



Public Health Santé publique



Ottawa's Mental Health, Addictions, and
Substance Use Health Dashboard User Guide

Version 1.0, Last updated April 5, 2023

Introduction

This dynamic data visualization tool provides the best available information on the health status of Ottawa residents in relation to mental health, addictions, and substance use health. The data presented may be used to inform needs, inform system and service planning, and contribute to building long-term health promotion and illness prevention strategies in the community.

The graphs and visuals in the dashboard are interactive. You can hover over the bars in the graphs to show additional details. If you click on a bar, information for that subgroup will be highlighted. To turn off the highlighting, deselect the bar. You can also right-click on graphs to view associated data tables.

- **How to move between pages**
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- **How to print the dashboard**
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- **How to access additional resources**

How to move between pages

Mental Health, Addictions, and Substance Use Health in the Community

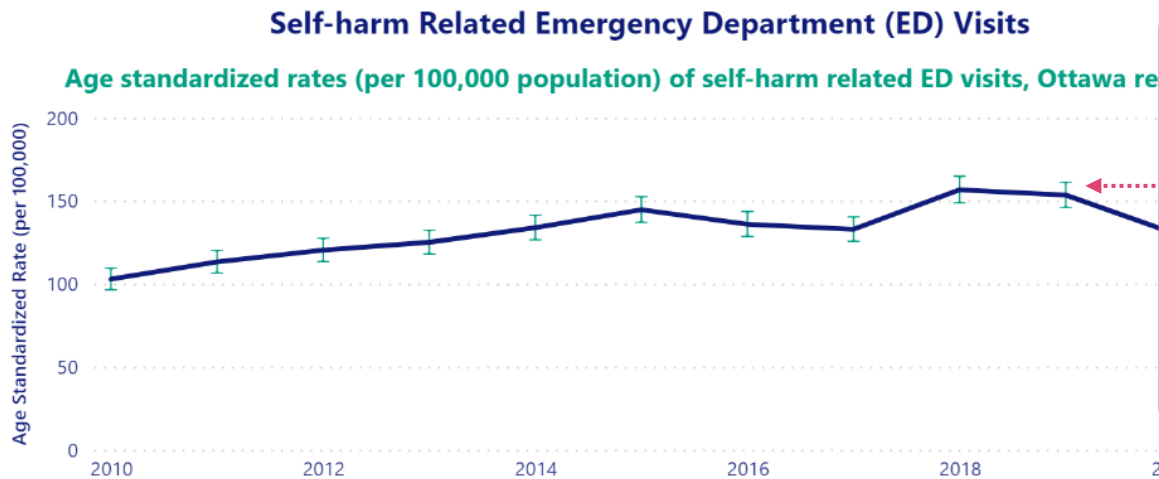


Are people well?		Do people feel well?	←
		Do people know how to access preventative support?	←
		Do people have access to harm reduction services?	←
		Are people experiencing harms from unmet needs?	←
Are people free of stigma?		Do people know about mental health, addictions, and substance use health?	←
		Are people safe and supported in health care and community services?	←
Can people access treatment and services?		Are people asked about mental health and substance use health and offered services?	←
		Can people get services when and where they need them?	←
		Are people and families supported by all the health and social services they need?	←
Do people live with opportunity and equality?		Are children and their families safe and well?	←
		Do people have what they need?	←
		Do people feel connected to each other?	←
		Do people live in safety and equality?	←

At the top of the dashboard, the pages are divided into 4 sections. Select the title of one of the 13 pages to navigate to the page.

How to use the dashboard

Interpreting numbers



Confidence intervals (95%) are shown as error bars and indicate the amount of uncertainty for an estimate. Wider confidence intervals indicate greater uncertainty.

Data Notes: Denominators used to calculate rates per 100,000 are population estimates (2010-2020) and projections (2021) for Ottawa from Statistics Canada.

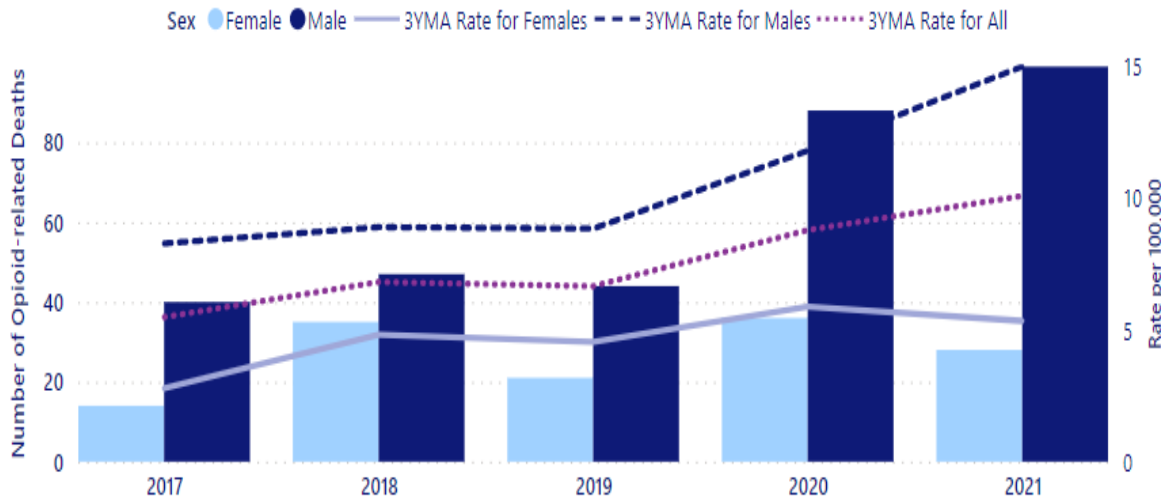
Data Source: National Ambulatory Care Reporting System (NACRS), 2022

Data Notes provide details about suppressed data, denominators used, and other useful definitions.

How to use the dashboard

Interpreting numbers

Number of Opioid-related Deaths and 3-year Moving Average (3YMA) of Rate, by Year and Sex



Data Source: Opioid Investigative Aid Report (OCCO), 2022

Visuals present data as counts, percentages and/or rates. Rates are a 3-year moving average of the rate. For example, this means that the rate for 2021 is an average of the rates for 2021, 2020, and 2019. If percentages are displayed, details about denominator(s) are included in the *Data Notes* below the visual.

Data Source provides a brief citation of where the data came from.

How to use the dashboard

Filtering data

Type in the start and end years **or** select and move the circles to filter the visuals underneath.

Additional Information on Supervised Consumption and Treatment Services in Ottawa

Select Date Range:

2020 2022

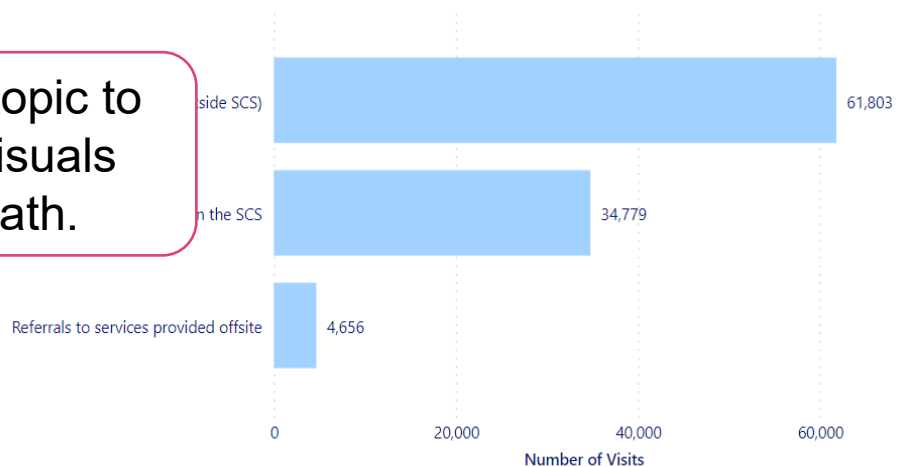
Select Service:

Additional Services and Referrals

Drug Consumed

Overdose and Emergency Interventions

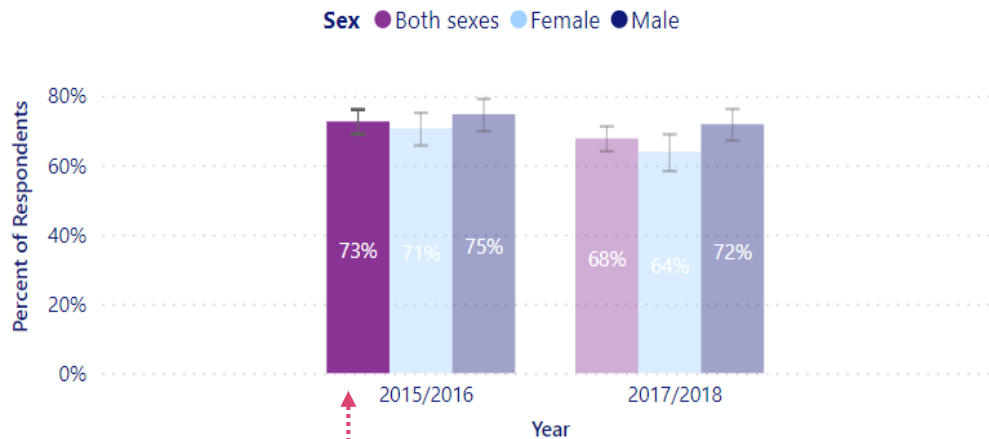
Select the topic to filter the visuals underneath.



How to use the dashboard

Filtering data

Self-reported Mental Health by Sex, Age, and Year (Before 2019)



Select Age Group:

- 12-17 years
- 18-34 years
- 35-49 years
- 50-64 years
- 65 years and over
- Total, 12 years and over

Select Response:

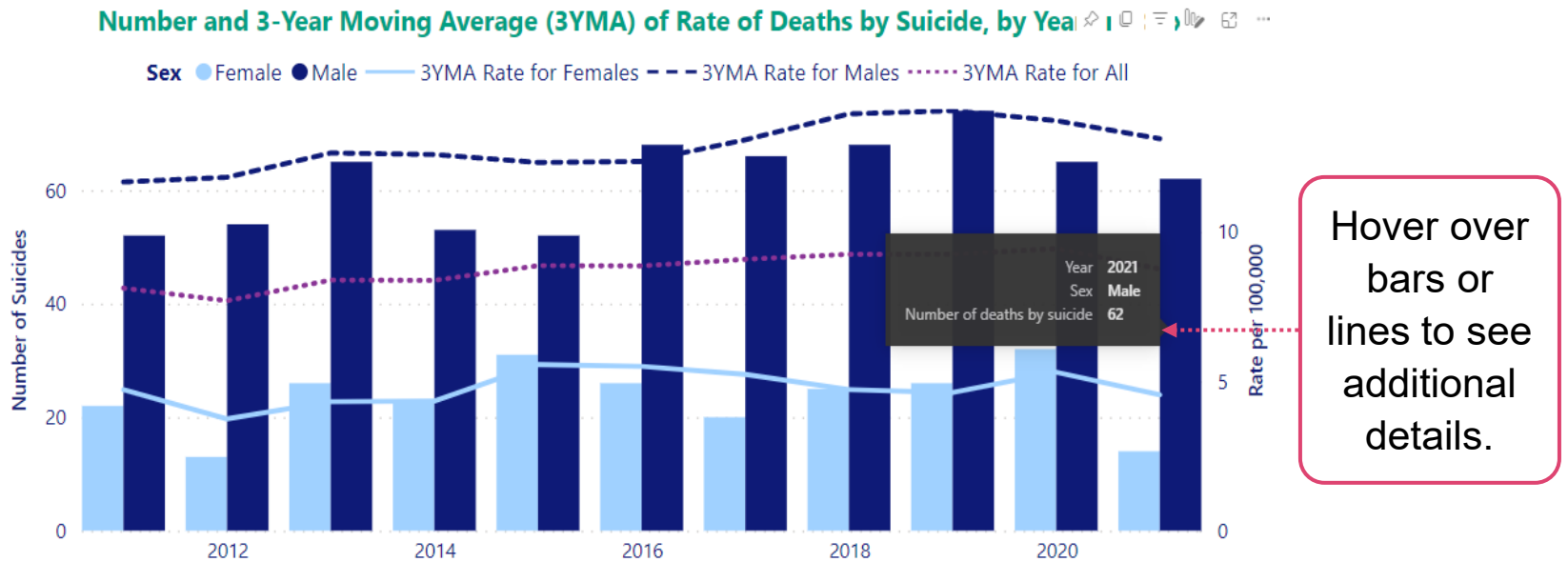
- Excellent or very good
- Fair or Poor

Select an age group and response to filter the graph on the left.

Selecting one of the bars will highlight the data.

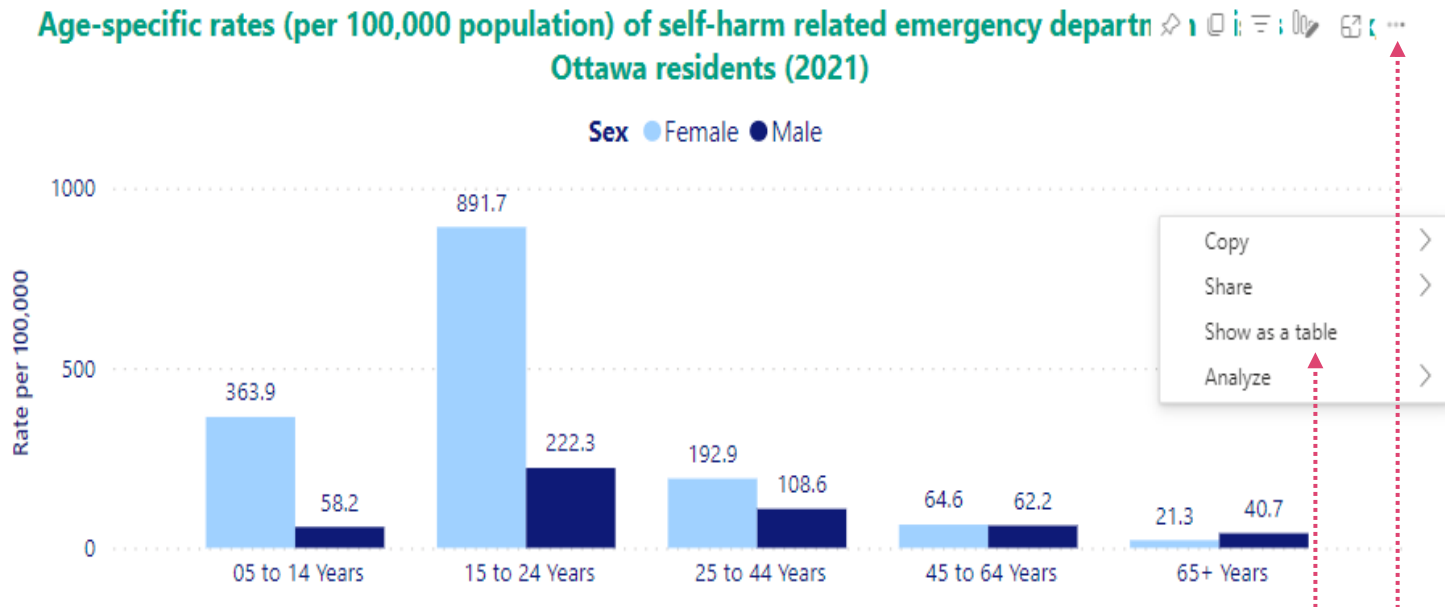
How to use the dashboard

Hovering for details



How to use the dashboard

Viewing data tables



To view data as a table, right click anywhere on the visual and select *Show as table*, OR click on the 3 dots at the top right of the visual and select *Show as table*.

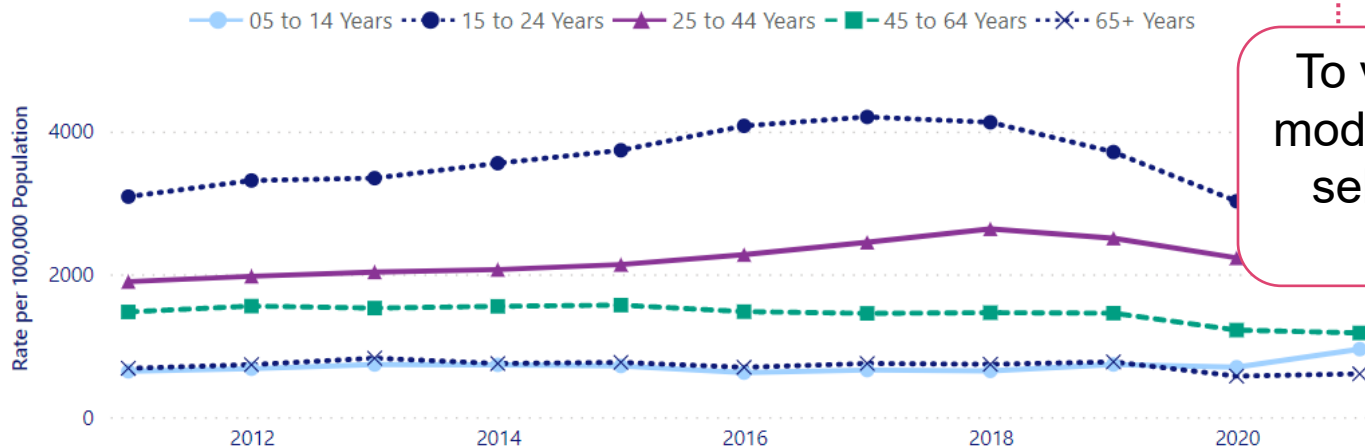
How to use the dashboard

Viewing in focus mode

Data Source: National Ambulatory Care Reporting System (NACRS), 2022

Focus mode

Age-specific rates (per 100,000 population) of emergency department visits for any mental and substance use health condition, Ottawa residents



To view in focus mode (full screen) select the icon below.

When in focus mode (full screen), select *Back to report* to return to the dashboard.

< Back to report

AGE-SPECIFIC RATES (PER 100,000 POPULATION) OF EMERGENCY DEPARTMENT VISITS FO...



How to print the dashboard

To print the dashboard, follow these instructions:

1. Click on **full screen mode** from the main dashboard page.

Supporting documents:

- [Keyboard Shortcuts in Power BI Reports](#)

Please use the following citation when referencing this dashboard: Ottawa Public Health. MENTAL HEALTH, ADDICTIONS AND SUBSTANCE USE HEALTH COMMUNITY DASHBOARD. Ottawa, ON. Last updated January 2023.

To enter the Power BI report from the *Mental Health, Addictions, and Substance Use Health in the Community* webpage using a keyboard, press Tab once after the "full screen mode" link and press Ctrl + Enter. A small box will appear in the top left corner of the report. Press Tab three times to navigate through the options and you will then be inside the report. From here you can navigate the content of the report using Tab and the other keyboard shortcuts enumerated in the [Keyboard Shortcuts document](#).

Having trouble viewing the report? Try viewing the report in [full screen mode](#). ←.....

2. Once open, right-click and select "Print" to print selected page of the dashboard.
3. To print subsequent pages, select the page you would like to print from the navigation bar at the top of the dashboard, and repeat step 2 above.

A note on narrative

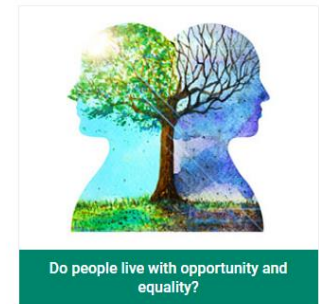
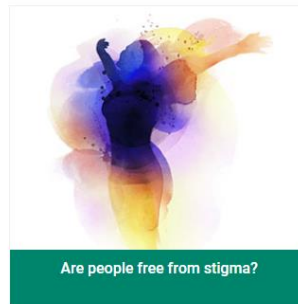
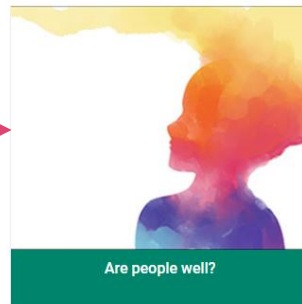
It is important to note that the whole story cannot be told through numbers alone. The data contained in the dashboard are dynamic and represent a snapshot in time. Databases are continuously updated as more information becomes available. As such, please read the narrative notes at the top of each page and the data notes that accompany each visual. Additional information about the data can also be found in the Technical Notes .

How to access additional resources

Above the dashboard there are 4 buttons. Click on a button to access links to additional services, resources, reports, and data sources related to that section.

Where can I find more information?

The data within the dashboard will provide some information about the mental health, addictions and substance use health situation in the region. However, more information and links to different services, resources, reports, and other data sources that relate to each domain can be found below.



Are people well?

Services and Resources +

Reports and other Data Sources -

- ICES Ontario mental health system reporting - [Mental Health and Addictions Dashboard](#)
- Ontario Drug Policy Research Network – [Ontario Opioid Indicator Tool](#)
- Ontario Student Drug Use and Health Survey (if report is ready. Otherwise will add later or link to Ontario report)
- [Ottawa Community Action Plan](#)
- [Ottawa Public Health Mental Health Reports](#)
- Public Health Ontario – [Interactive Opioid Tool](#)