

BUDGET 2023

GOVERNMENT OF ALBERTA | 2023-26

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# Ministry Business Plan Mental Health and Addiction

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# Mental Health and Addiction

## Business Plan 2023-26

### Ministry Fact Sheet – Mandate and Structure

The Ministry of Mental Health and Addiction (MHA) is leading the Government of Alberta's efforts to develop recovery-oriented systems of care across the province in collaboration with partner ministries. Recovery-oriented systems of care are coordinated networks of community-based services and supports that are person centred and build on the strengths and resilience of individuals, families, and communities to achieve wellness and quality of life for those who are experiencing negative impacts related to mental health and substance use problems. This approach focuses on treating mental health and addiction as healthcare issues while also keeping communities safe. This is accomplished in part by ensuring Albertans have access to a coordinated continuum of supports, with multiple clear entry points to the type of support needed based on an individual's unique circumstance to support them in their pursuit of recovery.

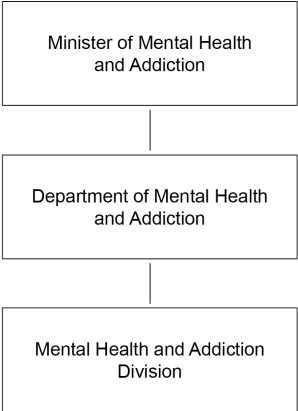
MHA works closely with Alberta Health Services and the Ministries of Health; Public Safety and Emergency Services; Education; Seniors, Community and Social Services; Indigenous Relations; Children's Services, and Justice, all of which have an active role to establish recovery-oriented services and policies for Albertans experiencing mental health and addiction challenges. For example, the ministry works closely with the Ministry of Public Safety and Emergency Services to establish therapeutic living units, discharge planning and transitional supports for clients in Alberta remand centres and correctional facilities.

The Mental Health Patient Advocate reports annually through the Minister of Mental Health and Addiction, who remains responsible for responding to concerns raised by the Office of the Alberta Health Advocates regarding Albertans' navigation of the addiction and mental health system, and access to the appropriate resolution service to address concerns, including those specific to the *Mental Health Act*. The ministry is also accountable for responding to recommendations related to addiction or mental health from the Office of the Child and Youth Advocate.

MHA is ensuring that Albertans living with mental health and addiction challenges are supported in their pursuit of recovery through a holistic, integrated, recovery-oriented system of care. This comprehensive continuum of care includes prevention, intervention, treatment, and recovery supports. The recovery-oriented approach, also known as the "Alberta Model," represents the Government of Alberta's commitment to Standing up for Albertans - by undertaking transformational system-wide change that ensures accountability and evidence-based decision making, and results in a sustainable, high-quality addiction and mental health system. This fundamental shift acknowledges that response efforts are broader than the health system, and that long-term recovery from addiction and mental health challenges requires a shared philosophy and shared outcomes across the entire system, from health, to public safety, to housing and beyond. Alberta's government believes that every Albertan experiencing addiction and mental health issues can recover and experience wellness, which is why these historic investments and system shifts are being made. The ministry shares the government's commitment to putting Alberta First and is investing in capital projects such as the innovative Recovery Communities that are creating jobs while making a difference to citizens in need.

MHA holds responsibility for addiction and mental health system oversight and governance. This ensures services are being monitored and evaluated, and decisions related to systems planning are driven by evidence. The ministry is also responsible for establishing safe and high-quality addiction and mental health related legislation, standards and policies, which includes licensing service providers and ensuring compliance to protect Albertans.

In addition to working with provincial government partners, MHA relies on collaboration with external organizations responsible for service delivery; academic and research institutions; a range of health professionals; Indigenous communities; and other government jurisdictions in delivering high-quality mental health and addiction services, and improving the recovery capital<sup>1</sup> of Albertans and Alberta communities. The ministry is focused on expanding and enhancing capacity of mental health and addiction support services to increase the community recovery capital available to assist Albertans in their pursuit of recovery.



A more detailed description of the Ministry of Mental Health and Addiction and its programs and initiatives can be found at: <https://www.alberta.ca/mental-health-and-addiction.aspx>

The Ministry of Mental Health and Addiction remains committed to regulatory approaches and program delivery that reduce unnecessary government oversight and emphasize outcomes, in order to improve access to government services, attract investment, support innovation and competitiveness, and grow Alberta businesses.

Ministry business plans should be considered in conjunction with all budget documents - including the Fiscal Plan, Government Strategic Plan, and Estimates - which work together to provide a complete overview of government’s commitment to responsible fiscal management

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<sup>1</sup> Recovery capital is the combination of personal, interpersonal and community resources that an individual can draw upon to begin and sustain addiction recovery. These addiction and mental health interventions and recovery-oriented supports fall under eight recovery domains: physical and mental health; safe housing and healthy environments; employment and resolution of legal issues; vocational skills and education development; safe and meaningful family, social and leisure activities; peer-based supports, community engagement and cultural supports; and (re)discovering meaning and purpose of life.

# 2023-26 Business Plan

## Outcome 1

### A recovery-oriented addiction and mental health system that is accountable, transparent and responsive

By establishing legislation and standards, enhancing capacity of mental health and addiction support services, and increasing the evidence around recovery, the ministry is committed to supporting Albertans on their pursuit of recovery through an accountable, transparent and quality system.

#### Key Objectives

- 1.1 Expand access to recovery-oriented supports in the health, justice and social sectors in collaboration with partner ministries to improve care for Albertans affected by addiction or mental health concern.
- 1.2 Enhance the capacity and capability to monitor and evaluate addiction and mental health outcomes across health, social and justice systems to ensure evidence-based decision making.
- 1.3 Introduce legislation and standards, including implementing oversight for services regulated under the *Mental Health Services Protection Act* and Regulation (residential addiction treatment services, supervised consumption services, narcotic transition services, and psychedelic assisted therapies), to ensure high quality care, safeguard Albertans, improve interventions at various entry points, and protect communities.
- 1.4 Strengthen addiction and mental health knowledge, expertise and workforce capacity across Alberta to enable the recovery-oriented system of care and expand and increase access to services.

#### Initiatives Supporting Key Objectives

- Nearly \$1.6 million distributed in 2022-23 and 2023-24, is allocated to support the provincial rollout of HealthIM, a digital tool to ensure police are responding safely and effectively to mental health emergencies as part of a recovery-oriented system of care.
- In 2023-24, deploy the My Recovery Plan platform, starting in publicly-funded addiction treatment facilities, to enable data collection and analysis to support evidence-based decision making. The online My Recovery Plan is designed to help clients build their recovery capital, and to enter and maintain recovery.
- In 2023-24, \$9.5 million is allocated for workforce development and capacity building in Recovery Communities, Therapeutic Living Units and Transitional Services. A new Recovery Training Institute will provide training on best practice treatment methods, including for children and youth.
- In 2023-24, \$12.5 million is allocated to establish therapeutic living units and transitional support in Alberta correctional facilities in collaboration with the Ministry of Public Safety and Emergency Services.

## Performance Metrics

### 1.a Performance Indicator: Albertans receiving care at an appropriate level (under development)

MHA received \$124 million in 2022-23 and 2023-24 to support establishing recovery-oriented systems of care. The investment in community services and supports throughout the health, justice and social sectors aims to increase access to these needed services, thereby reducing the number of Albertans accessing acute and crisis intervention care and ultimately allowing Albertans to receive the care they need earlier. The purpose of tracking this measure is to demonstrate that investment and cost-avoidance across multiple systems reduces the need for more costly and less effective interventions. Collection of data related to this measure will begin in Fiscal Year 2023-24. An increasing percentage of Albertans receiving care at an appropriate level is indicative of improvement and will be reflected in future business plans once sufficient baseline data is established.

## Outcome 2

### The capacity of communities and families to support individuals in recovery is strengthened

The ministry works with partner ministries and municipalities to ensure interpersonal and community resources such as housing, employment, family and peer support, and coaching supports are available to facilitate and sustain recovery.

#### Key Objectives

- 2.1 Enhance recovery-oriented supports in urban areas with the greatest need to expand the province's response to the addiction crisis, and provide more treatment options for Albertans.
- 2.2 Establish new and optimize existing addiction treatment spaces and recovery communities across the province to support more Albertans in their pursuit of recovery.
- 2.3 Expand efforts to ensure culturally appropriate addiction and mental health community supports are in place for First Nations, Métis and Inuit peoples in Alberta.
- 2.4 Enhance system and service provider accountability to improve quality and safety, with a focus on transitions and integration back to the community to support recovery.

#### Initiatives Supporting Key Objectives

- Alberta's investment in recovery-oriented systems of care includes integration of health and police teams in Edmonton, Calgary and across Alberta to better integrate these essential services and support recovery.
- \$99.4 million in capital from 2021-2024 is allocated to establish four Recovery Communities in Gunn, Red Deer, Lethbridge and Blood Tribe First Nation that will provide long-term residential addiction treatment.
- \$14 million is being invested annually to expand access to mental health supports for children and youth in schools by developing an integrated school-based services model, including establishing mental health classroom teams in partnership with CASA Mental Health. The school-based services model will be created with partners and delivered to children and youth across the province in hopes of allowing children and youth the opportunity to seek out mental health supports sooner.
- Starting in 2022-23, \$2.35 million annually is being invested in the *AHS Improving Access to Addiction and Mental Health Services: Establishing an Indigenous Continuum of Addiction and Mental Wellness* initiative, which will fund Indigenous-led community-based addiction and mental health projects.

## Performance Metrics

### 2.a Performance Indicator: Recovery Capital scores of Albertan communities (under development)

Active community participation in increasing recovery capital is foundational to enabling individual recovery. This measure utilizes data from the My Recovery Plan platform to assess the change in Recovery Capital scores at a community level. This includes scores from the eight domains of recovery capital, such as housing and social supports, and highlights how well communities are doing in supporting individuals' pursuit of recovery. Data collection began in Fiscal Year 2022-23 and reporting will start in 2023-24. An increasing score is indicative of improvement and will be reflected in future business plan once sufficient baseline data is established.

## Outcome 3

### **Albertans have access to high-quality, person-centred mental health and addiction programs and services**

The ministry prioritizes the well-being of Albertans and their ability to access high-quality recovery-oriented addiction and mental health support based on their unique circumstances.

#### **Key Objectives**

- 3.1 Ensure Albertans can access a continuum of recovery-oriented supports that meet their unique needs to improve their mental health.
- 3.2 Expand the range of recovery-oriented services to support people living with a severe mental illness, with a focus on youth and young adults.
- 3.3 Reduce the number of opioid-related overdoses in the province, with a focus on Indigenous Albertans who are disproportionately affected.
- 3.4 Further develop effective treatment referral pathways and supports for people with mental health and addiction issues within the criminal justice system to facilitate recovery.
- 3.5 Enhance innovative virtual services to support recovery regardless of where an individual resides.

#### **Initiatives Supporting Key Objectives**

- In 2023-24, \$4.9 million is budgeted to grow the 211 helpline's support capacity to help people of all ages to access critical addiction and mental health support services in their communities.
- In 2023-24, an additional \$11.2 million is allocated to expand the Virtual Opioid Dependency Program, which connects individuals across the province to opioid agonist therapy and related opioid treatments.
- In 2023-24, \$10 million in capital and \$4 million in operating funding will go toward the expansion of CASA House and CASA Adolescent Day Treatment program in communities across Alberta offering more live-in and day programs for adolescents who need support with significant mental health challenges.

## Performance Metrics

### **3.a Performance Measure: Mental health and addiction-related emergency department visits with no physician or community provided mental health services in previous two years (under development)**

Continuing to expand access to recovery-oriented support services in the community to provide Albertans living with, or at risk of addiction or mental health issues with options other than emergency departments to help them improve their health and quality of life. This indicator will include both physician and community service data. A reducing score is indicative of improvement. Once a sufficient baseline is established, it will be reflected in future business plans.

### **3.b Performance Measure: Recovery Capital Index (RCI) scores of Albertans accessing publicly-funded addiction or mental health treatment and participating in the My Recovery Plan Platform (under development)**

Recovery Capital is measured at treatment initiation through to treatment completion for individuals utilizing the My Recovery Plan Platform. An increasing percentage indicates improvement. Once a sufficient baseline is established, it will be reflected in future business plans.

STATEMENT OF OPERATIONS

(thousands of dollars)

	Comparable		<b>2023-24 Estimate</b>	2024-25 Target	2025-26 Target
	2022-23 Budget	2022-23 Forecast			
<b>REVENUE</b>					
Transfers from Government of Canada	6,669	7,119	<b>1,050</b>	900	600
Consolidated Total	6,669	7,119	<b>1,050</b>	900	600
<b>EXPENSE</b>					
Ministry Support Services	2,322	2,878	<b>4,382</b>	4,382	4,382
Addictions and Mental Health	176,693	197,267	<b>270,623</b>	289,525	309,625
Ministry Total	179,015	200,145	<b>275,005</b>	293,907	314,007
Inter-Ministry Consolidation Adjustment	(77,834)	(85,646)	<b>(108,551)</b>	(121,664)	(123,260)
Consolidated Total	101,181	114,499	<b>166,454</b>	172,243	190,747
Net Operating Result	(94,512)	(107,380)	<b>(165,404)</b>	(171,343)	(190,147)
<b>CAPITAL INVESTMENT</b>					
Ministry Support Services	-	-	<b>25</b>	25	25
Consolidated Total	-	-	<b>25</b>	25	25