



MENTAL HEALTH REPORT CARD 2013/14 - CHEO and The Royal

1.0 VOLUME

Both CHEO and The Royal saw a continued trend towards higher numbers of inpatient days and outpatient referrals. Outpatient referrals to CHEO declined over the previous year but were still 56% higher than the baseline in 2009/10.

Fiscal Year	09/10	10/11	11/12	12/13	13/14	Total % change
CHEO Emergency Visits	1773	2237	2637	2900	3162	+78 %
In-Patient Days – CHEO (19 beds)	4541	5433	5697	5525	5626	+24%
Outpatient referrals received at CHEO	1039	1689	1929	1828	1619	+56%
In-Patient Days – The Royal (8 beds) (16-18 year olds)	2302	2566	2375	2489	2693	+17%
Outpatient referrals received at The Royal (16- 18 year olds)	229	288	315	254	261	+14%

2.0 PRESENTING ISSUES

The Royal has seen significant changes in the reasons that 16- to 18-year-olds need care. In the past year, The Royal has seen a 371% increase in youth presenting with anxiety disorders, 158% increase in mood disorders, a 150% increase in youth with suicidality and emotional dysregulation, and a 42% increase in moderate to severe substance use disorders. In addition, from 2011 to 2013 there was a 186% increase in youth presenting with psychotic symptoms. Many youth presented with more than one complaint.

At CHEO, a review of the children and youth seen for mental health crises in 2013 confirmed that many were at high risk.

- 78% of children/youth presented to CHEO Emergency with a current level of suicidal ideation or behavior; more than one third of those had a specific suicidal plan or made a suicidal gesture/attempt.
- The majority of youth (63%) had at least one area in which they were experiencing a severe difficulty requiring urgent or intensive intervention.
- 74% of youth had no or insufficient mental health resources at the time they came to Emergency.

Among inpatients, 3 out of 4 young people who are admitted to CHEO's 19 mental health beds are at serious risk of suicide and have symptoms of depression, and 1 in 3 is admitted with moderate to severe self-injury. Since 2009, the number of inpatients with suicide risk has increased 17%, and the number with self-injury has increased 79%.

3.0 WAIT TIMES

There are currently 1,195 children and youth waiting for mental health outpatient and outreach services from CHEO and The Royal, up from 1,082 a year ago. Expected wait times for outpatient services remain at 8 to 10 months at CHEO and 12 months at The Royal. Both CHEO and The Royal attempt to see urgent referrals within two to three weeks.

4.0 More About Dialectical Behavior Therapy (DBT)

CHEO and The Royal's Dialectical Behavior Therapy (DBT) parent groups focus on issues such as emotional dysregulation, building attachment, validation, the neurobiology of the teenage brain, collaborative problem solving, creating a more understanding and calm family environment, and other parenting skills in addition to DBT.

CHEO has introduced an innovative 12-week group for caregivers whose high-risk teenagers are unable to participate in a DBT therapy group themselves. It is the first of its kind.

DBT therapy is offered to teens ages 14 to 17 (CHEO) and 16 to 18 (The Royal) who are at very high risk from self-injury and suicide attempts and who have multiple problems including emotional dysregulation.

The CHEO program has worked with about 75 adolescents and their caregivers, with promising results, including fewer emergency room visits and fewer hospital admissions. At The Royal, where DBT has been offered since 2006, young patients have successfully reduced their substance misuse and self-harm. Symptoms of suicidality, depression and emotional dysregulation were also decreased while quality of life, sense of mastery and overall functioning were increased.