

Hamilton City Council Candidate Survey

Mental health has never been as important as it is now.

As a candidate for Hamilton City Council (HCC), we here at the YMHM Canada ask that you please complete the following survey to the best of your ability regarding mental health and what you would work to do to ensure mental health in Hamilton if you are elected this October.

Your answers as well as your name and ward, as well as your answers will appear on our website at ymhmcanada.ca/Hamilton.

Sections

1. Mental Health in Youth
2. Mental Health in Marginalized Communities
3. Mental Health in Seniors
4. Mental Health Supports and Services
5. Addiction Supports and Services

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Mental Health in Youth

A report by the Centre for Addiction and Mental Health found that about 27% of students between grade 9-12 reported poor mental health and 16% seriously considered suicide in the past year. If elected, what are you going to do to ensure better mental health within not only highschools within Hamilton, but all schools?

Propose all school boards in Hamilton add to the curriculum, classes on Addiction and Mental Health. Have a counsellor on duty in each school to help if a student needs or wants help, due to the every day pressures in their lives! Give support educate and show them someone really cares!

If elected, what would you advocate for to better ensure the mental health of youth in Hamilton?

Open hotlines through the Public Health Department to take calls, 24 / 7 (if not already established,) Establish free counselling at all Libraries, Mobile Libraries and Rec Centers throughout the City 7 days a week. Give support big time! Educate big time.

If elected, would you support the recommendations for youth mental health and addictions set out by the City of Hamilton Youth Strategic Plan that was created by HamOntYouth?

(<https://www.hamilton.ca/city-initiatives/strategies-actions/youth-strategy>)

Yes

Mental Health in Marginalized Communities

Members of marginalized groups are at a higher risk for mental health-related disorders, suicide, and more. If elected, what are you going to do to help ensure the mental health of those in marginalized communities?

Propose the City, the Public Health Department dedicate a Health On wheels vehicle to tour the City especially after hours in relation to the night time! To educate and show someone cares!

Indigenous rates of suicide can be as high as 9 times non-Indigenous peers, and LGBTQ youth can be as high as 14 times more at risk for suicide than straight counterparts. If elected, what are you going to do to reduce the rates of suicide within marginalized communities in Hamilton?

My due diligence to ensure every avenue has been travelled for accessibility and assistance.
Educate and support!

Mental Health in Seniors

The COVID-19 pandemic has disproportionately affected the Senior population and has led to more people having feelings of depression and loneliness. If elected, what are you going to do to ensure the care of seniors and their mental health?

Advertise / educate for Support; visitation by neighbours. Hold free information courses at libraries, rec centres, old age homes on "knowing the signs of depression and loneliness."

Older adults, men in particular, have among the highest suicide rates in the world according to the WHO. If elected, what are you going to do to help ensure the reduction of senior suicide and self-harm in our community?

According to CCSMH, substance misuse and dependency among older adults is a growing but neglected issue. If elected, what are you going to do to help ensure the reduction of senior substance misuse and/or dependency that could possibly lead to an overdose in our community?

As much as I can within my means! Again, advertise/ educate about "knowing the signs"!

Mental Health Services and Supports

If elected, what are you going to do to ensure that hospitals are properly supported by the city to provide help to people seeking mental health treatment or programs?

Once again give support to those affected - accessibility, education and care.

Wait times in Hamilton for mental health services can be as long as 710 days. If elected, would you commit to working with all levels of government to ensure that people within your ward and Hamilton are able to access services within a shorter amount of time?

Most definitely!

The House of Commons has approved a National 988 Suicide and Mental Health Crisis Line (as of 2020). Do you support such a number and if elected, will you commit to working with all levels of government to help ensure such a number is implemented?

Yes! Each level of government should have a free number to call for help and assistance!
Mental health issues affect everyone no matter what age group or walk of life!

There are little to no supports for youth transitioning from youth mental health services to the adult sector. If elected, what will you do to bridge this gap in service for young people?

Support, educate and work with Public Health officials to establish a transition program with qualified personnel to monitor and help youth through these difficult times!

If elected, would you commit to working with and listening to mental health advocacy groups in Hamilton to help aid in giving input into mental health policies for the city?

Yes

Addiction Services and Supports

If elected, would you commit to working with and listening to addiction and harm reduction advocacy groups in Hamilton to help aid in giving input into addiction policies for the city?

Yes

Do you support safe injection sites in Hamilton and/or in your ward (if elected)?

Yes , better safe than sorry! More controlled and monitored by professional Health officials!

According to the Office of the Chief Coroner, in Ontario up to and including 2020 acute drug toxicity has been the number one cause of death in youth 15-24 years old since 2017. Education about overdose prevention and response with naloxone, harm reduction, and how to use drugs safely can reduce the number of overdose-related deaths in young people as they will have the knowledge and tools to make informed choices about drug use. If elected, how will you ensure that highschool curriculum includes better education about substance use in a non-judgemental safe space?

Propose and work with the School Boards to ensure the curriculums include better, consistent education on the subjects required, in a non judgemental safe place.

Additional

Is there anything else that you wish to add?

Yes , I support your endeavours to these subject matters! Remember we only get one chance in life and your lucky, should you be given more than one! Thanks for being there!

Stan Habza Ward 5 Councillor candidate.hgg

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