

Transforming Lives Together

newsletter of the camh foundation

Gift of photography brings lasting joy to clients

AS A SOCIAL WORKER, Hesther Tims was struck that “a lot of clients’ experiences—the stories they tell—are perhaps ‘underexposed’ in the outside world.” So with the help of an anonymous donor, she initiated Photo ID, a photography project that creates a space for CAMH clients’ own perspectives.

Clients participating in Photo ID were given disposable cameras and a brief assignment: to take pictures of things they liked and disliked—be it people, places or things.

The project is located in our Integrated Rehabilitation Unit (IRU). The IRU was designed for people receiving long-term care for mental illness; many clients have been in hospital for a decade or more. The unit offers specialized services in a comfortable home-like setting, to help clients achieve the highest possible level of recovery and rebuild skills for independent living in the community.

Some clients took a day to finish their roll of film, while others took weeks.

One client’s pictures are all portraits, mostly of other clients. They are unobtrusive, taken with attention and respect for the subject. He kept a distance but was not afraid to record what he saw—creating a space for his subjects to be themselves and let themselves be seen.

Some clients took pictures of staff—Ms. Tims had her photo

continued on page 2

Daniel by Dawn—Detail

- Making a positive difference globally** 4
- CAMH features in top ten world scientific breakthroughs** 3
- New column: Your questions answered** 7

Message from the President

Transforming lives together

A new name, a new look

CAMH IS WIDELY RECOGNIZED on the international stage, yet most Torontonians still identify with our founding partners rather than our new organization.

World-renowned advertising agency Saatchi & Saatchi has helped us accomplish key first steps towards our goal of dramatically increasing recognition and awareness of CAMH: a brand review and development of a dynamic new logo and tagline: Transforming Lives.



Mary Deacon,
President and CEO,
CAMH Foundation

CAMH is about transforming lives—through excellence in research, client care, education for health professionals and more. Our vision for our Queen Street Site—a hospital for the 21st century—will transform the landscape and the way the world views mental illness and addiction.

Our newsletter, too, has a new look and a new name: *Transforming Lives Together*. In future issues, you will continue to meet our donors, volunteers, researchers and clinicians, and learn about advancements at CAMH made possible by your gifts. We are also introducing two new columns—our Senior Medical Advisor

will answer your questions, and we will bring you the latest developments on our vision for Queen Street.

When you couple the skill and dedication of our scientists and health professionals with generous support from you, the donors to the CAMH Foundation, what a profound difference we can make in the lives of clients and their families!

We are truly transforming lives together. Thank you for your support.

Anonymous gift allows a glimpse of how clients view the world

continued from page 1

taken a number of times (see page 6). Others couldn't resist taking pictures of their family and friends. While a few clients needed a little encouragement to use the camera at first, all of them loved getting the photos

back once they had been developed. The photographers then chose two shots each for an exhibition, which is currently on display at the IRU in the Queen Street Site until September 2004. Ms. Tims, who is a photographer herself, enlarged these pictures in her darkroom at home and had them framed for the exhibition.

"The advantage of photography is that it is a method of creative expression that requires very little technical training, yet it allows for the communication of a very personal perspective," says Ms. Tims.



Tea time by Richard



Mark by Hesther

While the project does not focus on issues such as treatment, stigma or the position of clients in society, the photographs may enable us to gain insight into these issues, as they play a role in the participant's likes or dislikes. It gives viewers a glimpse of how the participants see their environment, their daily reality. More importantly, the project allows the participants to speak as people, not just as clients.

Joe Fiorito, in an article in the *Toronto Star*, truly captured the spirit of the project, commenting that, while the cameras may have been disposable, the images certainly were not. We agree.

more photos on pages 6 and 7

CAMH in the news

CAMH researcher in top ten world scientific breakthroughs

CAMH MADE THE NEWS in the world of science as our work contributed to *Science* magazine's second biggest scientific breakthrough of 2003.

Toward the end of each year, the staff at *Science* selects the top 10 scientific advances made in that calendar year. Number two on their list, "Decoding Mental Illness," included a mix of studies implicating particular genes in mental illness and mood disorders. While we have known that mental illnesses such as schizophrenia, depression and bipolar disorder often run in families, researchers have only recently identified genes that reliably increase a person's risk of disease. Now they are unraveling how these genes can lead to mental illness.

To reinforce their selection of each of the top breakthroughs, *Science* picks 10 papers from around the world, published in

Science and elsewhere, that led to each breakthrough. Two of the 10 papers selected for "Decoding Mental Illness" were authored by Dr. James Kennedy of CAMH's Neuroscience Research Department.

Congratulations to Dr. Kennedy on this great honour, something CAMH can be exceptionally proud of. It reinforces CAMH's place as a leading-edge research facility and a world leader in prevention and care in addiction and mental health.

The two CAMH papers selected are:

- ◆ M. Neves-Pereira et al., "The Brain Derived Neurotrophic Factor Gene Confers Susceptibility to Bipolar Disorder: Evidence from a Family-Based Association Study," *American Journal of Human Genetics* 71, 651 (2002).
- ◆ J.L. Kennedy et al., "The Genetics of Adult-Onset Neuropsychiatric Disease: Complexities and Conundra?," *Science* 302, 822 (2003).

Transforming 1001 Queen Street West

EXCITEMENT HAS BEEN GROWING around CAMH's plans to transform the Queen Street site into a hub of care, research, education and health promotion in an urban village environment. The *Globe and Mail's* Toronto weekend section featured a front-page article supporting the proposed redevelopment as one of the "most open and pioneering" models for mental health and addiction care in the world. Writer Sarah Milroy praised CAMH staff for their "heroic" work in client care in spite of the limitations of the current facilities.

Dr. David Goldbloom, CAMH's Senior Medical Advisor, presented on how trends in mental health care have influenced the transformation of the Queen Street site from the 1850s asylum to the present redevelopment plans, as part of



the Lieutenant Governor's "Political Power & Mental Health" lecture series at the University of Toronto.

The architects are continuing to refine the plans for the core bed inpatient floors, where people in the most critical stage of their illness receive specialized intensive care. During the extensive consultations, staff, clients and family members engaged in a "day-in-the-life" exercise where they were given floor

plans and coloured markers and were invited to chart a typical day in the new building. They recommended smaller groupings of patient rooms; smaller and more care stations; more opportunities for client-staff interaction; spaces for group and private activities; natural light; and a reception area for visitors.

We continue to work with the Ministry of Health and Long-Term Care for approval of our Functional Program, which describes the programs, services, proposed staffing model and space needs at the redeveloped site. We are also completing the process to finalize the Official Plan and Zoning By-Law amendments, approved unanimously by Toronto City Council in 2003.

For further information, please see our website at http://www.camh.net/news_events/redevelopingqueenstsite.html.

CAMH making a positive difference around the world

Akwatu Khenti, Director, Office of International Health, CAMH

Addiction and mental health remain critical global challenges. While we see the impact of these problems in North America, imagine their impact in a country that spends only one per cent or less of the health budget on mental health, or where there is only one psychiatrist per 100,000 people.



Facing us are Vern Harper, Aboriginal Program, CAMH, Dr. Pablo Diaz, CAMH, Dr. Suzanne Jackson, Centre for Health Promotion, UofT, and Lizz Arger and Peter Menzies, both from Aboriginal Programs, CAMH.

ACCORDING TO THE WORLD HEALTH ORGANIZATION'S WORLD HEALTH REPORT 2003—SHAPING THE FUTURE, more than 150 million people have depression at any point in time; nearly one million commit suicide every year; about 25 million have schizophrenia and more

than 90 million have a substance use disorder.

"no stone will be left unturned in our efforts to make a positive difference in the world"

The Office of International Health at CAMH aims to make a positive difference

on the addiction and mental health burdens that already cripple millions and are threatening to make matters worse for tens of millions more—especially in countries where extreme poverty is widespread.

"Walk good and do no harm"

When the Office of International Health was established in July 2002, we identified practical guiding principles—known collectively as "Walk Good and Do No Harm"—to inform all of our activities. This means that our intentions as partners should always be positive and respectful. It also means that the way we work will be as important as the results, and reciprocity is an important feature of our partnerships. By this we mean that the partnerships will be structured in such a way that both sides clearly gain varying degrees of insight, knowledge and/or skills as a result of each initiative.

Achievements in the first year

We quickly saw that the regions of Latin America and the Caribbean, south Asia and sub-Saharan Africa were places where our particular areas of expertise could be of significant and immediate benefit. Countries in these regions were found to:

- have substantial substance use problems and/or mental health needs
- have the personnel and resources needed for clinical training and/or health promotion programs
- be well-positioned to help neighbours adapt programs.

Building partnerships with local institutions sharing similar concerns and vision has since allowed our Office of International Health to achieve much in a short period of time.

Training clinical staff in Mexico

We signed an agreement with Mexico's National Institute of Psychiatry (NIP) and the Institute of Aboriginal People's Health (Canadian Institutes of Health Research) to address gaps in addiction services both for indigenous and for marginalized people in Mexico. Training soon followed, and 24 clinical staff at NIP participated in a two-day course in expressive arts therapy in Mexico City.

Course for Caribbean health professionals

CAMH staff joined colleagues at the Caribbean Institute on Alcoholism and Other Drug Problems (CARIAD) to plan and

deliver a two-week addictions training institute in the Caribbean in June 2003. Twenty-five physicians and mental health leaders from across five Caribbean countries received advanced training in concurrent disorders, and 50 participants attended workshops on youth and family programming, jointly staffed by CAMH faculty and local experts.

Two-way learning opportunities for health professionals

A physician and researcher with NIP, Dr. Consuelo Garcia-Andrea, visited CAMH, where she consulted with several experts for her PhD thesis in health promotion, shadowed the Aboriginal Program and attended health promotion courses at the University of Toronto. Several other international visits followed, all of which have brought reciprocal learning opportunities to CAMH. One of NIP's world-renowned experts in addiction, Dr. Maria Elena Medina Mora, visited CAMH and gave two seminars for staff.

Collaborating in Mexico on health promotion for Aboriginal people

Members of CAMH's Aboriginal services team (Vern Harper, Lizz Arger and Peter Menzies), Dr. Pablo Diaz from the Schizophrenia Program and Dr. Suzanne Jackson from the Centre for Health Promotion at the University of Toronto visited Mexico to share experiences in mental health promotion gleaned from services for marginalized and Aboriginal people in Canada. The visit was co-sponsored by Health Canada and the Pan American Health Organization, and, based on evaluations of the information offered and the quality of the learning, it was a resounding success in both Mexico City and Hidalgo State.

Education and research in India

We signed an agreement with the National Institute of Mental Health and Neurosciences (NIMHANS) in India to conduct continuing professional education, exchange programming and possibly collaborate on research. Health professionals from NIMHANS shared knowledge about each institution's clinical practice and research with Dr. Paul Garfinkel, CAMH's President & CEO, Dr. Trevor Young, CAMH's Physician-in-Chief, and me. About 40 psychiatrists from the Indian Psychiatric Society also participated in a seminar with Dr. Garfinkel about developments in depression and eating disorders.



Vern Harper has an informal exchange with local health care workers and community leaders in Hidalgo State, Mexico.

Laying the groundwork for the future

Throughout the first year, we also explored new partnerships on fact-finding visits to Brazil, Sri Lanka and Paraguay. Office of International Health staff answered inquiries from a range of countries in the Middle East and China.

It seems safe to conclude that no stone will be left unturned in our efforts to make a positive difference in the world. While we face many challenges, including the ongoing one of limited resources, we have built strong partnerships, have laid sound infrastructure and have already seen concrete results. No wonder then, that excitement about CAMH's work in international health is proving to be contagious.



- Office of International Health partnership
- Fellows and visitors received from these places

Centred on excellence

Honours & awards

CAMH Physician-in-Chief recognized

Dr. Trevor Young, CAMH's Physician-in-Chief, and holder of the Cameron Parker Holcombe Chair in Depression Studies, was awarded the Douglas Utting Award in November 2003 by the Institute of Community and Family Psychiatry of the Jewish General Hospital in Montreal. This award is offered annually to a person, working in Canada, who made a significant contribution to the study, understanding, or treatment of depressive disorders.

Schizophrenia Society of Canada honours CAMH President & CEO

Dr. Paul E. Garfinkel, President & CEO of CAMH, was honoured at the Schizophrenia Society of Canada's 2nd Annual Tribute Luncheon in March. Special tribute was paid to Dr. Garfinkel in recognition of his professional and personal efforts toward reducing stigma and discrimination.

Visit www.camh.net for information on our programs and services

Order of Canada appointments

CAMH and its Foundation congratulate Dr. Morton Beiser, founder and former section head of Culture, Community and Health Studies at CAMH, and the Honourable Michael H. Wilson, PC, longstanding volunteer and advocate for mental health, on their recent appointments to the Order of Canada by the Governor General. This honour, the highest in Canada, was established in 1967 to recognize extraordinary Canadians and their achievements.

Care

Unique cooking program first of its kind

CAMH is partnering with George Brown College in Toronto to offer the Assistant Cook Extended Training program. The first of its kind, this nine-month program offers a practical and job-oriented educational experience for people with substance use problems, mental illness or both. Students will be trained for entry-level food preparation jobs in restaurants, cafeterias or catering. The program will also address the challenges that people with addictions or mental illness face and will help them find jobs when they complete the course.

Research & health promotion

Students' mental health: CAMH tracks trends and offers solutions

One in 10 students report having three or more mental health issues—including symptoms of depression and anxiety, problem drinking, other drug use and antisocial behaviour such as theft, vandalism or violence—according to *The Mental Health and Well-Being of Ontario Students Report*, released in May, 2004.

"What is concerning about this finding is that 10 per cent of the students surveyed are telling us they are experiencing multiple problems," says Dr. Ed Adlaf, research scientist and head of CAMH's Population and Life Course Studies, and Associate Professor, Departments of Public Health Sciences and Psychiatry, University of Toronto, who co-authored the study with research analyst Angela Paglia-Boak, Dr. Joe Beitchman, Director of the Child Youth and Family Program at CAMH, and Dr. David Wolfe, RBC Investments Chair in Children's Mental Health and Developmental Psychopathology at CAMH. "This new finding reinforces we're on the right track by developing prevention, education and treatment programs, which recognize that youth who have mental health problems often abuse drugs and alcohol and exhibit antisocial behaviour."

CAMH provides treatment services and has implemented a number of clinical, educational, research and program development initiatives for adolescents with substance use and/or mental health issues. A list of these initiatives, the executive summary of the mental health report and Dr. Wolfe's approach to parenting teens and adolescents, *10 Tips to Building Healthy Relationships*, are available at www.camh.net.

Gift of photography - continued from page 2



Hesther by Peter

Your questions answered

We are delighted to introduce a new column to answer common questions about mental illness and substance use.



Dr. David Goldbloom

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.

Q: Why is there so much stigma about mental illness?

A: At first blush (and a blush is often triggered by disclosure of illness!), it doesn't make sense that something as common as mental illness should be the subject of so much stigma, shame and secrecy. Why can't people talk about it as easily as their high cholesterol levels or aching joints?

While no single explanation will do, we need to recognize some of the reasons stigma exists:

The need to stigmatize:

Whether it's in politics, religion, war, schools or neighbourhoods, throughout history, people have seemed to

need to demonize the "other." This helps explain why bad things happen, and it allows us to blame someone else. It may reinforce a fragile sense of who we are by emphasizing we're not the others—and that we are lucky not to be.

The fear of mental illness:

Most people fear mental illness—that it will rob us of our very identity, that it will become how others see us as people. How do we deal with this threat? We try to put the problem out of mind by ignoring it or ignoring the people—our families, friends and colleagues—affected by it. How else do you explain the lack of visitors to people in hospital for mental illness? Or we ridicule mental illness, by making a joke out of people affected by mental illness, trivializing its severity, or making fun of those who try to alleviate it.

Stigma can be overcome. It may take one person at a time to do it, but it can be done—through courage, candour and contact.

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.



Our wish list

Donations of the following items would be greatly appreciated by our staff and clients:

- ❖ African or native drums, used musical instruments, CDs, art supplies and board games would enliven our social recreation programs for inpatients. Karaoke nights are very popular—CDGs are always appreciated!
- ❖ Paperback books would enhance our patients' library.
- ❖ A refrigerator would be a real boon to staff at our Opiate Dependence Clinic who run a nutrition program for clients and their children, many of whom are economically disadvantaged and undernourished. Yarn and knitting supplies would help run their knitting program for clients.

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

Gift of photography - continued from page 2



Housekeeping Staff Person by Peter

Coming events

CAMH Annual General Meeting

Thursday, June 24, 2004, 4–6pm.

Cafeteria, 1001 Queen Street West

Contact 416 535-8501, ext. 6718 or check the website at www.camh.net (look under Events)

CAMH 10th Annual Don River Run

Sunday, August 29, 2004, 10am–12pm

5 or 10 km, run or walk

Register online at www.camh.net (look under Events), at local Running Rooms or on the day of the run.

CAMH Foundation Board grows stronger

Since 2003, two new members have agreed to lend their time and expertise to the CAMH Foundation Board: Alfred Apps, Partner, Faskin Martineau, and Peter Armenio, President, RBC Investments. "I am delighted that such strong, committed individuals have chosen to devote themselves to the cause of mental health and addiction," says Lynda Mackay, Chair of the Board.



Board of Directors

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Donors make a difference

We appreciate each and every gift we receive from our many generous donors. If you would like to make a gift, or know someone who would like to, please use this coupon and the enclosed envelope.

YES,

I would like more information about

- ☐ Monthly giving
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I wish to support the work of the Centre for Addiction and Mental Health Foundation year round with a **monthly donation** of \$_____ on the

- ☐ 1st of each month or
- ☐ 19th of each month.

I prefer to make a **special gift** of \$_____ at this time.

Please make your cheque payable to **Centre for Addiction and Mental Health Foundation**, or, if using a credit card, please complete the information below.

PLEASE PRINT name

Telephone number

Address

City

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By Cheque

I authorize the Centre for Addiction and Mental Health Foundation to withdraw monthly donations from my bank account and have enclosed a cheque marked "VOID."

I understand I can change or cancel my automatic monthly donation at any time by contacting the Foundation. Please complete and submit in the enclosed addressed postage-paid envelope.

By Credit Card

I authorize the Centre for Addiction and Mental Health Foundation to debit my credit card monthly.

☐ Visa ☐ MasterCard ☐ American Express

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Signature

Expiry date

A tax receipt will be issued for donations of \$10 or more. Thank you for your generous donation. Charitable Registration number: 10693 2320 RR0001.

Mail to:

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Publications Mail Agreement No 40009555

TLT-01

Transforming Lives Together is the newsletter of the Centre for Addiction and Mental Health Foundation, published three times each year.

The Centre for Addiction and Mental Health Foundation raises funds in support of the work of the Centre for Addiction and Mental Health. We promote public awareness of addiction and mental illness, and help reduce the stigma associated with them. The Foundation can be reached at:

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