

Spring 2007

# Transforming Lives Together

newsletter of the CAMH foundation

## “I consider the day I came to CAMH to be the first day of my life”



To read Earla's full story, visit [www.camh.net/foundation](http://www.camh.net/foundation)

Earla Dunbar enjoyed devoting her time as a volunteer as part of her therapy at CAMH. The social interaction prompted her to eventually start her own support group, which is now one of the largest social phobia support groups in North America.

A MENTAL HEALTH ADVOCATE sought after for television interviews, a co-facilitator of a support group with more than 90 members, and a public educator about mental health often featured in national publications—not what you would typically expect of someone with social phobia.

Eight years ago, Earla Dunbar would never have dreamed that she would be where she is today—successfully managing her illness.

At the age of four, Earla can remember feeling different, and experiencing physical and psychological symptoms of what would later be diagnosed as severe social phobia. When she was 10, her father died, and Earla's shyness developed into social isolation and depression that would continue well into her adulthood.

The stigma of mental illness led Earla to avoid seeking treatment for many years, and she maintained the façade of just being “OK.” However, her anxiety was often so overwhelming that she was reduced to tears at the thought of going to the store for groceries, and would lock the door and hide when people came to her home.

Finally, in 1998, she revealed her true fears and anxiety to her doctor, and she was referred to CAMH, where she was treated at the Mood and Anxiety Program.

“I was terrified to walk through that door, because I knew that there was no turning back,” says Earla. “I know now that going to CAMH was the best thing I’ve ever done.”

# RBC donates \$1.5 million to support CAMH's redevelopment

## Local branch takes on CAMH as partner charity

RBC FINANCIAL GROUP has donated \$1.5 million to the CAMH Transforming Lives Capital Campaign to support our redevelopment of the Queen Street site. The gift was announced last fall at the opening celebration of RBC Royal Bank's new neighbouring branch at 1005 King Street West, which has embraced the CAMH Foundation as its partner charity. Artists associated with CAMH's Workman Arts were among those whose work was showcased at the branch opening.



From left: Jennifer Tory, Regional President RBC; Neil Joshi, RBC branch manager; Dev Chopra, Executive Vice President, Corporate Services, CAMH; and Louanne Ducharme, Regional Vice President, RBC.

## Transforming 1001 Queen Street West

The construction for the first phase of the redevelopment of our Queen Street West site is well underway. The CAMH Foundation has launched the Transforming Lives Capital Campaign to raise \$100 million in support of the redevelopment. CAMH's vision for its Queen Street site will see the existing cinder block "fortress" make way for an inviting, contemporary urban village, with state-of-the-art clinical care, education and research facilities sharing space with shops, restaurants and neighbourhood services, allowing CAMH to provide better care in more dignified surroundings. Take a look at our progress in the photos below.



**October 5, 2006**

More than 600 people celebrate the official groundbreaking ceremony for the CAMH redevelopment.



**January 12, 2007** No winter hibernation on the work site—the foundations and basements of the new buildings take shape.



**October 23, 2006**

Construction begins! This is the "footprint" of the building that will house CAMH's Addictions Program.

## Your questions answered

A regular column answering questions about mental illness and substance use

### Q: Why are so many people with mental illness overweight?

**A:** Obesity has numerous causes, from genetics to the environment. Some people with mental illness are overweight, but even among them obesity may have multiple causes. For some people with depression, the loss of energy, interest and motivation may result in physical inactivity and may be coupled with increased appetite for carbohydrate-rich foods. By contrast, other people with depression may lose their appetites entirely and experience serious weight loss.

A number of psychiatric medications—notably antipsychotic medications, used for the treatment of people with schizophrenia—carry the side-effect of significant weight gain and associated medical complications. Drugs for bipolar disorder and depression can also trigger an increase in body weight. The poverty that often results from disabling mental illness can lead to a diet that increases body weight. Causes of obesity in people with mental illness is an area of active investigation and enhanced monitoring at CAMH, in our continuing efforts to balance the benefits and risks of treatment—as well as to promote the importance of physical health in relation to mental health.



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

Send your questions to: [camhfoundation@camh.net](mailto: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](http://www.camh.net/McLaughlin).

March 30, 2007

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Work is set to begin on the third floor of the new Addictions Program Ambulatory Building.



### THE FINISHED PRODUCT

An artist's rendering of the first four buildings of "Transforming Lives Here"—the Queen Street redevelopment project—to be completed in **January 2008**.

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February 27, 2007

Breaking through—construction moves above the surface.



Lending their talents to help others, Eden Ants is transforming lives in style. Band members (L-R): Rob Ender, Adymm Ender and Joe False. Not shown, drummer Ryan MacMaster.

## Eden Ants: A Quartet Rocking with Heart

The Toronto-based rock band Eden Ants continues to dedicate their time and talents at the height of their success. The band celebrated their first anniversary of donating to CAMH in February, recently launched a CD and has won a variety of independent music awards.

Eden Ants hosts their very own successful bi-monthly event in Toronto entitled Pop with Brains, which has attracted large audiences and raised nearly \$1,000 for CAMH.

## Centred on Excellence

Here we highlight achievements of health professionals, scientists and other dedicated and talented staff at CAMH.

### Discovery in Schizophrenia Treatment

A TEAM OF CANADIAN RESEARCHERS, lead by CAMH's Dr. Susan George and Dr. Brian O'Dowd, have made a discovery that could lead to a breakthrough in schizophrenia treatment. The team discovered a distinct dopamine-signalling complex in the brain. Composed of two different types of dopamine receptors, this brain area may have a significant role in our understanding and treatment of schizophrenia.

### Prestigious grant for PET Centre

CAMH'S EXCELLENCE IN RESEARCH has been recognized with a \$2.2 million joint grant (along with the University Health Network) from the Canada Foundation for Innovation.

The grant enables CAMH to purchase a new cyclotron, a key piece of Positron Emission Tomography (PET) research equipment essential to sustaining current CAMH research and its planned expansion. PET is an advanced imaging technique that makes a three-dimensional map of the brain. CAMH is part of a world-leading group in radiochemistry research, and a pioneer in developing PET imaging agents, many of which have been used for the first time in humans at CAMH.

## Upcoming events

### Amy Sky Speaks Out

Sunday, April 22, 2007

12 Heaton Street

Brunch:\* 11:30 a.m., Presentation: 12:30 p.m.

Advanced \$10 registration required.

For more details and to register, please call 416 636-6665.

\*Brunch included in fee if registered before April 18.



photo: David Andoff

### 15<sup>th</sup> Annual Courage to Come Back Awards

Thursday, May 3, 2007

Westin Harbour Castle

For ticket information please visit

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

or call 416 535-8501 ext. 4220.



For more information on upcoming events, please contact the Special Events Office at 416 535-8501 ext. 4231, e-mail [specialevents@camh.net](mailto:specialevents@camh.net) or visit our website at [www.camh.net/foundation](http://www.camh.net/foundation).

## Our wish list

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

- large and extra-large clothing
- socks and underwear
- art supplies
- board games
- Vietnamese books
- karaoke CDs

*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](mailto: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.

### Centre for Addiction and Mental Health Foundation

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We welcome your comments: Call Jean Geary at 416 535-8501 ext. 4395, or e-mail [jean\\_geary@camh.net](mailto:jean_geary@camh.net).

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