

Transforming Lives Together

newsletter of the CAMH foundation



Organizing committee for the Beltrano family and friends charity fundraiser (L-R): Tony Beltrano, Marnie Lippa, Franca Beltrano, Lina Cotrona, Daniela Florencia and Natalie Metallo. Not shown: Frank Beltrano, Zella Di Cecca, Enzo Iannuzzi, Ivano Metallo, Nella Palombi and Christina Vena.

Clients in motion with new van donation

WHEN THE VAN WAS delivered, Tony Beltrano's brother slowly leaned in with the thrill bright in his eyes, and asked, "Tony, are they going to take us to a movie in that tonight?"

Tony Beltrano and Natalie Metallo's brother has lived at CAMH's Queen Street site for the past 18 years, and is currently in the Integrated Rehabilitation Unit (IRU).

For Tony and Natalie, his happiness is the whole reason they recently donated a brand new, top-of-the-line vehicle to CAMH.

"Do you know how I came up with the idea of donating a van?" asked Tony. "I listened to my brother. I listened to the clients who said they just wanted to go out and have fun—like any of us."

continued on page 4

Seven-year-old donors deliver 2

Supporting alternative businesses 5

Your questions answered 7

Message from the president

Many paths to a common goal

WHEN WE REVIEWED OUR stories for this issue of *Transforming Lives Together*, we were overwhelmed by the diversity of support for CAMH.

From gifts that literally needed “car-sized” bows to spotlights on exceptional recovery-based businesses, we present a collection of stories showcasing the many forms that support can take. We are truly transforming lives together.

In this issue:

- Come along for the ride—read about the vehicle donation that moved our hearts.
- Dream a little dream—experience exceptional service for a variety of your everyday needs by considering businesses that support client employment.



Mary Deacon, President and CEO, CAMH Foundation

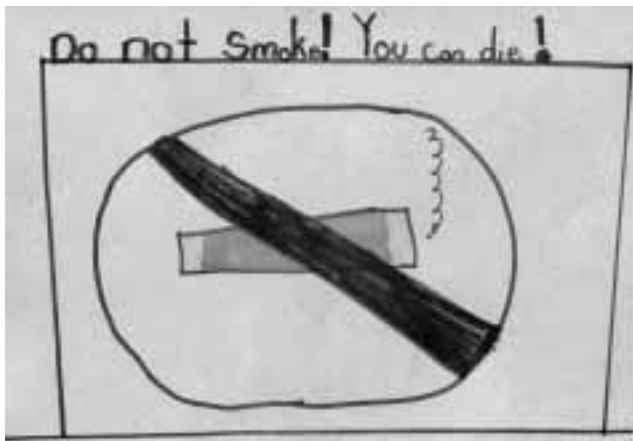
- Ready for a change of scene? Learn about our progress on transforming the Queen Street site, thanks to your continued support.
- Small donors with big hearts—enjoy the simple honesty and generous donation from two seven-year-old girls.
- Get in on the action—read about past events, and join in the fun at upcoming ones. They include sports, music, fashion and the arts—all to build awareness and support for our organization and the clients we serve.

And finally, stand proud with us as we celebrate CAMH staff’s recent achievements, as they strive to create a better world for those facing addiction and mental illness.

Thank you for your support. We couldn’t do it without you.

Young CAMH donors deliver

ACCORDING TO SEVEN-YEAR-OLDS Sabrina Piro and Olivia Masella, Rosa Dragonetti has “a really cool job helping people quit smoking.” Rosa is an addiction therapist at CAMH’s Nicotine Dependence Clinic—and also Sabrina’s mother. Inspired by Rosa’s work, Sabrina and her friend Olivia raised \$45 making and selling anti-smoking posters. They then donated the proceeds to help CAMH help more people kick the habit. Thank you, girls, and congratulations on a job well done!



Sabrina and Olivia favour a direct approach.



Sabrina Piro (right) and Olivia Masella

Transforming 1001 Queen Street West

Better support for youth

CAMH redevelopment will allow youth to stay close to loved ones during recovery

On September 9, 2005, the Government of Ontario announced its investment in the first phase of CAMH's Queen Street site redevelopment. The plans include:

- Alternate Milieu (AM) bed buildings, providing inpatient care and recovery to our clients in a homelike setting. We hope to welcome our first clients in fall 2007.
- a related day treatment and outpatient care building
- an outpatient/administration building
- an inpatient building for our Geriatric Mental Health and Youth and Family programs (construction begins in 2008).

In the next few editions of *Transforming Lives Together*, you will read stories about the transformation of our Queen Street site and how it will directly affect our clients.



MELANIE,* 19, HAS posttraumatic stress disorder and is dependent on marijuana and cocaine, resulting from her attempts to cope with painful memories of sexual abuse.

In the past, Melanie would have had trouble finding help—mental health and addiction systems had difficulty dealing with youth who had both mental health and substance use disorders. Today, CAMH's Youth and Family Program takes an integrated approach to its outpatient and day treatment programs for the many youth who have both problems.

The government's investment in CAMH's redevelopment will allow care to go one step further. In the first core bed building to be built on the site, the program will develop the first 12-bed inpatient unit in Toronto for these youth.

"This is very exciting," says Dr. Joe Beitchman, clinical director of the program, and professor and head of the Division of Child and Adolescent Psychiatry at the University of Toronto. "In the past, youth in need of an inpatient setting to stabilize their addictions would have had to leave town and be isolated at a time when they are feeling most vulnerable and frightened. Only later could they receive ongoing care from CAMH."

At the redeveloped site, Melanie will be able to move from inpatient to outpatient care while remaining close to family and friends. Her loved ones will also receive on-site help to learn how to support Melanie in her recovery.

*"Melanie" is a composite of youth served by the Youth and Family Program.

Transforming lives in style!

Talented bands like Eden Ants, top-quality art, and passionate vibes were just some of the highlights contributing to the huge success of the premiere Pop with Brains charity event at the Rivoli on January 19. Proceeds from the event, which will take place every second month, are donated to the CAMH Foundation.

For more information, contact:

anne-marie_enns@camh.net 416 535-8501 ext. 4324



Event organizer Adymm Ender of Eden Ants

Grateful family says thank you

This letter was received by the Schizophrenia Program at CAMH.

As the writer wishes to remain anonymous, some details have been omitted.

This is a letter to express our appreciation for the care provided to our son during his recent stay at CAMH. He has been a Continuing Care patient at the (former) Clarke Institute and CAMH for some years. He was recently discharged after a severe relapse which necessitated a lengthy stay at CAMH. He was remarkably better than when he was admitted.

The care he received was careful, sensitive, empathetic—excellent—and we want to pass along our thanks to the staff for their efforts. Without question, his care was an excellent example of CAMH's commitment to client-centred care.

Also, as family members we were kept informed on progress and treatment efforts, consulted about our experiences, and found the staff were accessible, and available for questions we had, and for counsel regarding our relationship with our son and about his discharge planning.

Currently our son is re-integrating into the community, and we must compliment CAMH on the professional ongoing support being arranged for him.

Thank you again.

...and now a bright blue van!

continued from page 1

Heart-warming, genuine and wonderfully simple, the reason behind the donation is very similar to the reason CAMH's IRU came to be: CAMH was listening. Clients communicated their needs for security, privacy, respect and control over personal space, and as the IRU was being built, the hospital took note. The result was a comfortable and more homelike hospital ward that puts clients' concerns and needs first.

While CAMH staff do their best to ensure that clients have the opportunity to travel about the city safely, they often have to rely on cars or even the TTC for outings. The van, funded by the Beltranos' family and friends charity fundraiser, as well as by a portion of the proceeds from the Hockley Valley Resort and Verdi Hospitality Centre Golf Tournament and Spa Day, helps to satisfy two very



Handing over the keys to Paul Garfinkel, President and CEO, CAMH, are Tony Beltrano, Director of Operations, Verdi Hospitality Centre, and Mario Adamo, owner, Verdi Hospitality Centre and Hockley Valley Resort.

basic but fundamentally important client needs. They now have private, clean and comfortable transportation to and from appointments outside CAMH, and the opportunity to participate in recreational activities most of us take for granted, such as going to the movies, bowling or even overnight camping.

"My brother felt so stuck at the hospital sometimes. We donated this

van so that we could bring the clients out and expose them more to everyday life. Whether it be to a movie, bowling, skiing, apple picking or anything else recreational, getting them out of the hospital for fun is healthy and extremely important," explained Natalie.

Experts agree. "Clients' participation in activities outside the hospital enables them to learn the skills that may eventually help them live independently in the community," said Tim Avery, IRU manager, CAMH. "We are all very excited."

Delighted clients, a loving and devoted family, a hard-working committee, two successful charity events, the dedicated CAMH staff—and now a bright blue van!

CAMH and you
—transforming lives together.

Supporting alternative businesses

Promoting self-worth and success

THE HARDEST PART OF BEING DIAGNOSED with schizophrenia is not the illness itself, but “convincing people that I’m normal, and that I’m able to work and make a contribution to society,” according to one CAMH client.

Meaningful, productive employment is crucial to one’s sense of worth and dignity, and has a tremendous effect on long-term recovery. Sadly, the stigma surrounding mental illness and addiction can make it challenging for people to find work once their illness has stabilized.

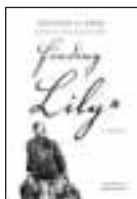
From catering to landscaping, the Ontario Council of Alternative Businesses offers a wide variety of exceptional services while helping to transform lives. Operated entirely by employees who have been treated for mental illness or addiction, these alternative businesses provide permanent jobs, market-rate salaries, flexible schedules, training, mentoring, skills development and peer support.

Need a package delivered? Hosting a party? For these services and more, pick an alternative business from the list in the sidebar.

“The Ontario Council of Alternative Businesses starts from what people dream of, what they are good at, rather than looking at their limitations,” said Barry DeCosta, former business manager, Parkdale Economic Resource Committee (PERC).

***Finding Lily*: CAMH donor pens account of rebuilding life after wife’s suicide**

For Advertising executive and CAMH donor Richard Clewes, finding a new way to live after his wife’s suicide, meant leaving the confines of his familiar life and embarking on a physical and spiritual quest. *Finding Lily* is a rich record in words and illustrated postcards describing the events and the people who guided his journey.



For more information, call 416 862-7777, or visit www.findinglily.com.



Out of this World Cafe workers: Alex McLarty, Shamin Malik and Marlon Newman serve snacks, coffee and smiles.

In Toronto

A-Way Express Couriers

416 424-2266
info@awaycourier.ca

Fresh Start Cleaning and Maintenance

(Office/home cleaning, groundskeeping)
416 504-4262
fresh@freshstartclean.com

Out of This World Café & Espresso Bar

416 535-8501 ext. 3006
outofthisworldcafe@hotmail.com

Parkdale Green Thumb Enterprises

(Commerical and residential landscaping)
416 537-9551
greenthumb@on.aibn.com

Raging Spoon Restaurant

(Restaurant and catering)
416 504-6128
ragingspoon@bellnet.ca

Outside the GTA

ABEL Enterprises

(Woodworking, cabinetmaking, retail outlet)
Simcoe, Ontario
519 426-4590
abel@kwic.com

Crazy Cooks Catering

Peterborough, Ontario
705 876-6399
crazycookscatering@bellnet.ca

Ten Friends Diner

Windsor, Ontario
519 254-3000
tenfriendsdiner@cogeco.net

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

CAMH honoured with UN partnership

The United Nations Office on Drugs and Crime (UNODC) has selected CAMH to serve as one of 20 resource centres for a new global initiative.

Launched in December 2005, the International Network of Treatment and Rehabilitation Resource Centres aims to enrich the capacity of under-resourced member states of the United Nations to provide treatment and rehabilitation.

“We are honoured to have been selected by the UN and feel truly privileged to be able to help on such a global scale,” said Joanne Campbell, CAMH Vice-President of Communications and Community Relations.

Representatives of the UNODC and the 20 new resource centres gather together at the launch of the International Network.



Honours and awards

CAMH home to Canada's most promising researchers

Two CAMH scientists have each been awarded a Canada Research Chair. This prestigious and influential appointment is at the centre of a national strategy to make Canada one of the world's top five countries for scientific discoveries. Dr. John Cairney of the Health Systems Research and Consultation Unit received his first award as a Canada Research Chair in psychiatric epidemiology. Chief of Research Dr. Shitij Kapur's Canada Research Chair in schizophrenia and therapeutic neuroscience was renewed for an additional five years.



Dr. Shitij Kapur, CAMH
Chief of Research



Dr. John Cairney, CAMH
Research Scientist

Unique Aboriginal Services program honoured

The Centre for Health and Equity in Society recently awarded Dr. Peter Menzies, CAMH's Service Manager, Aboriginal Services, with the Entrepreneurial Development and Integration of Services Award. The award commemorates Dr. Menzies's efforts in developing the Aboriginal Services program, which provides counselling, consultation and education to Aboriginal people experiencing homelessness, substance abuse and mental health issues. Dr. Menzies thanked “the many people, both of the Aboriginal and non-Aboriginal communities, who share a heartfelt commitment to the healing of our people and the development of culturally appropriate services.”



Peter Menzies, Service Manager, Aboriginal
Services, with presenter Professor Rebecca
Hagey, Nursing Department, University of Toronto



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 (1 800 463-6273):

Q: Does depression get worse because of the weather?

A: All of us have had the experience of feeling glum on a dreary, dark, rainy day. Few would argue that such transient and reactive emotions constitute a psychiatric disorder. And people who have experienced the illness of depression can readily distinguish its emotional state from routine feelings of sadness. However, careful research over the last 25 years reveals an important interaction between meteorology and psychology. Distinct seasonal patterns of depressive illness are well recognized.

People who experience **seasonal affective disorder** (SAD) often report sustained feelings of low mood associated with sleeping more than usual, eating more than usual with a craving for carbohydrates, as well as the more typical features of depression: impaired energy, interest and pleasure; decreased concentration and memory; and feelings of worthlessness and guilt. SAD is often associated with an onset in the winter months.

SAD is more common in northern than southern latitudes and, like depression in general, is more common in women than in men. While its cause is unknown, intensive research is ongoing regarding the effects of changes in available light associated with the seasons on biological rhythms and brain chemistry. Genetic studies suggest a hereditary aspect to vulnerability to SAD.

Treatment research—some of it conducted at CAMH—has demonstrated the benefits to people with SAD of high-intensity light exposure using specially designed light



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.

boxes. Antidepressant medication can also help. And some people, knowing their own vulnerability and having the resources to travel, ensure that they spend time in sunnier climes during the periods of the year when they are most at risk. We are in an exciting time of discovery and understanding in psychiatry research and treatment when it comes to the phenomenon of being “under the weather.”

Distinct seasonal patterns of depressive illness are well recognized



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

**CAMH and the Drake Hotel
present:**

Rock for the Brain



A benefit concert featuring
Men in Suits

\$50 per person—includes hors d'oeuvres
Cash bar—proceeds to CAMH

Thursday, April 20, 7:00 p.m.

Tickets must be purchased in advance.

Call 416 535-8501 ext. 4231 or e-mail
anne-marie_enns@camh.net.



There Is Help . . . There Is Hope

Free Monthly Community
Information Forums

Early Intervention in Youth Mental Health

Thursday, April 20, 2006,

6:30 p.m. – 8:30 p.m.

**CAMH, 33 Russell Street,
Meeting Centre (room 2029)**

For the full schedule, visit www.camh.net/education/comm_info_forums.html
or call 416 535-8501 ext. 4553

Support CAMH while you cheer for the Jays



CAMH and other hospitals in the GTA
are partnering with the Toronto Blue
Jays for the third annual Health Care
Workers Day, on Sunday, June 11 at
1:07 p.m. at the Rogers Centre. All
health care workers, family members,
friends and donors are welcome.

**Tickets are available for 50 per cent
off the regular price: \$12 outfield or
\$20 field level bases.**

A percentage of each ticket purchased
through CAMH will be donated back to
the hospital. For more information,
please call: Anne-Marie Enns at
416 535-8501 ext. 4231.

Board of Directors

Mr. Timothy R. Price, **Chair**
Mr. W. Alfred Apps, **Vice-Chair**
Mr. John S. Hunkin, **Vice-Chair**
Mr. Frank Lochan, **Treasurer**
Ms. Mary Deacon, **Secretary**
Mr. Jamie Anderson
Mr. Ted Cadsby
Mr. Dev Chopra
Mr. R. Douglas Elliott
Mr. Neil Finkelstein
Ms. Jean Fraser
Dr. Paul E. Garfinkel
Mr. Lorne Gertner
Dr. David S. Goldbloom
Mr. Paul Haggis
Ms. Heather-Anne Irwin
Mr. G. Edmund King
Mr. George Lewis
Ms. Tracey Riley
Mr. Neil Selfe
Mr. Phil Walton
Dr. Trevor Young

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

33 Russell Street, Second Floor
Toronto, Ontario M5S 2S1
Tel.: 416 979-6909 or 1 800 414-0471
Fax: 416 979-6910
E-mail: foundation@camh.net
Visit our website:
www.camh.net/foundation

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

We thank Ola Juchniewicz for
her contribution to this newsletter



Our wish list

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

Art Supplies

Paint, beads, brushes, sewing machine

Entertainment

VHS movies, board games

Beauty Supplies

Any manicure and pedicure supplies,
hand lotion, soap, hair accessories

Clothing

Male and female clothing:
Clean, gently used clothing,
preferably large or extra large sizes,
including running shoes, sweaters,
socks and new underwear

Music Supplies

Instruments, karaoke CDs

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