



Ontario Coalition *for*
Children AND Youth
Mental Health

Let's put our heads together.

Coalition ontarienne
pour la santé mentale des
enfants ET des adolescents

Réfléchissons ensemble.

Ontario Coalition for Children and Youth Mental Health Position Paper- Key Messages

Who are we?

We are a multi-sectoral network of thirty-nine provincial partners in education, mental health and addictions, health, public health, justice, community and social services, and research along with parents/caregivers and young people.

The Coalition promotes integrated public policy that nurtures the whole child, promotes children's rights, and advocates for the conditions that foster success in school – and in life.

The Coalition is committed to working with government, education, community and school mental health partners to re-vision and realize plans to work better together – as a system – to support the mental health and well-being of Ontario's children, young people and their families wherever they live, work, study and play.

Why the position paper and why now?

To be helpful and given how mental health has been exacerbated over the past few years, the Coalition has compiled the latest evidence in one document to help inform our collective efforts in support of the mental health and well-being of children, young people and their families.

The position paper summarizes the current research, identifies goals with rationale for action, along with evidence-informed recommendations. The recommendations are aligned with *Right time, right care: Strengthening Ontario's mental health and addictions system of care for children and young people* (School and Community System of Care Collaborative, 2022).

Main themes for action

- System coordination
- Equity
- Mental health promotion, early intervention and prevention of mental health concerns

Ontario's child and youth mental health system is fragmented, resulting in uneven access to care for children and young people. This is especially true for people of colour; Black and Indigenous; recent immigrants; those living in rural and remote areas of Ontario, particularly in French-speaking and Northern communities and those with existing mental health issues and disabilities.

Our Coalition aims to improve coordination of children and youth mental health services across sectors and all levels of the system to reduce fragmentation, clarify navigation, and ensure children and young people receive the right care at the right time.



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Next Steps

The Ontario Coalition for Children and Youth Mental Health aims to be a catalyst for province-wide change and to serve as a model for how we can work differently and effectively together to improve supports and services. The recommendations outlined in this report are intentionally aligned with action plans advocated by key system partners. Many of the recommendations intersect and reinforce the objectives of the others. The Coalition looks forward to working in collaboration with the government and other system and community partners.