HEALTH SERVICE QUALITY

Mental Health and substance use services



Zone 5
Restigouche Area



Province
New Brunswick

Mental Health and substance use services

	Zone 5	Province
Median wait time for "one-at-a time therapy" Days | 2024-2025	13.0	7.0
Repeat hospital stays for mental health and substance use % | 2024-2025	12.1	11.6
Self-Harm hospitalizations Rate per 100,000 population | 2024-2025	25	52
Satisfaction with mental health and substance use services received, somewhat or very satisfied % | 2025	81.1	82.7

About this Table

Content and description
This table has indicators that describe the performance of mental health and substance use services in the province. It covers topics such as timely access to services, repeat hospitalizations and emergency departments visits due to mental health and substance use, and patient satisfaction with mental health and substance use services.

Why is it important?
These indicators help inform citizens and health system stakeholders about the quality of mental health and substance use services in the province. It also encourages health system stakeholders to create performance targets and make necessary improvements.

Availability of the data
The information in this data table is available for New Brunswick in general and by the seven New Brunswick health zones.

What is a Z-Score?
To facilitate the identification of areas of strengths and areas of improvement, the data table includes green and red flags that highlight the indicators where the zone performs better or worse than other zones, based on a Z-score analysis.
A Z-score is a numerical measurement that describes a value's relationship to the mean of a group of values (normal distribution of values). A Z-score is measured in terms of standard deviations from the mean. If a Z-score is 0, it indicates that the data point's score is identical to the mean score. A Z-score of 1.0 (or -1.0) would indicate a value that is one standard deviation from the mean. A Z-score of +1.282 is the cut point used to display flags that inform on health zone values that are far enough from the mean to be

deemed better or worse than the average

Caption

n/a = Not applicable / not available

S = Data suppressed due to confidentiality requirements and/or small sample size

Above-average performance

Below-average performance