

Attachment 1: Our Health, Our City Status Overview 2024

Progress across strategic goals and recommended actions.

Green: 4 or more initiatives across City Divisions are occurring related to this action.

Yellow: 1 – 3 initiatives across City Divisions are occurring related to this action.

Red: No reported initiatives across City Divisions are occurring related to this action. The Our Health, Our City Implementation Panel will consider targeted actions in these areas for year two of the strategy.

1. Promote mental health and wellbeing across the lifespan.	Progress
Help more people learn about mental health promotion. Ensure that resources are accessible, multilingual, and culturally responsive.	Green
Collaborate with individuals, communities, and organizations to reduce the stigma of mental health issues.	Green
Provide more training for service providers on trauma-informed care, in both the mental health as well as the harm reduction and substance use treatment sectors.	Green
Improve awareness about mental health promotion and service delivery through mandatory mental health training for all City of Toronto employees.	Yellow
Increase public understanding of the linkages between physical health, nutrition, and mental health, and offer programs that provide free, low cost, and low barrier fitness, recreational, and creative opportunities.	Yellow
Enhance infant, child, and family mental health for diverse communities, through culturally inclusive approaches to reproductive, perinatal, and family support programming, including those that prevent or reduce the impacts of adverse childhood experiences and trauma.	Green
Support the mental health of those who have had exposure to or have experienced violence.	Yellow
Explore mechanisms that can be used by municipalities to reduce the health and social effects of problem gambling.	Yellow

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Increase guidance and advocate for policies that address other behavioural addictions (such as problem gaming, and problematic use of social media, the internet, smart phones, and other technology) and their impacts on mental health, including those related to self-esteem, body image, bullying, and misinformation.	
Foster supportive environments in school settings to enhance resilience, inclusivity, mental health and wellbeing, problem-solving, and academic achievement among diverse children and youth. Engage caring adults (i.e., educators, parents, caregivers, etc.) to foster healthy relationships among children and youth. Align mental health promotion work with the annual mental health, substance use, and addictions priorities set by local school boards.	
Engage diverse youth who are transitioning to adulthood by supporting mental health promotion at campuses, workplaces, and in the community; support evidence-based youth wellness agencies and integrated service centres that are co-created with youth. Improve access to diagnosis and treatment for a range of health issues (e.g., attention deficit disorder).	
Combat loneliness and social isolation across the lifespan through community programming and City initiatives that increase community connectedness. Develop programming to support the mental health and social engagement of aging adults and seniors and reduce risk of cognitive decline, chronic illnesses, and disabilities.	
Facilitate suicide prevention and life promotion interventions for all age groups, including through Toronto Public Health's suicide prevention policy and procedures, and by implementing SafeTO initiatives.	

2. Prevent and reduce the harms and deaths related to substance use across the lifespan.	Progress
Help more people learn about substance use harms, harm reduction, and treatment services. Ensure that resources are accessible, multilingual, and culturally responsive.	
Collaborate with individuals, communities, and organizations to reduce the stigma of substance use, addictions, and concurrent disorders.	
Provide more training for service providers in the harm reduction and treatment sectors on trauma-informed care.	
Support families dealing with addictions and/or substance use issues.	
Improve awareness about substance use, harm reduction and treatment service delivery through mandatory training for all City of Toronto employees.	

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Build resilience and awareness among youth to prevent and/or delay substance use through standardized substance use prevention and leadership programming in schools, community outreach, and extra-curricular programming.	
Expand and support continuous and comprehensive harm reduction outreach in entertainment spaces, including electronic dance parties, raves, events, festivals, clubs, and bars.	
Increase harm reduction, social support, and treatment programming that address the unique needs of people who use crystal methamphetamine and other stimulants.	
Facilitate the development of community spaces and programs that are developed by people with lived and living experience of using drugs.	
Support community partners to end the HIV epidemic and eliminate Hepatitis C among people who use drugs through effective and accessible prevention and treatment options. Prevent and treat other blood borne infections among people who use drugs. Improve linkages between sexual health programming with harm reduction and/or mental health programming.	
2a. Reduce drug toxicity deaths caused by the unregulated drug supply and support those affected by the drug toxicity crisis.	Progress
Provide supervised consumption services, street outreach, and mobile crisis teams as part of a full continuum of services from evidence-based harm reduction to treatment services to wrap around supports, where evidence and community needs dictate.	
Implement 24/7 harm reduction and supervised consumption services, including population-tailored services (such as services for 2SLGBTQ+, African, Caribbean and Black communities, etc.), where evidence and community needs dictate.	
Implement supervised smoking/inhalation services based on best available evidence and community needs, as part of a full continuum of services from harm reduction to treatment services to wrap around supports.	
Permanently fund drug checking services, including mass spectrometry. Explore options to increase drug checking access points, rapid drug testing technology and results, and at-home drug testing options.	
Increase naloxone distribution and overdose response training throughout the city.	
Improve access to evidence-based prescribed safer supply programs and ensure that programs are responsive to dynamic drug use patterns.	

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Increase access to trauma, mental health, and grief supports for those who have lost friends, relatives, loved ones and clients to the drug toxicity crisis and/or have experienced an overdose themselves.	
2b. Reduce harms and deaths associated with regulated drugs including alcohol, cannabis, tobacco, and vapor products.	Progress
Review and update the Municipal Alcohol Policy. Consider municipal-level regulations that limit the expansion of alcohol sales (e.g., home delivery, convenience stores, etc.).	
Increase access to community-specific alcohol treatment programs, Rapid Access Addiction Medicine Clinics (RAAM), crisis beds, managed alcohol programs, and Screening, Brief Intervention and Referrals (SBIR) for alcohol use.	
Improve awareness of the health risks associated with alcohol through the promotion of official national guidance on alcohol and health and safer alcohol drinking tips. Prevent impaired driving and youth consumption.	
Advocate for a federal policy that requires standard alcohol labels on all alcohol containers sold in Canada. Work with the province to examine and improve alcohol policy related to pricing, outlet density, and marketing.	
Work with the province for improved legislation around tobacco/vapor products, waterpipes/hookahs, including vaping flavours, plain packaging, and retail density. Explore comprehensive federal policies that could create a 'Smoke Free Generation', such as the policies related to the legal smoking age.	
Advocate for the reduction of health risks of cannabis use and monitor the impacts of cannabis legalization, including the number of cannabis store locations and frequency of illegal growing and selling and public consumption complaints. Prevent impaired driving and youth consumption.	
Advocate to maintain current federal cannabis regulations. Develop municipal regulation to prohibit advertising on promotional offers/discounts on cannabis products at Toronto retailers. Advocate to increase legibility of health warning labels on cannabis packaging and information about a standard dose on edible products.	
3. Expand access to the full continuum of high-quality, evidence-based, and client-centred services to address mental health and/or substance use issues, including harm reduction and treatment supports.	Progress

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Work with community partners and provincial government to implement low-barrier crisis stabilization spaces for people with mental health and/or substance use related issues that operate 24 hours per day, seven days per week across the city as part of a full continuum of evidence-based services, treatment and wraparound supports.	
Identify and work collaboratively with provincial and primary care partners to reduce wait times, improve and scale up the full continuum of culturally relevant options in: 1) mental health counselling and treatment; 2) substance use treatment; and 3) harm reduction services for diverse populations. Ensure services can attend to both the overlap of issues and the distinct nature of mental health and substance use conditions.	
Increase services specific to people experiencing homelessness, who require specialized, low-barrier mental health case management services, as well as wrap-around health, social, and harm reduction services.	
Expand evidence-based substance use treatment programs, such as case management programs, Rapid Access Addiction Medicine Clinics (RAAM), long term care, and in-patient hospital programming. Add evening and weekend programs at non-residential treatment programs, and add more staff to withdrawal management programs.	
Advocate to regulate all substance use treatment options, measure the effectiveness of substance use disorder and treatment services, and make funding decisions based on considerations of effectiveness and reach of services.	
Identify opportunities for additional funding from all levels of government for both mental health and substance use community programming and innovative harm reduction initiatives.	
Advocate for policies and programs that respond to sex and gender specific mental health needs and substance use related issues. Ensure both mental health as well as substance use programs are gender affirming, including for trans and non-binary people. Improve linkages to care for women between mental health services, gender-based violence programs (including for domestic abuse and human trafficking), organizations supporting sex workers, and women's health clinics.	
Support and scale up programming for 2SLGBTQ+ communities focused on improving mental health as well as programs to reduce the harms related to substance use, including for newcomers, those living or at-risk of HIV, those who Party n' Play and/or use crystal methamphetamine.	
Support and scale up programming that use a race-based equity lens to reduce substance use related harms as well as programs to improve and support the mental health and wellbeing of diverse African, Caribbean, and Black communities.	
Continue to implement the City of Toronto Newcomer Strategy and the Shelter Support, Housing and Administration Division's programming to advance mental health and reduce substance use harms among newcomers, immigrants, and refugees, using cross-sectoral collaborations that eliminate barriers to health care and social support, community connectedness, career opportunities, and address racism and intergenerational trauma.	

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Improve local service options and transitional supports that meets the diverse needs of individuals leaving an institutional facility or correctional facility, including mental health or substance use treatment services, responding to the unique needs of single parents and those at risk of homelessness.	
4. Advance community safety and wellbeing for everyone.	Progress
Decrease the criminalization associated with mental illnesses and/or substance use issues through the scale up of alternative crisis responses. Expand Toronto Community Crisis Service to be city-wide, as Toronto's fourth emergency service. Continue to implement, evaluate and scale up SafeTO community safety and wellbeing initiatives and alternatives to police responses to mental health and substance use related issues, such as the Toronto Community Crisis Service, Community Crisis Response, SPIDER and FOCUS Toronto.	
Reduce the mental, physical, and social harms associated with criminalizing people for the possession of drugs for their personal use and address the disproportionate impact of such criminalization on Black and Indigenous communities.	
Promote the public health benefits of supervised consumption services as part of a full continuum of evidence-based services from harm reduction to treatment services to wrap around supports. Work with local neighbourhoods and supervised consumption service staff to improve community wellbeing and connectedness.	
Collaborate with the Toronto Police Service and other first responders on their educational and training needs related to mental health and/or substance use and harm reduction, and/or de-escalation.	
Collaborate with first responders and hospitals to implement a coordination protocol that enhances the seamless transfer of individuals experiencing mental health and/or substance use crises to the most appropriate services.	

5. Improve access to housing and other social determinants of health.	Progress
Advocate for ongoing and sustainable funding for shelter services and increase funding for supportive housing to help individuals experiencing homelessness. Create more affordable housing, including supportive housing for people with complex mental health and/or substance use related needs.	
Advocate for programs and services that provide rental assistance and tenant protection. Prevent and address issues of property-damage and hoarding among people with complex mental health needs, such as through the SPIDER program.	
Implement and evaluate the harm reduction policies across City housing providers, other services, and relevant divisions.	

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Implement 24-hour respite sites. Increase and improve access to emergency shelter spaces and other City services that have fully implemented the City's harm reduction approach.	
Advocate for improved income supports, such as basic income and increases to social assistance rates, and bettering programs addressing food insecurity, to move people and families out of poverty. Increase access to financial support and employment services, educational training opportunities, for people experiencing mental health, substance use, and/or addictions issues.	
Increase access to and encourage the use of green spaces to improve mental wellbeing and offer more low-barrier and free options to promote active living.	
Strengthen community connections through art programming, festivals, and other community-led initiatives (including through faith-based organizations, local businesses, and cultural centres).	
Respond to the mental health impacts of different crises affecting the city, including addressing how environmental factors and climate change negatively affect mental health and wellbeing.	

6. Support mentally healthy workplaces and optimize the mental health of workers.	Progress
Implement the National Standard of Canada for Psychological Health and Safety in the Workplace at the City of Toronto.	
Support the health, wellbeing, and professional development of service providers who work with vulnerable populations in the city, with interventions to address the loss, trauma, and grief experienced by frontline workers. Expand mental health and post-traumatic stress support, and suicide prevention training to all first responders and those working in the mental health sector, the substance use sector, and the shelter system.	
Recommend mental health literacy training for employees and encourage workplaces to increase access to supports for employees with mental health, substance use, and/or addictions issues. Scale up supports for industries of higher risk of drug toxicity.	
Work with partners to establish a Toronto charter of employment and volunteer standards for peer support workers.	
Support policies, research, and pilots that facilitate improved work-life balance and mental wellness in the workplace.	

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7. Proactively identify and respond to emerging mental health and substance use issues.	Progress
Facilitate data monitoring, research, and evaluation to proactively identify emerging mental health and substance use trends, evidence, and policy changes. Collaborate with interdisciplinary teams to gather Toronto-specific population health data related to mental health and substance use issues.	
Continually assess and update City of Toronto public facing information and data on mental health, substance use, and addictions.	
Advocate for funding for research teams to gather data on micro-dosing and the long-term health impacts of medical and recreational use of psychedelics like LSD, MDMA, ketamine, and psilocybin.	
Work with Toronto Paramedic Services, Toronto Police Service, hospitals, and community health providers to assess and improve data collection and recording for fatal and non-fatal suspected opioid overdose calls.	
Improve reach and utility of Toronto Drug Alerts. Support community-led initiatives that spread information among people who use drugs in real time about the toxicity of the unregulated drug supply.	