

# 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](http://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 \*

Kathleen Caught

I'm running for \*

Mayor

Councillor

If Councillor, what Ward are you running in?

Ward 24

Campaign Email \*

kcaught@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 highschools within Ottawa, but all schools?

I am founder of Ottawa Mental Health Resources Facebook page and we have people involved in the page that have been actively pursuing mental health for over 25 years. I support expanding access to resources and expanding the newly created Mental Well Being Response Team to get mental assessment faster for each person

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

Daily mental well being exercises as outlines by the Royal Ottawa Hospital. Like brushing your teeth daily guided efforts tailored to your particular situation.

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

Yes as long as it is not another duplication of services. Collaboration and building better use of resources to be effective

## 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?

Marginalized communities have special needs and gathering community together to work out best solutions and create active programming to solve this together. Sometimes by good intentions we can create more problems so ensuring that the community that is closest is listened to for how to solve the problems

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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?

My grandchildren are Indigenous so it's personal and I will listen and respond as if each one was my own family

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## 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 am a senior myself and know what loneliness can do. I will work with volunteers who presently attend to seniors in their community to work with CBT programs and apps as well as programs available through OHIP on the phone to assist and coordination of programs within retirement homes as well as seniors centers programs including meditation and structured programs

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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?

Redirecting more funding to the mental well being response team. This response team arrives with a paramedic and psychiatrist or psychiatric nurse to have mental assessment done right away getting help sooner and setting up followup programs.

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?

Like physiotherapy we all need a program and structure to get the help we need. Having mental health structures become part of the regular routine will eliminate the stigma attached. Every person has been touched by the pandemic and lockdowns so the people needing assistance has increased and funding and resources are limited at the moment. My interest is to redirect funding from the police budget to mental health

## 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?

Increase funding for this well being response team

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

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 and 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?

Recreation programming departing will have resources to fill this gap and they will have the facilities to use

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?

Yes I have demonstrated my commitment over 25 years of involvement with advocacy work here and in NS supporting seniors through Canadian Association of Retired People

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)?

Yes

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?

Working with trustees to support this .....

Additional

Is there anything else that you wish to add?

This is a high priority for me .....

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