-791-7800 x4310. It would be a pleasure to hear from you.

Kindest personal regards,



Nando Iannicca
Regional Chair & Chief Executive Officer
Region of Peel