



camh
Centre for Addiction and Mental Health
Foundation

Annual Report
2004-2005

Mission Statement

To raise funds in support of the work of the Centre for Addiction and Mental Health.

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Message from the Chair

In the six years that I have been part of the CAMH Foundation Board of Directors, I've seen many encouraging developments resulting from the generosity of our donors and the skill and passion of CAMH staff. I have witnessed groundbreaking research, improvements in care, advances in education and health promotion, and our recently launched Transforming Lives public awareness campaign, which has made a significant contribution to our efforts to change public attitudes toward addiction and mental illness.

One of the most powerful developments has been the evolution of CAMH's vision to transform the highly stigmatized and outdated Queen Street site to allow better integration of research, care, education and health promotion—a new kind of hospital for the 21st century.

The new hospital will contribute to the wonderful urban renewal taking place in

Toronto; its innovative design will weave seamlessly into the vibrant Queen Street West neighbourhood. We believe CAMH's pioneering vision will be a model for other parts of the world, and add to Toronto's reputation as a world-class city.

The CAMH Foundation Board and all of our volunteer leaders are committed to doing whatever it takes to raise the funds needed to realize this vision. The people who find the strength and courage to come to CAMH for help get the best care available. Soon, they will be welcomed in a healing and dignified environment, conducive to recovery that will help enable their successful transition back into the community.

It is an exciting time for CAMH and its Foundation. I can't think of a cause more important, more timely or more deserving of our dedication, expertise and support.



Timothy R. Price, Chair
Centre for Addiction and Mental Health Foundation Board of Directors

Message from the President and CEO

The art on the cover of our report, *Birds at the Well*, was created by artist Margaret Shaw, a client at CAMH. We asked Margaret about the significance of the birds in her painting. She told us that the water in the well represents life, and the birds are reaching for the water and drinking. Birds, she said, are able to adapt over time. Some fly, some walk, some fish, some dig in the ground. And they soar.

Through the dedication and expertise of our staff, and your generosity, clients at CAMH find the strength and courage to adapt to their illnesses. As Margaret says, “you need to accept it and grow with it—your illness is only a small part of you.” In this report, you will meet Margaret and others who have found ways to adapt and drink from the well of life. These stories are possible thanks to your generosity and the care and support of CAMH’s skilled and dedicated health professionals.

Your generous gifts allow us to bring new hope to people through innovative research, client-

centred care, health promotion and initiatives in professional and public education. In our fight against the stigma of addiction and mental illness, every gift represents a victory. CAMH has crafted careful plans to transform our Queen Street site into a unique and welcoming hospital for the 21st century. Volunteers and staff at the CAMH Foundation are working alongside our CAMH colleagues to share this vision with our community and to inspire their support.

We are very excited and deeply grateful for the level of interest and support to date. The groundwork has been laid for the most ambitious fundraising campaign ever undertaken in Canada for addiction and mental health, and our volunteer leadership is second to none. We are ready to transform the landscape, and the way the world views addiction and mental illness.

With your help, we can soar!



Mary Deacon

Mary Deacon, President & CEO
Centre for Addiction and Mental Health Foundation

2005

Courage to Come Back Awards

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Courage to Come Back Award recipients, 2005 (left to right): Justin Perkons, Henry Albert Josiah, Paulette Walker, Mary Walsh, Robert Ramsay, Craig Hurst and Mary-Jane Dolbeck.



EXTRAORDINARY PEOPLE

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

Nominations were received from across the province. Award recipients were honoured on May 25, with close to 1,000 people in attendance, at the gala Courage to Come Back Awards Dinner, presented by RBC Capital Markets.

Meet the 2005 Courage to Come Back Award recipients.



“The Toronto Drug Treatment Court Program helps people struggling with substance abuse and criminal justice issues. Most of our clients have been long-term drug users, chronically homeless, disenfranchised and disconnected from society. These are the people that many feel are beyond hope. Our clients—like Paulette Walker—demonstrate time and time again the power of human spirit to overcome adversity and contribute to their community.”

Serena Coy, MSW, Drug Treatment Court Program, CAMH,
and Paulette's nominator



COURAGE TO COME BACK AWARD RECIPIENT

BEAUTY QUEEN OVERCOMES 20-YEAR ADDICTION TO COCAINE, NOW ENCOURAGES OFFENDERS TO TURN THEIR LIVES AROUND

Paulette Walker had a difficult childhood growing up in Jamaica. She was scarred by early childhood experiences of violent physical and sexual abuse at the hands of those she trusted, and began to depend on alcohol to cope with these traumatic experiences.

As a young adult, Paulette accomplished many successes: she was runner-up in the Miss City of Montego Bay pageant, she hosted a radio show, and she was a makeup artist for the Gemini Awards. It was also during this time that Paulette was introduced to cocaine.

When her drug use became problematic, she moved to Toronto to create a fresh start for herself and her young son. Several years later, Paulette relapsed into heavy cocaine use and began to work for drug dealers to support her lifestyle.

In November 2002, Paulette entered CAMH's Drug Treatment Court Program, where she found the treatment and support she needed to get clean and rebuild her life. Today, she works as a chef—her delicious soup is legendary—and she has enrolled in George Brown College to further her education.

In 2004, Paulette was invited to Vienna as a guest of the United Nations to talk about the effectiveness of Drug Treatment Courts. She gives back to the community by visiting inmates in various jails to share her wisdom and help others overcome similar challenges.

THE STORIES OF OUR 2005 COURAGE RECIPIENTS CONTINUE ON PAGES 7 AND 19.

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COURAGE TO COME BACK AWARD RECIPIENT



Mary Walsh's personal achievements are as remarkable as her career. As a child, Mary contracted pneumonia and was sent to live at her aunt's house. She ended up being raised by her aunt and uncle while her family continued to live next door. To escape her rigid upbringing and cope with feelings of abandonment, Mary turned to alcohol at 13. Although she spent many years dependent on alcohol, she channelled her pain into a passion for drama, and emerged a renowned actress, director and playwright whose comic characters are forever etched in the minds of Canadians. We applaud her candour about her challenges with alcohol.

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“It is very rewarding to participate in clinical trials that are at the cutting edge of research and have the added potential of making people better as well as give them hope. CAMH’s redevelopment will allow us to have all of our services centralized—it will make research and treatment easier for both the CAMH staff and clients.”

Z. Jeff Daskalakis, MD, PhD, FRCPC, Staff Psychiatrist, Schizophrenia Program, CAMH, and Assistant Professor of Psychiatry, University of Toronto

helping people through leading-edge research

Since starting rTMS (repetitive Transcranial Magnetic Stimulation) at CAMH in January, Louis Betsos has never felt better. TMS, a cutting-edge treatment trial pioneered at CAMH, is used to treat schizophrenia and clinical depression. It offers a glimmer of hope for clients such as Louis, who find typical medication ineffective.

Within weeks of beginning his TMS trials, Louis was no longer experiencing the symptoms of schizophrenia. Some symptoms can be irritating; others, such as hearing voices, can be frightening. Louis had lived with such symptoms for most of his adult life. “He had a remarkable response very early on during the treatment. It is these results that make our work so worthwhile,” says Jeff Daskalakis, CAMH researcher.

As an outpatient at CAMH for three years before he began TMS, Louis worked in our Growing Greens Program, where he and others harvested sprouts during the winter. The program is designed to help clients prepare or retrain for employment. “It’s easy for some people to feel lost when affected by addiction or mental illness, and CAMH programs are a good way for people to get back to their way of doing things after falling out of routine,” says Louis.

Louis now works in CAMH’s Sunshine Garden—a partnership between the Vocational and Educational Rehabilitation Service at CAMH and FoodShare that employs CAMH clients, involving them in all aspects of the garden. Here, his green thumb helps to produce fresh fruits and vegetables such as beets, peas, spinach, tomatoes and watermelon. “The programs at CAMH help individuals assert themselves and offer people an opportunity to contribute to society,” says Louis. “You gain a sense of pride, confidence and responsibility.”

Between working at the Sunshine Garden, getting married this past July and moving into a new apartment, Louis is happy to be living a fulfilling and rewarding life.

The first transmagnetic stimulator at CAMH was purchased in 1997, funded in part by a donation from Mrs. Annette Wolf. She also funds an annual award to a student doing research in the area of schizophrenia, which Dr. Daskalakis received when he was a student in 1998.

The Research Department at CAMH is dedicated to discovering, sharing and applying new knowledge across all corners of the globe, and serving as mentors for graduate students and post-doctoral fellows.



“I used to hear voices. Now I don’t hear them anymore.”

Louis Betsos



“Aaron was an inspiration—more than he knows—to the other clients.”

David Law, RSSW
Addiction Therapist, CAMH

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YOUR GIFTS

helping meet complex needs

When the temperature dropped and the snowstorm began, addiction therapist David Law wasn't surprised when many of the members of Getting Started, his weekly therapy group at CAMH, began to call to say they couldn't get there. The last person David expected to see was Aaron Shelbourne, who was scheduled to attend the group for the first time.

Aaron has cerebral palsy. He communicates using alternative and augmentative communication, and uses TTC, Wheeltrans and his wheelchair to travel within Toronto.

Imagine David's surprise when he looked out the window to see Aaron and his care facilitator pushing through the deep snow, making the long, six-block journey from the bus stop to CAMH's Brentcliffe Road site. Even though Wheeltrans was unavailable, Aaron had insisted on making the journey on the subway and regular low-floored buses. He had waited too long and worked too hard to get into the program to miss his first session.

Aaron began drinking at 16, and continued until it began to get out of control about five years ago. Drinking helped to control spasms, he says, and helped him to block out traumatic events from his past.

When his attempts to quit on his own were unsuccessful, Aaron set out to find professional help. He wanted to attend withdrawal management and the 21-Day/Residential Program at CAMH, but CAMH staff were concerned that they wouldn't be able to meet his complex needs. Once they met Aaron, however, they began to share his commitment. Together with Aaron they began a long process of learning, discussions and negotiations with other agencies about funding for care facilitators and making environmental accommodations to meet his needs. Aaron sometimes grew frustrated and angry about the “red tape,” but he never gave up. It took 16 months, but everything finally came together and Aaron entered the residential care program.

Today Aaron has been sober for almost five months. He has never felt better, and he is tremendously proud of his success.

He has also become an advocate. “There is a higher rate of substance use among people with disabilities,” he says. “I'd really like to use my experiences to help people access the services they need.”

CAMH's 21-Day/Residential Program helps clients to learn lifestyle changes. The focus is on using a variety of disciplines to treat the whole person, rather than just the problem of substance use.



“I am so proud of myself. I did it! Now I’d like to try to help other people with disabilities who want help to get into programs.”

Aaron Shelbourne



“Margaret is a very independent and resourceful woman who is full of great ideas. In the face of adversity, Margaret has persevered—it has been a pleasure to work with her.”

Mary V. Seeman, MD, Staff Psychiatrist, CAMH, and Professor Emerita,
University of Toronto Department of Psychiatry

Dr. Seeman pioneered the Women’s Clinic for Psychosis in 1995,
the first outpatient clinic dedicated specifically to issues
of women dealing with psychosis.

YOUR GIFTS *helping people through tailored care
and specialized programs*

After Margaret Shaw was diagnosed with schizoaffective disorder during her first year of college, she was determined to go back to school and continue with her life. But when she was discharged from hospital after a three-month stay, Margaret found that things were not the same; she felt socially isolated and could not relate to others. She was in denial of her condition and did not want to acknowledge her illness.

During her post-hospital recovery, Margaret joined CAMH’s Women’s Clinic for Psychosis. She appreciated being able to relate to women who had faced challenges similar to her own. As she attended the clinic’s programs, Margaret learned the significance of accepting her illness.

“It is important to learn how to approach living with a mental illness instead of denying it or feeling bad about having one,” she says. “There can be many positive things—you need to accept and grow with it; it’s only a small part of you!”

During her stay at the clinic, Margaret became involved with the various programs at CAMH and began seeing Dr. Mary Seeman for therapy. Dr. Seeman gave Margaret support and encouragement, discussed ways that Margaret could deal with her symptoms and, most importantly, helped her to set goals and plan for the future.

“Dr. Seeman is very open, has a lot experience and understands where I’m coming from—she has helped me immensely,” says Margaret. “If it wasn’t for her, I would probably not be so accepting of what has happened to me.”

Margaret became a member of the Workman Theatre, a non-profit professional arts organization in partnership with CAMH, which supports the artistic pursuits of people who receive mental health and addiction services. Margaret was finding it difficult to showcase her art in Toronto, but here she found opportunities to create and display her work.

Margaret returned to school at the Ontario College of Art and Design and took marketing and sales workshops at the Toronto Business Development Centre. She has run her own business, creating, marketing and locating places to exhibit her artwork. One of Margaret’s pieces was featured at the Metamorphosis Festival in Toronto, and her painting, *Birds at the Well*, is featured on the cover of this report.

The Women’s Clinic for Psychosis at CAMH focuses on the transition process for women who have been affected by psychotic illness and provides services such as gender-specific health assessment, a variety of psychotherapies, woman-specific pharmacotherapy, appropriate management of reproductive stages, and development of relationship and parenting skills in a culturally diverse context. Clinic members are linked to housing and income supplementation. The clinic staff fosters academic, recreational, vocational and creative skills and encourages family involvement.



“I am excited about the future. Who knows what’s going to happen? There have been so many opportunities that have opened up to me in the past year in terms of my business and just growing as a person because of my involvement with the clinic and other CAMH programs.”

Margaret Shaw



“The program offers a solution to the whole problem, rather than isolating one or the other, since they often overlap and are driven by similar things or by each other. Clients are happy to find a place that meets all of their needs.”

Lauren Dixon, MS, RSW
Therapist, Eating Disorders and Addiction Clinic, CAMH

helping when addiction and mental illness co-occur

Although healthy and athletic growing up, like many young women, Mary Munro was not completely at ease with her physical appearance. What began as yo-yo dieting in her late teens eventually developed into anorexia and then bulimia in her 20s. This took a toll on her self-esteem, and she found comfort in drinking.

Mary was very secretive about her habits, finding it hard to discuss personal issues, and she continued to use alcohol and have problems with eating. She eventually married, had three children and worked as a flight attendant, all the while continuing to conceal her struggles with food and alcohol. But things began to spiral downward for Mary after her divorce.

Although she knew she had a serious problem, Mary was convinced that she was unable to get better and was constantly feeling ashamed and depressed. She felt isolated with the burden of keeping her problems locked up and began to lose contact with friends and family. She finally made a call for help.

“My energy, confidence and motivation were at an all-time low,” she says. “I just knew that I didn’t want to live like this anymore.”

At first, Mary found it difficult to get the treatment she needed. “Finding treatment was very frustrating—most facilities will not treat two disorders; it’s either one or the other, not both.” She was eventually referred to the Eating Disorders and Addiction Clinic, one of the clinics in CAMH’s Concurrent Disorders Program.

There she began seeing Lauren Dixon, a CAMH therapist who helped her find alternative ways to deal with emotions and stress so that Mary did not have to turn to unhealthy eating or alcohol.

During her treatment at the clinic, Mary received cognitive therapy for anxiety and also participated in a three-week residential program to focus on her drinking habits. “I knew that I had to first stabilize my drinking in order to address my bulimia,” she says.

After initially being skeptical of treatment methods, Mary began to see the importance of learning to be open and honest with herself and her therapists. “Mary has found her voice,” says Lauren. “She’s gained the confidence and strength to put her struggles into words and by doing so has let go of her shame.”

With her three children as her biggest motivators, Mary is now enjoying the benefits of seeking help: her newfound confidence, energy and overall quality of life.

The Eating Disorders and Addiction Clinic, a part of the CAMH Concurrent Disorders Program, offers specialized outpatient treatments to male and female clients with substance use problems accompanied by an eating disorder. The treatment incorporates group and individual therapy, using a variety of approaches to best serve each client.

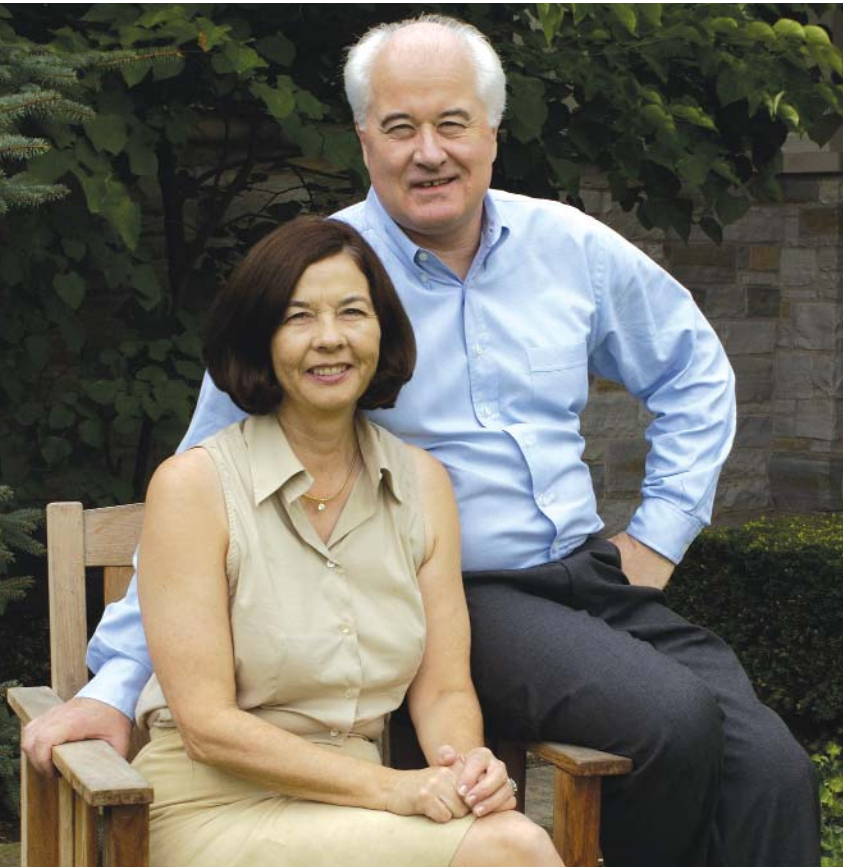


“Lauren kept pumping me with positive! There were times when I wanted to just give up, but she encouraged me to keep going. That’s when changes started to happen—slowly, but they happened.”

Mary Munro

YOUR GIFTS *investing in solutions for tomorrow*

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“Our approach to philanthropy is not to simply give something away, but to invest in our community, in solutions for tomorrow. Investing in CAMH is the logical choice for finding solutions to the challenges of mental illness, which affect so many members of our community and hold them back from realizing their potential.”

Wayne and Isabel Fox

Investing in the community is very important to Wayne and Isabel Fox, and they feel fortunate to be able to do so. “We all derive tremendous benefit from our community,” says Wayne, “and each of us has a responsibility to invest in solutions for future generations.”

The Foxes recently gave \$1 million to CAMH, which they consider to be a leading institution in the area of health care. The gift was inspired by their youngest daughter, Alexandra.

Alexandra began to have symptoms of depression during her teens. When Wayne and Isabel realized that her erratic behaviour was more than a normal teenage phase, they acted quickly to find help, and Alexandra got the care and medication she needed.

The Foxes credit strong support from family and friends for Alexandra’s recovery. Alexandra has accepted her illness as a lifelong challenge, but it doesn’t stop her from thriving. She now lives and works in British Columbia.

“We recognize that mental illness is among the most pervasive health problems facing our community, and it could affect any family,” says Isabel. “We need to find solutions so that people affected can quickly find help and realize their potential.”

The Foxes usually avoid recognition for their generosity—“that’s not why we give,” they say—but they have chosen to be open about their gift to CAMH and their family’s experience.

“We recognize the importance of lending our name to this cause in order to dispel the stigma attached to these conditions,” says Wayne, “and we encourage others to invest in their community by supporting the Centre for Addiction and Mental Health.”

Your Donation Dollars at Work

In the fiscal year 2004–2005, the CAMH Foundation raised \$4,471,770. Of this amount, 37% was devoted to research, 26% to care and prevention, and 8% to education and public awareness. The balance was devoted to fundraising, 19%, and administration, 10%.

Complete financial statements are available on request. Please call 416 979-6909.

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CAMH Highlights

CAMH served 20,163 unique clients in 2004–2005, and strengthened its position as a local, national and international leader. Here are highlights from the 2004–2005 CAMH Annual Report and CAMH Research Annual Report. To receive a copy of these reports, please call 416 535-8501, ext. 4250.

In 2004–2005:

- The Canadian Council of Health Services Accreditation (CCHSA) gave CAMH the highest accreditation standing possible: Option One Accreditation. The CCHSA conducts annual surveys to assess and improve the quality and service of health care organizations throughout Canada and internationally.
- Funders from all over the world demonstrated confidence in CAMH researchers by awarding them over \$34 million in grants and contracts to help better understand and treat mental illness and substance use problems. This represents an all-time high for CAMH.
- CAMH created the Transforming Lives public awareness campaign, which features powerful personal stories. The campaign aims to educate the public about the challenges of mental illness and substance use, break down stigma, and improve awareness of CAMH and access to available information and services. Hundreds of people have sought information and help since the launch.
- CAMH formed an alliance with Ontario's Workplace Safety and Insurance Board, to take a joint approach to treating psychological trauma and getting people back to work or school.
- CAMH formed a successful collaboration with George Brown College on the Assistant Cook Extended Training Program to provide new training and employment opportunities for people with mental health and substance use issues.
- CAMH opened the Transcranial Magnetic Stimulation Clinic for the treatment of depression and schizophrenia.
- 46,893 people called CAMH's R. Samuel McLaughlin Addiction and Mental Health Information Centre, where trained information officers provide information about these conditions and the range of services and resources offered at CAMH and throughout Ontario.

Thank you to all our donors for supporting the work of the CAMH Foundation between April 1, 2004, and March 31, 2005. Donors are recognized in this report for gifts of \$250 or more. We thank the donors listed below and 25 anonymous donors.

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\$500,000 PLUS

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\$100,000 PLUS

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COURAGE TO COME BACK AWARD RECIPIENT

Justin Perkons attends Algonquin College and enjoys playing the guitar, snowboarding and spending time with his friends. This life seemed out of reach for Justin only a short time ago, when he was first diagnosed with schizophrenia soon after experiencing paranoid delusions and hallucinations. With the love and support of his family and friends in Ottawa, Justin entered treatment and is now able to manage his illness. He has been involved in several awareness campaigns to reduce the stigma attached to mental illness, and has been chosen to greet government officials such as Premiers Dalton McGuinty and Ernie Eves.

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COURAGE TO COME BACK AWARD RECIPIENT

Craig Hurst was diagnosed with bipolar affective disorder at 25 and his life changed forever. His business partner felt it was best that Craig discontinue work, but Craig did not lose his entrepreneurial spirit. He spearheaded the first patient-directed education program supported by a provincial psychiatric hospital that prepares patients for adjustment to life in recovery. He has served on the boards of key mental health advocacy groups, and he received the Lifetime Achievement Award from the Council of Canadians with Disabilities. Craig has made demonstrable change at systemic and community levels, and in the lives of the people he has touched.

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COURAGE TO COME BACK AWARD RECIPIENT

Henry Josiah came to Toronto from Guyana in 1965 with dreams of a career in music, and was soon performing on his own television series. But one night, while touring, Henry froze on stage. He experienced strange voices and sensations, and was diagnosed with schizophrenia. His partner severed their relationship soon after. Though it was very difficult, Henry made a push toward recovery, checking into a psychiatric hospital. With treatment and support, he manages his illness—today, at 65, he volunteers at the Regional Health Care facility in St. Thomas and continues to entertain with his charming voice and rhythmic melodies.

In Honour

OUR DONORS

Many thanks to the donors who have given gifts to honour the following individuals:

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OUR DONORS *In Memory*

Many thanks to the donors whose gifts celebrated the lives of the following individuals:

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COURAGE TO COME BACK AWARD RECIPIENT



Mary-Jane Dolbeck, from a family of 10 children, faced many hardships during her childhood and spent most of her life taking care of others. As an adult, she overcame dependencies on alcohol and prescription medication, as well as depression, which required hospitalizations and treatments that affected her memory. Despite these significant obstacles, Mary-Jane continued the education she had left in the eighth grade, and received her diploma in Native Social Service. She volunteers at the North Bay Psychiatric Hospital and with the People for the Equal Partnership in Mental Health.

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To learn more about holding a special event to benefit the CAMH Foundation, please call Bonnie Perry, 416 535-8501, ext. 4220.



KICKING FOR CAMH

ShorinjiKempo Toronto Branch, our longest-standing special events donor, has held a kick-a-thon each year since 1997 in support of substance use programs at CAMH. Their 2005 kick-a-thon raised a record \$9,000, bringing their total raised to \$53,000.

“For any society to function well, it is vital that we take care of those in greatest need,” said John McCulloch, Branch Master. “This idea is central to ShorinjiKempo philosophy and is exemplified by the noble work of CAMH.”

We thank all our special event donors for their commitment and contributions.



COURAGE TO COME BACK AWARD RECIPIENT

Robert Ramsay of Toronto led a life characterized by achievement, but for two decades he was intermittently addicted to cocaine. This dependence eventually led to the loss of his businesses, possessions, relationships and his self-respect. The love and support of his friends convinced Robert to enter treatment. Initially it was an uphill battle, but 15 years later, he remains clean and sober. Robert now holds forums to discuss issues surrounding addiction and mental health, has written about his experiences in the national media and has given speeches to countless organizations.

Champion Team

OUR DONORS

Thanks to our Champion Team, whose regular monthly contributions ensure that CAMH is able to respond to its most urgent needs in a timely manner.

- | | | |
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For more information about the Champion Team, please contact Lee Gounden, 416 535-8501, ext. 4093.

The CAMH Foundation makes every effort to assure accuracy in its listing of donors. Should an error or omission occur, however, please advise the Foundation office.

Message from the President and CEO, CAMH

In 1986 Arnie Cader, a volunteer with the former Clarke Institute of Psychiatry, undertook to establish a charitable foundation for the hospital. One of his greatest challenges in getting the Foundation off the ground was finding people willing to associate their name with our cause. It took quite some time to find 15 people willing to put their name on letterhead.

It is very gratifying to read the hundreds of names in this report proclaiming their public support for our cause. We have made tremendous strides in a relatively short period of time.

On behalf of the men and women who work at CAMH and the clients we serve, I thank you for your generous support. Your gifts make possible great achievements in research, care,

education and health promotion, and great improvements in the lives of clients. Your public support of our organization affirms to our staff that their work is important and valued by our community; and it affirms to clients that they matter, they are not forgotten, and the cruel stigma surrounding their illnesses is eroding day by day.

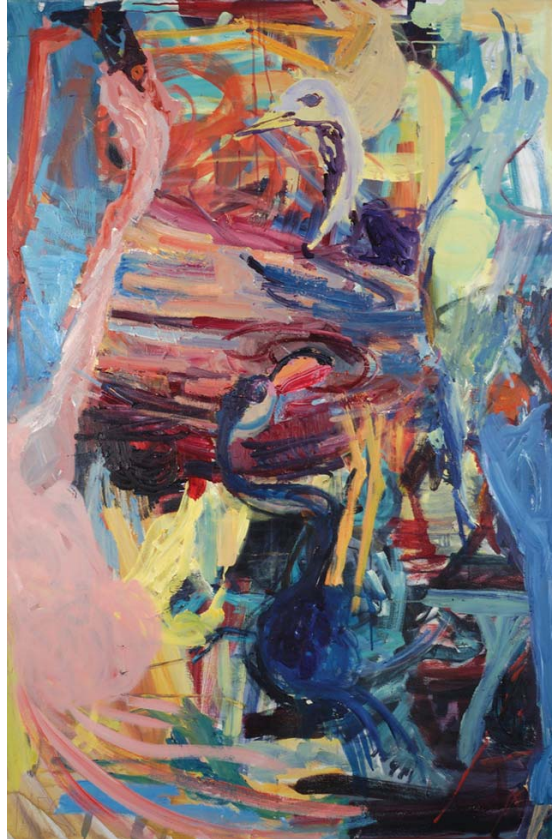
We are entering the most creative and exciting era ever in the history of addiction and mental illness as we move closer to our dream of building a world-class centre for research, care, education and health promotion on the rubble of our highly stigmatized Queen Street site.

We hope you will continue to be part of our future.



Paul Garfinkel

**Paul Garfinkel, President & CEO
Centre for Addiction and Mental Health**



Birds at the Well, the image on the cover of this report, was created by Toronto artist **MARGARET SHAW**. It was selected from the works featured in *Being Scene 2005*, an exhibition by the Workman Theatre, which showcases works by artists who have received services from CAMH.

The water in the well represents life, Margaret says, and the birds are reaching for the water and drinking. Margaret enjoys painting birds because they are able to adapt to their environments over time. And they soar.

CENTRE FOR ADDICTION AND MENTAL HEALTH FOUNDATION

33 Russell Street, 2nd Floor
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Telephone 416 979-6909
Facsimile 416 979-6910
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www.camh.net/foundation

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www.camh.net/foundation

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



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