

Transforming Lives Together

newsletter of the CAMH foundation

Working together, we can make the difference between “night and day”

AT THE AGE OF 20, Albert Young-Tai, a Trinidadian native, eagerly moved to Canada to work for his father and start saving money for school. He enrolled at the University of Toronto, but after two years found the pressures of school overwhelming. By his third year, Albert knew he was becoming ill.

Having had mental health issues during his adolescence, Albert voluntarily admitted himself to the Centre for Addiction and Mental Health. Although Albert had originally been diagnosed with manic depression (bipolar disorder) in Trinidad, CAMH staff believed he had schizophrenia. Mental illness and its different effects on people at different times often make diagnosis difficult. This can be very frustrating for someone who is struggling to seek help and get well. Eventually, Albert was diagnosed with schizoaffective disorder and began to receive medication tailored to his unique needs.

Over the next several years, Albert came back to CAMH a few times when his symptoms became acute and he found it hard to maintain a routine of personal care and medication. He became a regular outpatient eight years ago, and is now devoted to keeping his appointments and taking his medication.

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L-R: Marilyn Beamish, Sonia and Arthur Labatt, and Robert Beamish

Largest gifts in CAMH's history

ARTHUR AND SONIA LABATT AND THE BEAMISH FAMILY, through The WB Family Foundation, have each given \$5 million to support CAMH's redevelopment project. See page 3.

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Message from the president

Going the distance for CAMH clients

THE ROAD MAY BE LONG AND sometimes difficult, but the journey is worth the effort.

Take, for instance, the long road that lies ahead of CAMH in our efforts to transform the Queen Street site into a hospital for the 21st century. Thankfully, many community leaders and volunteers have already come forward to support this journey, including Arthur and Sonia Labatt and the Beamish family (through The WB Family Foundation). Their leadership gifts of \$5 million each signal strong community support for this project—and further, that ours is a cause whose time has come.

As we report in this issue, Pamela Fralick, one of our supporters and a CAMH board member, has “gone the distance” quite literally—competing in four triathlons to raise funds for CAMH. Over and over again, Pamela faced high winds, muscle cramps and the seemingly endless kilometres that lay before her. However, achieving this personal challenge, as well as her continuing goal of raising

funds and awareness for CAMH, made every stroke, every pedal and every footstep worth it.

Everyone’s journey is unique and each road has its own set of challenges to be overcome.

They range from the difficulties faced by CAMH professionals in identifying the best course of treatment to the very personal journeys faced by the clients we serve and the nominees for the Courage to Come Back Awards.

However, all these journeys share one ultimate destination—to change our society from one that views mental illness and addiction as moral failings of the weak, to a society that cares deeply about all human struggles and conditions.

Your volunteer and financial support is the fuel that drives us on this worthy journey. Thank you for your continued support.



Mary Deacon,
President and CEO,
CAMH Foundation

Tremco golfs for children and youth at CAMH

ONCE AGAIN, CHILDREN, YOUTH and their families receiving services from CAMH will benefit from the annual golf tournament held by **Tremco Roofing and Weatherproofing Technologies Canada**. This year’s tournament, held on September 22, raised \$30,000 for CAMH’s Children, Youth and Family Program. The program, in partnership with the Hospital for Sick Children, provides clinical service, research and education for children and youth with addiction and mental health problems. Last year, Tremco’s donation supported the program’s 10-week group for parents, called Parenting Teens: Support and Strategies. Over its seven-year history, the event has raised a total of \$190,000 for CAMH.



Paul Sheehy (right), President of Tremco Roofing, presents cheque to (from left) Dev Chopra, Joe Beitchman, Andrew Arifuzzaman of CAMH and Franco Vaccarino of the University of Toronto.

Transforming lives by giving

Community leaders give unprecedented support for CAMH's redevelopment

CAMH receives two gifts of \$5 million—the largest in its history

OVER THE YEARS, MENTAL ILLNESS and addiction have not attracted the same level of philanthropic support as many other comparable causes—largely because of the associated stigma. But two recent gifts to CAMH signal a dramatic change in this trend.

Arthur and Sonia Labatt and the Beamish Family, through The WB Family Foundation, have each given \$5 million—the largest gifts in CAMH's history.

Transforming our society

The gifts will help transform CAMH's Queen Street site into a hospital for the 21st century. Dr. Paul Garfinkel, CAMH's President and CEO, said the redevelopment plans "are plans not simply to build new buildings, but to change attitudes, reduce stigma and transform our society into one that cares deeply about all human struggles and conditions."

Both the Beamish and Labatt families have long histories of giving to many different charities. Why have they chosen to honour CAMH with such generous gifts?

For Arthur and Sonia Labatt, CAMH's excellence in research, treatment, education and health promotion matched their decision to focus their



"CAMH, a leader in its specialized field, is an organization in which Toronto, Ontario and Canada can take great pride," said Arthur Labatt, pictured with his wife Sonia, at a reception to acknowledge their generosity.

charitable giving on Canadian institutions that are world leaders. "CAMH is already providing world-class clinical care and research, and when this project is complete it will have facilities to match," said Arthur Labatt. "This will allow CAMH to attract and retain the very best people right here in Toronto."

Stigma creates challenges

For The WB Family Foundation, it was recognition of the need to take leadership, and support a highly deserving and effective organization—yet one that remains a "hard sell" because of stigma. As Heather Beamish pointed out in a recent speech, "There's



"Addiction and mental health issues are not new, but the way we deal with them can be," said Heather Beamish (right), pictured with (L-R) her parents Robert and Marilyn, and brother Brian Beamish.

no cute little kid on a billboard asking for you to support CAMH."

Such definitive leadership support from prominent community members powerfully attests to the changing views of society toward mental health and addiction. It also shows the support from the community for CAMH's vision of a new kind of hospital for the 21st century.

With these and other gifts—and those to come—we will be able to continue to transform not only the landscape at our Queen Street site, but also the lives of clients and the way society views addiction and mental illness.

CAMH's excellent follow-up care is key to client's success

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"I can't say enough about CAMH staff," says Albert. "I'm provided with proper medication and care. Without it, I might be out wandering the streets—the difference is like night and day."

Today, Albert is an active member of the CAMH community. He is an avid speaker for CAMH's "Beyond the Cuckoo's Nest," an educational forum in which clients talk to high school students about their experiences with addiction and mental illness, in an attempt to break down stigma.

"It's a good way to give something back to the community," says Albert.

Donor-funded programs aid recovery

Albert is also a recipient of The Reay and Lynda Mackay Family Endowment Fund for Client Learning, offered at CAMH. Thanks to the bursary, Albert graduated from George Brown College with a Diploma in Geriatric Care. Although he found school difficult at times, he credits his CAMH therapist, Rozsa Gyulay, for encouraging him not to give up. "I know that I couldn't have done it without her support!"

With diploma in hand, Albert is happy to be able to help others. He is amassing an impressive list of accomplishments as he enjoys his new-found independence.



Triathlon triumph raises

PAMELA FRALICK, A TRUSTEE AND immediate past-Chair of the CAMH Board of Trustees, has raised funds and awareness for CAMH by competing in four triathlons this fall. Between late August and mid-October, Pamela successfully completed the Canadian National Triathlon, in Kelowna, B.C.; Ironman Canada, in Penticton, B.C.; the World Triathlon Championship, in Honolulu, Hawaii; and, finally, the Ironman World Championship, in Kona, Hawaii.

The final race was the most challenging of all. The Kona Ironman is the Holy Grail for long-distance triathletes. Amid the thrashing of 1,800 top athletes during the swim, Pamela was able to catch glimpses of tranquil yellow tang fish and multi-coloured coral below. But severe leg cramps early on came as a shock. She hung on to a paddler's surfboard until the crisis passed.

For those personally dealing with addiction and mental health issues, every day can feel like an Ironman.

—Pamela Fralick

And despite the long, hot bike marathon, Pamela managed to appreciate the rugged beauty of the black lava, blue oceans and distant volcanoes.

Having hoped to finish the run in the daylight, Pamela found herself running in the darkness, guided only by her instinct and the eerie half-light of the Glow Sticks carried by the remaining runners.

Nominate someone you admire for a Courage to Come Back Award

"Receiving the Courage to Come Back Award gave me permission to finally accept that I had defeated another opponent, clinical depression, with the help and support of many people. For that I will be forever grateful."

Ron Ellis

Award Recipient, 2000

"Mental illness is part of being human. It can happen to anyone. I felt that in receiving this award, I was not marginalized anymore."

Ian Chovil

Award Recipient, 1998

EACH YEAR, THE CAMH FOUNDATION honours extraordinary people who have overcome the challenges of addiction and/or mental illness and now use their experiences to help others.

If you know someone who deserves to be nominated for a Courage to Come Back Award, you have a chance to show that person that you care, that you recognize his or her accomplishments and that you admire his or her courage.

To find out how to nominate, call 416 535-8501 ext. 4220, toll-free 1 800 414-0471 ext. 4220 or visit www.couragetocomeback.net.

"The Courage to Come Back Awards are a demonstration. Anything is possible. Anything. They narrate stories of lives that appear ruined but which were redeemed by determination, love and support."

Michael Armstrong

Award Recipient, 2003

"Getting called to the bar was a proud moment for me, but receiving the Courage to Come Back Award meant just as much."

Doug Rigsby

Award Recipient, 2001

funds and awareness

At last, she saw the bright lights of the finish line and heard the crescendo of cheering. The announcer called her name. It was over. Pamela had succeeded at something she had thought might be impossible.

"For people dealing with substance use and mental health issues, every day can feel like an Ironman," says Pamela. But, like Pamela's triathlon challenges, it is worth the effort. CAMH clients will benefit from Pamela's efforts: she has raised almost \$7,000 for CAMH.

If you would like to show your appreciation of Pamela's efforts, you can donate at www.supportcamh.net. In the box marked "in honour of," enter "Pamela Fralick." Or contact Bonnie Perry, Senior Development Officer, CAMH Foundation at 416 535-8501 ext. 4220.



If my commitment to undertake the almost impossible has encouraged even a few people to become better informed, to speak out or to make a contribution, then it has been worthwhile.

—Pamela Fralick

Centred on excellence

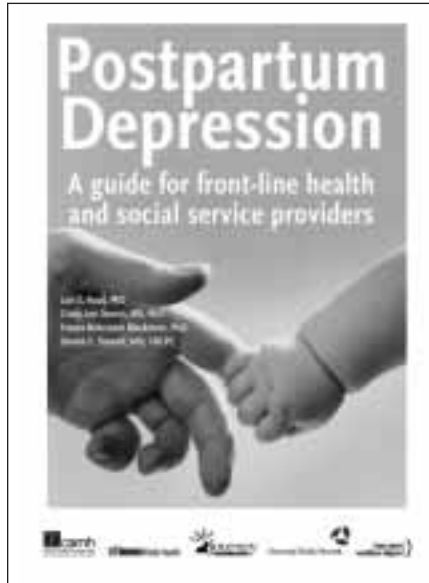
Here we highlight achievements of health professionals, scientists and other dedicated and talented staff at CAMH. By pushing boundaries in research, clinical care, education and health promotion, we are creating a better world for those who face the challenges of mental illness and addiction.

Health promotion

First Canadian PPD guide

Postpartum depression (PPD) often goes unrecognized by health care providers and even the women who have it. Women often go undiagnosed and untreated due to misconceptions about the varying degrees of PPD's severity, fear of stigma and shortened times for medical appointments. Now, CAMH, in association with Toronto Public Health, Journey Support Services, the University Health Network and Best Start, has published the first Canadian PPD guide for health care providers and will also offer full-day workshops, based on the guide, at several locations across Ontario.

For more details on the guide, *Postpartum Depression: A Guide for Front-Line Health and Social Service Providers*, visit www.camh.net/publications.



Honours and awards

Appointment to the Jellinek Fund board

Dr. Jurgen Rehm, Co-section Head, Public Health & Regulatory Policy, has accepted a position as a board member of the Jellinek Fund. The Fund's main task is to select the winner of the Jellinek Award, the most prestigious prize in the area of alcohol studies. Dr. Rehm, who received the award in 2003, is one of only two Canadian recipients in the past 30 years.

Research

CAMH leads the way in epigenetics research

Dr. Arturas Petronis, of CAMH's neurogenetics section, has been awarded a five-year, U.S. \$1.5 million grant by the U.S. National Institutes of Health (NIH) to investigate the primary cause(s) of major depressive disorder (MDD). Dr. Petronis will use epigenetics to study the causes of MDD at the molecular level. Epigenetics examines the mechanisms controlling gene function that do not depend on changes in DNA. Epigenetic studies help explain why one twin may have schizophrenia and the other may not, even though they both have the same genes. The new focus on epigenetics in this study could lead to improved diagnosis and treatment of MDD and other complex psychiatric diseases.



Youth express themselves through film

Media technology is empowering youth in Regent Park, Toronto, in a program funded by the CAMH Foundation. The 2005 Regent Park Focus summer program gave 20 first-time filmmakers the opportunity to produce videos on issues that concern them. The videos were then screened at the third annual Regent Park Film Festival in November. Attendees had an opportunity to meet the young filmmakers, whose films covered such topics as gun violence, community policing, women in the media and safer sex.



Your questions answered

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

The following is a common question of callers to the McLaughlin Information Centre and CAMH's Telephone Support Line:

Q: What makes people with mental health problems so dangerous?

A: Embedded firmly in this question are an assumption, a stereotype and a prejudice that are strongly reinforced in our popular culture. It is the belief that people with mental illness are inherently dangerous to other people. A natural consequence of that belief is that such people should be feared and avoided.

We live in a society where we are daily confronted with episodes of violence reported in the newspapers and glorified on television and in computer games. People living quiet, non-violent lives in the context of mental illness are neither newsworthy nor of any entertainment value for a voyeuristic public. Evidence shows that a very small minority of that violence is explained by the presence of mental illness. Indeed, people with mental illness are more likely to be victimized than to be aggressive to others.

A small subset of people with severe and persistent mental illnesses do, on occasion, commit violent acts; tragically, these occur most commonly against family members and in the context of active illness. But even if we were able to eliminate all such acts of violence, we would still be facing violence in our society at large.

Nevertheless, the media tend to dwell on those isolated acts of violence by people with mental illness and induce fear in the public at large. This only furthers the burden of marginalization for the vast majority of people with mental illnesses who will never be violent. The world of mental



Dr. David Goldbloom is CAMH's Senior Medical Advisor, Education and Public Affairs, and a professor of psychiatry at the University of Toronto. Previously he was Physician-in-Chief at CAMH. He has received many honours as a teacher and as a physician.

illness and the diverse experiences of those people affected by it are too complex to be painted by a single and fearful brush.

Avoiding and shunning people with mental illness is no solution to the problem of violence.

People with mental illness are more likely to be victimized than to be aggressive to others

Send your questions to:
camhfoundation@camh.net.
We regret that only questions selected for publication can be answered.

For information and referrals, please call CAMH's toll-free information and support line at:
1 800 463-6273, or visit
www.camh.net/McLaughlin.



Coming events

There is Help . . . There is Hope

Free Monthly Community Information Forums return with

The Role of Spirituality in the Treatment of Mental Health and/or Addiction Problems.

**Tuesday, January 10, 2006,
6:30–8:30 p.m.**

CAMH, 1001 Queen Street West,
Cafeteria

For the full schedule, visit

[www.camh.net/education/
comm_info_forums.html](http://www.camh.net/education/comm_info_forums.html)

or call 416 535-8501 ext. 4553.

Awareness wristbands now available

Awareness wristbands are now available from the CAMH Foundation.

Order yours today!

The awareness bracelet is imprinted with our motto “Transforming Lives.” Wristbands may be purchased for a minimum donation of two dollars.

To order, or for more information, please contact Anne-Marie Enns at 416 535-8501 ext. 6169, or e-mail anne-marie_enns@camh.net.



Family Week: February 13–17, 2006

CAMH and the Family Council will host Family Week to express their commitment to family members of CAMH clients. Families, clients, staff and community agencies will be able to join in networking, information sharing and training.

For details, call Beth Jacob at the **Family Council:** 416 535-8501 ext. 6490.



CAMH Foundation 2004–2005 Annual Report now available

The CAMH Foundation’s 2004–2005 *Annual Report* celebrates lives transformed. Through the skill and generosity of our health care professionals, the generosity of donors like you and the extraordinary courage of our clients, we achieve miracles, both large and small, together.

The report is available at www.camh.net/foundation, or by calling 416 535-8501 ext. 4395.



Our wish list

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

- ★ art supplies
- ★ books
- ★ musical instruments
- ★ disposable cameras for *Photo ID*, our client photography group.

Clothesline, our volunteer clothing program, needs your help to supply patients and clients with the following items:

- ★ clean, gently used clothing (preferably in large sizes for both men and women), including shoes and new socks
- ★ unused toiletries, such as lipstick, nail polish, soap, hairbrushes and sample sizes of hand cream.

Please note that we are unable to pick up donations.

If you can help, please call 416 535-8501 ext. 4395
or e-mail Jean_Geary@camh.net.

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In choosing suppliers, we make every effort to support client businesses. In addition, 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.

The CAMH Foundation raises funds in support of the work of CAMH. We promote public awareness of addiction and mental illness, and help reduce associated stigma.

Centre for Addiction and Mental Health Foundation

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