

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

Name *

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Ward Running In *

WARD 2

Campaign Email *

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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?

The teachers and principals should recognize the traits of a hurting student. Identify, act, and find help for the child under their care. School nurses and guidance councilors could be the frontline identifiers. Talk to the Parents and make the problem award to all. The problem is not the problem, knowing where to get help is

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

I would advocate to the Education Board and Trustees.

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, all in!

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?

Contact the communities in need and tell them they are not alone and that there are services that can help them.

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?

Information, support, and showing these hurting people they are not alone and there is a way back up. Suicide is not the answer. Rise above that final decision with positive help/

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?

Seniors should be visited by nurses and caregivers and regularly talked to. Being alone and scared is a dark place to be in. Set up high school students to visit seniors for their High School diploma grade.

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?

Society's image of a "Man" should not be perpetuated. We are all people living in society and each one of us can strive to make a difference. It is NOT your fault. You are a person and equal to all.

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?

That is where a visitor to a senior could count the medication and help set up the doses.

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 hospitals need to be aware of the needs, identify the situation, and make sure a place is available for the needs. Police need to have understanding of mental health issues and respond accordingly.

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?

Absolutely! That is too long a wait time to get help! Every hospital should be set up for emergency mental health issues.

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?

Absolutely! If there is a place for a crisis person to call, that is what is needed. I would sit on the phone to help these call ins.

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?

That is a hard transitional time for anyone. Knowing what they want and how to get the results. Education does not stop after High School. Life is lifelong learning. Know that and own that.

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?

Again, Absolutely.

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?

Again, Absolutely.

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

Yes, they are in WARD 2 now.

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?

To cooperate with the Education Board to make sure drugs and safe drug use is applied to the curriculum.

Additional

Is there anything else that you wish to add?

I have had 25 years of city hall experience on many city committees. I know the issue, the staff, and the people that can get things done. I'm a doer and mental health is the first hurdle to trying to solve other problems. Please vote for change and vote for Robin McKee for WARD 2. Thank you.

