

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 *

Riley Brockington

I'm running for *

Mayor

Councillor

If Councillor, what Ward are you running in?

River Ward

Campaign Email *

RiverWardRiley@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 would speak with local Trustees, principals, parents, students, community partners and and Ottawa Public Health to get a netter understanding of the issue and discuss options to determine what can be gone right away, how can the most people be impacted.

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

I would consult with mental health professional and community groups to better understand where the gaps exist and to determine where best to focus energies on.

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.

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 would advocate for special resources to specifically target 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?

I would advocate for special resources to specifically target marginalized groups.

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 would advocate for special resources to specifically target older adults.

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 would advocate for special resources to specifically target older adults.

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?

Work with OPH and other organizations serving older adults to ensure education campaigns, outreach programs, better social connectivity, to reduce instances of substance misuse.

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?

The City can play a role in sharing information, resources and connections to community supports.

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, this is critical.

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 moved a motion at Ottawa City Council to support this initiative which was unanimously approved. It is very important. We have already written to the federal govt and CRTC on this matter in support.

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 don't know this issue enough to provide an intelligent response, other than I remain committed to working with all parties to bridge the gap.

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?

Absolutely.

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?

I would discuss this matter with my local School Trustees, understand what they are doing or can do and reach out to local MPPs for their advice too to make changes to curriculum.

Additional

Is there anything else that you wish to add?

Mental health needs greater attention, care and resources. It impacts so many people. I am supportive of and will be a stronger advocate.

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