



**Ottawa Public Health
– Harm Reduction
Services and
Community Needle
Retrieval Program
Overview for SHCLC**

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**www.StopOverdoseOttawa.ca
www.ArretOverdoseOttawa.ca**

Ottawa's Overdose Response Strategy

Access to safe, supportive, and affordable housing is an overarching protective factor and fundamental component of an overdose response strategy



Prevention across the lifespan



Stigma Reduction



Harm Reduction



Co-ordinated Access to Treatment and Services



Data and Surveillance



Community Safety and Wellbeing



Cluster and Response Strategy

A public health approach to substance use health includes:

Respect and inclusion of the leadership and expertise of people with lived and living experience

Decolonial and anti-oppression lenses

A health and human rights framework

Recognition that substance use exists on a spectrum

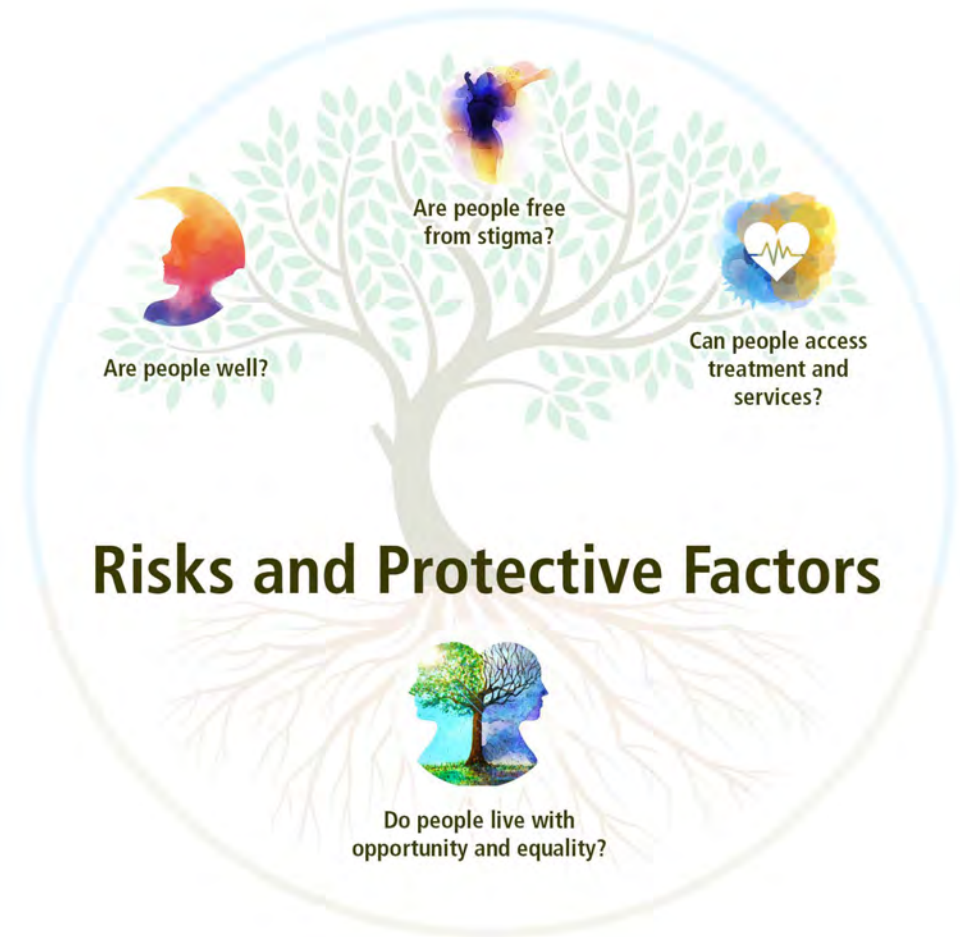
StopOverdoseOttawa

- Based on feedback from partners, counsellors and neighbours OPH updated the content on Stop Overdose Ottawa to improve access to relevant information, resources and services.
- Visit stopoverdoseottawa.ca



Mental Health, Addictions and Substance Use Health Community Dashboard

- All four sections of the Mental Health, Addictions and Substance Use Health Community dashboard are now available.
- Visit OttawaPublicHealth.ca/wellnessdashboard





Are people well?



Most people in Ottawa report having 'excellent' or 'very good' mental health. However, self-reported mental health has worsened compared to pre-pandemic reports.



There has been an increase in opioid related deaths compared to pre-pandemic reports. Most deaths still occur in a home, and rates among people who are experiencing homelessness have increased in the last 2 years.



1,100 overdoses reversed by staff at Supervised Consumption and Treatment Services in 2022.



10K+ naloxone kits were distributed in Ottawa through the Ontario Naloxone Program. 65K+ kits were distributed by pharmacy partners in 2022.



~21% of racialized people of Ottawa don't have a primary health care provider.



Are people free from stigma?



95% of people somewhat or strongly agree that someone with a substance use disorder is deserving of healthcare.

~50% of people are either neutral or would not hire someone with a substance use disorder.



98% of people believe that a mental health condition can affect anyone.

~10% of people either agree or are neutral in the belief that a mental health condition is caused by personal weakness.

Results from the *Mental Health of Ottawa's Black Community Study*.



56% rated services as 'fair/poor/very poor'

Issues include:

- poor provider attitude
- lack of cultural competency
- racism and discrimination
- systemic issues (clinic setup and location)

41% rated services as 'good / very good / excellent'



Can people access treatment and services?



Over 1000 Days is the average wait time for supportive housing

Double the number of people living in Ottawa reached out for support to local system navigators between January and April 2022. Reasons include:

Mental Health 75%

Substance Use Health 35%

Behavioural Addictions 10%

Gambling Disorder 9%



There has been an increase in the number of youth who saw a doctor, nurse or counsellor about their mental health in 2021 compared to previous years, especially for those that are socioeconomically disadvantaged.



Do people live with opportunity and equality?



Sense of Belonging

There is a decrease in youth that feel like they are part of their school community, especially for those that are socioeconomically disadvantaged.



5 Hours a day

spent on social media amongst 1/4 of youth in 2021. Research has suggested that frequent use of social media can lead to poor mental health outcomes.



Fear for safety is the number one reason cited for not staying in a shelter.



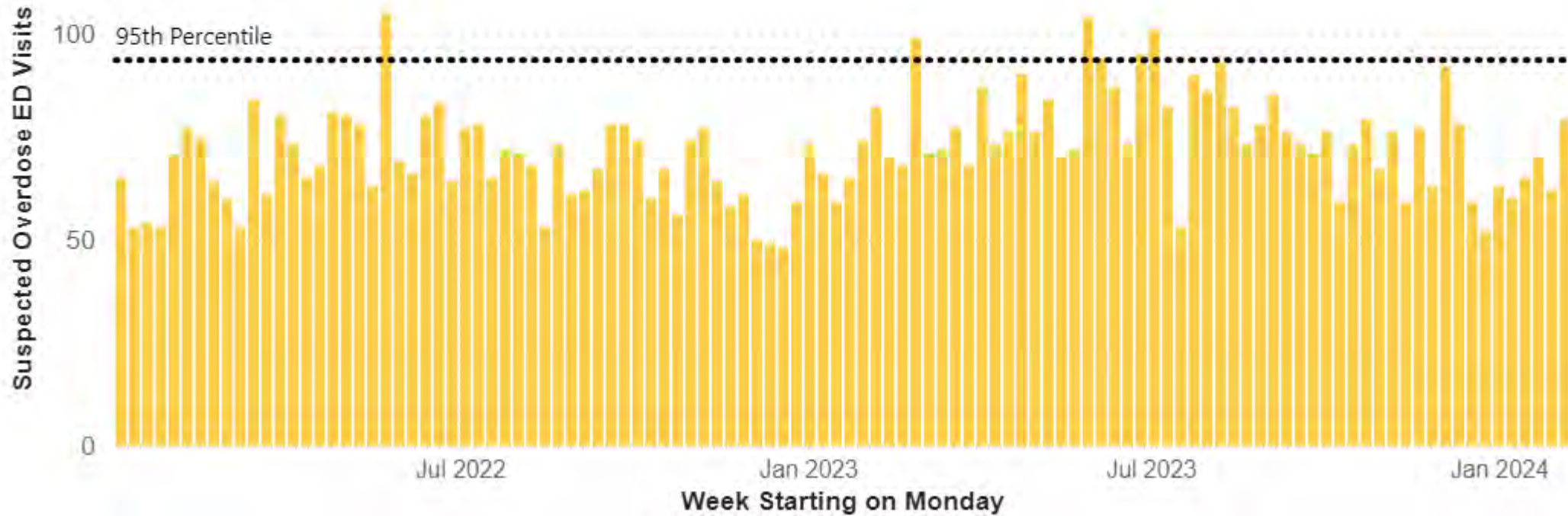
Between 2020 and 2022, the **number one reported hate crime** was because of race or ethnicity.

Overdose Overview tool - weekly

Weekly Overdose ED Visits

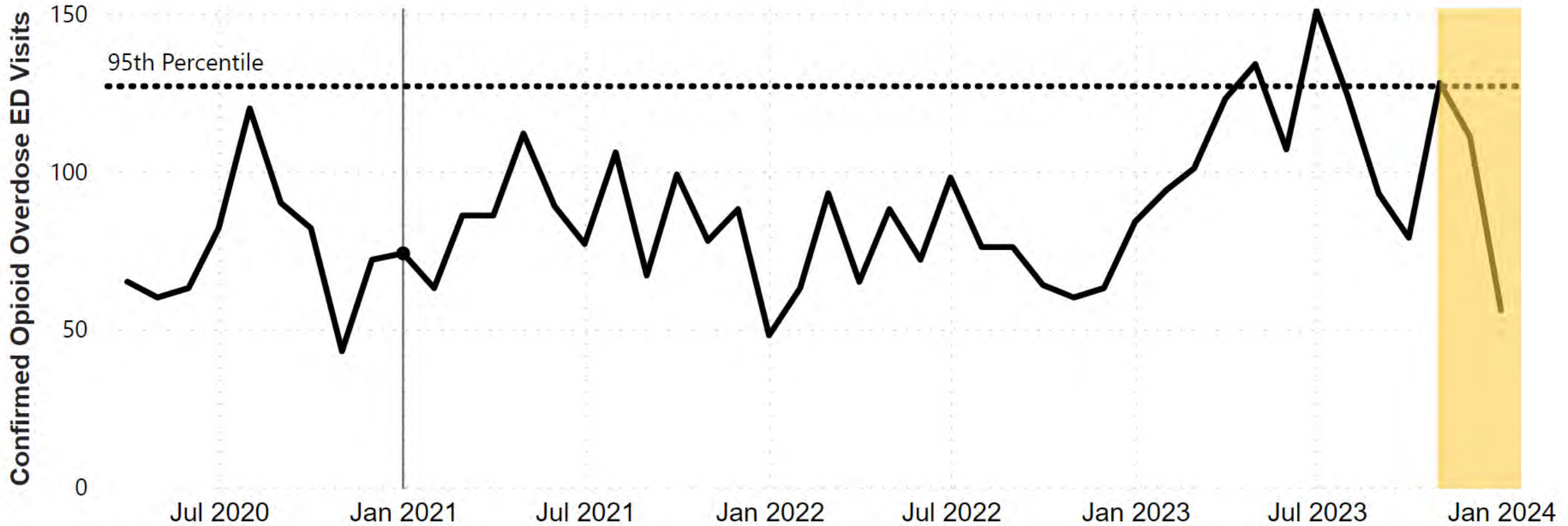
Weekly Overdose Deaths

Suspected drug overdose ED visits in Ottawa by week, 2022 to 2024



Monthly

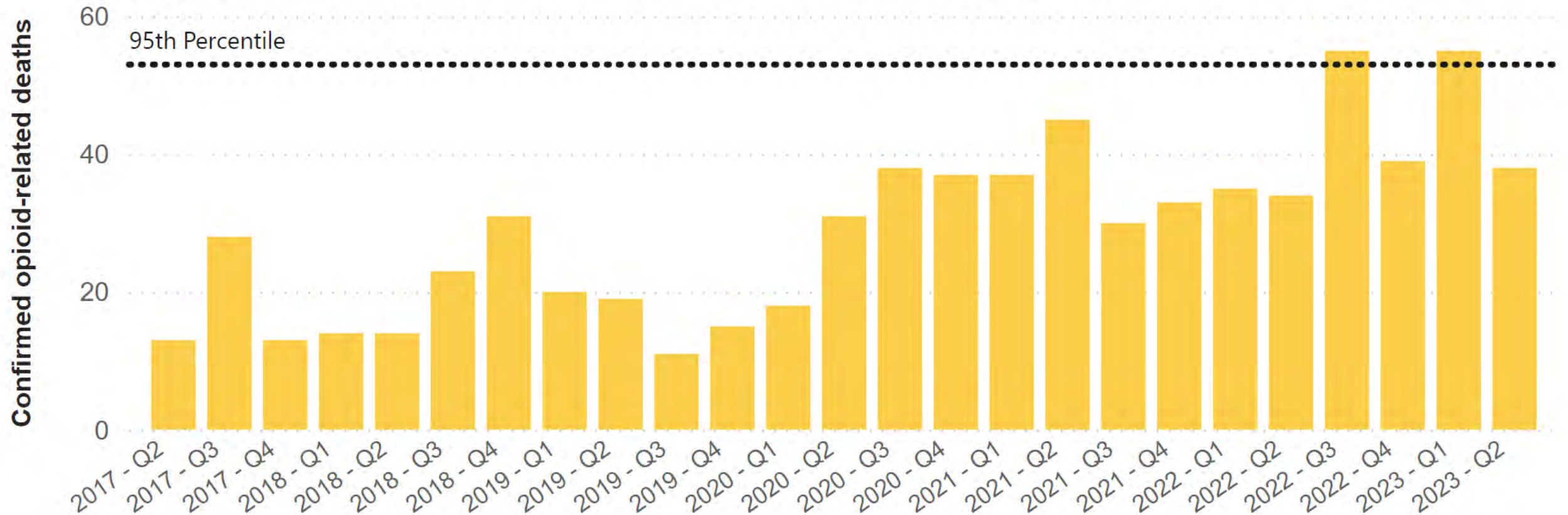
Confirmed opioid overdose ED visits by month in Ottawa, 2020 to 2024



Data Source: Emergency department visits for opioid overdose, National Ambulatory Care Reporting System (NACRS), Canadian Institute for Health (CIHI).

Quarterly

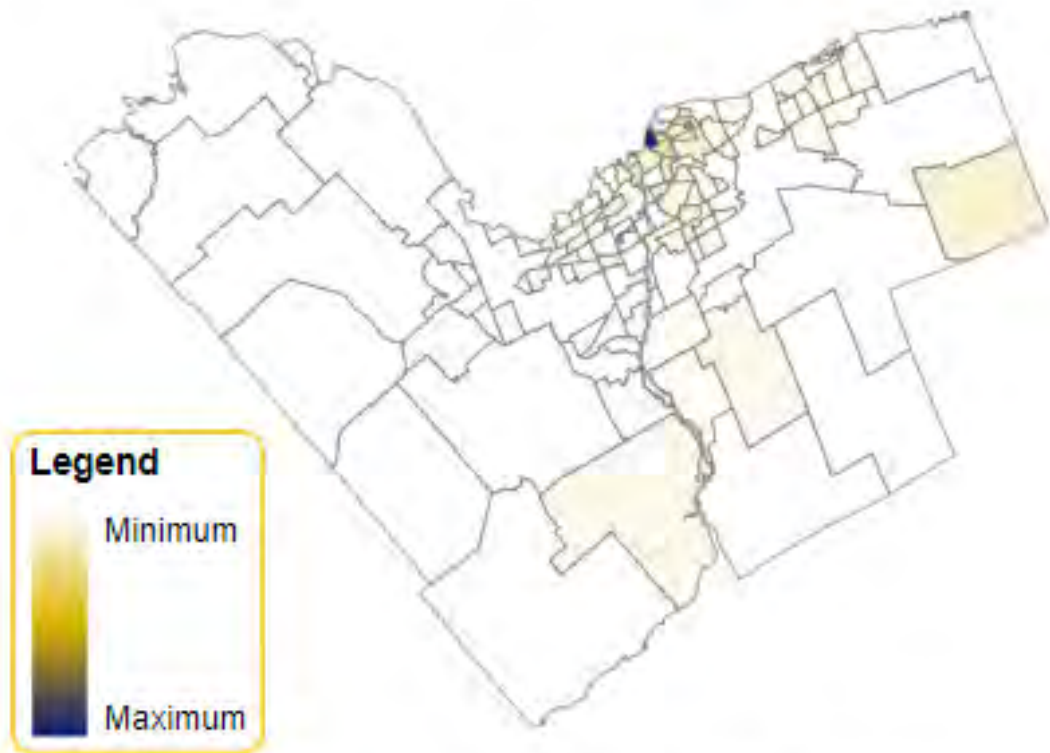
Confirmed opioid-related deaths among Ottawa residents by quarter, 2017 to 2023



Data Source: Quarterly PHU opioid-related deaths report, Coroner's Opioid Investigative Aid, OCCO.

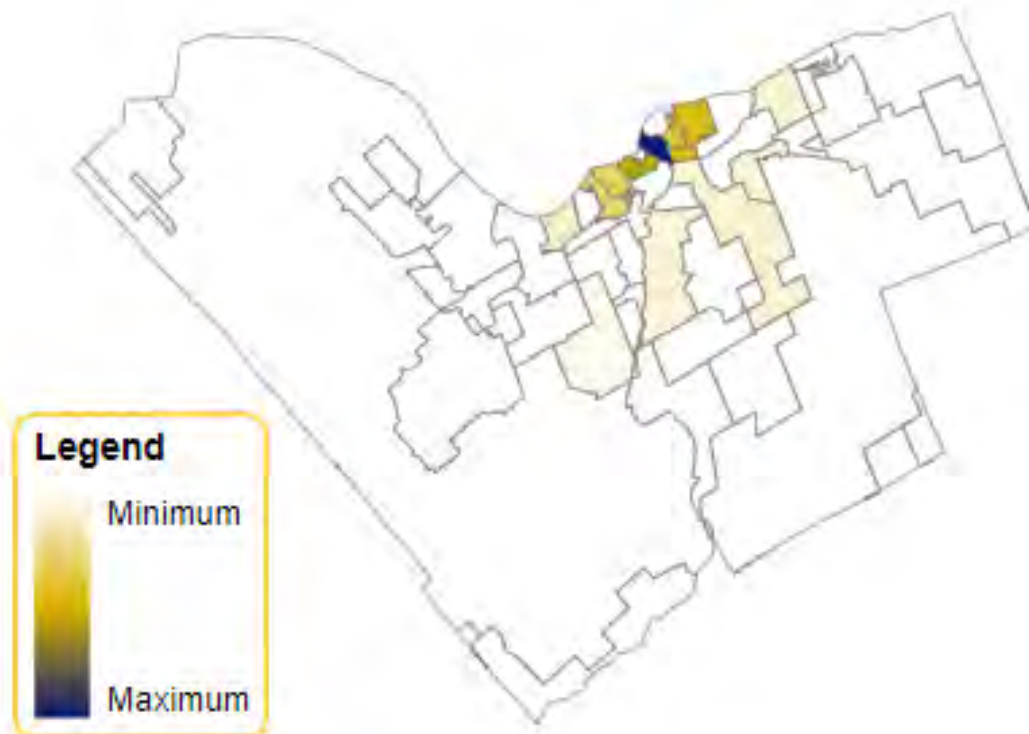
Where are these harms occurring?

Rate of confirmed drug overdose ED visits in Ottawa by ONS neighbourhood of patient, 2018 to 2022



Data Source: NACRS, Ontario Ministry of Health and Long-term Care, IntelliHEALTH Ontario.

Rate of suspected overdose deaths in Ottawa by forward sortation area (FSA) of incident, 2022 to 2023



Data Source: Weekly Update on Suspect Drug-Related Deaths in Ontario, by PHU Region, OCCO.

Harm Reduction Services

- Community Needle and Syringe Program
 - Over 45 community partners
 - 13 fixed locations in Ward 12
- Supervised Consumption Services
 - 179 Clarence St. (M-F 9am-5pm)
- Mobile Harm Reduction Van
 - Services city wide 7 days week from 5-11:30pm
- Ontario Naloxone Program
 - Over 25 community partners



OPH- Harm Reduction Service at 179 Clarence St.

- Access to safer drug use supplies and disposal
- Supervised Consumption Services
- Clinical Services (including naloxone kit distribution and sexual health services)
- Onsite Social Services and referral supports



Community Needle Retrieval Program

1. **Needle drop boxes** – With over 80 24/7 publicly accessible locations across the city, needle drop boxes make disposing of needles easy and safe.
2. **Community Harm Reduction Partners**– over 45 agencies across the city, including mobile and outreach services, are available to collect needles and other drug paraphernalia.
3. **The Needle Hunters** – Daily crews patrol the communities of Lowertown, Centertown, Somerset W, Hintonburg, Carlington and Vanier to retrieve needles that have been discarded in public spaces.
4. **City of Ottawa staff** – With the coordinated support of several City departments, City staff respond to requests for needle retrieval anywhere in the city in a 1-hour response time. Residents can request this service by calling 3-1-1.
5. **Household Hazardous Waste Depots** – Hosting multiple events throughout the year, Household Hazardous Waste Depots collect all kinds of waste that cannot be collected in the regular waste stream, including medical sharps, and drug paraphernalia.



City of Ottawa 2022 Needle Distribution/Retrieval Summary	
Total Needles Distributed	
Community Harm Reduction Partners	1,800,000*
*Includes needles distributed through community harm reduction programs only	
Safely Disposed Needle Retrieval Streams	
Needle Drop Boxes	1,070,000
Household Hazardous Waste	206,000
Harm Reduction Partners	1,100,000
Total	2,376,000*
* Does not include properly discarded needles returned to Pharmacy Take It Back Programs	
Improperly Discarded Needle Retrieval Streams	
City Staff & Residents	8,700
Needle Hunters	33,000
Total	41,700
Total Needles Retrieved	2,417,700

Ward 12: 2022 Needle Distribution	
Ottawa Public Health	143,276 (Includes OPH fixed location and mobile services provided in Ward 12)
Community Harm Reduction Partners	871,548 (Includes all fixed locations in Ward 12; does not include mobile/outreach services that do not track distribution by Ward)
Total	1,014,824

OPH Safer Inhalation Program Data- 2022	
City Wide	38, 521 pipes/glass stems (includes OPH fixed location and mobile services city wide)
Ward 12	18,704 pipes/glass stems (includes OPH fixed location and mobile services in Ward 12)

Ward 12: 2022 Discarded Needles Recovered	
Stream	Needles
Needle Hunters	26,000
City Staff	3,900
Residents	180
Needle Drop Boxes	304,700
Harm Reduction Partners	478,945
Total	813,725

*does not include properly discarded needles returned to Pharmacy Take It Back programs

Questions?

