

Key Insights from CIHI's 2025 survey on Navigation and Early Intervention of Mental Health and Substance Use Services

Presented by



CIHI



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www.healthycampusalberta.ca

Land Acknowledgement



We acknowledge the traditional territories of the Indigenous peoples of Treaty 4, Treaty 6, Treaty 7, Treaty 8, and Treaty 10 throughout Alberta, which is a gathering place for First Nations people, Métis, and Inuit.

<https://native-land.ca/>



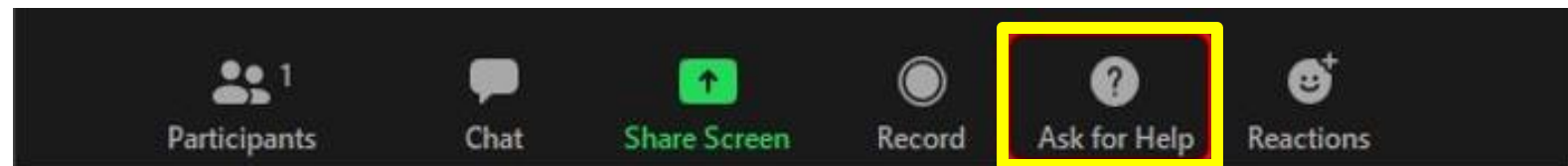
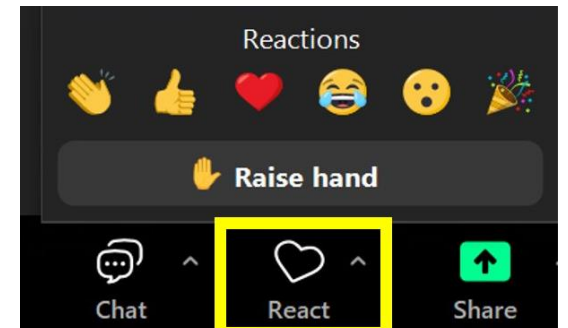
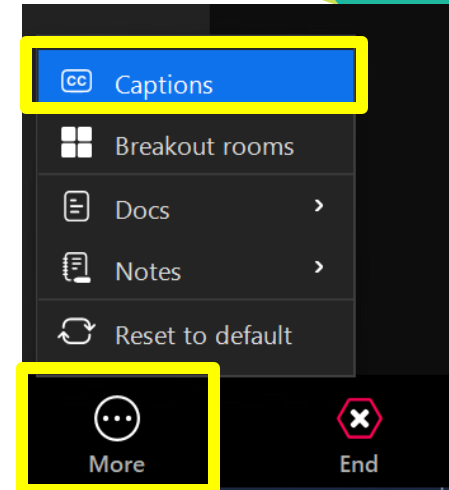
Housekeeping

Zoom

- Closed captions available
- Raise hand feature/chat to ask questions
- Reminder that this Webinar is being recorded.
- Ask for help button if needed when in breakout rooms

Technical Details

- Send a message in the chat if you have technical difficulties



Introductions



Rahme Daoud, MEd

Program lead, Health System Performance
Canadian Institute for Health Information



Kristen Hart, MSc

Program lead, Health System Performance
Canadian Institute for Health Information

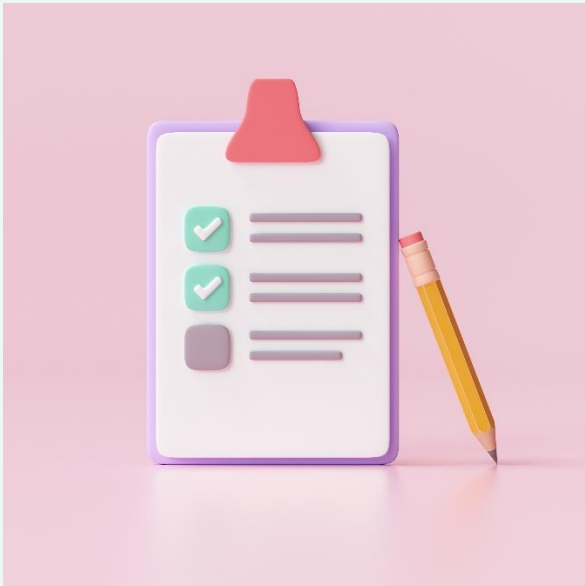
...and feel welcome to introduce yourself in the Zoom chat!



Key Insights from CIHI's 2025 Mental Health and Substance Use Surveys

Canadian Institute for Health Information

Poll - Question 1



We would like to learn about our audience today, please pick the category that matches best.

What we are presenting today



Background



Indicators overview



Data collection



Relevance



Next steps

BACKGROUND



About CIHI



About CIHI

- The Canadian Institute for Health Information (CIHI) is an independent, not-for-profit organization that provides essential information on Canada's health systems and the health of people living in Canada.

- **Mandate**

Deliver comparable and actionable information to accelerate improvements in health care, health system performance and population health across the continuum of care.

- **Vision**

Better data.
Better decisions.
Healthier Canadians.

- **Values**

- Inclusion
- Integrity
- Collaboration
- Excellence
- Innovation



Our foundation



Our people



Stakeholder engagement and partnerships



Privacy and security



Information technology

A Common Statement of Principles on Shared Health Priorities (SHP)

As part of the federal, provincial and territorial (FPT) governments commitments to *A Common Statement of Principles on Shared Health Priorities (SHP)*, CIHI reports on pan-Canadian indicators measuring progress on improving access to home and community care, and to mental health and substance use (MHSU) services.

Indicators information will:

- tell a clearer story about access to care across Canada,
- identify where there are gaps in services and;
- help to make meaningful changes to improve the experiences of patients and their families.



Navigation and Early Intervention of MHSU services – How is Data Collected?



- Two self-reported surveys:
 - Navigation of Mental Health and Substance Use Services (age 15+)
 - Early Intervention of Mental Health and Substance Use Among Children and Youth (age 13-24)
- The surveys are completely voluntary, and responses are kept anonymous.
- Surveys administered online (mainly through social media recruitment) via external vendor.
- Surveys open until May 31, 2025.

INDICATORS OVERVIEW





Navigation of Mental Health and Substance Use Services Indicator

Findings from the Navigation of Mental Health and Substance Use Services Survey

2 in 5
Canadians

said they always or usually
had support navigating
MHSU services



(Source: CIHI, 2024)

Canadians said that these would have
helped them navigate MHSU services:



**Choice of
where, when
and how services
were provided**



**Communication
between service
provider and
family members**



**Financial
support**

(Source: CIHI, 2024)

A lower proportion of



**Transgender
and non-binary
individuals**



**Individuals who identified
as gay, lesbian or another
sexual orientation**

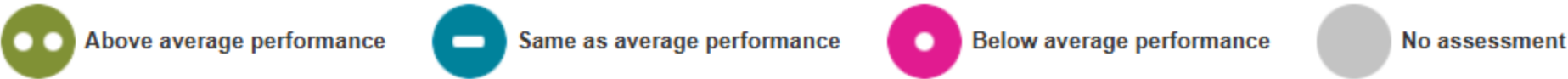


**Individuals
with lower
income**

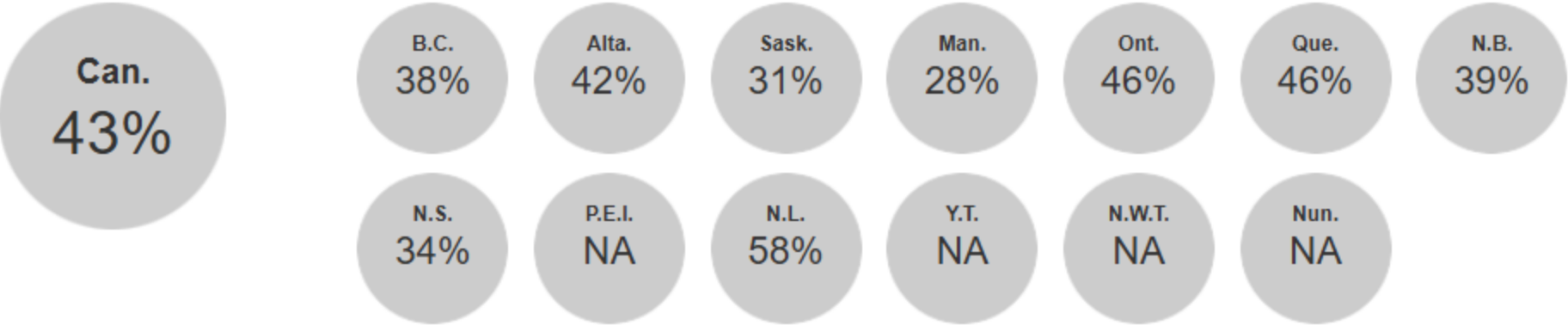
said they had the **necessary support** to navigate MHSU services

(Source: CIHI, 2024)

Navigation Indicator Data



----- Partial data coverage



Source: Navigation of Mental Health and Substance Use Services Survey, Canadian Institute for Health Information.

About the Navigation of Mental Health and Substance Use Services Indicator

Purpose

- Measure whether people always or usually had support navigating mental health and substance use (MHSU) services in Canada once they accessed services

Eligible population

- 15+ years old and accessed mental health and substance use services in the past 12 months

Exclusion

- People who were not able to access mental health and substance use services or who did not need another service after their first one

Informs

- Areas for improved health system integration and timely access to care
- Identification of population(s) that experience differences in navigating MHSU services



Early intervention for Mental Health and Substance Use Among Children and Youth Indicator

Findings from the Early Intervention of Mental Health and Substance Use Survey



(Source: CIHI, 2024)



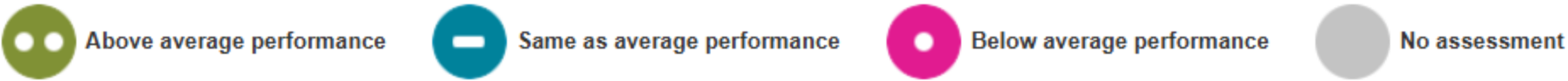
(Source: CIHI, 2024)

Top 5 barriers to accessing mental health and substance use services for children and youth

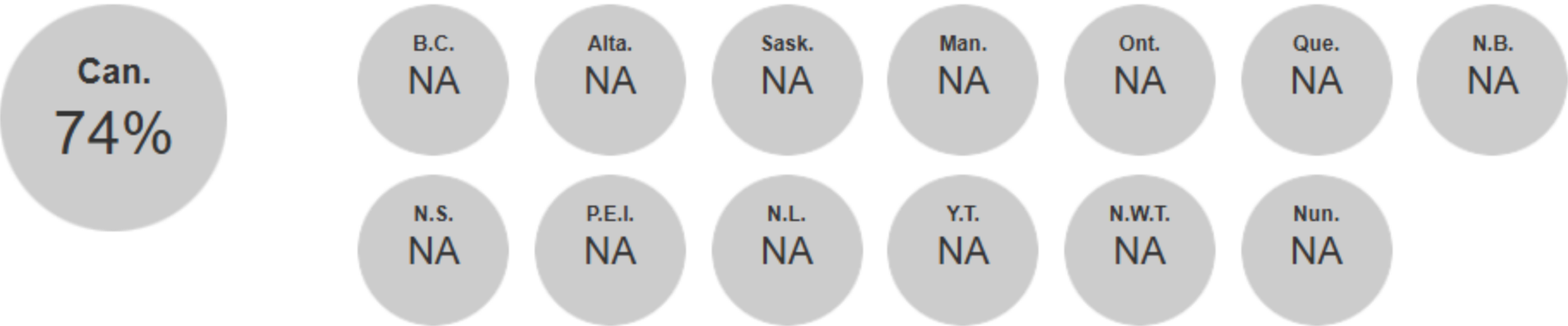


(Source: CIHI, 2024)

Early Intervention Indicator Data



----- Partial data coverage



Source: Early Intervention for Mental Health and Substance Use Among Children and Youth Survey, Canadian Institute for Health Information.

About the Early Intervention of Mental Health and Substance Use Indicator

Purpose

- Indirect measure of whether children and youth in Canada are accessing early intervention services

Eligible population

- Ages 13 to 24 (14 in Québec)
- Mild to moderate impairment and/or perceived need of care
- Access to formal services (i.e., mandated to provide MHSU services to children and youth)

Exclusion

- Children and youth who reported severe impairment with an onset prior to the last 6 months

Informs

- Early interventions can help reduce the symptoms and severity of the issues and may help delay progression to a diagnosed disorder

DATA COLLECTION



Outreach Plan

Participation Incentive

- **100 \$ gift card weekly prize draw**

Social media

- **Paid ads** (CIHI and vendor-led components)
 - Facebook, Instagram, LinkedIn, YouTube
- **Influencers contracted**
- **Organic outreach** (Facebook, Instagram, LinkedIn)

Outreach

- Pan-Canadian, provincial and community organizations
- Promotion at mental health events, conferences, and meetings
- Schools and Universities
- Hospitals and healthcare units

HOW CAN I USE THIS INFORMATION?



How will survey results be used?

- Aggregated results are provided to FPT governments on an annual basis to help better understand challenges experienced when accessing mental health and substance use services, and how to improve access within their jurisdictions.
- Results of this survey can help decision-makers:
 - **Identify** regions or communities that are underserved & in need of additional MHSU services.
 - **Implement** strategies to address barriers to accessing MHSU services.
 - **Tailor** MHSU services to meet the specific needs of different communities.

How can this help your organization?

- Ensuring all provinces and territories have reportable results provide evidence-based insights to:

- **Improve** client level services based on identified barriers and challenges.
- **Secure** further public funding or grants by referencing the need for services highlighted in this data.
- **Influence** both micro/macro level policy change through data driven means.



Scan the QR codes for survey links

Early Intervention for MHSU
Among Children and Youth

English



French



Navigation of MHSU services

English



French





Canadian Institute
for Health Information

We're in this together

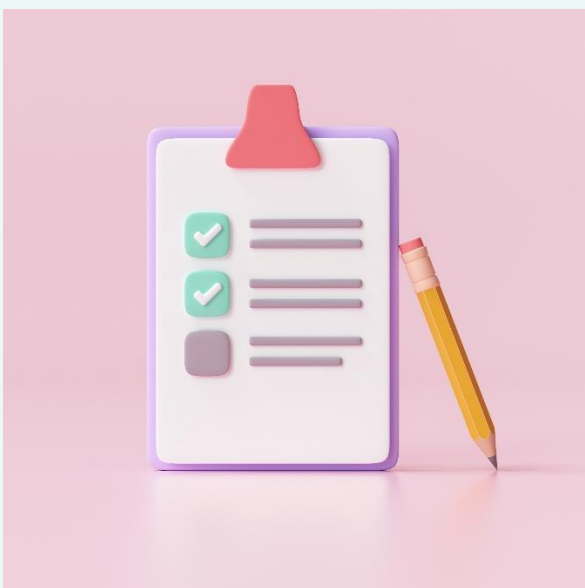
Help improve mental health and substance
use services in Canada

Share your experience for the
chance to win a **\$100** gift card

Questions? Contact us at
hspspecialprojects@cihi.ca



Poll – Question 2



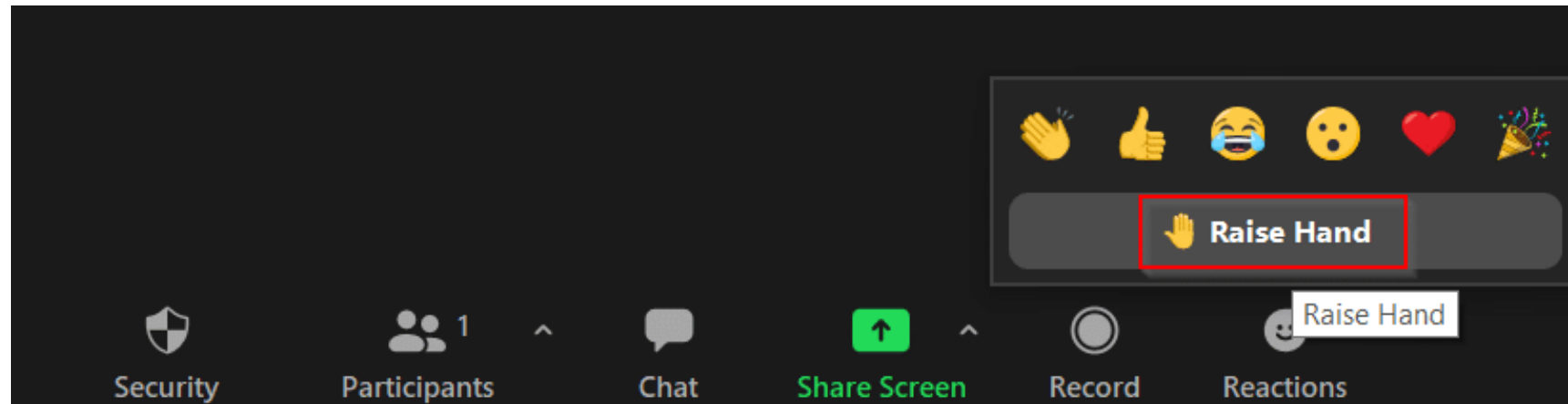
Will you fill out this survey and share with your networks?



Q&A

You can ask questions by...

- Typing in the Zoom chat
- Participating over audio





Thank you to our presenters!

Upcoming Events



2025 Wellness Summit

June 17 & 18, 2025 | University of Calgary

Reimagining Campus Culture



Canadian Mental
Health Association
Alberta
Mental health for all



centre for
suicide prevention



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www.healthycampusalberta.ca





Join the conversation around
campus mental health & well-being on the

NEW
HCA Community Hub

healthycampusalberta.ca



We value your feedback!



Thank you for your participation!
Please take a moment to complete our evaluation
survey:





Connect with us!



hcaadmin@cmha.ab.ca



community.healthycampusalberta.ca



Canadian Mental
Health Association
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