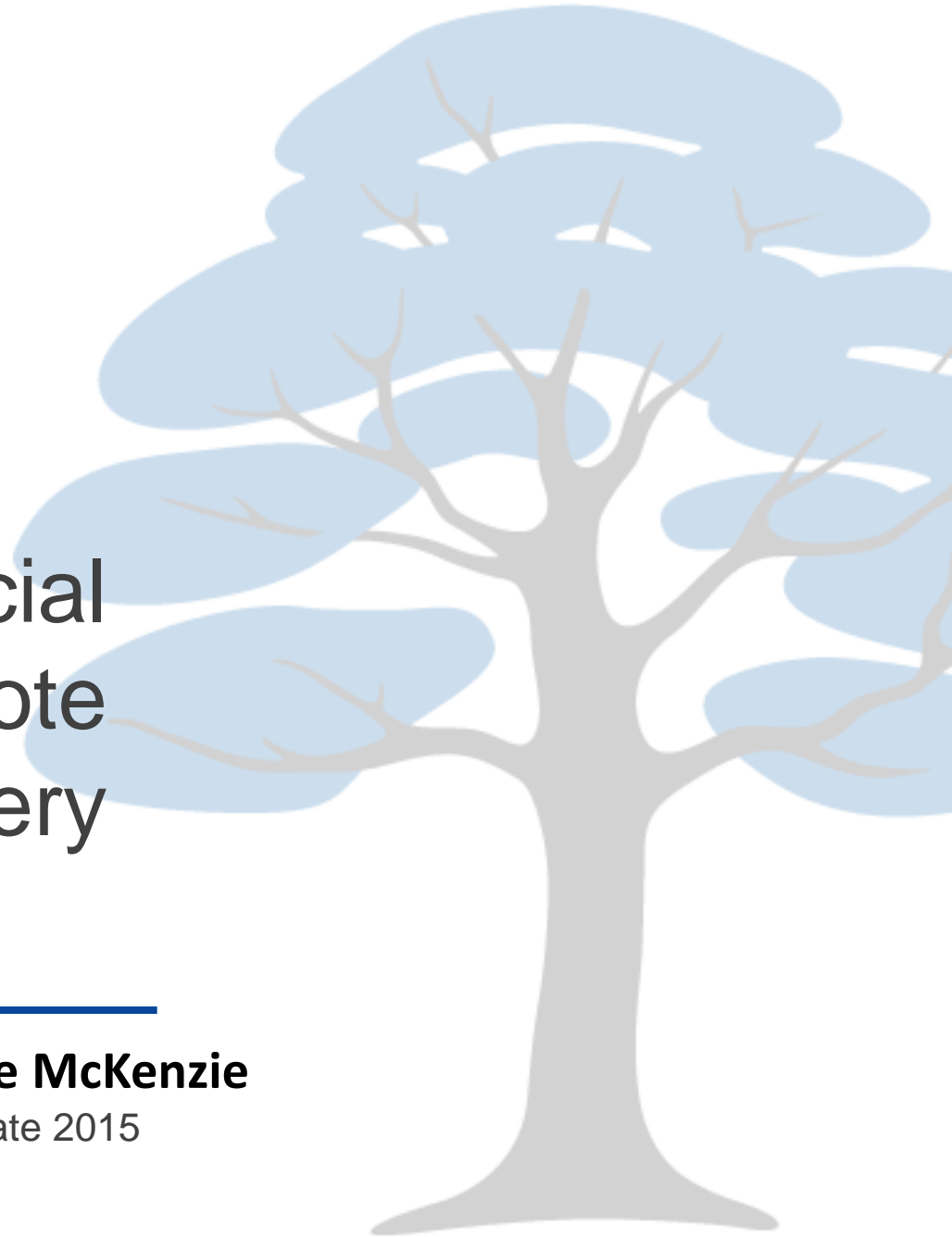


Improving social policy to promote recovery



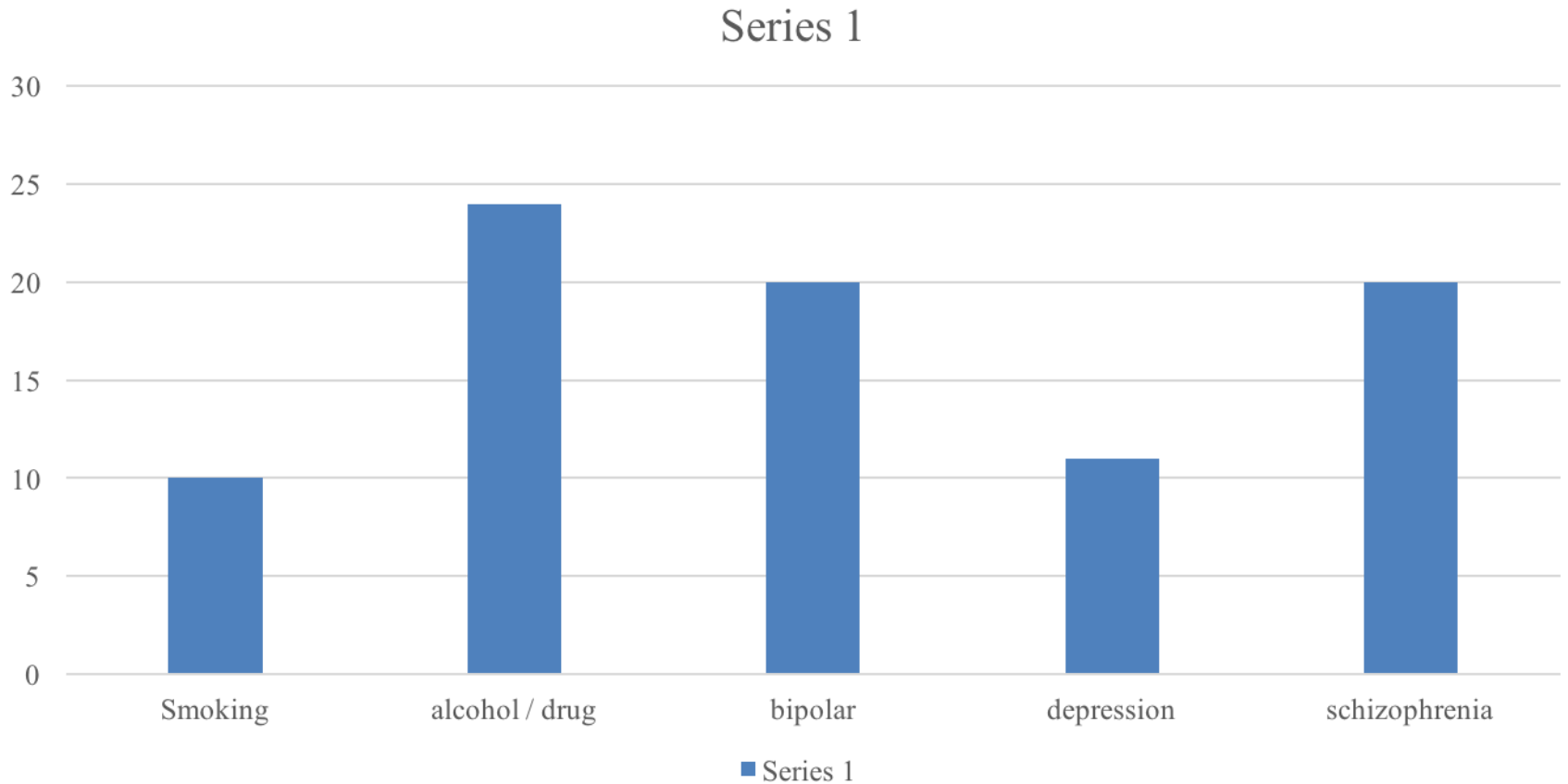
Disclaimer

Commissioner of Human Rights Ontario

**Special Advisor for Basic Income; Minister Housing
& Minister of Community and Social Services**

**These comments are my own and do not reflect
institutional positions**

Life years lost by cause (upper ranges)



Social outcomes associated with mental illness

- homelessness
- unemployment
- poverty
- physical illness
- children in care
- 6x more likely to be murdered
- 14x more likely to be victimised...

**Even if we produce effective,
equitable recovery based
services our clients are still
likely to die younger and are
less likely to thrive.**

Determinants of health Canadian Medical Association

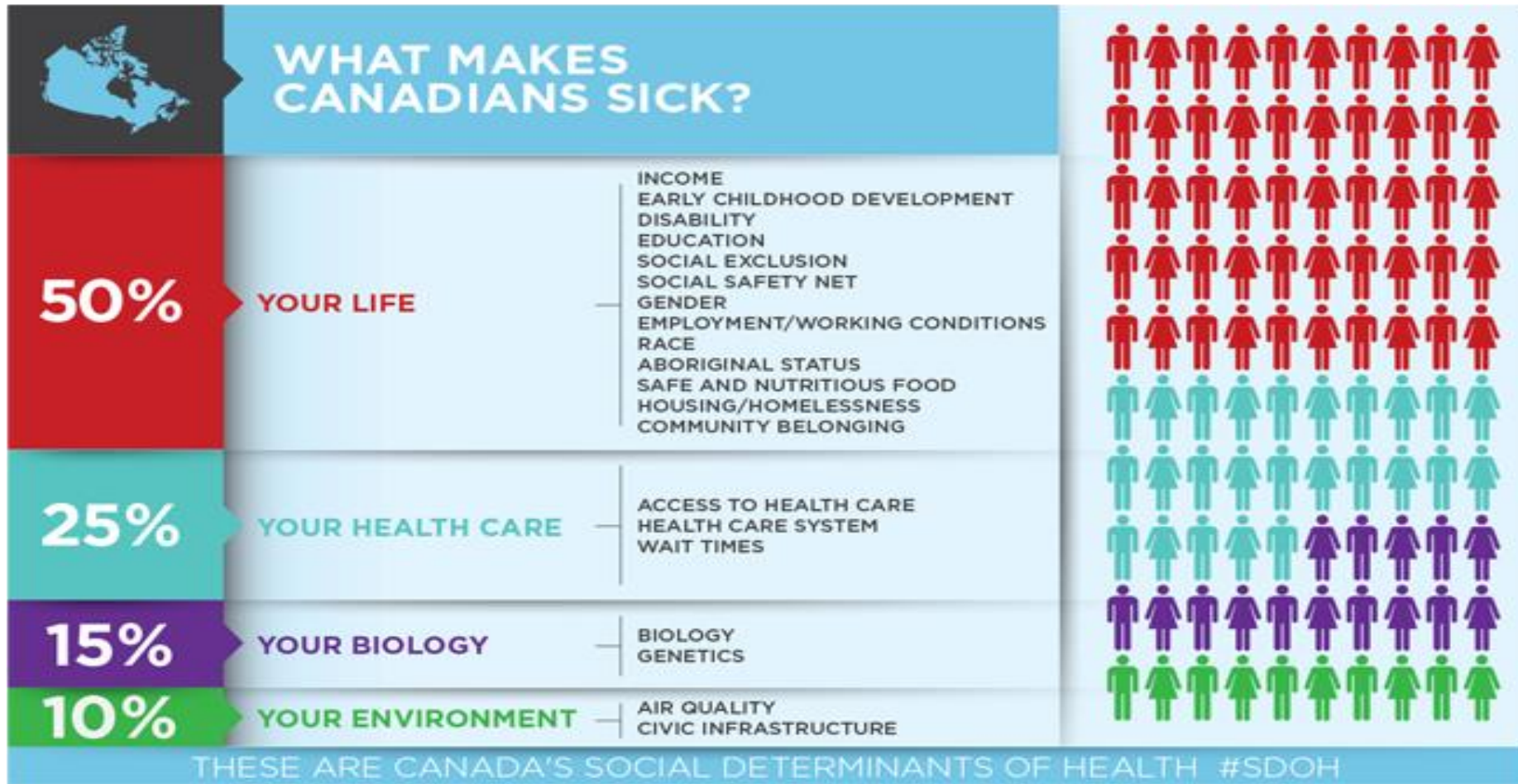


Figure 2.1 Social Determinants of Health and the Pathways to Health and Illness

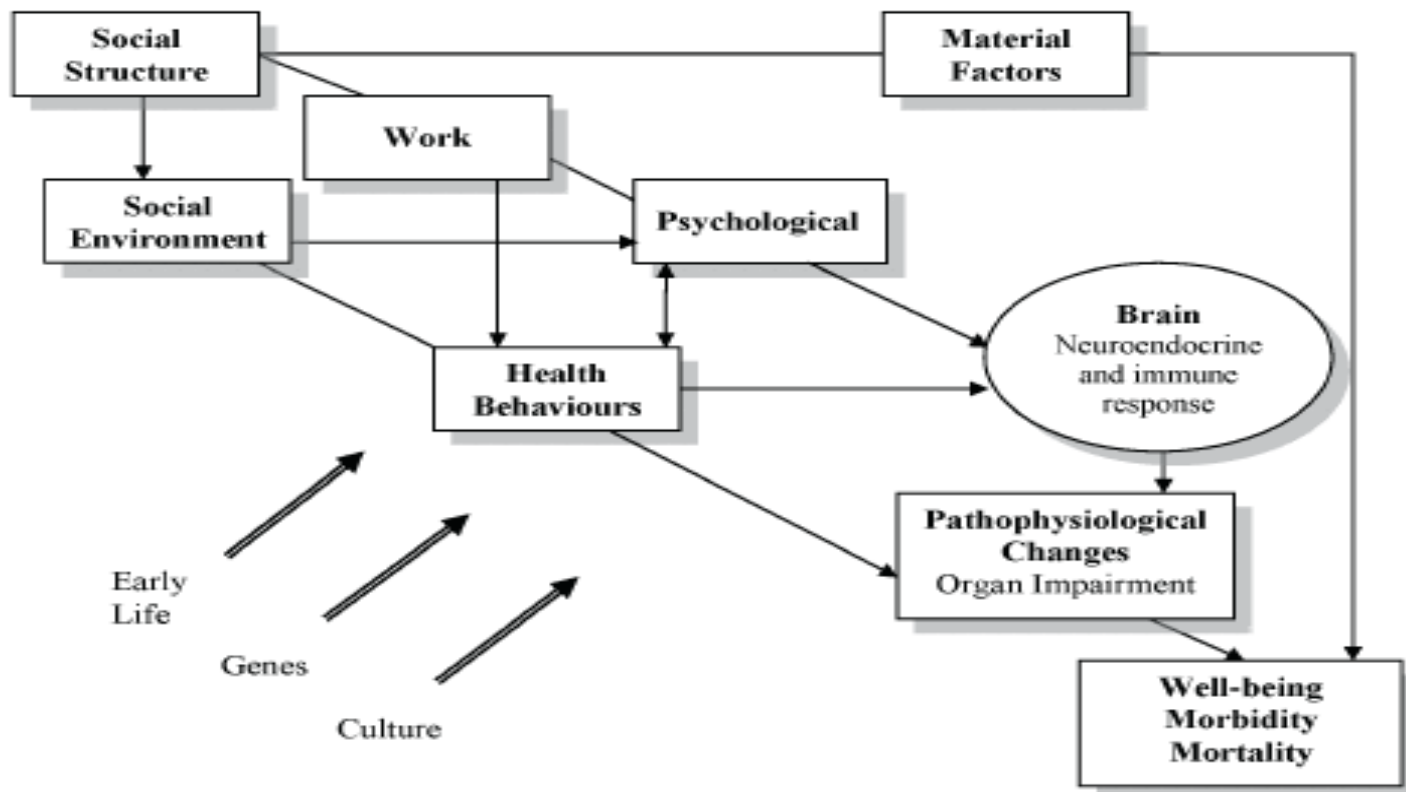
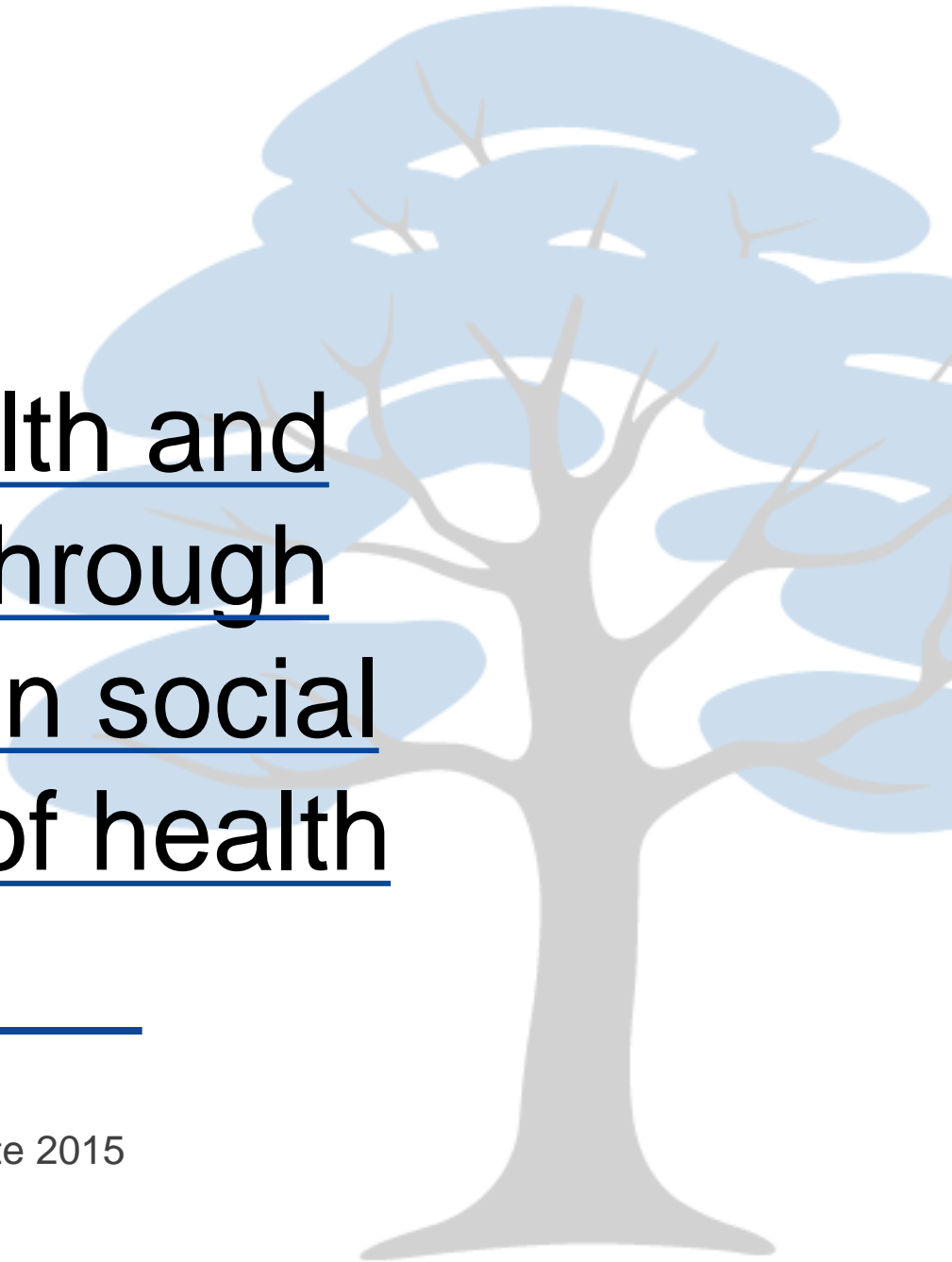


Figure shows how the organization of society influences the living and working conditions we experience that then go on to shape health. These processes operate through material, psychosocial, and behavioural pathways. At all stages of life, genetics, early life, and cultural factors are also strong influences upon health.

Source: Brunner, E., & Marmot, M. G. (2006). 'Social Organization, Stress, and Health.' In M. G. Marmot & R. G. Wilkinson (Eds.), *Social Determinants of Health*. Oxford: Oxford University Press, Figure 2.2, p. 9.

Improving health and health equity through policy based on social determinants of health research



Improving social policy may be an important factor in recovery for people with serious mental illness.

You are more likely to get the improvement you want through general social policy rather than specific policy for mental illness.

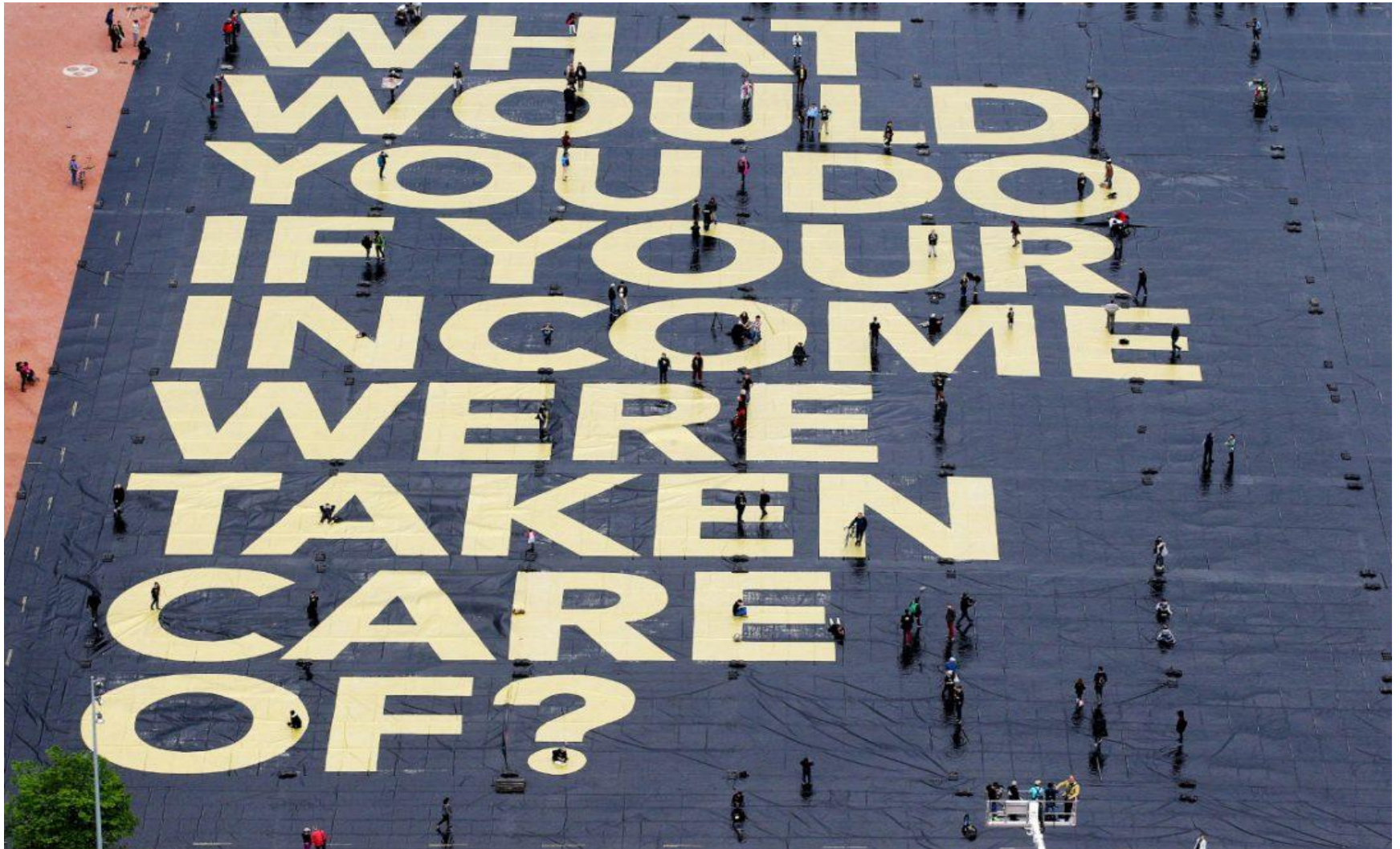
Changing social policy

Simple policy change strategy

- 1) Create the environment for change
 - pull more effective than push
- 2) Movement usually incremental
 - Works inside budgets – but not always
- 3) Speak their language
 - use existing policy direction, platform and levers
- Policy maths $2+3 = 1$

Three things we are interested in that may change social policy

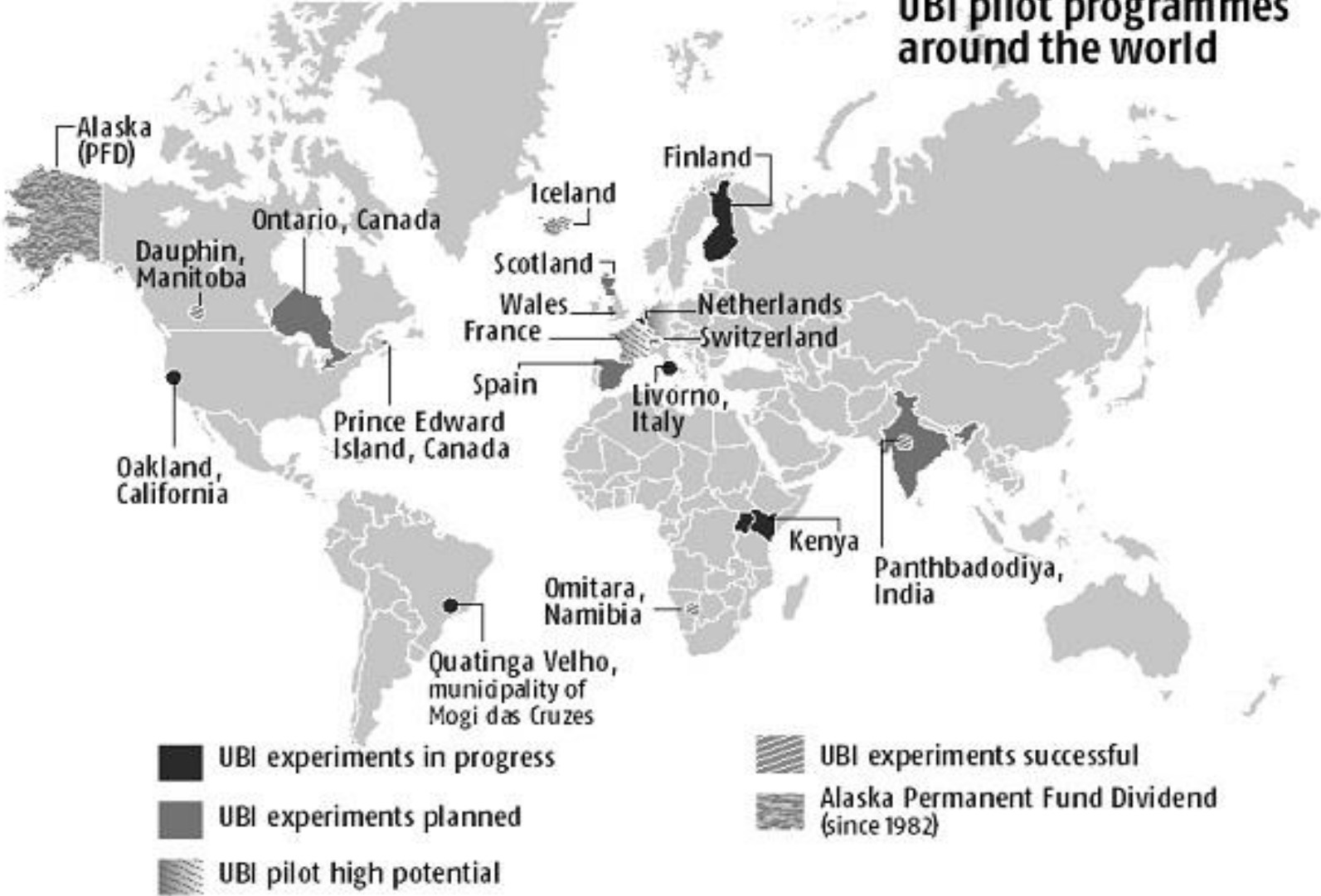
Ontario Basic Income Pilot



What is basic income

- Payment to that ensures a minimum income level, regardless of employment status.
- Given to anyone who meets the income eligibility criterion – no need to prove disability
- Can be given to someone who may be working but earning below the basic income level

UBI pilot programmes around the world



Previous research outcomes

- Education attainment improves
- Nutrition improves
- Birthweights increase & maternity leave extended
- Psychological and mental illness improvements
- Criminal activity decreases
 - domestic violence decrease

Psychological and mental illness improvements

- People more diligent and less aggressive
- Decreased emotional and behavioral disorders
- Hospitalization rates decline
- Alcohol and drug misuse do not increase and actually decreases for some indigenous populations

Ontario's basic income pilot

- Ontario has launched the largest basic income pilot ever
- RCT, 3 sites
- 4000 people will get basic income
- Around \$17K a year
 - Can work and can keep dental and health benefits and child benefits etc
- Total cost \$150 million +

Research measures will include

- food security
- stress and anxiety
- mental health
- health and healthcare usage
- housing stability
- education and training
- employment and labour market participation

Possible social policy influences

- The relationship between the individual and the state
- Move towards a citizenship rights framework
- Improve psychological health directly and the social environment for recovery
- Decrease illness identity trap linked to benefits system

The participation gap

Wellesley Institute

From surviving to thriving

- Ontario has a minimum wage, there has been discussion about a living wage
- But what goods and services are required to be able to participate in society?
- How much would it cost to meet this benchmark in the GTA?

Built on “Minimum Income for Healthy Living” Morris et. al. in the UK.

- Evidence review
 - Use Government guidelines for food, shelter, exercise, transportation, social connections, professional development, personal care, health care, and savings/debt.
- Focus Groups
- Cost estimates

Annual cost of living in Toronto

- Exercise \$562
- Household & Personal Care \$1,826
- Health Care \$2,179
- Transportation \$2,400
- Professional Development \$2,492
- Food \$3,605
- Social Connections \$6,158
- Savings & Debt \$12,901
- Shelter \$14,224

Move from calculating income to looking at resource package

- Minimum wage gives 30K a year
- Benefits give 20K a year
- Participation level would be \$45K to \$55K after tax
- But this is **total** resource required
- Resource package could come from private sector, the state, home or commons

Policy outcomes

- Evidence based threshold for Government intervention
- Aim of Government to negotiate how the package is delivered and how people get what they need
- Evidence based target for equity for people with psychosocial difficulties

Cabinet framework (draft)

Wellesley Institute

Framework to influence Cabinet

Table

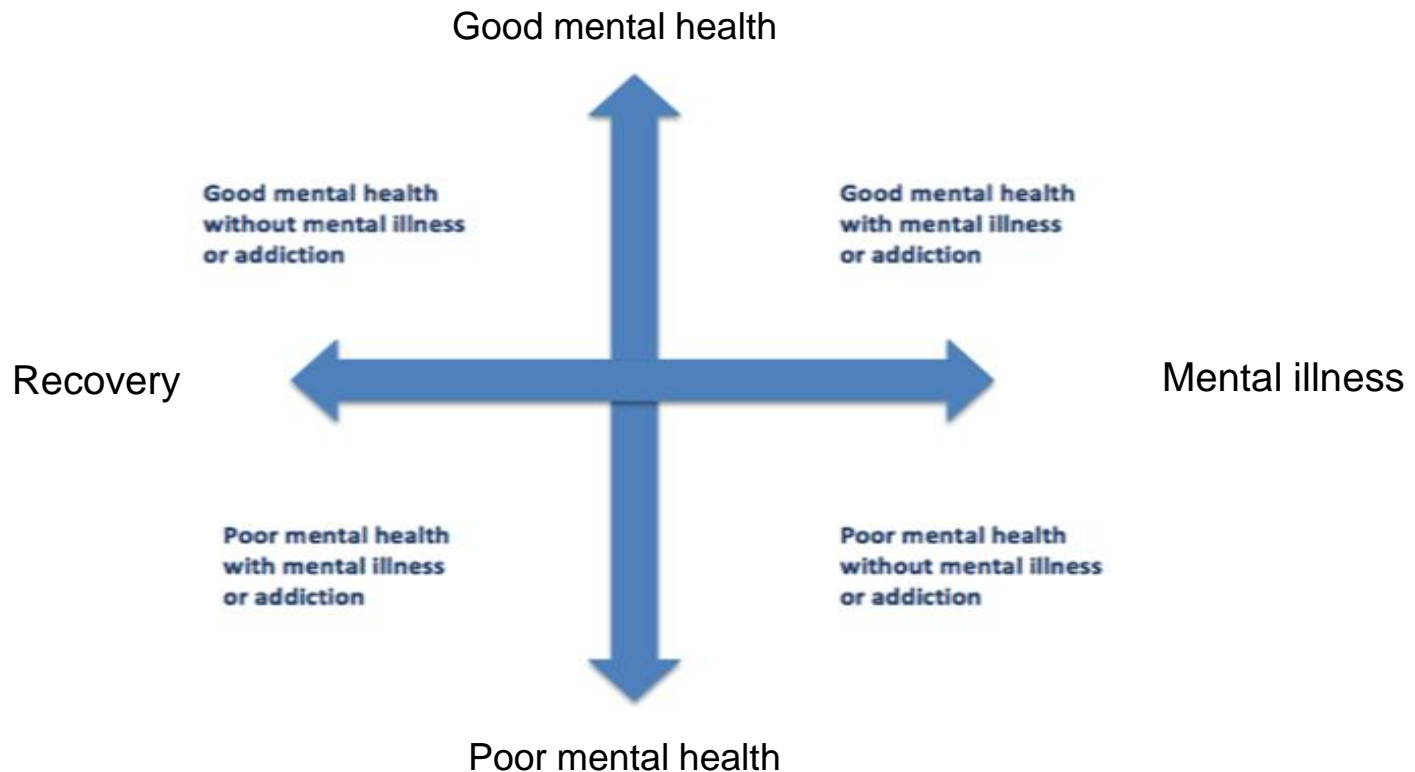
Thriving Ontario	<ul style="list-style-type: none">• For Ontario to thrive, we must create opportunities and conditions for everyone to be mentally healthy.
Mental Health	<ul style="list-style-type: none">• “a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.”
SDOH	<ul style="list-style-type: none">• SDOH impact the mental well-being of individuals, they can increase the risk of mental illness and addictions and create system barriers for those with mental illness and addictions.

Social Determinants of Mental Health Framework

Vision

An Ontario where all individuals and communities can thrive and attain positive mental health.

2-continuum model



Mission

Support and promote mental well-being and address mental illness by:

- Promoting mental health,
- Decreasing the risk of mental illness and/ or addictions, and
- Improving recovery from mental illness and/ or addictions.

What will come from this work

- Mental health impact assessment tool
- Opportunity to develop “votes” from mental health
- Safeguard for serious mental illness through the framework

- New way of thinking for ministries that want to change

Summary

- An effective service response includes policy interventions on the social determinants of health
- Engagement with policy makers requires humility and strategy
- Fundamental policy changes that improve the environment for recovery can occur if win win situations are developed.

Thank you

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