

Public Health **Santé publique**



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

Version 1.1, Last updated November 1, 2023

Introduction

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

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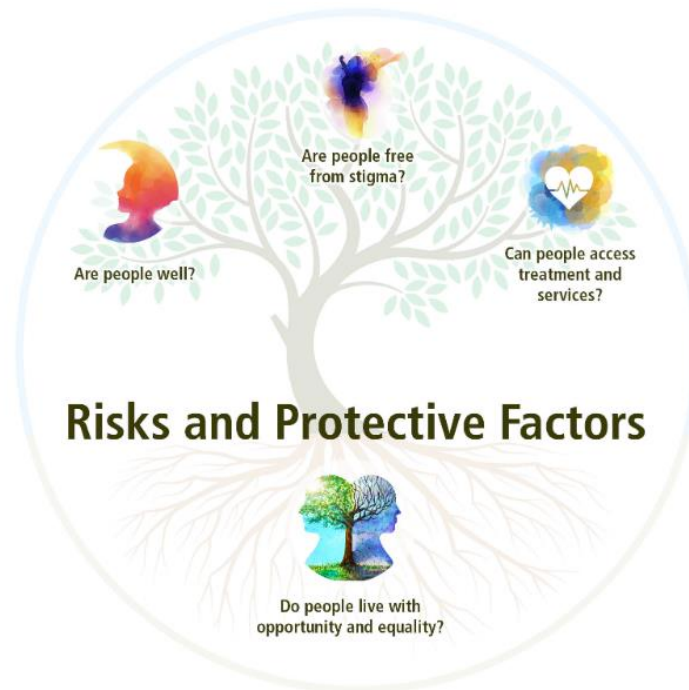
How to access additional resources

How the dashboard is framed

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.

The Mental Health, Addictions and Substance Use Health Community dashboard is framed by 4 domains. The first 3 domains, shown in the branches of the tree, look at key factors that impact mental health, addictions and substance use health. These factors include needs, harms, stigma and access to health and social services. Domain 4, shown in the roots of the tree, shows key factors that are the root causes of poor health and influence the wellbeing of every person in our community.

More information and links to different **services, resources, reports, and other data sources** that relate to each domain can be found below.



How to use the dashboard

Viewing supporting documents

About the Dashboard

What is a community-based dashboard?	+
Why was this dashboard created?	+
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• Keyboard Shortcuts in Power BI Reports • Mental Health, Addictions and Substance Use Health Dashboard User Guide (PDF - 962 KB) • Technical Notes (PDF - 246 KB).	
Table of contents	+

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

About the Dashboard

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Table of contents

Domain	Field	Topic Areas
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

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.

How to use the dashboard

Moving between pages

Mental Health, Addictions and Substance Use Health in the Community

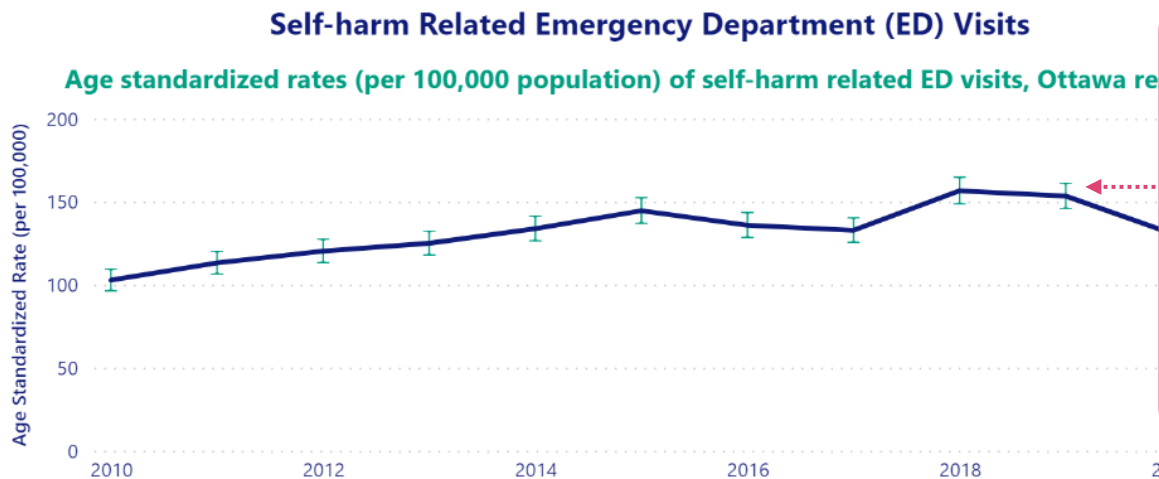


Are people well?		Do people feel well?
		Do people have access to preventative supports?
		Are people experiencing harms from unmet needs?
Are people free of stigma?		Do people know about mental health, addictions and substance use health?
		Are people safe and supported in health care and community services?
Can people access treatment and services?		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?
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 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.

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.

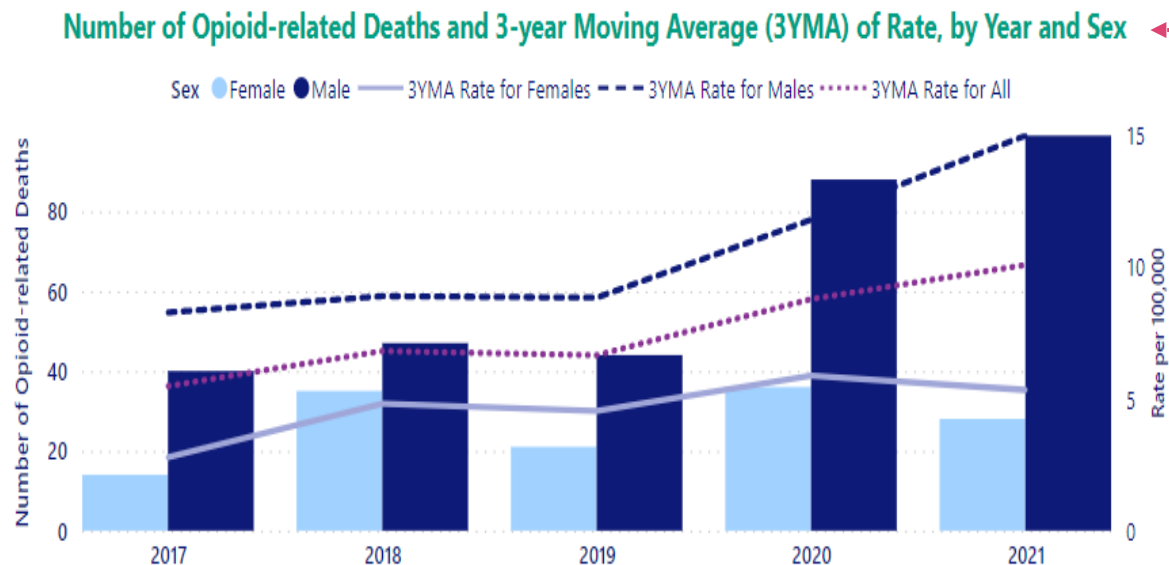
Data Notes: Denominators used to calculate rates per 100,000 are population estimates (2010-2020) and projections (2021) for Ottawa from Statistics Canada.

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



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

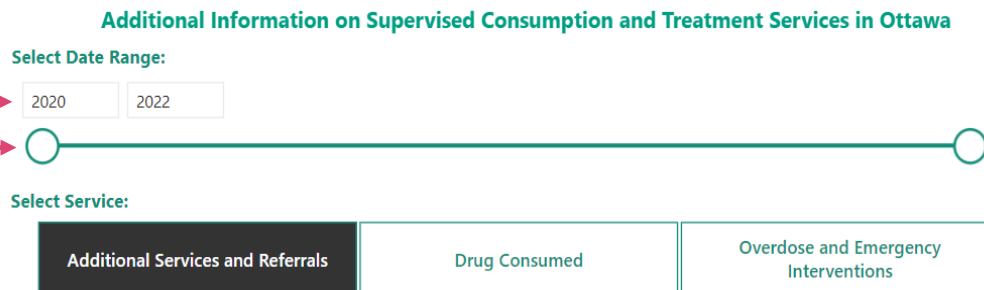
Data Source provides a brief description of where the data came from.

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.

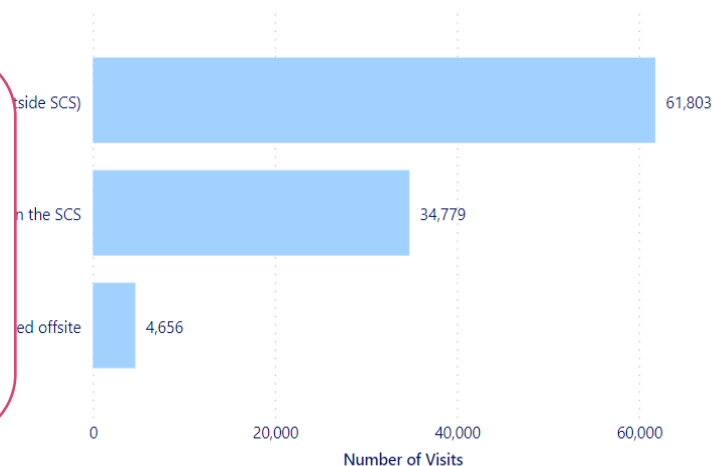
How to use the dashboard

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.

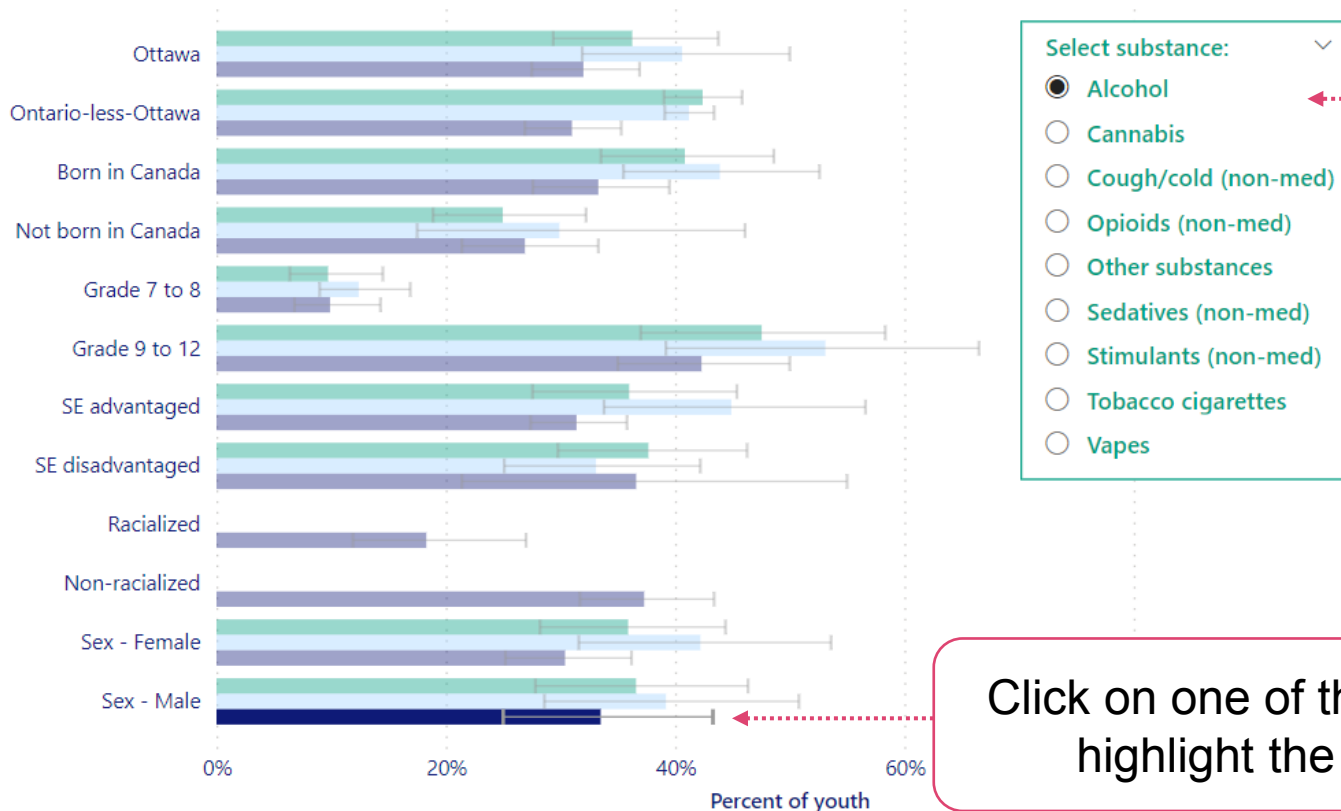


How to use the dashboard

Filtering data

Self-reported substance use among youth by substance and subgroup

● 2017 ● 2019 ● 2021

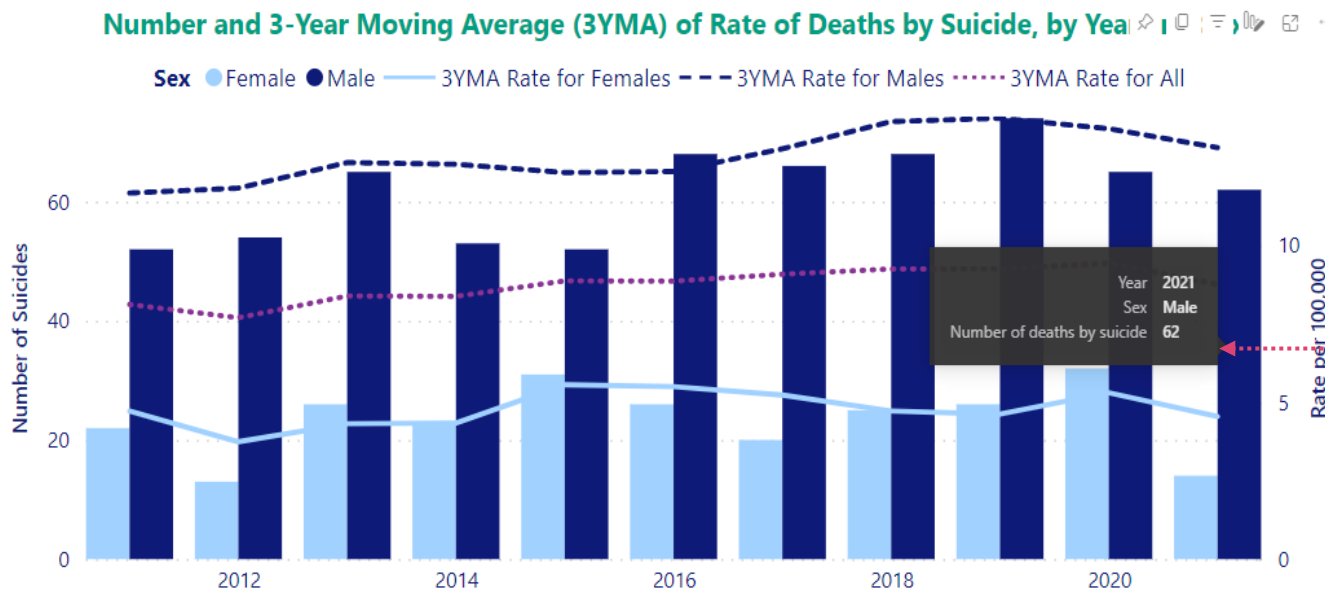


Select a substance to filter the graph on the left.

Click on one of the bars to highlight the data.

How to use the dashboard

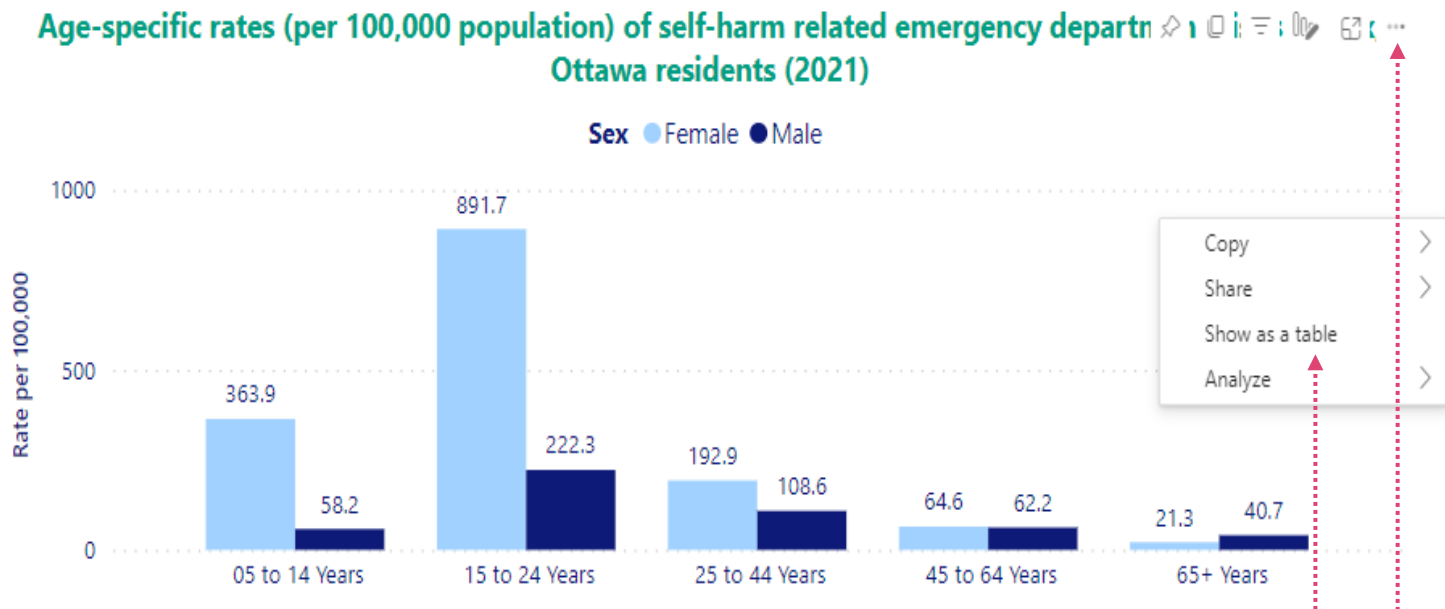
Hovering for details



Place the mouse cursor on bars or lines in the graph to see additional details.

How to use the dashboard

Viewing data tables



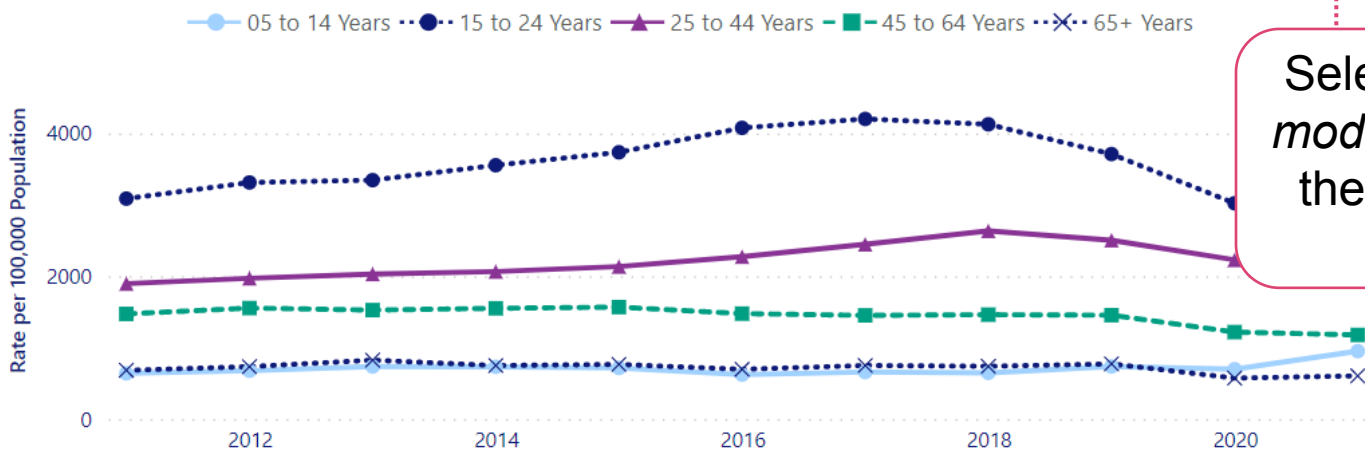
To view data as a table, right click anywhere on the visual and select *Show as table*, OR click on the 3 dots at the top right of the visual and select *Show as table*.

How to use the dashboard

Viewing in focus mode

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

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



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.

< Back to report

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



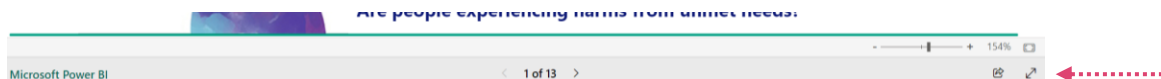
How to print the dashboard

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

Having trouble viewing the report? Try viewing the report in **full screen mode**. ◀.....



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.

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

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.

The dashboard will be updated quarterly where possible. Certain data will be updated less frequently.

Last updated: August 2023

Next expected update: November 2023

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More information and links to different **services, resources, reports, and other data sources** that relate to each domain can be found below.



Can people access the right treatment and services?

Services and Resources

- [1Call1Click.ca](#)
 - [Mental Health, Addictions and Substance Use Health Calendar](#)
- [211 Ontario](#)
- [AccessMHA.ca Regional Coordinated Access](#)
- [Counselling Connect](#)
- [Connex Ontario](#)
- [Mental Health and Addictions Programs and Resources - Ontario Health](#)
- [The Royal](#)
 - [Substance Use and Concurrent Disorders](#)

Reports and other Data Sources

[Back to top](#)