

Ottawa City Council Candidate Survey

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

As a candidate for Ottawa 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 Ottawa 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 www.yhmcanada.ca/ottawa.

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

Name *

Robert Hill

I'm running for *

Mayor

Councillor

If Councillor, what Ward are you running in?

7 - Bay Ward

Campaign Email *

VoteRobertHill@gmail.com

Mental Health in Youth

A recent report has shown that 1 in 5 students has a diagnosed mental health problem and 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 highschoools within Ottawa, but all schools?

I will work with our school board trustees in my ward and city wide as well as call upon my provincial counterparts to ensure that the schools have adequate funding to offer properly trained counsellors that can be readily available to meet with students that may be struggling mentally, I will also ensure that I personally make myself available to talk with anybody and everybody that may be struggling because nobody should have to go through anything like that.

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

I will advocate for greater inclusivity and anti-bullying protocols in schools, I myself was often excluded and bullied as a student and it was really hard to cope with. I don't want any student or anybody in general to feel as if they're alone or they don't belong.

If elected, would you support the creation of a City of Ottawa Youth Mental Health Plan to better support youth and their mental health?

Absolutely and I would 100% be on board in participating in the planning and advocating of this particular plan.

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?

I will ensure that everybody has access to the help they need by working with all levels of government to ensure that mental health support is accessible and affordable for all, I will work with the schools and community leaders to ensure we are promoting inclusivity and diversity in all areas.

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 Ottawa?

As mentioned multiple times here, I will ensure that everybody has access to the help they need by working with all levels of government to ensure that mental health support is accessible and affordable for all, I will work with the schools and community leaders to ensure we are promoting inclusivity and diversity in all areas

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?

I will work with the leaders of all of my local senior community groups to brainstorm ways to bring some extra positivity into the lives of our senior population, Could be monthly music sessions, Card game gatherings, Coffee days, etc. Whatever we can come up with to bring some positivity into their lives we will do so. I'll also as mentioned with other community groups ensure that our senior citizens have access to all the professional support they may need.

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?

I will work with my federal and provincial counterparts as well as community leaders to ensure we are doing everything we possibly can to support these groups, Everybody should have access to the help they need to get through the toughest times in their life and I will push so hard to make this happen.

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?

I will ensure that these individuals have access to professional help and rehabilitation services to assist them with the process of getting away from substance abuse/misuse, I will also work with these individuals to find them jobs and/or volunteer opportunities in the community that will occupy their time and help get their mind off anything that may have them contemplating substance use

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?

I will fight for adequate budgeting with all levels of government to ensure that mental health support is available to all individuals and that nobody has to wait months or even years to get that support.

Wait times in Ontario for mental health services can be as high as 919 days. If elected, would you commit to working with all levels of government to ensure that people within your ward and Ottawa are able to access services within a shorter amount of time?

Absolutely, There is no reason anyone should have to wait months for support with mental health or any health in general. The longer we wait the worse the issues can get.

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?

I will absolutely support and commit to this, I will ensure that once this number is implemented that we advertise it to the best of our abilities as well so absolutely everyone knows what it is and how to reach them.

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?

I will work with the city as well as my provincial counterparts to implement a transitional support team ensuring that nobody feels forgotten or left behind.

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

Absolutely

Addiction Services and Supports

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

Yes

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

I would much rather have individuals utilize the safe injection sites under the supervision of healthcare workers rather than dangerously injecting on city streets. These sites can also present the opportunity for us to assist these individuals in getting better.

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?

I will work with the Ontario Health Ministry as well as the Education Ministry to ensure that this is correctly tied into the Health class curriculum, Students need to learn the realities of substance abuse and how to accurately deal with this aspect of life.

Additional

Is there anything else that you wish to add?

Thank you for everything you do!

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