

Letter from Patrick Smith

Vice President,
Clinical Programs



This column will be written from time to time by members of the CAMH staff with news and views to share with you. In this issue, we introduce Dr. Patrick Smith.

Patrick Smith

While I've been a Vice President, Clinical Programs since the merger, my new role as Vice President overseeing all clinical programs comes at an exciting milestone in CAMH's journey. As we celebrate five years marked by many accomplishments, the organization is entering a new stage in its development and its focus. Having all of the addiction and mental health services working together in one portfolio will undoubtedly enhance our ability to make a difference in the lives of individuals and families affected by addiction and mental illness.

Additionally, the recent executive restructuring for CAMH emphasizes integration across the mandates of care, research, health promotion and prevention, and education. For example, breakthroughs in treatment research are more rapidly translated into improvements in care in our own services at CAMH and across the province. We are making stronger links to groups across the province to increase our ability to learn from each other and put what we've learned into practice.

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Student Drug Use Survey Results

Usage is Up and Down

Ontario adolescents, or more specifically, students in Grades 7 to 12, are once again under the microscope of Ed Adlaf, CAMH Research Scientist and Associate Professor, University of Toronto, in the 2003 Ontario Student Drug Use Survey (OSDUS). He and his colleagues have surveyed this group every two years since 1977, to analyze trends for short term (since 1999) and long-term drug use.

Ed thinks that this year's results are significant because, "ecstasy is finally seeing its first decline since 1991 and the use of LSD and cigarettes has been continually declining since 1999." He adds, "With all this talk of student drug use, more than two-thirds of the students surveyed indicated they have not used any illicit drug, including cannabis, this past year."



The report highlights many significant issues. For example, the rates of heavy or binge drinking have not declined and remain at an elevated level. Alcohol remains the drug most heavily used overall by each grade, with a total of 66.2 % having tried it at least once, whereas 29.6 % have tried cannabis at least once. Cannabis is the most widely used illicit drug with the onset of use getting younger. Now, 6 % of Grade 7 students and nearly 28 % of Grade 9

students have tried cannabis at least once compared to 4 % and 26 % respectively as noted in the 1999 results. As well, the use of cocaine has increased in the short term from 3.4 % in 1999 to 4.8 % in 2003.

The average age for smoking the first cigarette is 13. In the early 1980s, it was age 11. The average age to try alcohol has remained fairly steady at 13. First cannabis use is generally at age 14 but that number was higher in the '80s and decreased again in the '90s.

Except for ecstasy, students perceive less risk surrounding most substance use. More than one-third report that someone tried to sell them drugs in the past year. Only 1.4 % of all youth surveyed report that they have received alcohol or drug treatment in the past year. This could be problematic since nearly one in five, or 18 % report that they use drugs to feel better about themselves or use drugs alone, which are both indicators of a drug use problem.

The mental health component of this survey will be released in the spring of 2004 and will look at the mental health status of students and changes from previous surveys.

To read the full OSDUS survey report, go to www.camh.net/research. For the full version or the highlights document please contact CAMH Marketing at 1-800-661-1111 or 416-595-6059 in Toronto.



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We've all heard the saying that it takes a village to raise a child. We know that it will take all of us working together to make a difference for the people of Ontario, and CAMH is increasingly defining its role in the broader system. We also have a responsibility as citizens of a global village to play our part in helping people who may not have access to basic addiction and mental health services.

In Toronto, we've also determined that it takes a village... an urban village! The proposed redevelopment of our hub at the Queen Street site is a once-in-a-lifetime opportunity to respond to the needs of individuals and families affected by addiction and mental illness.

We will be able to make improvements in our model of care and adapt the physical environment necessary for the new model in a way that supports recovery and confronts stigma and discrimination. This urban village will be a hub that brings together clients, families, clinicians, researchers, educators and experts in prevention and health promotion. This hub will connect us with our own satellites and staff across the province and our various partners. Together, we will be able to make a difference in Toronto, across the province, and internationally. That's one of the most exciting things about the proposed changes.

This issue of *At the Centre* takes a closer look at the Ontario Student Drug Use Survey (OSDUS), which allows us to track patterns of drug and alcohol use among teens and provides data that will assist CAMH in making important decisions related to policy and prevention/treatment needs.

We are most excited to be leading an effort, with help from the Canadian Executive Council on Addictions and the assistance of many partners including Health Canada, to launch a similar survey for adults across Canada this spring. Ed Adlaf, the lead investigator on OSDUS, will also be taking the scientific lead in this national survey. We believe this national survey will become an important component of a sustained National Drug Strategy just as OSDUS has played a key role in Ontario.



Ed Adlaf, together with his Research Coordinator, Angela Paglia, and Unit Secretary, Maureen Kothare, conduct the research, write the report and produce the highly anticipated Ontario Student Drug Use Survey (OSDUS).

Q&A Q&A with Ed Adlaf, Head Population & Life Course Studies and Scientific Researcher

Q How and why did the Ontario Student Drug Use Survey (OSDUS) get started?

A There was a long history before OSDUS. The first drug use survey started in Toronto in 1968. The request came from the Toronto District School Board to the former Addiction Research Foundation (now CAMH). Reginald Smart, a research scientist at CAMH, developed the initial surveys from 1968-1972. At that time there was growing concern about the use of LSD and other hallucinogens. OSDUS, as we know it, officially began in 1977 when Reg implemented it across the province.

Q When did you get involved?

A I started at the former ARF (now CAMH) as a summer student in 1979 and then began work on my first OSDUS in 1981.

Q What's your educational training?

A I have a PhD in Sociology from York University. My PhD supervisor, Michael Lanphier, directed the LeDain Commission surveys (a commission of inquiry into the non-medical use of drugs) in the early 1970s.

Q How soon does planning begin for the next OSDUS?

A Very soon. There's always momentum with surveys in one stage or another. We will soon be developing an evaluation questionnaire and deciding what new information needs there might be. By May, we'll be issuing the mental health component of OSDUS. It's a different report but culled from the same survey source as OSDUS. We'll also be looking at approaching the more than 30 school boards again in August for the next OSDUS survey. We need a long window for negotiations and approvals.

Q How do you think the results of OSDUS influence or impact service providers, policy makers and others in Ontario, and beyond?

A It definitely has an impact. Basically, it provides general knowledge and has multiple uses. For example, when the United Nations or the World Health Organization prepare world reports, OSDUS data is often used to represent adolescent drug use for Canada. I get many requests from government for data. For example public health units often want more regional OSDUS data. The Attorney General of Canada used it in defending the Tobacco Control Act and it was also used in an analysis about changing the legal drinking age. Service or agency staff often use OSDUS data as a basis of evidence when they are trying to increase their funding. At CAMH, youth is one of our provincial priorities so access to such comprehensive data helps us plan for the future.

News Highlights at the Centre

Here's a brief roundup

of what's been happening lately at our Centre.

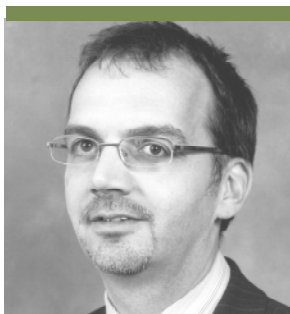
Launch of new Web site

In mid-November, CAMH launched its transformed and redesigned Web site at www.camh.net. The primary focus of the redesigned site is to be easily accessible and to provide a comprehensive source of on-line addiction and mental health information for clients, families, health care and other professionals and the public, while reflecting the mission, values, accomplishments and services of CAMH. As reported in the previous *At the Centre*, CAMH also recently launched the R. Samuel McLaughlin Addiction and Mental Health Information Centre, which will have a major presence on the new Web site.

New Additions to CAMH's Senior Management team

Dr. Trevor Young

CAMH announced the appointment of its new Physician-in-Chief, Dr. Trevor Young, effective September 1. Dr. Young has been with CAMH since August 2002 as the Clinical Director of the Mood and Anxiety Program. He is the Cameron Wilson Chair in Depression Studies and Professor, Department of Psychiatry at the University of Toronto. Dr. Young has just received the Douglas Utting Award, "offered annually to an individual, working in Canada, who has made a significant contribution to the study, understanding, or treatment of depressive disorders." The medal and an award of \$7,500, which will be directed towards research, were presented to him at a ceremony on November 10 at the Institute of Community and Family Psychiatry of the Jewish General Hospital in Montreal, where the award is based.



Dr. Shitij Kapur

Dr. Shitij Kapur has been appointed Vice President of Research. Dr. Kapur has been with CAMH since 1995 and is currently the Canada Research Chair for Schizophrenia and Therapeutic Neuroscience, a Research Scientist with the Positron Emission Tomography (PET) Centre, the former Section Head for Schizophrenia Research at CAMH, and currently a Professor of Psychiatry at the University of Toronto. His main areas of research interest are in the use of PET imaging and animal models to understand the basis of psychosis and its treatment.



Jean Simpson Artists' Studio

Work will begin soon on a new artists' studio at the Queen Street site named after the former Executive Vice President and Chief Operating Officer, Jean Simpson, who retired in June. Patient care and well being were a top priority for Jean, and she was a strong advocate of CAMH's strategic direction of client-centred care. The studio will be located in the vestibule of the Community Centre mezzanine and will provide a free, permanent studio space for 30 artists per year on an equal opportunity basis to create work in a safe, professional and functional environment. More information on the studio opening will follow in the next issue.

Site Speak

The past few months have been exciting for the redevelopment process at CAMH. CAMH received a letter from the Ministry of Health and Long Term Care (MOHLTC) indicating their support for the consolidation of our programs and services on our Queen Street West site under a hub satellite model. The Queen Street site will serve as the hub, housing CAMH's main facilities while allowing for the expansion of smaller satellites offering a range of services and facilities that are closer to where people live. CAMH continues to meet with the MOHLTC regarding the functional program, and we hope to have the Ministry's staff approvals by the end of the year.

In September, Toronto's City Council unanimously approved CAMH's application to amend the Official Plan and the Zoning By-Law for our Queen Street site.

The CAMH Board of Trustees adopted principles to guide the redevelopment of the Queen Street site at its October 15, 2003 meeting based on feedback received from over 40 consultations held across the organization. A copy of the report outlining these principles will be posted on the CAMH Web site. The Board also encouraged ongoing dialogue within the organization and with external stakeholders regarding the principles and the redevelopment.

We are currently meeting with clients and family members to discuss the design of the core beds. As described in our functional program, CAMH will have two types of beds: core and alternate milieu (AM), both of which will be more homelike than our current facilities. Core beds will be used in the care of our most acute clients and AM beds for the care of clients who are stabilized. The AM buildings are smaller (six beds per floor) and offer clients more choices and responsibilities, and will enhance a client's successful return to the community.

As well, we have been meeting with staff to determine the recreational needs for the new site. There will be consultations held with more staff and stakeholders on specific functions and/or buildings as the various stages of planning unfold.

For updates on the site redevelopment project, please visit our Web site at www.camh.net. You can contact us at 416-535-8501 ext. 1650, or by e-mail at redvelopmentfeedback@camh.net.

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News Highlights (continued from page 3)

Holiday greeting cards that make a difference

The Centre for Addiction and Mental Health Foundation invites you to send your family and friends holiday greeting cards to help in the fight against addiction and mental illness and the stigma attached to them.

We are pleased to present illustrations by artists who have received services from CAMH. By choosing our cards, you support the important care, research, education, health promotion and prevention carried out by CAMH, and you help to create a better world for the one in four Canadians who will face these illnesses during their lifetime.

Inside of card: Best Wishes for the Holiday Season and a Happy, Healthy New Year. Cards are \$12 for 10 cards.

For information about how to order, visit our Web site at www.camh.net/foundation or contact 416-535-8501, ext. 6169, or email Lidia_franchitto@camh.net.

New Chair appointed

Jürgen Rehm has been appointed inaugural joint University of Toronto/CAMH Chair in Addictions Policy, as of September 1. At CAMH, Jürgen will be based in the research program working within the Social, Policy and Prevention department.

The Chair will facilitate leading-edge research and education in addiction policy among scientists at CAMH, academic colleagues and related university departments. This work will encompass the broad determinants of health, innovative approaches for health promotion and disease prevention, and the quality and cost of improved models for health care.



Alcohol: No Ordinary Commodity - Research and Public Policy

A new book from Oxford University Press, sponsored by the WHO, looks at the adverse impact alcohol has on many aspects of life. It describes recent advances in alcohol research and identifies policies and prevention strategies that address the problems it causes. The book's 15 international authors include three from Canada - CAMH researchers, Norman Giesbrecht, Katharine Graham and Jürgen Rehm. It can be ordered through Oxford University Press, 2001 Evans Road, Cary, North Carolina 27513 USA, or by email: medical@oup-usa.org and costs approximately \$60 Cdn. (27.50 pounds sterling).

UP coming events

Education and Publishing Courses

In addition to a wide range of training opportunities, the CAMH Education and Publishing Department now offers new and revised on line courses including Fundamentals of Addiction and Fundamental Concepts in Mental Health. Phone 416-595-6020 or visit www.camh.net/ets

There is Help... There is Hope Community Information Forum

Free Admission

Location for all forums:
Meeting Centre, (Room 2029),
33 Russell Street,
NE corner of College and Spadina

Tuesday, Dec. 9
Advancements in Borderline Personality Disorder

Tuesday, Jan. 20
Exploring Recovery in Mental Health

Tuesday, Feb. 10
Anxiety and Co-occurring Depression

For the final schedule, visit
www.camh.net/news_events
or call 416-535-8501, ext. 4553.

AT THE CENTRE, The Centre for Addiction and Mental Health's external newsletter, is published four times a year to inform our stakeholders about current issues and events at CAMH.

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HIGHLIGHTS DISPONÍVEL EM PORTUGUÊS

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