

Self-harm incidents nearly doubled in adolescent girls: Halton Region report

By Julia Le
Metroland Media Group

Emergency visits and hospitalization for self-harm incidents— with or without suicidal intention— have nearly doubled in adolescent girls aged 10-17 from 2009 to 2013 in Halton.

That was among the findings of a Halton Region Health Department report, which reviewed injuries among Halton residents as a public health concern.

It was before Halton regional council's health and social services committee Tuesday (Oct. 6).

"Since 2009, Halton females aged 10 to 17 have experienced an increase in (Emergency Department) ED visits due to self-harm," stated the Halton Self-Harm and Suicide Report.

"Similarly, Halton females aged 10 to 17 and 18 to 24 experienced an increase in self-harm hospitalizations since about 2008," the report stated.

"There has been an increase and it's not just in Halton, but it's seen across Ontario, Canada and, in fact, other parts of the world where there has been a rise in self harm rates and more so in females around age 15-19," said Dr. Hamidah Meghani, Halton's Medical Officer of Health (MOH).

Burlington Councillor Rick Craven asked how worried residents should be with the particular findings.

"We think there's a variety of factors involved, but it's difficult to say what the true reason is that we're seeing this increase," said Meghani.

While females are more likely to engage in it, fatalities due to self-harm were two times higher in males.

The MOH noted the findings might reflect a heightened awareness among the medical community about self-harm, which can result in more people being diagnosed.

Trends over time

- Since 2009, Halton females aged 10 to 17 have experienced an increase in ED visits due to self-harm (see Figure 2).
- Similarly, Halton females aged 10 to 17 (see Figure 2) and 18 to 24 experienced an increase in self-harm hospitalizations since about 2008.
- In general, rates of ED visits and hospitalizations due to self-harm among Halton males of all ages and females aged 25 and over have either decreased slightly or remained relatively stable since 2003.
- There were no significant changes in suicide rates in Halton between 2003 and 2011.

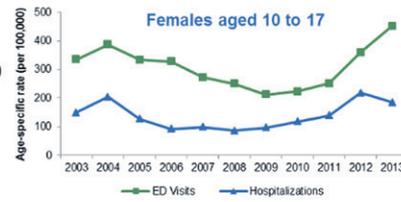


Figure 2. Age-specific rate of ED visits and hospitalizations due to self-harm, females aged 10-17, Halton Region, 2003-2013

Sex



Halton females were **2x** more likely than males to visit the ED or be admitted to the hospital for self-harm.



Halton males were **2x** more likely than females to die by suicide.

According to the 2003-2013 Halton Self-Harm and Suicide Report. Halton females are two times more likely than males to visit the Emergency Department or to be admitted to the hospital for self harm.

Halton Region graphic

With increased awareness of mental health issues, some people believe children are under more stress, experiencing higher rates of anxiety and depression and those could be contributing to the increase in incidents as well, she added.

"Possibly children nowadays

are in touch more with the wider world through the internet and social media that is out there so they're seeing this type of behaviour showcased on social media and using it (self-harm) as a coping mechanism," Meghani said. "It's important to note that this self-harm piece is different from

suicide because most self-harm does not result in suicide."

Self-harm— cutting or burning oneself— may arise from emotional pain, intense anger, and/or frustration, the Halton Self-Harm and Suicide Report states.

The report shows there were 397 ED visits, 240 hospitalizations and 34 deaths related to self-harm during 2003-2011.

The injuries report also looked at falls, injuries in sports and recreation and those caused by motor vehicle collisions.

In total, there were 41,891 ED visits, 2,401 hospitalizations and 173 deaths.

In Halton, falls are the leading cause of injuries resulting in hospitalizations or death. Self-harm is the second leading cause.

Halton Region plans to use the data collected to identify priority areas for future injury prevention work in Halton.

For the complete reports, visit halton.ca.

Statutory Public Meeting Notice haltonhills.ca

NOTICE OF A PUBLIC MEETING WARD 3

**Concerning Applications for an Amendment to the
Town of Halton Hills
Official Plan and Zoning By-law (2010-0050)
For lands legally described as:
Part of West Half Lot 18, Concession 9, Ward 3,
Town of Halton Hills, Regional Municipality of Halton
Town of Halton Hills Files:
D09OPA14.002 and D14ZBA14.011
(224 Maple Avenue, Georgetown)**

General Committee for the Town of Halton Hills will conduct a Public Meeting to examine and discuss proposed applications to amend the Town of Halton Hills Official Plan and Zoning By-law 2010-0050, as amended.

The proposed Official Plan and Zoning By-law amendment applications apply to the lands legally described as Part of West Half Lot 18, Concession 9, Town of Halton Hills, Regional Municipality of Halton. The subject lands are municipally known as 224 Maple Avenue (Georgetown). Below is a map showing the location of the subject property.

A previous public meeting was held for these applications on January 26, 2015, to consider a proposed 6-storey, 120-suite seniors residence. **The Applicant has revised the applications and is now proposing a 7-storey, 147-suite seniors residence.** The purpose of this public meeting is to present the revised proposal to Town of Halton Hills Council and the public.

If you wish to be notified of the decision of the Town of Halton Hills in respect of the Official Plan and Zoning By-law amendment applications, you must make a written request to the Town of Halton Hills – PLANNING, DEVELOPMENT & SUSTAINABILITY DEPARTMENT at 1 Halton Hills Drive, Halton Hills, Ontario L7G 5G2.

NOTES:

1. If a person or public body does not make oral submissions at a public meeting or make written submissions to the Town of Halton Hills before the proposed Official Plan and/or Zoning By-law amendments are adopted/passed, the person or public body is not entitled to appeal the decision of the Town of Halton Hills to the Ontario Municipal Board.
2. If a person or public body does not make oral submissions at a public meeting, or make written submissions to the Town of Halton Hills before the proposed Official Plan and/or Zoning By-law amendments are adopted/passed, the person or public body may not be added as a party to the hearing of an appeal before the Ontario Municipal Board unless, in the opinion of the Board, there are reasonable grounds to do so.
3. Any written comment/objection submitted to the Town of Halton Hills regarding these applications which are being processed under the Planning Act 1990, may be made public as part of the application process.

Further information is available in the Planning, Development & Sustainability Department, Town of Halton Hills, 1 Halton Hills Drive, Halton Hills, ON, L7G 5G2, or contact the Planner



assigned to the file, Jeff Markowiak at 905-873-2601, ext. 2296. A copy of the related Staff Report will be available on Friday, October 16, 2015, on the Town's website at <http://www.haltonhills.ca/calendars>.

ALL INTERESTED CITIZENS ARE WELCOME

DATE/TIME: Monday, October 19, 2015 at 7:30 PM
LOCATION: Council Chambers, Civic Centre,
1 Halton Hills Drive
FILE NO(S): D09OPA14.002 and D14ZBA14.011
(224 Maple Ave., Georgetown)

