



CAMH in the Community



Winter 2009-10

GTA West Area

Welcome

Welcome to this inaugural issue of CAMH in the Community e-newsletter for the [GTA West Area](#), [Provincial Services](#), Policy Education and Health Promotion, CAMH. Our focus for this newsletter is on Building Strong Communities by Fostering Resiliency in Youth and Families. This newsletter is the first in a series that highlights information about CAMH resources, treatment services, upcoming events and our local projects. We hope you will find it helpful in your work. The GTA West Area of CAMH is comprised of the Toronto Central LHIN, Mississauga Halton LHIN and the Central West LHIN. [More >](#)

Nina Acco Weston
Area Manager



Hot Topics

Building Strong Communities by Fostering Resiliency in Youth and Families was the focus of a recent CAMH in the Community Forum held in Peel Region featuring keynote speaker [Dr. Tatyana Barankin](#), CAMH psychiatrist, and panel speakers Lew Golding, Director, CAMH Substance Abuse Program for African Canadian and Caribbean Youth ([SAPACCY](#)), Baldev Mutta, Executive Director, Punjabi Community Health Services and Nicole Bonnie, Diversity Coordinator, Peel Children's Aid.

[Resiliency](#) is an important aspect of mental well being. In her keynote address, Dr. Barankin outlined the factors that contribute to the success of young people in spite of some of the adverse situations they face. According to Dr. Barankin, we all have a role to play in fostering resiliency in youth and families and in turn strengthening our communities. "No one is born resilient –it's the result of a dynamic process between child, family, school and community" says Dr. Barankin.

Events

Provincial Summer Institute 2010: Advanced Counselling Skills for Concurrent Disorders

August 17, 2010 - August 19, 2010
Toronto. **Please save the date.** [More>](#)

Art as Therapy for Post Earthquake Stress A workshop series for clinicians and counsellors. **For dates and locations contact** [Antoine DeRose](#).

Last Fridays -Regent Park Focus Youth Media Arts Centre. An evening of story telling, poetry and music performances held on the last Friday of each month, during the school year, from 6:30 pm to 9:00 pm. [More>](#)

Borderline Personality Disorder Public Forum Leading scientists and clinicians in the field of BPD, and consumers and family members will share their insights into the disorder and its treatment. **May 19, 2010 from 6:00pm to 8:00pm** at CAMH 33 Russell Street, The Meeting Centre (Room 2029). **For more information contact** [Barbara Steep](#).

[Regent Park Focus](#) a project sponsored by CAMH, as part of an initiative to promote health in vulnerable communities, seeks to create opportunities for youth to build on their interest and strengths through media arts. The forum featured one of the many videos produced by Regent Park Focus, in which youth from the community speak directly about what has made a difference in their lives. View the [Resiliency Project Video](#).

Forum panel speakers shared their experiences of working directly with youth and families and outlined how systemic issues affect individual, family and community resiliency.



Left to right: Lew Golding, Baldev Mutta, Nicole Bonnie and Nina Acco Weston

Local CAMH in the Community Projects

GTA West Area staff is engaged with local LHINs, community organizations and groups in a variety of health equity, health promotion and prevention, knowledge exchange and system planning projects. Read more about anyone of the projects listed below.

Health Equity: [Building Equitable Partnerships Project](#) | [West Downtown Local Immigration Partnership](#) | [Aboriginal Health](#) | [Young Women and Depression Prevention](#) | [Peel Regional Diversity Roundtable](#)

Health Promotion and Prevention: [Regent Park Focus](#) | [Strengthening Families for the Future](#) | [Catch da Flava Youth Magazine](#) | [Last Fridays](#) | [Safer Bars](#) | [Toronto Hoarding Coalition](#) | [Toronto Drug Strategy](#) | [Council for a Tobacco Free Toronto](#)

Knowledge Exchange: [Provincial Summer Institute](#) | [Community Health Centres](#) | [Capacity Building in Primary Care](#) | [Family Health Teams](#) | [CASA Project](#) | [Student Support Leadership Initiative](#)

System Planning: [Mental Health and Addictions Youth Network](#) | [Concurrent Disorders](#) | [Mental Health](#)



Dr. Tatyana Barankin, is a psychiatrist at CAMH in the [Child, Youth and Family Program](#) and is co-author of the book, [Growing Up Resilient: Ways to Build Resilience in Children and Youth](#)



[and Addictions Network](#) | [Cultural and Linguistic Adaptation of CBT](#) | [TEACH for Francophones](#) | [French Language Services Planning Entity](#) | [Concurrent Disorders and Youth Screening Tools](#) | [Toronto Central LHIN Collaborations](#) | [Service Capacity Overview Project](#) | [Mental Health, Addictions and Homelessness Think Tank](#)

CAMH Resources

CAMH Knowledge Exchange is a new website launched by CAMH designed to provide access to the best available online information, tools and resources related to mental health and addictions and also provide opportunities to collaborate and communicate with other addiction and mental health professionals. [More about the site>](#)

Best practice guidelines for mental health promotion programs: Children and youth provide health and social service providers with current evidence-based approaches in the application of mental health promotion concepts and principles for interventions with children and youth. [Read more>](#)

crosscurrents

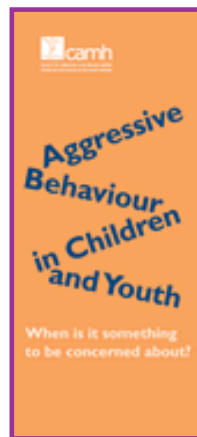


CrossCurrents targets stigma and discrimination in health care. Consumers of mental health and addiction services tell us that stigma and discrimination are common among health care providers - the very people who are supposed to provide hope and promote recovery. [The spring 2010 issue](#) of *CrossCurrents: The Journal of Addiction and Mental Health* explores interventions aimed at combating stigma and discrimination in health care settings.

CrossCurrents: The Journal of Addiction and Mental Health informs and educates health care professionals about issues in the addiction and mental health fields from a Canadian perspective. It also encourages dialogue through discussion boards and blogs. [Visit the site>](#)



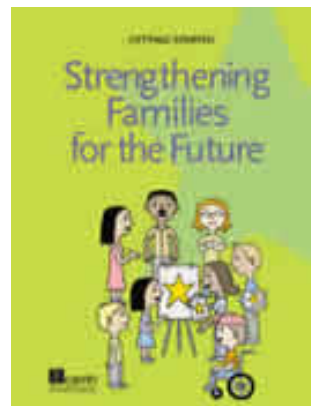
[What Parents Need to Know about Teens](#)



[Aggressive Behaviour Brochure](#)



[Raising Resilient Children](#)



[Strengthening Families for the Future](#)



[Girls Talk Program](#)

CAMH Research

Ontario Student Drug Use and Health Survey (OSDUHS) provides reliable, current information about the health behaviour, risk behaviour, attitudes and beliefs of Ontario children and adolescents. Drug use findings from the 2009 OSDUHS are now available to download. [OSDUHS Findings>](#)

GAIN Collaborating Network Project is a cross sector collaboration of ten Toronto youth serving agencies. The Network recently completed a six-month pilot project to implement the [GAIN Short Screener](#), a brief addictions and mental health screening tool. [Read more>](#)



CAMH Treatment Services

CAMH provides a range of high quality, client centred services to meet the various needs of people dealing with addictions and mental health challenges, including assessment, brief interventions, inpatient/residential programs, continuing care, outpatient/ambulatory services and family support. [For more information>](#)

Contact us

Learn more about [GTA West Area & browse staff profiles](#)

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To subscribe to this newsletter please email Mary Austin at mary_austin@camh.net

This is a publication of CAMH [Provincial Services](#), GTA West Area office