The *Mental Health, Addictions, and Substance Use Health Dashboard* is a dynamic and interactive data visualization tool that 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.

Click on the link below to view the dashboard:  
[OttawaPublicHealth.ca/WellnessDashboard](OttawaPublicHealth.ca/WellnessDashboard)
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The dashboard is framed by 4 domains. At the top of the webpage there is a description of what the domains represent, followed by a visual that depicts the 4 domains.
Above the dashboard there is a drop down menu that contains a list of supporting documents. The documents include keyboard shortcuts, the dashboard user guide, and a technical notes document that outlines additional information about data methodology and limitations.
How to use the dashboard

Viewing the table of contents

Above the dashboard there is a drop down menu that contains the table of contents. The table outlines the 4 domains of the dashboard and which fields and topic areas can be found within each domain.

<table>
<thead>
<tr>
<th>Domain</th>
<th>Field</th>
<th>Topic Areas</th>
</tr>
</thead>
</table>
| Are People Well?              | Do people feel well?                           | • Self-reported mental health  
                                 |                                 | • Self-reported substance use  |
|                               | Do people have access to preventative supports| • Access to primary care  
                                 |                                 | • People who want mental health supports, but don't know where to turn |
|                               | Do people have access to harm reduction services? | • Needle and Syringe Program  
                                 |                                 | • Naloxone  
                                 |                                 | • Supervised consumption and treatment site services |
|                               | Are people experiencing harms from unmet needs? | • Mental health and substance use health related Emergency Department Visits  
                                 |                                 | • Self-harm  
                                 |                                 | • Opioid overdose related Emergency Department Visits  
                                 |                                 | • Opioid related overdose deaths  
                                 |                                 | • Suicide |
# How to use the dashboard

## Moving between pages

At the top of the dashboard is the navigation bar. It is divided into 4 domains. Each domain has multiple pages. Select the title of one of the pages to navigate to the page.

### Mental Health, Addictions and Substance Use

#### Health in the Community

<table>
<thead>
<tr>
<th>Domain</th>
<th>Questions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Are people well?</td>
<td>Do people feel well? Do people have access to preventative supports? Are people experiencing harms from unmet needs?</td>
</tr>
<tr>
<td>Are people free of stigma?</td>
<td>Do people know about mental health, addictions and substance use health? Are people safe and supported in health care and community services?</td>
</tr>
<tr>
<td>Can people access treatment and services?</td>
<td>Do people have access to harm reduction services? Are people getting brief counselling and being referred to the services they need? Can people get services when and where they need them? Are people and families supported by all the health and social services they need?</td>
</tr>
<tr>
<td>Do people live with opportunity and equality?</td>
<td>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?</td>
</tr>
</tbody>
</table>
How to use the dashboard

Interpreting numbers

Confidence intervals (95%) are shown as error bars and indicate the amount of uncertainty for a data point. 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

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:** Opioid Investigative Aid Report (OCDO), 2022

*Data Source* provides a brief description of where the data came from.
How to use the dashboard

Filtering data

Type in the start and end years OR select and drag the circles along the line to filter the visuals underneath.

Select the topic to filter the visuals underneath. Of note, the text of some filters are coloured dark blue; these will filter data for multiple graphs within the section.
How to use the dashboard

Filtering data

Self-reported substance use among youth by substance and subgroup

Select a substance to filter the graph on the left.

Select substance:
- Alcohol
- Cannabis
- Cough/cold (non-med)
- Opioids (non-med)
- Other substances
- Sedatives (non-med)
- Stimulants (non-med)
- Tobacco cigarettes
- Vapes

Click on one of the bars to highlight the data.
How to use the dashboard

Hovering for details

Number and 3-Year Moving Average (3YMA) of Rate of Deaths by Suicide, by Year

Place the mouse curser on bars or lines in the graph to see additional 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

Select the *Focus mode* icon to view the graph in full screen.

When in *Focus mode* (full screen), select *Back to report* to return to the dashboard.
1. Click on **full screen mode** from the main dashboard page.

2. A new web page will open. Select the arrow icon at the bottom of the page to open the web page in **full screen mode**.

3. Select the page to be printed by clicking on the page title. This will highlight the page title in green.

4. Right-click anywhere on the page. Then select “Print” to print the selected page of the dashboard.

5. To print other pages, select the page of interest from the navigation bar at the top of the dashboard, and repeat step 4 above.
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*. 
At the top of the webpage there is a link. Click the link to navigate to the bottom of the webpage for access to information about additional services, resources, reports, and other data sources related to each domain of the dashboard.