

Transforming Lives *Together*

newsletter of the CAMH foundation

We're breaking ground!



Among the crowd of 600 were children from the Queen Street Child Care Centre, operated by George Brown College, who donned hard hats and vests, ready to dig in. The transformation of CAMH will create a more welcoming, compassionate and dignified environment for our children and grandchildren.



More prominent Canadians support CAMH

Rex Harrington, actor and artist-in-residence at the National Ballet of Canada, is one of three new faces to join CAMH's Transforming Lives awareness campaign in the fight against addiction and mental illness.

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CAMH's groundbreaking event on October 5 was a groundbreaking like no other. Hundreds of people—staff, volunteers, clients and their families, donors, community partners and government officials—simultaneously broke ground using miniature shovels on one of the largest and most exciting redevelopment projects in Canada: replacing an out-of-date mental health institution on 27 acres in downtown Toronto with a mixed-use urban village.

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Introducing three new faces in CAMH's Transforming Lives public awareness campaign

Three more prominent Canadians have come forward to support the work of CAMH by sharing their personal experiences with mental illness and addiction. Vice-president of the New York Knicks and former CEO of the Toronto Board of Trade Glen Grunwald; singer, radio host and children's television star Taborah Johnson; and actor and ballet dancer Rex Harrington are lending their inspiring stories to CAMH's Transforming Lives public awareness campaign in an effort to break down the stigma associated with mental illness and addiction.

They join eight other celebrities and non-celebrities who have participated in the campaign to date, including Toronto Maple Leafs legend Ron Ellis and singer-songwriter Amy Sky.

Since its launch in May 2005, the campaign's ads—featured in newspapers and magazines and on radio—have prompted thousands to seek help and information. The ads also help to educate the public about mental illness and addiction, to eliminate stigma and to improve access to the information and services available at CAMH.

To view the campaign online, visit www.camh.net/foundation

Nominate someone you admire for a Courage to Come Back Award!

Thursday, May 3, 2007

Each year, the CAMH Foundation honours seven extraordinary people who have overcome the challenges of addiction and/or mental illness and now use their experiences to help others.



If you would like to nominate someone you know for a Courage to Come Back Award, or are interested in sponsoring next year's awards, please call 416 535-8501 ext. 4220, or visit www.couragetocomeback.net.

2005–2006 CAMH Foundation Annual Report is now available

To request a copy, please call 416 535-8501 ext. 4691, or view online at

www.camh.net/foundation



Community leaders support CAMH's vision



Many philanthropic leaders attended the groundbreaking, including the Beamish family, who, through the WB Family Foundation, made a gift of \$5 million. L-R: Heather Beamish, Dr. Paul Garfinkel, Hon. George Smitherman, Hon. David Caplan, Robert Beamish, Jamie Anderson, Marilyn Beamish and Mary Deacon.

To make CAMH's vision a reality, the CAMH Foundation has launched the most ambitious fundraising campaign ever undertaken in Canada to support people who face mental illness and addiction. Through the Transforming Lives Capital Campaign, the CAMH Foundation and volunteer leaders have committed to raise \$100 million for CAMH's redevelopment and its programs. Dr. Paul Garfinkel, CAMH President and CEO, thanked the many leadership donors whose early and definitive support sends a strong signal to the community that CAMH is a cause whose time has come.

"Today the sun is shining on CAMH."

David Caplan

"Addiction and mental illness are not new to society. But the way society chooses to deal with these issues can be."

Heather Beamish



A jubilant Dr. Paul Garfinkel breaks ground along with the Hon. George Smitherman, Ontario Minister of Health and Long-Term Care, and the Hon. David Caplan, Minister of Public Infrastructure Renewal. The Government of Ontario is strongly behind this project, having pledged its support for CAMH's vision.

"Health care is not just about service—it's about love . . . I love CAMH!"

George Smitherman



The sun shines on an elated crowd of more than 600 staff, clients, donors, community partners, government officials and volunteer leaders, as they wave their shovels in the air before breaking ground.

The beginning of a new era in mental health and addiction history

What began in the 1850s as a "lunatic asylum" will be transformed into a health centre unlike any other in the world. Through the multi-year, multi-phase redevelopment project, CAMH will integrate its programs—bringing groundbreaking research together with health care, education, policy development and health promotion to improve treatment and quality of life for people with mental illness and addiction.

Your questions answered

A regular column answering questions about mental illness and substance use

Q: Do mental health care professionals still use electric shock and lobotomies to treat people with mental illnesses?

A: This question evokes images of the movie *One Flew Over the Cuckoo's Nest*, and the often reckless brain surgeries performed in the early and mid-twentieth century.

Today electroconvulsive therapy (ECT), also known as "shock therapy," is regarded as a valuable and potentially lifesaving therapeutic intervention for people with severe depression. Only a small number of people—those who may not benefit from or cannot tolerate other treatments, such as psychotherapy and medication—require ECT. Treatment no longer requires hospitalization; at CAMH, one-third of people requiring this form of treatment receive it as outpatients.

Brain surgery for the relief of psychiatric symptoms is not performed at CAMH, though it is performed by neurosurgeons at various hospitals in Toronto. Its use is extremely rare and reserved for people who have not benefited from (or were unable to tolerate) other treatments. It is done with a high level of selectivity and surgical precision, in comparison with methods used in the past. Surgery can help, among others, people with severe obsessive-compulsive disorder.

Like all medical treatments, these two procedures both require the client or patient's informed consent, and they carry with them risks as well as benefits. However, when skilled health



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

care professionals administer these procedures, they are a far cry from the familiar Hollywood depictions and offer additional avenues through which we can provide relief from the suffering that mental illness engenders.

Send your questions to:

camhfoundation@camh.net. Only questions selected for publication can be answered.

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

Coming events

CAMH Foundation holiday greeting cards

Place your order today for holiday greeting cards and help to transform lives. The cards feature illustrations by an artist who has received services from CAMH.



Pop with Brains Vol. 6

Featuring performances by Eden Ants

The Rivoli, 334 Queen Street West

Friday, December 15, 2006; Doors open at 8:00 p.m.

\$5.00 at the door, with proceeds donated to CAMH

For more information about upcoming events or how to order holiday greeting cards, please contact the Special Events Office at 416 535-8501 ext. 4231, e-mail specialevents@camh.net, or visit our website at www.camh.net/foundation.

Our wish list

Our clients and staff would greatly appreciate donations of the following items:

- extra-large clothing
- winter coats and gloves
- television set
- paperback books
- art supplies
- musical instruments (e.g., guitars, drums)
- unopened cosmetics

Please note that we are unable to pick up donations.

For a complete list of needed items, or to donate, please call 416 535-8501 ext. 6010 or e-mail norma_mcdowall@camh.net.

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.

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

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