

ANNUAL  
REPORT  
2018  
2019

TOGETHER  
WE CAN



My first year at AMHO has been a truly enjoyable whirlwind. It was such a joy getting to know and learn from our diverse membership. I jumped in feet first and I am proud to see the accomplishments that we've made, together. Advocating for you and the people you serve, and keeping you "in the know" are our top priorities. I can't wait to continue the momentum into 2020!

**Adrienne Spafford**  
Chief Executive Officer

This past year has represented great change in the health system landscape. Thank you for placing your trust in AMHO to speak and advocate on your behalf and on the behalf of the people you serve. AMHO's advocacy with the government and with the public has grown leaps and bounds this year. These are exciting times and I urge you to continue working with AMHO, working with one another, and working with the health providers in your communities to continue to deliver more integrated care. Stay tuned for an exciting year ahead!

**Carol Lambie**  
President, Board of Directors

Message from CEO  
& Board  
President

## ADVOCATED FOR MORE & BETTER SUPPORTS & SERVICES

Engaging with Ontario's new government was a top priority for AMHO in 2019. Our **Together We Can** campaign focused on the importance of investing in community-based addiction and mental health services reached a majority of ministers and MPPs. And it was a success.

As a result of this campaign, the 2019 Budget included an investment of \$174 million in mental health and addiction services and a commitment to build a system focused on core services embedded in a stepped-care model with a robust data and measurement framework.

AMHO CEO Adrienne Spafford and AMHO members were able to work together with key government stakeholders to fight stigma around Bell Let's Talk Day, Mental Health Awareness Week and Recovery Month. In addition, our tour and community meetings across Ontario created important opportunities to connect with government members and raise awareness about community-based addiction and mental health services.

Looking ahead into 2020, we will be continuing our advocacy efforts to encourage the government to invest further in AMHO members. We will also continue to call on all our members to play a role in helping us show the government why it should invest in community-based addiction and mental health services and supports.

Thank you to all our members for their support in supporting our initiatives this year. By working together, we can build the addiction and mental health system Ontarians deserve.



*Wendy Prieur (Executive Director, North Bay Recovery Home), Natalia Kusendova (MPP for Mississauga Centre), Michael Tibollo (Associate Minister of Mental Health and Addictions), Christine Elliott (Deputy Premier and Minister of Health), Victor Fedeli (Minister of Economic Development, Job Creation and Trade and MPP for Nipissing), Adrienne Spafford (CEO, Addictions and Mental Health Ontario).*

## SUPPORTED MEMBERS IN HEALTH SYSTEM TRANSFORMATION

The Ontario health system has seen a massive transformation this year with the introduction of Ontario Health and Ontario Health Teams, and AMHO has been there every step of the way helping our members navigate the new healthcare landscape.

AMHO has provided sixteen bulletins and webinars (including a collaboration with Community Health Ontario), one member toolkit, and an ongoing member exclusive email series giving insights and advice from organizations who have gone through the Ontario Health Team application process. AMHO's leadership also embarked on a 7-city regional tour to visit and speak with members about health system restructuring and how we can help our members navigate this process, with a total of almost 200 attendees, including member leadership and governors.

**7** CITY  
REGIONAL  
TOUR  
WITH  
ALMOST  
**200**  
ATTENDEES

**16** WEBINARS + BULLETINS

**1** MEMBER  
TOOLKIT

## PROVIDED POLICY SNAPSHOTS ABOUT MENTAL HEALTH AND ADDICTION

Emergency department visits for mental health and addiction are on the rise and AMHO's Emergency Department Visits: Substance Use and Mental Health Snapshot released last fall provided a 2-page explanation with statistics, a case study, and recommendations on how to reduce the numbers. Our Snapshot series helps to educate members and the public on hot-topic mental health and addiction issues. Check them out [amho.ca/snapshots](http://amho.ca/snapshots).

*Emergency Department Visits – read it online at [amho.ca/snapshots](http://amho.ca/snapshots)*



## GAVE A STRONGER VOICE TO RESIDENTIAL ADDICTION TREATMENT

Over the last year, Addictions and Mental Health Ontario worked to develop the **Residential Treatment of Adult Substance Use Disorders** position paper. It is a collective voice for Ontarians struggling with addiction, as well as the devoted service providers who support their clients through their recovery, and partners who have advocated for residential treatment as an essential part of the addictions and mental health continuum of care. The paper includes facts, figures, and recommendations to ensure residential treatment as an essential component of the care continuum has the standards, capacity and connections to meet the needs of Ontarians. Read the position paper at [amho.ca](http://amho.ca).

## WELCOMED OVER 400 PEOPLE TO OUR ANNUAL CONFERENCE

With 400+ people, 42 concurrent sessions, 7 streams, and 3 keynotes, the 7<sup>th</sup> Annual Addictions and Mental Health Conference was a great success! AMHO also welcomed Parliamentary Assistant Robin Martin and former Attorney General Caroline Mulroney onto the stage to make an announcement about the new Mental Health and Addictions Centre of Excellence and action on the opioid crisis.



Congratulations to the 2019 President's Shield Award winner Dave Roy who dedicated many years as a well-respected and caring clinician, manager, and leader in the mental health and addiction sector. Dave was also chair of AMHO's Youth Community of Practice meetings for over a decade.



*Former Attorney General and current Minister of Francophone Affairs and Minister of Transportation Caroline Mulroney.*



*The 2019 winner of the President's Shield Award Dave Roy.*

## SHARED OUR STORIES IN THE NEWS AND ON SOCIAL MEDIA

AMHO's events and social media campaigns were big successes this year with increased participation from MPPs, members, and the general public.

From MPP visits to member organizations for Bell Let's Talk Day, to Mental Health Week and Recovery Month celebrations, AMHO was able to amplify our key messages, share our stories, and combat stigma through face-to-face events, in the media, and online.

AMHO's social media campaigns reached over 3 million unique users with more than 700 mentions!



MPP Vijay Thanigasalam visits Hong Fook Mental Health Association in Toronto.



MPP Donna Skelly visits St. Joseph's Healthcare Hamilton.



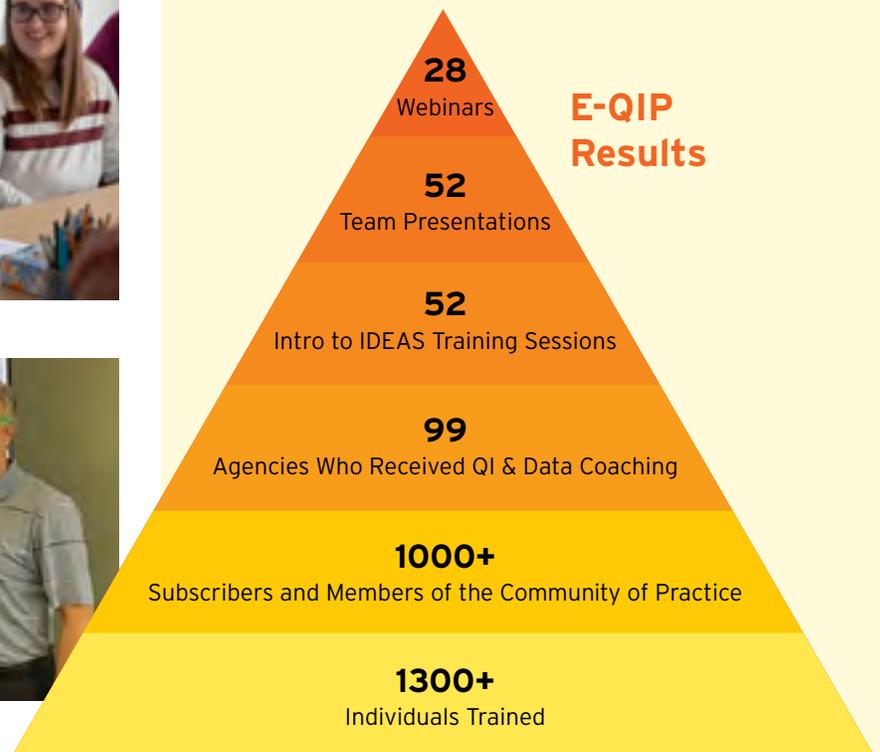
Associate Minister of Mental Health and Addictions Michael Tibollo visits ConnexOntario in London.

## FOCUSED ON QUALITY IMPROVEMENT

The Excellence through Quality Improvement Project (E-QIP) is a quality improvement initiative focusing on leadership and capacity building led by Addictions and Mental Health Ontario (AMHO) and the Canadian Mental Health Association, Ontario (CMHA) and delivered in close partnership with Health Quality Ontario (HQO), soon to be Ontario Health and the Provincial Systems Support Program (PSSP) at CAMH. The project promotes and supports the use of evidence based assessment tools to do quality improvement (QI) and aims to improve mental health and addiction care in the community. The project supports agencies to achieve this vision by:

- Increasing the understanding and use of quality improvement methodologies in mental health and addiction care;
- Increasing data literacy (collecting, analyzing, using data);
- Working towards improvement in key domains of quality and spreading promising practices;
- Supporting a culture of quality improvement learning and mentorship across the province.

E-QIP has achieved the following outcomes since its inception in 2016.



Public  
Advocacy

Quality  
Improvement

# THE VALUE OF AN AMHO MEMBERSHIP



## ADVOCACY AND GOVERNMENT RELATIONS

Through engagement with MPPs, Ministry officials, the media and other health sectors, AMHO advocates for a more comprehensive and accessible system of addiction and mental health care.



## EDUCATION, EVENTS AND NETWORKING OPPORTUNITIES

Members can learn, meet and share ideas at our Annual Conference, bi-annual Community of Practice meetings, webinars and topical seminars throughout the year.



## UP-TO-DATE INFORMATION AND RESOURCES

AMHO knows what is happening in the sector, the system and in government, and provides members with analyzed, concise and up-to-date information on the issues.



## GROUP BENEFITS AND INSURANCE RATES

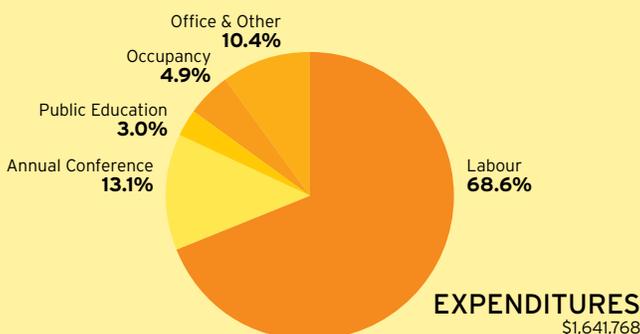
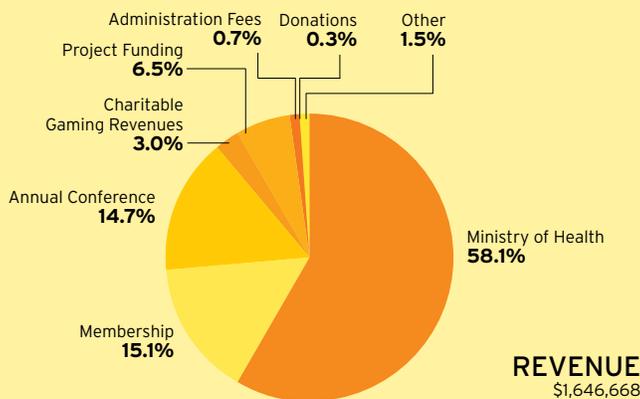
Keep your staff healthy and safe with a comprehensive health and dental plan at a highly competitive rate through AMHO's group benefits plan.

Member Benefits

Reach out to [membership@amho.ca](mailto:membership@amho.ca) to learn more.

## STATEMENT OF REVENUE & EXPENSES

for the year ended March 31, 2019



AMHO represents 200 addiction and mental health organizations in Ontario. Our members provide services and supports that help Ontarians across the province with their recovery, including community-based counselling and case management, peer support and consumer run businesses, residential treatment, withdrawal management, supportive housing and hospital-based programs.

### ABOUT AMHO

As the collective voice of our members, we provide leadership and engage partners to build a comprehensive and accessible system of addiction and mental health care, and improve the well-being of individuals, families and communities in Ontario. We do this through policy work, advocacy initiatives, service development, knowledge exchange, education offerings and quality improvement work.

### CONTACT

Addictions and Mental Health Ontario  
180 Dundas Street West, Suite 1400  
Toronto, ON M5G 1Z8

Phone: 416-490-8900 Toll-free: 1-800-965-3307

[www.amho.ca](http://www.amho.ca) [info@amho.ca](mailto:info@amho.ca)

[twitter.com/AMHont](https://twitter.com/AMHont) [facebook.com/AMHont](https://facebook.com/AMHont)

AMHO thanks each of our members for their ongoing engagement and support. We gratefully acknowledge the financial support of the Ministry of Health.



Addictions & Mental Health Ontario

Dépendances & santé mentale d'Ontario