



THE FEDERATION
of COMMUNITY SOCIAL SERVICES of BC

Altogether better.



LIFE IN BC SNAPSHOT

The FCSSBC is a group of community-based social services organizations that influence decision-making to improve the wellbeing of communities.

We believe that:

- Healthy supported communities make good economic sense.
- For our families to succeed, all families must succeed.
- For jobs to be the answer to social inclusion other conditions must exist

We have scoured the literature and research to take a snapshot of Life in BC that captures some aspects of the economy that traditionally get overlooked and we will use these markers to determine how good life in BC really is. Below are some of the key facts that stood out for us.

VOL.1
ISSUE 3

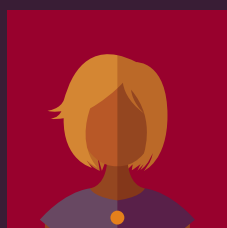
"Good mental health is much more than the absence of mental illness – it enables people to experience life as meaningful and to be creative, productive members of society".¹

People living with mental health and/or substance use issues have to navigate a complex helping system. Continued efforts to improve coordination between health and social service systems, and continued investment in services from prevention and early-intervention to community and hospital based intensive services is required if we are to create truly healthy communities for all.

WHAT
WE
HAVE
TO
SAY

MENTAL HEALTH & SUBSTANCE USE

CASE
STUDY



Amanda is 17 years old and living in a small remote community. Amanda is struggling with depression and on average, misses two to three days a week of school. After a year of waiting she is now seeing a counsellor once a week. Amanda's parents are worried about her current health, and about what kinds of help she may need in the future. They are also concerned that she won't finish high-school and be able to find good work as an adult. With 4 younger children in the family they also worry about not paying them enough attention. Amanda's mom spends her lunch break at work looking for resources or reading about how she can help her daughter, but doesn't want anyone at work to find out because she is scared of how people will react.

WHAT
WE
KNOW



Less than 10% of the health authority budgets were directed toward mental health and substance use services outside of hospital services in 2011/2012.²

Mental illness is the second leading reason for hospital stays for people between 15 and 34 in Canada and the third reason for people aged 35-44.³



When people don't get the help they need, they end up in jail, in a shelter or on the street. Between 8,000-15,000 individuals living with mental illness and/or addiction are living on streets,⁴ with an estimated 26,500 at imminent risk of homelessness.⁵



Costs the BC economy an estimated \$6.6 billion per year in services and lost productivity.⁶ Action costs less than inaction.⁷

Home visits involving childhood education with parents who are living with anxiety and depression can produce a rate of return ranging from \$1.80-\$17.07 for each dollar invested.⁸



Ontario study found that having support programs that included peer support for people leaving hospitals after a mental health-related stay resulted in savings of \$12 million.⁹

^{1,6} Government of British Columbia. (2010) Healthy Minds, Healthy People A Ten-Year Plan to Address Mental Health and Substance Use in British Columbia. Retrieved from http://www.health.gov.bc.ca/library/publications/year/2010/healthy_minds_healthy_people.pdf.

^{2,7} Canadian Mental Health Association British Columbia. (2014) Community-based Supports for Mental Health and Substance Use Care: 2015 budget consultation. Retrieved from <http://www.cmha.bc.ca/files/2015BudgetConsultation.pdf>.

³ Conference Board of Canada. (2015) Self-Reported Mental Health, Provincial and Territorial Ranking. Retrieved from: <http://www.conferenceboard.ca/hcp/provincial/health/mental.aspx>.

^{4,5} BC Alliance for Mental Health and Addiction. (2010) A blueprint for results updated: book 1 Retrieved from <http://www.bcalliance.org/Portals/bcalliance/book1.pdf>.

^{8,9} Mental Health Commission of Canada. (2013) Making the Case for Investing in Mental Health in Canada: 1 in 5 people in Canada lives with a mental illness each year. Retrieved from: http://www.mentalhealthcommission.ca/English/system/files/private/document/Investing_in_Mental_Health_FINAL_Version_ENG.pdf.

*IF YOU WOULD LIKE MORE INFORMATION LET US KNOW;
WE HAVE LOTS OF READING MATERIAL*