



camh
Centre for Addiction and Mental Health
Foundation

ANNUAL REPORT 2003/2004

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MESSAGE FROM LYNDA MACKAY

Chair

Centre for Addiction and Mental Health Foundation Board of Directors

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When I first became involved with the Board of Directors of the CAMH Foundation in 1999, we were in the midst of consolidating a new organization from the successful merger of our founding partners. The visionary idea—of creating a new kind of hospital for mental illness and addiction by bringing the organizations together at the Queen Street site—was simply a dream.

Over the years, carefully laid plans have taken shape. The CAMH Foundation's role has been very rewarding, and I am proud of our achievements in communicating our vision to the community. We are engaging community leaders to embrace our issue and our organization, and as a result, we are witnessing slow but steady progress in breaking down the stigma attached to these illnesses.

Today we are ready to turn a once-distant dream into a reality: we are poised to redevelop the Queen Street site to bring about improvements in research and patient care, to provide programs and facilities that will transform the lives of those who experience addiction and mental health issues, serving the urgent needs of our community and building on our local, national and international role as a leader in the mental health and addictions field.

Many have helped us get to this stage: our donors, volunteer members of the Board and committees, the CAMH staff and the Foundation management and staff—those currently involved, incoming and retiring, as well as those who came before us. This once-in-a-lifetime opportunity demands volunteer leadership that can guide us wisely and inspire others to participate generously. I have the utmost confidence in passing the leadership of the Foundation on to my successor as Chair, Tim Price, and our current Board members. I look forward, as Past Chair, to continuing to support the programs and clients of CAMH.

We need many ambassadors to bring our vision to reality. I would like to thank our donors, volunteers and staff for their generous support, and encourage you to continue to support CAMH clients and programs. The lives of people who face addiction and mental issues are enriched by your contributions.

In the life of CAMH, our time as donors, volunteers and staff may be brief, but what we accomplish will transform lives indefinitely.

Lynda Mackay



MESSAGE FROM MARY DEACON

President & CEO
Centre for Addiction and Mental Health Foundation

I have the unique privilege of working closely with people who work at CAMH—front-line health care professionals, students, support staff, researchers and volunteers—and with our donors. Daily, I see great innovations, great compassion, great generosity, great kindness and great vision. We have dedicated this annual report to those who transform lives, and to those whose lives are transformed:

- Our researchers' discoveries made possible by your gifts improve the lives of people facing mental illness and addiction, not just here at CAMH but all over the world.
- With the help of CAMH's gifted and committed health professionals, who provided excellence in care to over 20,000 people in 2003/2004, clients were able to transform their lives each day.
- We celebrate clients for their courage in seeking help and their determination to overcome the challenges posed by mental illness and addiction, and the accompanying stigma. In particular, we honour in this report those who shared with us their journeys with these challenges.
- We celebrate you, our donors: your generosity, vision and leadership. The transformative impact of your gifts on people and communities is inestimable.

It takes very special volunteers to embrace the challenges inherent in our highly stigmatized cause. We've had an extraordinary leader in Lynda Mackay, who retires as chair of our Board in September 2004. I'd like to thank her on behalf of the volunteers and staff of CAMH and its Foundation. Her successor, Tim Price, will find a strong, vibrant, dynamic organization, ready, eager and passionate about our dream of transforming the Queen Street site into a world-class hospital for the 21st century. We are on the vanguard of a once-in-a-lifetime opportunity to change the way the world views mental illness and addiction.

Ours is a cause whose time has come.

Thank you for your support.

Mary Deacon

2004 COURAGE TO COME BACK AWARDS

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EXTRAORDINARY PEOPLE



Courage to Come Back Award recipients (from l-r): Dan Carter, Aurel Beauvais, Tracy Holman, Michelle Ruck, the Honourable James K. Bartleman, Linda Stewardson, William (Billy) Moore.

The Courage to Come Back Awards, CAMH Foundation's signature event, celebrates the extraordinary courage of seven individuals who are overcoming the challenges of living with addiction and mental illness, and have chosen to use their experiences to contribute to the community.

Recipients were selected from nominations received from across the province. With over 800 people in attendance, recipients were honoured on May 20 at the Courage to Come Back Awards Dinner, presented by RBC Capital Markets, at the Westin Harbour Castle Conference Centre in Toronto.



“Michelle showed amazing courage to seek out and get help despite having practically no supports. She had the courage to face all her intense issues and climb out of the darkness.”

Bruce Ballon, BSc, MD, FRCP(C)
Addiction and Youth Psychiatry Specialist, Staff Psychiatrist, CAMH,
and Michelle's nominator

WE INVITE YOU TO MEET THE 2004 COURAGE TO COME BACK AWARD RECIPIENTS:

MICHELLE RUCK, TORONTO

Just 20 years old, she has triumphed over abuse, addiction, life on the streets and mental illness.

Since childhood, Michelle Ruck has shown courage in facing enormous challenges. Now, at age 20, she is an accomplished young adult focused on sharing her experiences to help others. She struggled with a chaotic family life, enduring physical and sexual abuse, and depression. Her family was unable to raise and care for her properly due to their own struggles with mental illness.

Michelle turned to the streets and resorted to drug use to cope with the pain. Because she has type one diabetes, her health deteriorated while she was living on the streets. Diabetes complications resulted in the amputation of her right leg when she was just 17.

Through the hardships, Michelle had faith that things would get better if she tried. She went to the Youth Addiction Services at CAMH to address her mood and trauma issues, as well as her addiction problems. The services she received have made a world of difference. She now speaks at public forums for health care professionals, and she volunteers to go to schools and treatment agencies to share her story with young people. She has successfully completed high school and is planning to study at the post-secondary level in the health care field.





COURAGE TO COME BACK AWARD RECIPIENT

THE HONOURABLE JAMES K. BARTLEMAN, LIEUTENANT GOVERNOR OF ONTARIO, has had a distinguished career that has spanned more than 35 years in the foreign service, including assignments as Canada's Ambassador and High Commissioner to many countries. By speaking publicly about his personal experience with depression, he is reducing the stigma surrounding mental illness.

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Courage to Come Back Contributors

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COURAGE TO COME BACK AWARD RECIPIENT

AUREL BEAUVAIS OF SUDBURY has schizophrenia, which almost derailed his promising future. Now president of the Northern Initiative for Social Action in Sudbury, he is a respected community leader and an effective advocate for those facing mental illness.

The stories of our 2004 Courage recipients continue on page 24.

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your gifts **HELPING PEOPLE THROUGH LEADING-EDGE RESEARCH**



“It is personally inspiring for me to lead Mindfulness Based Cognitive Therapy groups. The participants are eager to be active in their own recovery. They learn how to make changes in their responses to problems so that they are less vulnerable to a recurrence of depression, which makes a very positive and lasting impact on their lives.”

Kate Kitchen, MSW, RSW
Advanced Practice Clinician, CAMH

“Over the past 15 years, I’ve had the opportunity to collaborate with the world’s best. It is very rewarding to see our ideas about what might be helpful in preventing relapse translated into a treatment that actually had an impact on the clinical state of depressed patients. Right now, clinicians are being trained, and our work is being translated into other languages, affording great potential for people all over the world to benefit from MBCT.”

Zindel Segal, PhD
Head of the Cognitive Behaviour
Therapy Clinic, CAMH
Morgan Firestone Chair in
Psychotherapy,
University of Toronto

Patricia Newman retired in 2003 after 32 years of teaching elementary school.

Despite struggling with major depression throughout her adult life, Patricia taught for 27 years before her illness became so debilitating that she had to take an extended medical leave from the job she loved. There was little expectation that she would return to the classroom. Yet with help, Patricia overcame the odds and successfully returned to work.

Patricia’s road to recovery has been long and challenging. She has worked in partnership with a skilled cognitive therapist and an expert psychopharmacologist.

Patricia’s therapist referred her to a Mindfulness Based Cognitive Therapy (MBCT) program at CAMH, led by Kate Kitchen. MBCT is a treatment pioneered collaboratively by CAMH’s Zindel Segal and his colleagues at Oxford and Cambridge.

Studies have shown that people who follow this treatment have a 50 per cent better chance of protecting themselves from relapse than patients who aren’t receiving any care after recovering from depression.

Even for those who do relapse, MBCT has significant benefits. MBCT helps participants recognize the triggers for the recurrence of depression. It also helps people put strategies in place to deal with symptoms before they become debilitating.

Patricia is well today after years of illness. Medication, therapy and MBCT help her to remain in good health.

MBCT has been life-changing for Patricia. She says, “The practice of mindfulness has helped me to live in the moment—to be very aware of what I am doing or experiencing and to accept things just as they are.”

She uses the skills learned in MBCT to control anxiety without the use of medication.

“I handle stressful events and changes in mood differently—with acceptance,” she says. “And with that acceptance, I can problem-solve, rather than react.”

Mindfulness Based Cognitive Therapy integrates elements of cognitive therapy, a well-validated treatment for acute depression, with mindfulness meditation, which trains people to pay attention to thoughts, feelings, and to general experience. This allows them to catch the triggers of relapse much sooner and prevent a cycle of relapse from developing.

“I am enjoying a quality of life I thought I would never achieve, given the severity and chronicity of my illness. I have benefited significantly by the research done in the past five years on both the pharmacological and non-pharmacological treatment of depression.”

Pat Newman

Pat Newman

I look forward to each day.





“My greatest reward? Getting a call from an elated client to say that they have achieved their goals.”

Anne LeBlanc, BASc, MA
CED Teacher/Job Developer, CAMH

10 **your gifts** HELPING YOUNG PEOPLE REBUILD THEIR LIVES

“Anne helped me build the confidence I needed to take those five exams.” Tija Maurice



When Tija Maurice and Danny Ervalho arrived at CAMH’s LEARN program, they had no clear goals, and felt adrift. Like many young people who experience an episode of psychosis, several crucial years were “lost” to their illness. Danny had a three-year gap in his resume, and his confidence was at an all-time low. Tija, 22, had left school at 16.

“The LEARN environment was warm and inviting,” says Tija. At LEARN, Tija and Danny were encouraged to set goals. Both were anxious to complete their high school diploma; Danny also wanted to re-enter the workforce.

Tija took advantage of a number of programs offered at LEARN, including cognitive-behavioural therapy, which played an important role in her recovery, and a support group to help her better understand her illness. Danny credits LEARN’s recreation programs with helping him rediscover activities he used to enjoy—activities most of us take for granted, such as reading, going out with friends or working out.

Tija and Danny worked closely with Anne LeBlanc, a teacher/job developer at LEARN, to prepare to write the GED

The LEARN program at CAMH offers a wide range of treatments to help young people with psychosis return to everyday activities: working, studying and socializing.

LEARN is the only program of its kind in Canada. They've hosted visitors from other parts of Canada and Czechoslovakia, and they've hosted a leading expert in early intervention from the United Kingdom. "LEARN is a model for the future," says Anne LeBlanc, "and it wouldn't be here if it weren't for donors' gifts."

Tija Maurice
Danny Ervalho

I don't think I would have graduated from high school if I hadn't come to LEARN at CAMH.

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(high school equivalency) exams.

"I adapt the program to the students—not the other way around," says LeBlanc.

Tija passed her exams in May 2003, an achievement of which she is justifiably proud. "It was huge! It really changed the way I look at things, and made a big difference to my self-esteem and confidence." She dreams of writing great novels, and is taking writing courses at a community college to make that a reality. Her next goal is to pursue a full-time post-secondary program in writing.

Danny, too, passed his exams, and has also achieved his employment goal: he is working part-time as a driver for a car rental agency. Danny is very proud of his achievements, especially his diploma, and plans to save some money and possibly go to college.



"The people at LEARN helped me define my goals, and get motivated to achieve them. Now I feel that I could go to college and succeed."

Danny Ervalho

your gifts HELPING CHILDREN AND THEIR FAMILIES LEAD HAPPIER LIVES



“It is an honour to earn clients’ trust and have them share their lives with us. It’s not always easy to let people know when you are struggling and need help. It’s a sign of real strength.”

Susan Lytle, CYW
Child and Youth Worker, CAMH

“I have great admiration and respect for Darlene and Alex: their strength, their generosity of spirit and their resourcefulness. It’s very rewarding to work with them, to see them make changes in their lives.”

Marylynn Reddon-D’Arcy, CYW
Child and Youth Worker, CAMH

Back in 1999, school was difficult for Alex Byrom. Six years old at the time, he had trouble concentrating and couldn’t sit still for long periods of time. His mother, Darlene, was receiving a lot of negative feedback from his teachers.

Darlene came to the Child, Youth and Family Program at CAMH to find help for her son. The support she received far exceeded her expectations and made a profound difference in her son’s life—and her own.

Alex’s challenges compounded the stresses in their lives: money was tight, and Darlene, a single mother without extended family nearby, was facing serious health problems and multiple surgeries. “I was at the end of my rope,” she says.

Alex and Darlene worked with a care team at CAMH, primarily with Marylynn Reddon-D’Arcy and Susan Lytle, Child and Youth Workers.

Darlene and Alex discovered that his struggles were to a large extent part of having attention deficit-hyperactivity disorder. With medication, and problem-solving skills he learned at CAMH’s Dinosaur Social Skills Program, he is doing well in school. Now 10 years old, he feels good about himself and loves to read, especially the Lord of the Rings and Harry Potter series. His improved concentration has helped him to achieve a black belt in Tae Kwon Do.

Darlene attended the Incredible Years Parenting Program at CAMH, where she gained confidence in her parenting and learned new approaches. She came to realize that in addition to her other medical problems, she was suffering from depression; she is now able to manage this with medication and therapy. “I am the kind of person who would never ask for help,” she says. “I wouldn’t have come here if it wasn’t for Alex. I would have kept it to myself. The people at CAMH helped me through that whole difficult time.”

Darlene makes a point of being open about her experiences at CAMH. “People really need to speak out and not to be ashamed,” she says. “It happens, and there is help—just go out and get it! People are there to help you.”

The Child, Youth and Family Program is a joint program of CAMH and the Hospital for Sick Children. It offers mental health services to families and children with emotional, behavioural, psychological or psychiatric problems. Multidisciplinary treatment teams provide assessments and follow-up treatment specifically designed for each particular child and his or her family.

“When I thought I couldn’t cope, they encouraged me to find a way. The help we’ve received from CAMH has been tremendous. We’ve really come a long way.”

Darlene Byrom

Darlene and
Alex Byrom

People are there to help you.



“The people at CAMH’s Nicotine Dependence Clinic gave me good information and motivation, and helped me make a plan that worked for me. Without them, I don’t know if I would have succeeded.” Affan Chowdhry





“It is very satisfying to know that the interventions by our interdisciplinary team help these patients quit and improve their health.”

Peter Selby, MBBS, CCFP, MHSc, ASAM
Clinical Director, Addictions Program, and
Head of the Nicotine Dependence Clinic, CAMH

your gifts **HELPING PEOPLE STOP SMOKING AND LEAD HEALTHIER LIVES**

Two years ago, Affan Chowdhry, a producer at CBC Radio, decided to change his life—to improve his physical health, to become more emotionally balanced, and to reconnect with his faith. One of the biggest challenges he faced was to stop smoking. He had tried to quit on a number of occasions, but like many, he soon went back to cigarettes. The traditional advice—“use your willpower”—just wasn’t enough.

Determined to do it properly, Affan came to the Nicotine Dependence Clinic at CAMH in the fall of 2002. “I had a very good experience,” he says. “They gave me the information and the motivation I needed, and challenged me to succeed.”

Making a plan was a key factor in Affan’s success. Together with the clinicians at CAMH, he considered his routine and lifestyle and developed a plan that worked for him. Over the next few months, they monitored the plan together and discussed the challenges he encountered.

One of the challenges he encountered was to quit during Ramadan, a time of fasting in the Muslim faith: chewing nicotine gum and using the patch are considered to be breaking the fast. He cites the sensitivity and creativity of the health professionals at CAMH for helping him find solutions, allowing him “to turn this obstacle into a blessing, and find inspiration and guidance.”

Affan stopped smoking in November 2002 and, but for one brief lapse five months later, he has been smoke-free ever since.

One in five deaths are due to smoking. That is five times those due to motor vehicle accidents, suicides, other drug use, murder and HIV combined.

In 1991, smoking-attributable health care costs in Canada were \$2.5 billion (CAN). Additional smoking-attributable costs included \$1.5 billion for residential care, \$2 billion due to workers’ absenteeism, \$80 million due to fires and \$10.5 billion due to lost future income caused by premature death.

By making a bequest, you can directly support CAMH's ability to provide excellence in research and care for people who face mental illness and addiction. Your vision can create a lasting legacy that reflects your generosity and your commitment to creating a more compassionate society for our children and grandchildren.

your planned gifts ENSURING A BETTER FUTURE FOR GENERATIONS TO COME

Annette Wolf has a long history of giving to CAMH. Over the years, her donations have enabled bursaries for young researchers in schizophrenia, new research equipment and much more. She was one of the first volunteers at the former Clarke Institute of Psychiatry when their role was expanded to incorporate interaction with clients, and she later became its first volunteer co-ordinator.

To ensure that CAMH will always be there to offer help and solutions for those in need, Annette has included CAMH in her will.

At a very young age, Annette first experienced the devastation that mental illness can wreak on families. She has vivid memories of travelling alone, at the age of nine, to visit her mother at "999 Queen Street" in 1943. Annette was terrified by the surroundings, yet when she saw her mother, she says, "the fear vanished, and I saw only the sadness and illness." She continued to visit her mother every week.

"Over the years, I have seen the tragedy of mental illness again and again, but at the same time I have seen many positive changes in the way we care for those who are ill. I am very encouraged by CAMH's plans for the Queen Street site. I believe my bequest will contribute to continued improvements in quality of life for those who face these challenges."

Please consider including CAMH in your estate plans. For more information about bequests and other planned giving opportunities, please call Anissa Hilborn at 416 535-8501, ext. 3534.

Annette Wolf

I have seen many positive changes.

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CAMH'S NEW VISION FOR THE QUEEN STREET SITE

A unique moment in the history of health care

Excitement has been growing around CAMH's plans to create a hub of care, research, education and health promotion in an urban village environment at our Queen Street site.

The *Globe and Mail's* Toronto weekend section featured a front-page article supporting the proposed redevelopment as one of the "most open and pioneering" models for mental health and addiction care in the world. Writer Sarah Milroy praised CAMH staff for their "heroic" work in client care in spite of the limitations of the current facilities.

By creating an inviting neighbourhood, not an institution, stigma will be reduced, and more people will get the care they need. Care will be delivered with dignity, streamlining research and clinical services, decreasing the time from discovery to recovery.

Our new facilities will enable CAMH to continue to deliver the best in research, care, training and prevention. Our successes and breakthroughs will be disseminated worldwide.

We are on the brink of a once-in-a-lifetime opportunity: to build a hospital for the 21st century that will transform the delivery of health care for mental illness and addiction, and change the way the world views these illnesses.

In the coming months, the CAMH Foundation will embark on the most ambitious capital campaign we have even undertaken to support this historic project. Support from the community will assure our success and achieve a profound victory in our work to erase the stigma attached to mental illness and addiction.

To find out more, please contact Anissa Hilborn, 416 535-8501, ext. 3534.

Volunteers already connected with CAMH's redevelopment project say they believe it to be the single most important contribution they can make to society at this time: maybe the most important thing they will do in their lives.



CAMH—A CAUSE WHOSE TIME HAS COME



Left–Right: Paul Garfinkel, President & CEO, CAMH
Mary Deacon, President & CEO, CAMH Foundation
David Goldbloom, Senior Medical Advisor, Education and Public Affairs, CAMH
Jamie Anderson, Deputy Chairman, RBC Capital Markets and Chair of the Board of Trustees, CAMH.

SPECIAL THANKS TO ALL OUR DONORS FOR SUPPORTING THE WORK OF THE FOUNDATION BETWEEN APRIL 1, 2003, AND MARCH 31, 2004. DONORS ARE RECOGNIZED FOR GIFTS OF \$250 OR MORE. THANKS TO THE DONORS LISTED BELOW, AND 16 ANONYMOUS DONORS.

Our Circle of Hope

SINCERE THANKS TO THE FOLLOWING INDIVIDUALS AND FOUNDATIONS FOR BEING PART OF OUR CIRCLE OF HOPE, BY MAKING A PERSONAL GIFT OF \$1,000 OR MORE TO SUPPORT CAMH'S PROGRAMS.

\$1,000,000 PLUS

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SPECIAL THANKS TO THE FOLLOWING CORPORATE LEADERS, WHO SUPPORTED CAMH WITH GIFTS OF \$2,500 OR MORE IN 2003/2004.

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DAN CARTER OF BOWMANVILLE is a successful broadcaster who has overcome addictions and childhood trauma. He is very open about his past, and lends his time to over 150 charitable events each year. In 2003, he received a Queen's Golden Jubilee Medal for outstanding service in his community.

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TRACY HOLMAN OF ROSSEAU has bipolar disorder, which was undiagnosed for many years. She has survived hospitalizations, suicide attempts, and the loss of her youngest children in a custody dispute. Tracy now helps others by dedicating her time to several mental health associations, programs and support groups.

SINCERE THANKS TO OUR DONORS WHO MADE GIFTS TO
HONOUR THE MEMORY OF THE FOLLOWING INDIVIDUALS.

In Memory

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Ms. Candace Asquith
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The Honourable Michael H. Wilson, P.C.
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COURAGE TO COME BACK AWARD RECIPIENT



WILLIAM "BILLY" MOORE OF CAMBRIDGE

almost lost everything because of his addictions to drugs and alcohol. Today he is a role model. He shares his enthusiasm for off-road racing and his hard-won wisdom with local youth while he continues to grow in his recovery.

OUR HEARTFELT THANKS TO THOSE WHO ORGANIZED THE FOLLOWING SPECIAL EVENTS TO BENEFIT THE CAMH FOUNDATION.

Our Events

SPECIAL EVENTS

Annette Wolf Art Show
Art and card sale (Renée Marier)
Aurion Capital Management
Blue Jays Health Care Worker Day
CAMH Golf Open

Canadian Real Estate Investment Trust
Don River Run
Jeremy Morgan Annual Golf
Tournament
Pisces Party (Marina Kovrig)

St Anselm's Catholic Church
Toronto Hunt Club Golf Tournament
Toronto Shorinji Kempo Kick-a-thon
Tremco Annual Golf Tournament
Unique Central Gift & Book Fair

TO LEARN MORE ABOUT HOLDING A SPECIAL EVENT TO BENEFIT THE CAMH FOUNDATION, PLEASE CALL BONNIE PERRY, 416 535-8501, EXT.4220

COURAGE TO COME BACK AWARD RECIPIENT



LINDA STEWARDSON OF THUNDER BAY

endured horrific abuse as a child. She later became addicted to crack/cocaine and heroin and developed anorexia. After a lot of hard work, Linda defeated both her eating disorder and her addictions, and now uses her dynamic public speaking skills to inspire others.

GRATEFUL THANKS TO THE CHAMPION TEAM, OUR MONTHLY DONORS, FOR THEIR ONGOING SUPPORT. THEIR REGULAR CONTRIBUTIONS ENSURE THAT CAMH IS ALWAYS ABLE TO RESPOND TO ITS MOST URGENT NEEDS IN A TIMELY MANNER.

FOR MORE INFORMATION, PLEASE CONTACT LEE GOUNDEN, 416 535-8501, EXT.4093

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2003/2004

CARE AND PREVENTION: 41%

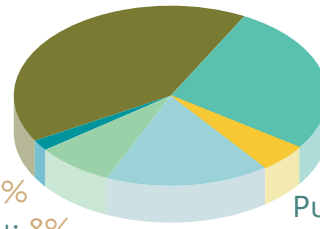
RESEARCH: 27%

INVESTMENTS: 2%

ADMINISTRATION: 8%







PUBLIC AWARENESS: 5%

FUND-RAISING: 17%



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IN 2003/2004:

-  The Vivian Rakoff Mood Disorders Laboratory opened. It will provide **LEADERSHIP IN RESEARCH** focused on **REDUCTION OF RELAPSE** and protection of the brain from damage caused by relapse.
-  Clients receiving long-term care for mental illness were introduced to photography and had an opportunity to display their work. The project brought **LASTING JOY** to the clients who participated.
-  The Krembil Family Epigenetics Research Laboratory was established, opening up exciting possibilities including **IDENTIFYING RISK FACTORS IN PSYCHIATRIC DISEASES**, and ultimately, the development of **NEW, MORE EFFICIENT AND EFFECTIVE EPIGENETIC-BASED THERAPIES** with fewer side-effects than today's medications.
-  Twenty-four clients received bursaries through the Reay and Lynda Mackay Family Endowment Fund for Client Learning to **PURSUE THEIR EDUCATION AND CAREER GOALS**.
-  Children who attended The Dinosaur Years program learned positive behaviours, social skills and conflict management skills. Participants report **REDUCED AGGRESSIVE BEHAVIOUR**, reduced stress, and **IMPROVED PARENT-CHILD RELATIONSHIPS**.
-  **NEW TREATMENT METHODS** are being developed for youth who experience addiction and mental illness concurrently. These methods are disseminated through resource materials and health professional training.



MESSAGE FROM PAUL GARFINKEL,
President & CEO
Centre for Addiction and Mental Health

Mental illness and addiction remain highly stigmatized illnesses, so much so that stigma and shame keep the illness under wraps. Simply asking for help can take a lot of courage.

The people in this annual report are heroes. They have found the courage not only to ask for help, but also to speak openly about their experiences with mental illness and addiction in order to help others.

It is especially gratifying to see so many young people being open about their experiences—let's hope this heralds a more compassionate society for our children and grandchildren.

On behalf of the staff at CAMH and the clients we serve, I thank you, our donors, for your generous support. Thanks to you, we are accomplishing incredible possibilities and ensuring that we will always be able to help those who need us.

We hope you will continue to be part of our future as we move closer to realizing our vision to transform our Queen Street site from a traditional psychiatric hospital into a world-class centre for mental health and addiction care, research, education and health promotion and prevention.

Here's to tomorrow!

A handwritten signature in blue ink that reads "Paul Garfinkel". The signature is fluid and cursive.

VISIT OUR WEBSITE

www.camh.net/foundation

The CAMH Foundation website provides news and information about special events, our donors and what they have made possible, and access to our publications.

www.camh.net

The CAMH website is an excellent resource for information on mental health and addiction, CAMH programs, events, educational opportunities, employment opportunities and much more.

For information on the work of the CAMH Foundation and how you can help, please call 416 979-6090 or 1 800 414-0471.