

# You're Transforming Lives

CAMH Foundation Annual Report

2006–2007



**camh**  
Centre for Addiction and Mental Health  
Foundation

**CAMH** is one of the leading addiction and mental health organizations in North America and Canada's largest mental health and addiction teaching hospital. CAMH is a **Pan American Health Organization** and **World Health Organization Collaborating Centre**, and is fully affiliated with the University of Toronto.

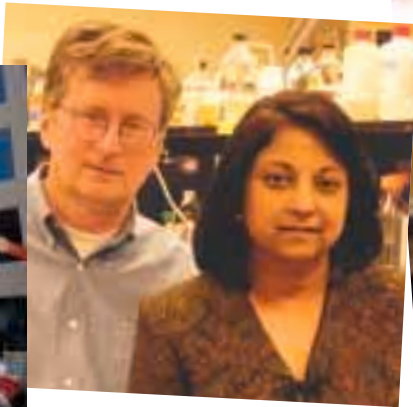
CAMH provides **outstanding clinical care** for people with mental health and addiction problems; conducts **groundbreaking research**, leading to new understanding and better addiction and mental health treatments; provides **expert training** to today's and tomorrow's health care professionals and scientists; influences **public policy** at all levels of government; and develops **innovative education and health promotion** strategies to transform the lives of people affected by mental health and addiction issues.

For more information about CAMH services, call **1 800 463-6273**.

The CAMH Foundation's mission is to raise funds in support of CAMH.



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Message from the President and CEO of CAMH

## When you give to the CAMH Foundation, you really do transform lives.

In this report, we offer a glimpse of just a few of the many ways in which your gifts have reached people with addiction and mental illness, and helped transform their lives. Your generosity has allowed us to provide unparalleled excellence in care. Just look at the experience of Paul Humphreys, one of the 20,000-plus people who sought help from CAMH last year (see centre spread). You'll also meet four of CAMH's nearly 100 researchers, whom you have supported and inspired to make exciting breakthroughs and advancements, leading to better care and healing for people all over the world. And you'll read the story of one of the thousands of people whom your gifts allowed us to reach through an awareness campaign—people who, with your help, found the courage and direction to make that crucial first call to ask for help.

By giving so generously, you have made this the most successful year in the history of the CAMH Foundation: we raised \$11.3 million. This represents more than a three-fold increase over the \$3.5 million we raised in 1998–1999, our first year. And it is heartening to our clients, staff and volunteers to know that you are giving in greater numbers and unprecedented amounts. It also sends a strong message to our politicians and policy-makers that the time for investing in mental health and addiction has come. Together, we are making incredible strides in bringing these vitally important issues out of the shadows.

*Sketch by Bruce Kuwabara, Design Principal, C3: Kuwabara Payne McKenna Blumberg Architects, Montgomery Siam Architects Inc. and Kearns Mancini Architects Inc.*

But our work is not finished. We need your continued generosity to assure our success in the Transforming Lives Campaign, the most ambitious fundraising campaign undertaken in Canada for mental illness and addiction. This money will help to right a longstanding societal wrong: it will allow us to replace the outdated facilities at CAMH's Queen Street site. We are creating a health care centre unlike any other in the world that will reflect the most advanced knowledge in addiction and mental health. Read more about it on pages 12 and 13. We're almost halfway to the campaign's financial goal of \$100 million, and we have tremendously gifted and committed volunteers on our board of directors and in campaign leadership roles. With your continued support, we will transform our facilities, and in doing so, transform the way the world views mental illness and addiction.

Read on. See how you are making a difference right now, and helping to create a future full of inspiration, possibility and promise.

Thank you for your support.



A handwritten signature in black ink, appearing to read 'Alfred Apps'.

Alfred Apps  
*Chair*  
CAMH Foundation Board  
of Directors

A handwritten signature in black ink, appearing to read 'Mary Deacon'.

Mary Deacon  
*President and CEO*  
CAMH Foundation

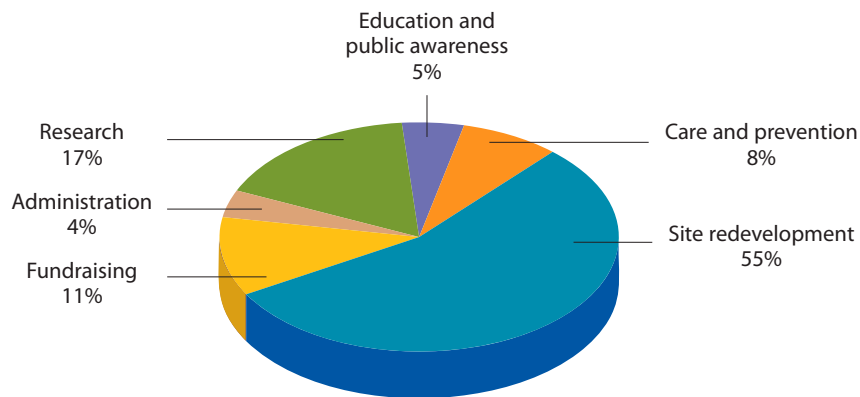
# By the numbers

**Your generosity continues to transform the lives of our clients and patients. Thank you for giving more generously than ever before.**

As our financial statement shows, we raised over \$11.3 million in 2006–2007. This is more than three times as much as we raised in 1998–1999, our first year. Your generosity is making our pioneering redevelopment on Queen Street West a reality, and is supporting initiatives in clinical care, research and public education. Full financial statements are available online at [www.supportcamh.ca](http://www.supportcamh.ca) or by calling 416 535-8501 ext. 4392.

Thank you for your support.

## YOUR DONATION DOLLARS AT WORK 2006–2007



Number of requests for information fulfilled

**49,425**

Amount raised

**\$11,309,849**

Percentage of Canada's psychiatrists trained at CAMH

**25%**

Number of outpatient visits

**422,756**

Number of unique clients

**21,309**

## STATEMENT OF REVENUE, EXPENSES AND FUND BALANCES 2006–2007

Year ended March 31

	Unrestricted Fund		Restricted Fund		Endowed Fund		Total	
	2007	2006	2007	2006	2007	2006	2007	2006
	\$	\$	\$	\$	\$	\$	\$	\$
<b>REVENUE</b>								
Donations	538,476	549,992	7,971,276	5,111,554	3,000	—	8,512,752	5,661,546
Bequests	10,000	671	804,208	27,250	—	—	814,208	27,921
Special events	846,517	718,522	86,902	71,913	—	—	933,419	790,435
	1,394,993	1,269,185	8,862,386	5,210,717	3,000	—	10,260,379	6,479,902
Investment income	693,035	598,349	356,435	298,451	—	—	1,049,470	896,800
	2,088,028	1,867,534	9,218,821	5,509,168	3,000	—	11,309,849	7,376,702
<b>EXPENSES</b>								
Fundraising	446,931	383,910	1,234,820	1,079,274	—	—	1,681,751	1,463,184
Special events	546,817	512,790	26,513	22,894	—	—	573,330	535,684
	993,748	896,700	1,261,333	1,102,168	—	—	2,255,081	1,998,868
Excess of revenue over expenses before grants	1,094,280	970,834	7,957,488	4,407,000	3,000	—	9,054,768	5,377,834
Grants to CAMH	—	—	2,124,612	3,266,554	—	—	2,124,612	3,266,554
<b>Excess of revenue over expenses for the year</b>	1,094,280	970,834	5,832,876	1,140,446	3,000	—	6,930,156	2,111,280
Fund balances, beginning of year	3,043,341	2,072,507	10,140,413	8,999,967	3,843,397	3,843,397	17,027,151	14,915,871
<b>Fund balances, end of year</b>	4,137,621	3,043,341	15,973,289	10,140,413	3,846,397	3,843,397	23,957,307	17,027,151

Full financial statements are available online at [www.supportcamh.ca](http://www.supportcamh.ca) or by calling 416 535-8501 ext. 4392.

Number of times in the last four years that  
an academic paper cited CAMH research

4,924

CAMH researchers listed in Essential Science's  
"Most Highly Cited Researcher"—  
the top one per cent of researchers—in 2006

22

Number of countries in which CAMH's  
Office of International Health is active

18

Number of visits to the CAMH website

3,397,408

# *You're transforming lives* through **philanthropy**

When the Beamish family made an early leadership gift of \$5 million to CAMH's Transforming Lives Campaign, they did more than give financially. They played a crucial, catalytic role in demonstrating that mental illness and addiction are issues whose time has come. Heather Beamish, who now serves on the CAMH Foundation Board of Directors, speaks about her family's reasons for their gift.



## ***Why did we choose to support CAMH as donors and volunteers?***

*We were drawn toward CAMH because, quite frankly, it is not an easy sell. There are many reputable, deserving charitable organizations out there looking for money—we've been involved with some of them. But addiction and mental health issues are tough. There's no cute little kid on a billboard asking for you to support CAMH. And it seems that at present, people do not want to be reminded that these issues affect many more of us than most would care to admit.*

*This has allowed society to neglect those who face mental illness and addiction for far too long, and to allow them to be treated in facilities that would not be tolerated for those facing other illnesses.*



A family of caring leaders: (l-r) Brian Beamish, parents Marilyn and Bob Beamish, Heather Beamish and David Beamish

***It's time to right this long-standing societal wrong.***

*Addiction and mental health issues are not new to society, but the way society chooses to face and to deal with these issues can be.* ””

*—Heather Beamish*

# *You're transforming lives* by enabling **research**

CAMH is the largest mental health and addiction research facility in Canada. Our scientists work together to better understand mental illness and addiction, and to improve diagnosis, prevention, intervention, treatment and public policy initiatives. As a World Health Organization and Pan American Health Organization Collaborating Centre, CAMH is committed to collaboration with scientists across Canada and internationally as well as in our own community. Our scientists are not only leaders in developing world-class research, but also pioneers in translating these discoveries into clinical, "bedside" care.

Meet some of CAMH's researchers and learn more about the work they do to transform the lives of people living with mental illness and addiction.

## **CAMH researchers discover potential breakthrough for schizophrenia treatment**

Earlier this year, a team of Canadian researchers, led by CAMH's Dr. Susan George and Dr. Brian O'Dowd, discovered a distinct dopamine signalling complex in the brain that may have a significant role in the understanding and treatment of schizophrenia.

This signalling complex demonstrates the existence of a unit that triggers a calcium signal within the brain. The discovery is significant because calcium has a profound effect on almost all brain function, and this is the first time that a direct connection between

dopamine and calcium signals has been reported.

Research shows that people with schizophrenia may have disordered calcium signals, and the major treatments for this disease target the dopamine system. This data links these two pieces of evidence, creating better understanding of the disease and opening the door for a new generation of highly specific drugs that may help alleviate the devastating symptoms of schizophrenia.

*"We are very excited that this discovery will have a major impact on the design of new types of drugs to treat schizophrenia and also drug addiction. We believe these drugs will work in a highly selective manner and without some of the side-effects of the drugs we use now."*

—Dr. Susan George, MD, FRCP, FACP

*"After 17 years of utilizing these receptors to greatly enhance our understanding of how they function in the brain, we have made some exciting discoveries of their involvement with mental illness and their potential to help alleviate symptoms of schizophrenia and drug addiction."*

—Dr. Brian O'Dowd, PhD



Dr. Brian O'Dowd, PhD, and Dr. Susan R. George, MD, FRCP, FACP, Co-heads of Molecular Pharmacology, CAMH

## Mental illness in the aging brain

Dr. Gwenn Smith's work in geriatric neuropsychiatry in CAMH's Positron Emission Tomography (PET) Centre is at the vanguard of emerging research developments in mental illness in the geriatric population. By specializing in an area that is generally under-researched, Dr. Smith's work in the PET Centre, in association with CAMH's Geriatric Mental Health Program, will help bring awareness and understanding to help transform the lives of older adults—the fastest growing group of Canadians facing mental health problems.

Dr. Smith is currently using PET methods to study

geriatric and psychotic depression. The goal of the work is to understand the impact of depression on brain function in later life, and the differences in brain chemistry between patients who respond to treatment and those who do not.

With an increasing percentage of the population entering the geriatric age range, Dr. Smith's work will be vital in ensuring that early intervention and more effective treatments are available for various types of mental illness, such as depression, mild cognitive impairment and Alzheimer's disease.

Dr. Gwenn Smith, PhD,  
Senior Scientist at  
CAMH's PET Centre and  
at Baycrest's Rotman  
Research Institute



*"The integration of resources available to us at CAMH in PET neurochemical imaging and genetics, with the expertise in cognitive neuroscience at the Rotman Research Institute, represents a unique opportunity to understand the factors that underlie successful aging and more effectively treat serious mental disorders in late life."*

—Dr. Gwenn Smith, PhD

## Finding treatment when mental illness and addiction co-occur

Dr. Tony George is working on a version of the age-old question "Which came first—the chicken or the egg?"; except in his case, it's "Which comes first, the psychiatric disorder or the addiction?" To help answer this question, Dr. George joined CAMH in 2006 and is currently collaborating with other scientists around the world to fully understand all the elements that influence mental illness and addiction. He is also working on developing effective medications for treating tobacco addiction in people with schizophrenia and

bipolar disorder. The results of this research will offer hope for people suffering from concurrent addiction and mental health disorders, and will have an enormous impact in lessening the social and economic burden that concurrent disorders has on Canadian society.

"I think that as we understand more about what makes mentally ill people vulnerable to addictions, it will allow us to devise more effective treatments for concurrent mental health and addictive disorders," says Dr. George.

Dr. Tony George, MD,  
FRCPC, Senior Psychiatrist  
and Head of the Addictions  
Research Section, Clinical  
Research Department;  
and Deputy Clinical  
Director for Concurrent  
Disorders in the Addictions  
Program, CAMH



*"My work allows me to act as both scientist and clinician, toward developing better treatments for both the tobacco addiction and the mental illness. I also have the opportunity to work and interact with a broad range of people—other scientists, clinicians, policy-makers and, of course, clients and their families—and that is very exciting and satisfying."*

—Dr. Tony George, MD, FRCPC

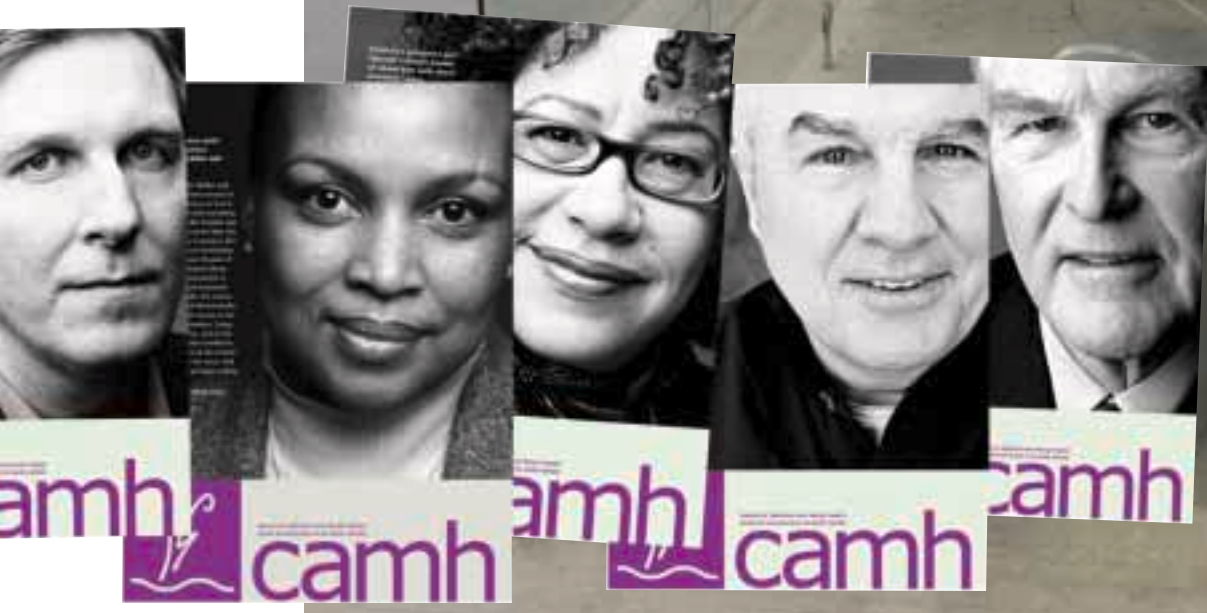
# *You're transforming lives* *by transforming* **public attitudes**

November, 2005: A teenage boy tentatively approaches the podium and addresses a group of 300 parents and students. He speaks of how just a few months previously his use of drugs was escalating out of control and he had left school. He called CAMH. His goal was to reduce his drug use. He was referred to the REACH program, where youth can be treated for addiction and mental health problems and simultaneously continue their education part-time. Now, he says, with help from CAMH he has stopped using drugs altogether and has returned to school full-time. The audience applauds. "What prompted you to call CAMH?" asks an audience member. He replies, "I heard an ad on the radio."

The radio ad he heard was part of CAMH's award-winning Transforming Lives Awareness Campaign. Print and radio ads featuring celebrities and non-celebrities alike have been appearing in newspapers, magazines and bus shelters and on radio since May 2005. And they have prompted over 40,000 people from across the province to reach out for help.

For more information, please visit [www.TransformingLives.ca](http://www.TransformingLives.ca).





# *You're transforming lives* *by creating a new hospital*

With the redevelopment of CAMH's Queen Street site, we have a once-in-a-lifetime opportunity to create a new facility that will reflect the most advanced knowledge in addiction and mental health—a place that will support clients to recover, health professionals to provide care and researchers to discover; a place that will erase barriers, reduce stigma and support equitable and humane care in the context of a civil society.

Our vision for the Queen Street facility is a new “urban village” that will feature tree-lined streets running through the site, buildings of four to 10 stories, public parks and open spaces. In addition to space for clinical care, education and research, the site will house shops, restaurants and other neighbourhood amenities.

To make this vision a reality, the CAMH Foundation has embarked on the most ambitious fundraising campaign ever undertaken in North America for mental

#### IMAGE 1

**October 2006:** More than 600 people attend the official groundbreaking ceremony for the CAMH redevelopment.





**IMAGE 2**

**August 2007** (press time): Construction of the first four buildings is in full swing. Image 3 shows how they will look when complete. Image 4 shows an artist's rendering of the full site.



**IMAGE 3**

An artist's rendering shows how the first four buildings currently under construction (Image 2) will look when finished. They are scheduled to be completed and ready for occupancy in April 2008. The buildings—three Alternative Milieu (AM) buildings for the care and recovery of clients in a home-like setting, and a related ambulatory patient care building—will house CAMH's Addictions and Mood and Anxiety Programs. The next phase—to be built in 2008–2010—will include new core bed buildings for the Child, Youth and Family Program and the Geriatric Mental Health Program.

illness and addiction. **The Transforming Lives Campaign** represents a very special call to action that society cannot ignore. Meet the volunteer leaders who have committed to make this happen on page 22.

**Realization of our vision depends on your support. To help please call 416 535-8501 ext. 4393.**



The area outlined in pink indicates the location of the buildings under construction, shown in Images 2 and 3.

**IMAGE 4**

**What began in the 1850s as a "lunatic asylum" will be transformed into a health centre unlike any other in the world. The Queen Street redevelopment project will integrate CAMH's programs to bring together groundbreaking research, health care, education, policy development and health promotion—all integrated into the dynamic Queen Street West community.**

# *You're transforming lives* *by enabling* **excellence in care**



In 2006, the Humphreys family had their first Christmas dinner together in more than six years—a reunion that they once thought was hopeless to even imagine.

The Humphreys family enjoy Christmas dinner together in 2006. (l-r) Paul, David, family friend Mark Star, John, Andrew and Corrine

After the death of beloved wife and mother Ruth Humphreys in 1985, the Humphreys family—dedicated father John, daughter Corrine, and sons Andrew, David and Paul—gradually drifted apart, each finding their own way to cope with the loss.

The family's relationship with CAMH began in 2003, when Corrine visited emergency services to seek a second opinion after a referral from her doctor. Even though she discovered she didn't need CAMH's services, she was surprised at the immediate and exceptional attention she received.

During this time, Corrine's youngest brother, Paul—who had experimented with drugs during high school—was now routinely using drugs. As his use of marijuana, cocaine, ecstasy and alcohol escalated into severe addiction, he would often have hallucinations and feel anxious or paranoid—even when he wasn't under the influence.

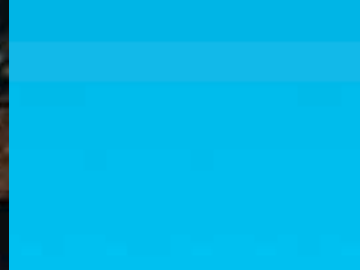
Despite several previous attempts to seek treatment for his addiction at a local hospital, Paul was unable to find the care he needed. In summer 2006, his addiction caused a temporary psychosis, which resulted in a harrowing suicide attempt: jumping from a subway platform. Fortunately, bystanders were able to shut down the power and bring him to safety. He was taken to a hospital by authorities and was discharged after only one night—he received no offer of follow-up treatment, therapy or direction.

The Humphreys family in 1985: (l-r) Corrine, Ruth, Paul, David, John and Andrew





Paul at five years old



Remembering her positive experience with CAMH’s emergency staff, Corrine knew it was time to bring Paul to CAMH.

Upon his arrival, Paul received assessment and treatment that was immediate, thorough and compassionate. He was welcomed to the Acute Care Unit and later transferred to the Early Psychosis Unit. During Paul’s six-week inpatient stay at CAMH, the family—with the guidance and support of staff members—made an effort to visit every day, to work as a team and to keep all family members informed, including David, who lives in Montreal.



All piled up: Corrine, David, Andrew and Paul in 1983

**Support from CAMH did not end when Paul was no longer in crisis.** The entire Humphreys family took part in getting extended treatment for Paul through CAMH’s First Episode Psychosis Program (FEPP). FEPP encompasses a variety of sub-programs and here, both Paul and his family were able to access ongoing treatment and care, prevention strategies, and employment and education resources, and to receive support and guidance.

**Paul received care from the time of crisis right through to recovery and beyond.** Paul and his family have had the benefit of working with various staff members at CAMH who help to address their unique needs. Shortly after he finished his inpatient stay at CAMH, Paul was able to benefit from psychoeducation, support and vocational rehabilitation at home, provided through FEPP by staff psychiatrist Dr. Ofer Agid of the Home Intervention Program (HIP) and occupational therapist Jessica Spence. Through the program, Paul was able to find work and eventually transition into attending outpatient appointments.

*“It’s good to be back. I’m living a healthy lifestyle and am thankful for the care from CAMH and the strong support from my family—if it wasn’t for their ability to cope with all we’ve been through, I would probably be on the streets.”*

—Paul Humphreys



CAMH social workers Rob Peach and Sabrina Baker at CAMH's Learning Employment Advocacy Recreation Network (LEARN) Centre.

*"One of the great things about our program is that staff can operate in different capacities and offer a continuity of care to both individuals and their families, from inpatient care to group support. We are able to be responsive to the Humphreys family's own specific needs and help them unify as a team."*

— Rob Peach, MSW, RSW  
Social Worker, CAMH Home Intervention  
for Psychosis (HIP), Schizophrenia Program

*"Family members are often so consumed with the ravages of their loved one's circumstances that they forget to think of themselves. CAMH was able to offer the Humphreys family the care they needed so that they could become allies in each other's recovery—together they are reclaiming their lives."*

— Sabrina Baker, MSW, RSW  
Social Worker, CAMH Learning Employment  
Advocacy and Recreational Network (LEARN),  
Schizophrenia Program

*"Today, we are able to look back and see Paul's illness as a silver lining. We know that no matter how bad the situation may be at times, something positive will result and we will come out strong."*

—Corrine Humphreys

CAMH social worker Rob Peach first met Paul during his inpatient stay, and later worked with Paul individually and with his family during their group support sessions, led by CAMH family and social worker Sabrina Baker.

Rob and Sabrina provided Paul and his family with tailored, ongoing care. During treatment, they were able to address related issues—such as John's depression, which he had suppressed since Ruth's death in order to care for his four young children; Corrine's post-traumatic stress disorder, resulting from the unexpected and recent death of her husband; and Andrew's depression—along with the pressure that all members of the family were feeling during Paul's crisis.

Today, Rob and Sabrina proudly view the Humphrey family as role models for other families and individuals.

With compelling strength and determination, they are starting to live as a family again. "I don't know where Paul would be today or where our family would be if we hadn't come to CAMH," said Corrine. "Paul is now Paul, and our family is back together again."



The Humphreys family, summer 2007: (l-r) David, Andrew, Paul, Corrine and John.

*“There are so many reasons to be hopeful—the incredible vision for CAMH’s redevelopment; the reduction in stigma thanks to the Transforming Lives Awareness Campaign; and the exceptional care and support offered at CAMH—the future looks bright.”*

*—John Humphreys*

# Special events

## 2007 COURAGE TO COME BACK AWARDS

The CAMH Foundation's 14th annual Courage to Come Back Awards dinner and ceremony, presented by RBC Capital Markets, took place on May 3, 2007, and was attended by more than 850 guests. The evening raised over \$600,000 in support of the redevelopment of CAMH's Queen Street site.

Guests were touched by the incredible stories of perseverance and triumph of the six courageous people from across Ontario who were honoured. They were recognized for overcoming the challenges of living with addiction, mental illness or both, and for using their experiences to help others in similar circumstances. The stories of our 2007 Courage recipients appear on pages 24 to 28.

Special thanks to all contributors. See the complete listing on page 24.



LEFT: The evening closed with a speech and special duet by past Courage recipient and singer/songwriter Amy Sky and her husband, singer/songwriter Marc Jordan. Amy is also a participant in CAMH's Transforming Lives Awareness Campaign.

CENTRE: 2007 Courage to Come Back award recipients: (l-r) Dr. Michael Kaufmann, Tom Regehr, Marie Asuncion, Alyse Schacter, Rita Buffalo and Jeff Wilbee.

RIGHT: Guests enjoyed a beautiful harp performance by Marie Asuncion.



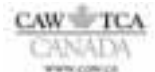
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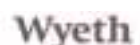
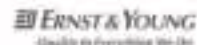
Reception Sponsor:



Partners:



Media Sponsors



## THIRD-PARTY EVENTS

Thanks to those who organized special events to benefit CAMH:

**Beltrano Family & Friends Events**

**Don River Run**

**Eden Ants: Pop with Brains**

**Hockley Valley Resort & Verdi Hospitality**

**Centre Summer Charity Golf and Spa Day**

**Renée Marier Art and Card Sale**

**Men in Suits: "Rock for the Brain" Event**

**Jeremy Morgan Annual Golf Tournament**

**Shorinji Kempo Toronto Branch Kick-a-thon**

**Tremco Annual Golf Tournament**

**Unique Central Gift and Book Fair**

**United Parcel Service Canada Ltd.**



### Beltrano family and friends come through again

Every year the Beltrano Family & Friends Charity Fundraiser event raises money in support of client care initiatives at CAMH. The second annual event raised \$25,000.



### Kicking for CAMH

On May 30, Shorinji Kempo Toronto Branch, our longest standing special events donor, raised \$5,500 in support of substance use programs at CAMH. Shorinji Kempo has held a kick-a-thon each year since 1997, raising a total of \$67,000.

## UNMASKED 2006

### Lifting the mask on mental illness and addiction

On Thursday, November 2, 400 people from the arts, business and Queen Street West communities came together to lift the mask on mental illness and addiction at the inaugural Unmasked, raising over \$200,000 in support of CAMH's Queen Street site redevelopment. The event, presented by Orlando Corporation, took place at the Drake Hotel in the trendy Queen Street West community near CAMH and was hosted by Rex Harrington, actor and artist-in-residence at the National Ballet of Canada. Special thanks to all contributors.



A soirée without stigma: (l-r) Marc Jordan, Mary Deacon, Rex Harrington and Amy Sky



Designer masks created by local celebrities and artists—featuring designs by Brian Gluckstein, Rex Harrington, Michele Landsberg, Stephen Lewis, George Smitherman, Amy Sky, Annie Thompson, Mary Walsh, and artists Ruth Adler, Peter Costello, Jeff Jackson, Anita Kunz and Tomio Nitto—were auctioned off at Unmasked.

Presenting Sponsor:  
**Orlando Corporation**

Sponsored by:  
**BMO Capital Markets**  
**Janes Family Foods**  
**Raymond James Ltd.**  
**ELTE**  
**Winners**

Design and Production  
Sponsors:  
**Glue**  
**NorthonHamillDesign**  
**Aylmer Express**

Website Design:  
**Dog and Pony Studios**

Event Design:  
**Seneca College**  
**Event Management**  
**Event and Exhibit**  
**Design**

## Transforming lives through volunteer leadership

John Hunkin, incoming Chair of the CAMH Foundation Board of Directors, believes that CAMH's redevelopment is something Canadians from coast to coast should be proud to support. "We have a tremendous institution in CAMH, with an amazing piece of real estate in the heart of the city," he says. "We've been given a unique opportunity to create a new facility unlike any other in the world, that will support treatment, research and teaching. We have a foundation and a supporting board with the skills, experience and passion to help see this great and worthy project to a successful conclusion."

John began his career at CIBC in 1969 and worked his way through the company's ranks to become Chairman and CEO. He retired in July 2005. John became Chair of the CAMH Foundation Board of Directors in June 2007, after serving on the board for two years.

*"We've been given a unique opportunity to create a new facility unlike any other in the world, that will support treatment, research and teaching."*

*—John S. Hunkin*



Mr. John S. Hunkin

# CAMH FOUNDATION

## BOARD OF DIRECTORS, 2006–2007

### CHAIR

**Mr. W. Alfred Apps**

### VICE-CHAIR

**Ms. Jean Fraser**

**Mr. John S. Hunkin**



Mr. Jamie Anderson



Mr. W. Alfred Apps



Ms. Heather Beamish



Mr. Paul Beeston



Mr. Ted Cadsby

### TREASURER

**Mr. Frank Lochan**

### SECRETARY

**Ms. Mary Deacon**



Mr. Dev Chopra



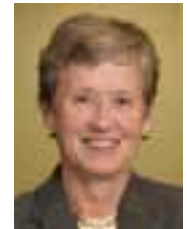
Ms. Mary Deacon



Mr. R. Douglas Elliott



Mr. Neil Finkelstein



Ms. Jean Fraser

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From early in her childhood, Rita Buffalo experienced unspeakable physical, emotional and sexual abuse. After spending her adolescence in a series of foster homes and mental health facilities, Rita ended up on the streets and for 20 years made a living by selling her body to support her cocaine addiction. Today, Rita is a powerful advocate of Aboriginal literacy and lends her support and direction to people in the very programs that helped her turn her life around.



### Dr. Michael Kaufmann of Warkworth

Seeking help, accepting diagnosis, and overcoming addiction is difficult for anyone, especially a physician. Dr. Michael Kaufmann never thought that he would be the one asking for help, but shortly after opening his own medical practice, Michael's casual use of prescription drugs turned into a severe addiction. An intervention from caring colleagues started Michael on the road to recovery. As the founding Director of the Physician Health Program for the Ontario Medical Association in Toronto, Michael now helps thousands of other health professionals in similar circumstances.

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### Tom Regehr of Georgetown

Tom turned to alcohol at the age of 15 after a series of losses during his childhood. He avoided his emotional pain by living on the streets for nearly a decade. At the age of 37, Tom reached a turning point and his life finally came into focus. Taking his recovery into his own hands, he started a support group and today he continues to change the lives of those struggling with addiction by providing positive and hopeful support.



### Marie Asuncion of Scarborough

Just before her 16th birthday, Marie Asuncion was experiencing paranoia, feeling anxious and hearing voices. Several weeks later she had her first episode of psychosis. With help from CAMH, Marie learned to understand and successfully manage her illness. Today, she participates in numerous extracurricular and leadership activities and actively encourages youth who may be at risk of psychosis to seek preventive treatment.

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## Courage to Come Back award recipients



### Alyse Schacter of Ottawa

Alyse was only 12 years old when she was diagnosed with severe, treatment-resistant Obsessive Compulsive Disorder (OCD) and Tourette's Syndrome. Despite the fact that no treatment has worked for her, Alyse is a Grade 11 honours student, a budding philanthropist and an active volunteer. Alyse refuses to let her illness define her life. She is continually educating her peers and helping to break down the stigma associated with mental illness.



### Jeff Wilbee of Kitchener

From alcohol abuse and psychiatric hospitalizations to a life he never dreamed possible: following his recovery, Jeff Wilbee became a passionate advocate and was named Executive Director of Addictions Ontario. He now enjoys life with his cherished wife, children and grandchildren, and has helped hundreds of people gain control of their addictions and improve their lives and relationships.

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## In Honour

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

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

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## Reasons to be hopeful



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

Paul Garfinkel  
President and CEO, CAMH

In my 30-plus years as a psychiatrist in the highly stigmatized mental health and addiction fields, I don't ever recall feeling as hopeful as I do today. Your support for CAMH helps us provide the best possible care, research, education and health promotion to those who seek our help. Your generosity also sends a strong signal to the world that mental health and addiction are causes whose time has come. Exciting changes are taking place—more than ever, I believe we are facing a tipping point. Here's why:

- National, provincial and local governments are lending unprecedented support to mental health and addiction. We've seen the establishment of a National Mental Health Commission.
- Provincially, our government has established a regional system of planning and supporting health service delivery. The 14 new Local Health Integration Networks have taken a remarkable step: 12 of the 14 have made mental health a priority.
- Prominent people in our communities are coming forward to share their personal experiences and in doing so, they are helping to vanquish the stigma that keeps so many people quiet, fearful and ashamed.

Thanks to you, we are well on our way to realizing our dream of transforming our out-of-date facilities at our Queen Street site into a health care centre unlike any other in the world that will reflect the most advanced knowledge in addiction and mental health. It will be a tangible expression of the values of our civil society. Your continued support brings us closer than ever to realizing our vision: strong and healthy communities in which people with mental health and addiction problems can access full and effective services and live as full participants.

Your gifts honour the work of our staff, and let our clients know that they matter, they are valued, and that they will not be forgotten. On behalf of our staff and the clients we serve, I thank you for your generous support.

Sketch by **Bruce Kuwabara**, Design Principal, C3: Kuwabara Payne McKenna Blumberg Architects, Montgomery Siam Architects Inc. and Kearns Mancini Architects Inc.





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[www.supportcamh.ca](http://www.supportcamh.ca)

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[www.camh.net](http://www.camh.net)

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



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