

Military Families Accessing Mental Health and Addictions Services in Ontario

SOURCE: Isabel Garces Davila, Heidi Cramm, Simon Chen, Alice B. Aiken, Ben Ouellette, Linda Manser, Paul Kurdyak and Alyson L. Mahar, "Intra-Provincial Variation in Publicly Funded Mental Health and Addictions Services Use Among Canadian Armed Forces Families Posted Across Ontario," *Canadian Studies in Population* 47(1-2) (March 18, 2020). Link: <https://bit.ly/39u1uv3>.

INSIGHTS

- Trends in intra-provincial variation in mental health and addictions (MHA) **outpatient physician services for children and youth in Canadian Armed Forces (CAF) families in Ontario mirror overall provincial trends.**
- Children and youth in the North Simcoe region were **more likely to see a pediatrician or psychiatrist and less likely to have had an MHA ED** visit than those in the Champlain region.
- Regardless of where they moved, military family members who visited a mental health specialist did so after spending a **similar amount of time in the province.**

INFORMATION

- **MHA hospitalizations** among relocated CAF families were **rare in all regions of Ontario**, affecting approximately 0.6% of children and youth (intra-provincial range: 0.3% to 1.1%) and 0.8% of female CAF spouses (intra-provincial range 0% to 2.3%).
- **MHA ED visits** among relocated CAF families were **also rare** across all regions of Ontario, affecting approximately 2.1% of children and youth (intra-provincial range 1.1% to 2.8%) and 2.6% of spouses (intra-provincial range 0.6% to 3.1%).
- Among relocated CAF families who had at least one MHA outpatient physician visit, the **average number of visits** ranged from 3.8 to 4.5 per child/youth and from 3.4 to 5.0 per female spouse across the province.

IMPLICATIONS AND APPLICATIONS

Military family transition support; mental health and addictions care; early childhood education and learning (ELCC); family well-being

INDICATORS

Outpatient physician visits; ED visits; hospitalizations

FUNDING

Canadian Forces Morale and Welfare Services (CFMWS)

PRIMARY DATA SOURCES

Administrative data from ICES on relocated military families in Ontario

STAKEHOLDERS

Military Family Resource Centres (MFRCs); mental health and addictions service providers; family doctors; psychiatrists; pediatricians; teachers; ELCC professionals; military families

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ALIGNMENT WITH UN SUSTAINABLE
DEVELOPMENT GOALS (SDGs)

