

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 *

Doug Thompson

I'm running for *

Mayor

Councillor

If Councillor, what Ward are you running in?

Osgoode Ward 20

Campaign Email *

doughthompson2015@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?

As a parent, grandparent and former elementary school teacher, I have always been aware of the pressure and stress on youth. Mental Health should be a top priority for Ottawa Public Health, the School Board and City Council. In fact I believe that there needs to be a Province wide program to address mental Health in our schools.

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

Absolutely

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

I certainly believe that we need a coordinated effort to ensure we address the problem of the Metal Health of our Youth.

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 believe that any Mental Health Plan must include marginalized groups.

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 stated, any Plan must address all groups within our Community

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?

As a senior, I fully understand this concern and would be prepared to advocate for our group as well.

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 believe that any Mental Health Program must work to be inclusive of all groups. men in the senior age group must be an integral part of our mission.

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?

Absolutely

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?

Hospitals should be one of the major partners of the City to work with individuals in need of mental health 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. City Council needs to work with hospitals, the Province and the Federal Government

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

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?

Yes. it would take a coordinated effort of the the Health Unit, City Council and related agencies to support this transition.

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 need to further research this topic before making a position.

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?

This would take a combined effort of the City, School Board and related Agencies.

Additional

Is there anything else that you wish to add?

Thanks for providing this opportunity

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