

Transforming Lives Together

newsletter of the CAMH foundation



Amy Sky – newest face in CAMH's Transforming Lives awareness campaign

SINGER-SONGWRITER AMY SKY IS THE NEWEST PARTICIPANT

in CAMH's Transforming Lives awareness campaign, which has prompted thousands of people to seek information and help since its launch in May 2005. Three new participants will be announced this fall. Amy was honoured for her candour about her experiences with postpartum depression at the 2006 Courage to Come Back Awards on May 9. Read more inside about all seven recipients.

"The infinity symbol is about infinite possibilities; *that means infinite hope, infinite courage and infinite dreams for all the people living with mental illness.*"— Neri Paul

Stylish, unique and with a purpose, the Infinity Jewelry Line by Neri Designs offers something for everyone. What began as a project to raise money to break down the stigma associated with mental illness has blossomed into a promising business for artist and entrepreneur Neri Paul, founder and owner of Neri Designs and Infinity Jewelry.



NERI PAUL, creator of Neri Designs and Infinity Jewelry, symbolizes her cause by wearing her Infinity pin.

continued on page 2

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Men in Suits (L-R): Jim Hardy, Niki Tapscott, Don Tapscott, Gerry Throop, Stewart Borden and Vince Mazza (Not shown).



hope

Fifty per cent of the proceeds will support CAMH programs, clinical care, research, health promotion and education. The Infinity line of jewelry offers several styles of sterling silver pins and bracelets, for both women and men. Neri hopes to see Infinity Jewelry and Neri Designs expand internationally and include items such as fragrances, necklaces and more.

For more information or to purchase Infinity Jewelry, please visit www.infinitymentalhealth.com or e-mail neripaul@rogers.com.



Transforming 1001 C

Alternate Milieu: fresh alternative

WHEN PEOPLE WITH MENTAL ILLNESS OR ADDICTION go to the hospital for treatment, they do not always benefit from the same kind of care as those with physical illnesses do, such as the traditional bed-rest. Often, to help ease their transition back into the community, they require more comfortable, home-like settings that encourage activity and independence.

This fall, CAMH will begin the first phase of the redevelopment of our Queen Street site with the construction of the Alternate Milieu (AM) inpatient buildings for clients in our Mood and Anxiety Program and Addiction Program, along with a related ambulatory patient care building.

"Traditionally, many clients would go from a very structured hospital unit during their recovery straight back into the community," says Tenzing



Model of the new AM client

Banigan, a Registered Mood and Anxiety Disorder Program. "For clients ready for that sudden AM buildings will be a with support and services needed. There will be chances of relapse for mood and anxiety problems the AM will fill the gap inpatient hospitalization community living."

Centred on

Here we highlight achievements of health professionals and talented staff at CAMH.

Honours and Awards

PETER SELBY, CLINICAL DIRECTOR, ADDICTION PROGRAMS AND HEAD, NICOTINE DEPENDENCE CLINIC, was recently made a Fellow of the American Society of Addiction Medicine in recognition of his contribution to the field. There are 219 Fellows internationally. Dr. Selby was also awarded the OPHA/alPHA Smoke-free Champion Award for his work in tobacco control in Ontario by the Ontario Public Health Association and Association of Local Public Health Agencies.



Peter Selby

Your questions answered

A regular column to answer questions about mental illness and substance use



Dr. David Goldbloom is CAMH's Senior Medical Advisor, Education and Public Affairs, and a professor of psychiatry at the University of Toronto.

benefits of counselling—also called psychotherapy or psychological treatment—has been clear and irrefutable.

The most solid research evidence supports a time-limited, “here-and-now” form of psychotherapy called cognitive-behavioural therapy (CBT). This treatment focuses on challenging faulty beliefs that depressed people may have about themselves, their future and the world. CBT regards the person as an active collaborator in exploring ways to challenge his or her faulty assumptions. Research at CAMH, using positron emission tomography (PET) scans, has shown changes in brain activity in

people who have benefited from CBT for depression.

However, there is no treatment that works for everyone, and CBT resources are often limited. Antidepressant pills also have clearly established benefits and are more accessible to a larger number of people with depression. Again, though, they may not necessarily work the same for everyone.

Best practice suggests that even when antidepressant pills are used, people do better when they also have some form of counselling.

Send your questions to:
camhfoundation@camh.net.
 Only questions selected for publication can be answered.

For information and referrals call
 1 800 463-6273, or visit
www.camh.net/McLaughlin.

The CAMH Foundation raises funds in support of the work of CAMH. In choosing suppliers we make every effort to support client businesses. We thank those who support our mission by offering donated or discounted products and services for the production of our printed materials. This helps us carry out important public education and ensures that more of your dollars are put to work directly helping our clients.

Centre for Addiction and Mental Health Foundation

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www.camh.net/foundation

We welcome your comments:
 Call Jean Geary at 416 535-8501 ext. 4395,
 or e-mail Jean_Geary@camh.net.

Q: Can counselling cure depression, or do you have to take pills?

A: Fortunately, depression is a treatable illness and can respond to different forms of treatment, including both medication and counselling. Over the last few decades, the evidence for the

Coming events

Unmasked Help lift the mask on addiction and mental illness

The inaugural *Unmasked* event will encompass all that Toronto has to offer: leading edge entertainment, art, fashion, design and more.

Thursday, November 2, 2006

6:30 p.m.

The Drake Hotel

For more information, please call:

Anne-Marie Enns at 416 535-8501 ext. 4324

or visit: www.camh.net/foundation

Being Scene Art Exhibition

Wednesday, June 28, 2006

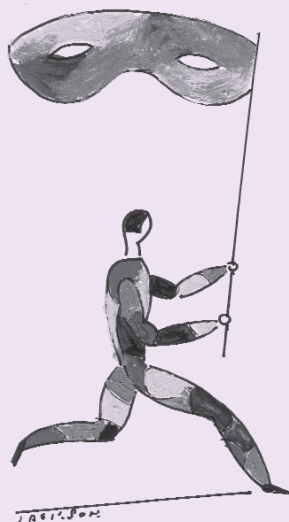
1–2 p.m.

CAMH, 1001 Queen Street West, Cafeteria

For more information, please visit:

www.workmantheatre.com

UNMASKED



Our wish list

Our clients and staff would greatly appreciate donations of board games, men's shoes and men's and women's clothing.

For a complete list of needed items or to donate, please contact:
 Norma McDowall at 416 535-8501 ext. 6010