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*Étude sur  
la santé des jeunes  
Ontariens 2014*

*Enquêtes sur  
la santé mentale  
des écoles*



**School  
Mental Health  
Surveys**

# The 2014 Ontario Child Health Study (OCHS): Background, Objectives, Methods & Contributions to Understanding Children's Mental Health

PHO Grand Rounds: February 24th, 2015

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# Research Team



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# Partners



CIHR IRSC  
Canadian Institutes of Health Research  
Instituts de recherche en santé du Canada



Statistics  
Canada

Statistique  
Canada



Ontario



# Outline

## **2014 Ontario Child Health Study (OCHS)**

- Rationale, Objectives, Methods & Features
- Research Questions-what will we learn?

## **2014 OCHS School Mental Health Surveys**

- Objectives, Methods & Features
- Research Questions-what will we learn?
- Project Status



# Rationale

- Existing population-based evidence of child and youth mental disorders is over 30 years old and ill-suited for informing policy on how to improve child and youth mental health in Ontario
- Changes in demographic and socio-economic conditions in Ontario, such as increases in SES inequality, neighbourhood poverty and immigration → child and youth mental health



# 2014 OCHS Objectives

1. Estimate levels of mental health need and compare with 1983
2. Determine if the adverse effects of poverty on child/youth mental health have weakened
3. Evaluate the responsiveness of the health care system to child/youth mental health needs
4. Contextual influences → neighbourhoods schools & families → child/youth mental health



# Methods

- *Sample:* 13,500 families with children & youth aged 4-17 years across Ontario
- *Sampling Frame:* Selecting families using the Canadian Child Tax Benefit file
- *Sampling Method:* Stratified Cluster Sample
- *Response Rate:* ~ 70%



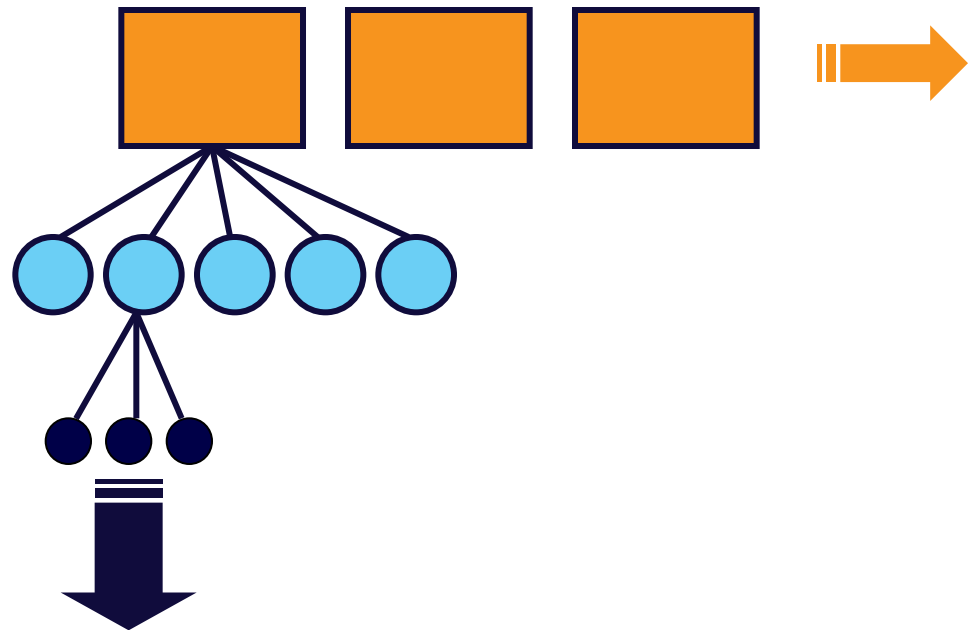
# Sample

**Sample: 13,500 families with 4-17 year olds across Ontario**

**180 Census Tracts (Neighbourhoods)**

**40 Families per CT**

**1-4 Children per family**



**~240 Schools**





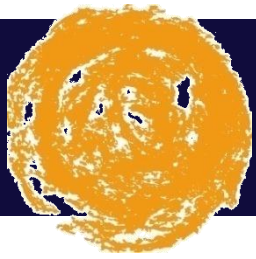
# Components

- **In-home OCHS interviews**
  - Conducted by Statistics Canada
  - Interviews with parent, partner/spouse & up to 4 children/youth
  - Teacher questionnaire sent to elementary teachers
- **School Mental Health Surveys**
  - Conducted by McMaster team
  - Student, teacher and principal surveys
  - Approximately 240 schools located in the 180 neighbourhoods selected for the 2014 OCHS



# Features

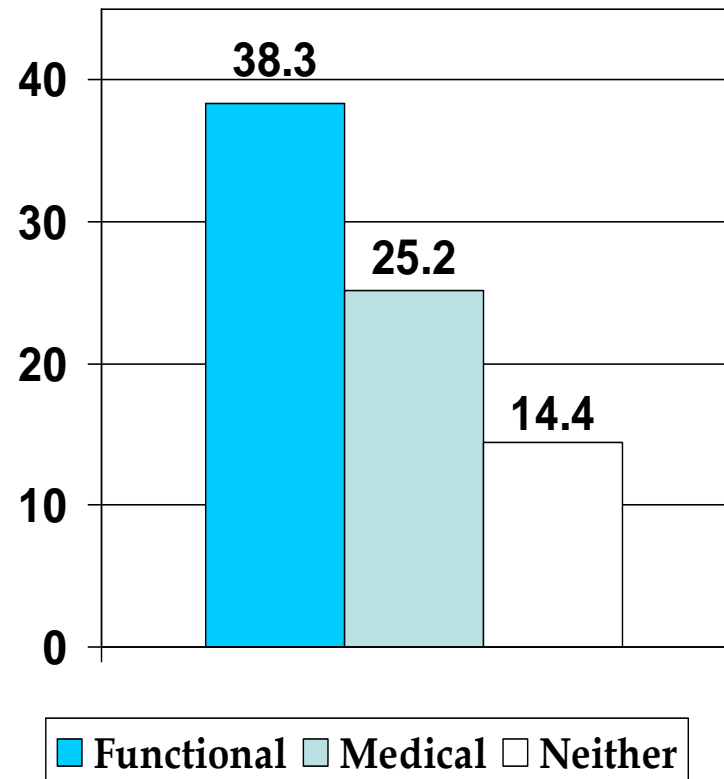
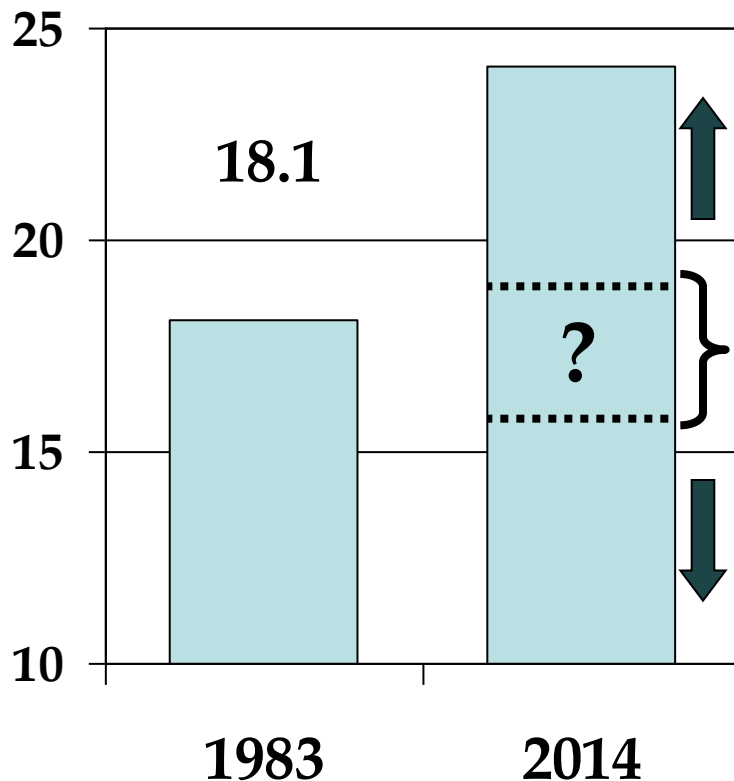
1. Cluster sampling → contextual effects
2. Stratification by income → SES inequalities
3. Multiple siblings
4. Partner/spouse questionnaire
5. Admin data linkages: MOHLTC, EDU
6. School Mental Health Surveys ~240 schools
7. Gov Partners: MOHLTC, EDU, MCYS

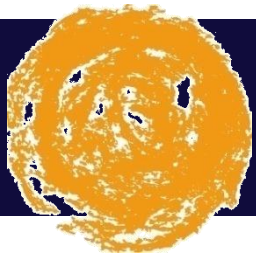


# Research Questions

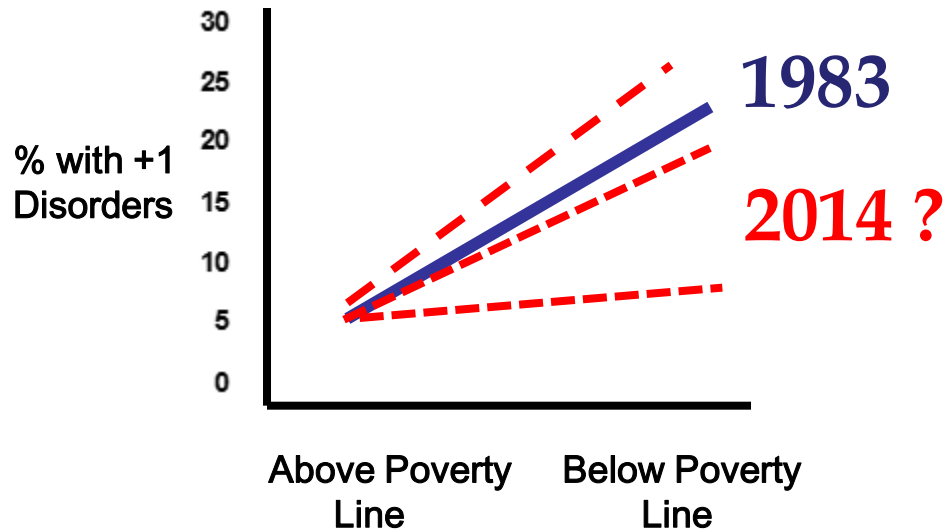
Levels of child  
mental disorder...

...among children with  
different health conditions

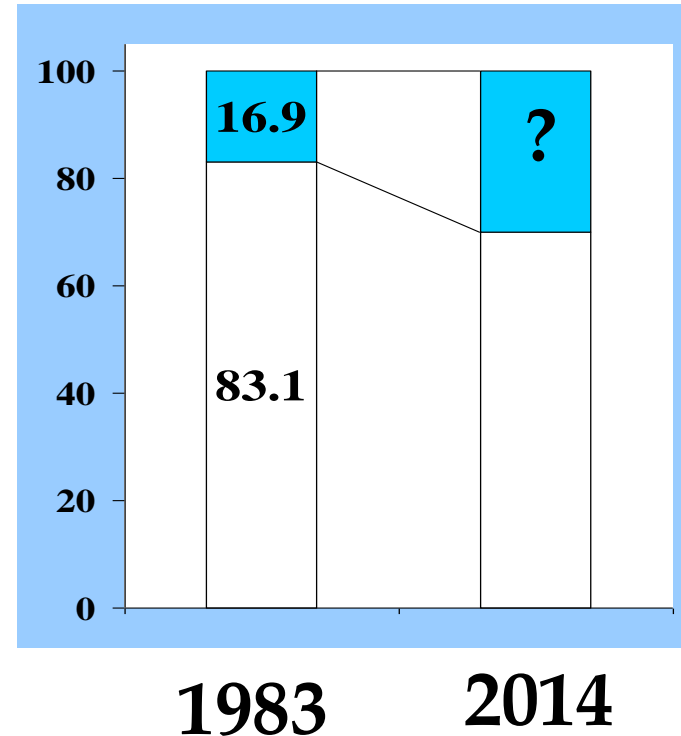




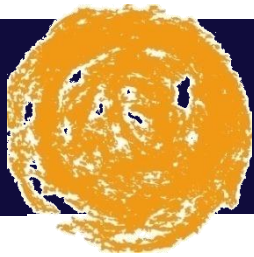
# Research Questions



Effects of Income Inequality on Child Mental Health

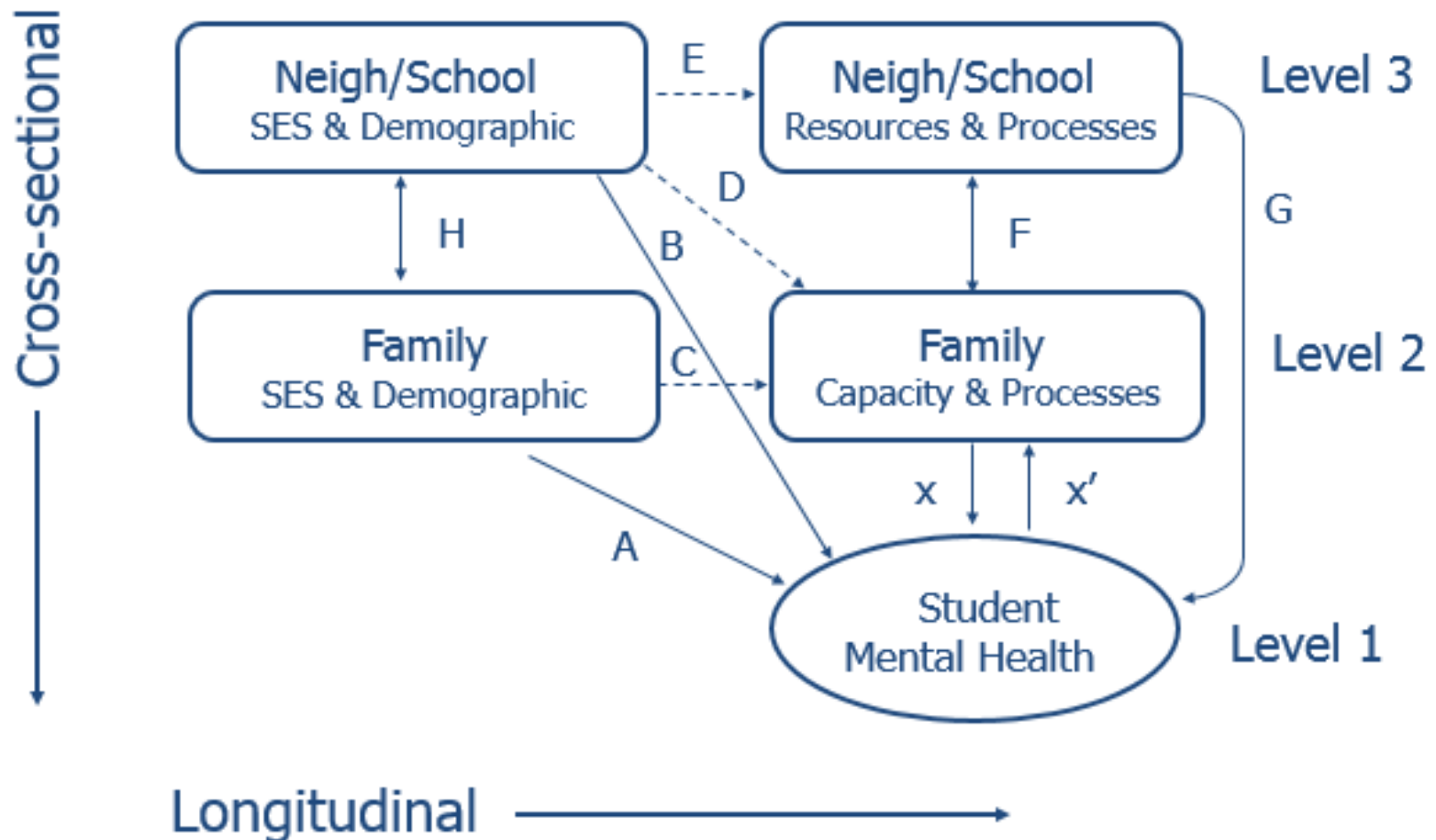


% with Disorder Using MH Social Services



# Research Questions

## Contextual Influences





# 2014 OCHS-School Mental Health Surveys

## Ontario Child Health Study

*In-home interviews with over 13,500 families across Ontario.*



## School Mental Health Surveys

*Select classes, grades 6-12, from 240 schools across Ontario.*



*We are picking schools for the SMHS from neighbourhoods with families participating in the Ontario Child Health Study*

- Province-wide, study of examining the role of schools in promoting and addressing student mental health needs and reducing mental health inequalities
- Schools are located in the 180 neighbourhoods selected for the 2014 OCHS



# SMHS Objectives

- Determine the impact of schools on student mental health by characterizing **school capacity, school strategies and social processes** that serve to promote student mental health, address student mental health needs and reduce mental health inequalities



# SMHS Concepts

- **School Capacity:** staff, MH teams, agreements with community providers and in-school services dedicated to MH
- **School/Class Strategies & Processes:** universal/targeted MH programs & strategies, school climate (caring relationships, clarity of expectations, fairness of rules), school belonging, school safety, classroom emotional climate, behavioral management strategies, socio-emotional and co-operative learning strategies, and teachers responses to student mental health need





# SMHS Concepts

- **Student Outcomes:** mental health problems, positive mental health, academic achievement, engagement in extra-curricular activities, truancy/suspensions, bullying, discrimination, social competence, physical health and well-being, substance use, access/barriers to school MH services, MH service use



# Methods

## Sample

- 240 schools (180 elementary and 60 secondary schools)
- 24,496 students, 3,552 teachers & 240 principals

## Who

- students in grades 6-12 (all students in grades 6-8, 3 classes/grade secondary schools) and their teachers & principals

## What

1. Student Survey
2. Teacher Survey
3. Principal Survey



# Impact

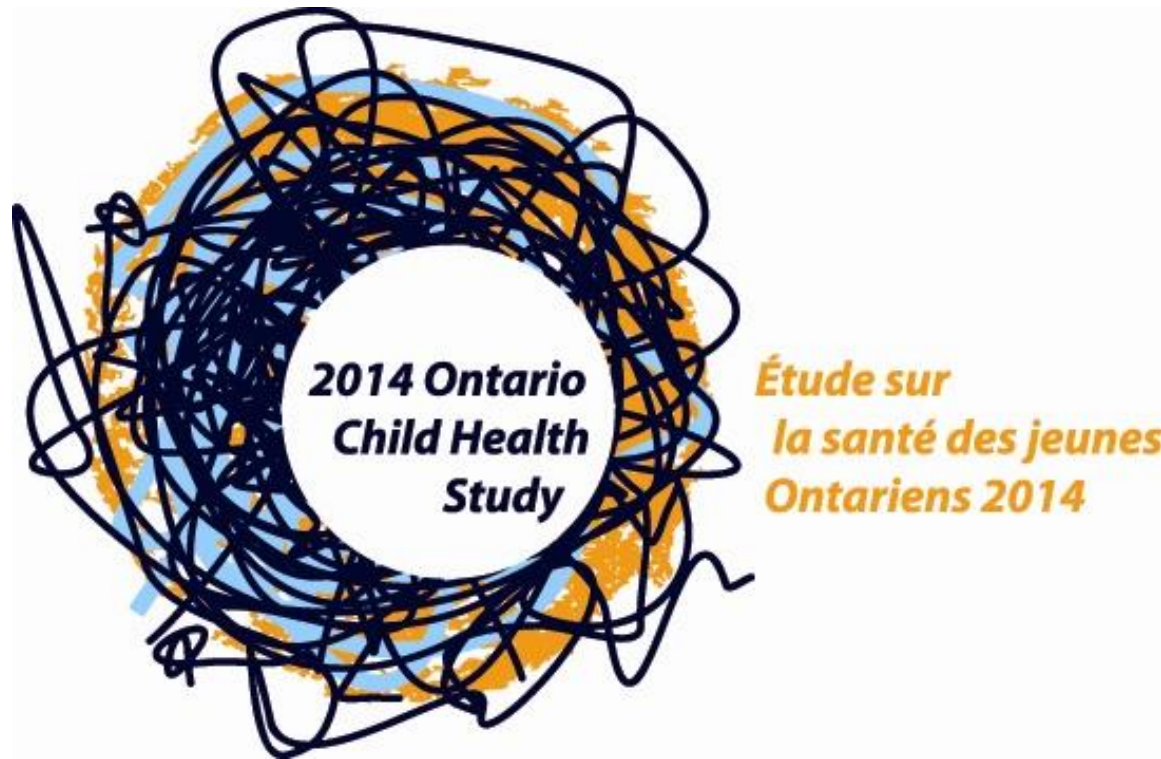
- Schools are an optimal context for mental health promotion, prevention & early intervention → Ontario's Mental Health and Addiction Strategy and the MOHLTC New Action Plan for Health Care 2015 → expansion of MH programs in schools
- OCHS-SMHS will provide critical evidence base to inform these policies and programs
- OCHS-SMHS serve as baseline samples for evaluation of MH & Addictions Strategy if repeated in 5-7 years



# Project Status

- In-home surveys underway until summer of 2015
- SMHS underway until June 2015 (150 schools booked)
- Data available to research team & in Statistics Canada Research Data Centres Fall 2016

# Thank you.



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