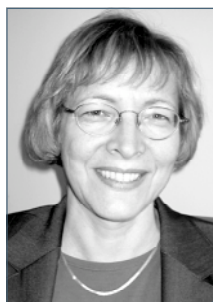


Letter from Gail Czukar

*Executive Vice President
of Policy and Planning*



Gail Czukar

**This column is written
by members of the CAMH
staff with news and
views to share with you.
In this issue, we intro-
duce Gail Czukar.**

As the Centre for Addiction and Mental Health approached its fifth anniversary last year, the Board of Trustees felt it was an appropriate time to review and reflect on its progress and consider where the organization should be heading in the future. When CAMH developed its first strategic directions in 1998, four different organizations were just starting out on this journey together.

The ensuing five years have been exhilarating and sometimes turbulent, but the Strategic Plan has been instrumental in helping CAMH to maintain its focus. We have successfully merged into one organization, although, admittedly, there may still be a few wrinkles to work out.

Beginning last year, a Strategic Plan Renewal Process led by the Board of Trustees at CAMH was started with wide participation from a variety of stakeholders. Over several months, staff, physicians, clients, family members, unions, volunteers, the community and many others within and outside CAMH took part in an

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Supporting Others

It's early Tuesday evening. John's alone in his house because his wife and young son recently left him. He starts to drink... again, and then decides to call a new service he heard about. He tells the person on the other end of the line about his situation. He says he really wants to make positive changes in his life, like going to AA.

John (not his real name) is one of many callers who have contacted the new R. Samuel McLaughlin Addiction and Mental Health Information Centre's Telephone Support Line since its inception in July. In addition to John, callers have voiced a wide spectrum of concerns such as dealing with an anxiety attack after taking drugs or worrying about supporting a brother who is dealing with alcoholism.



Karen, a volunteer, Lisa Pont, the support line's coordinator, and Niles, another volunteer, pause in-between calls from people needing to talk or needing telephone support at CAMH's R. Samuel McLaughlin Addiction and Mental Health Centre.

Each of those calls and hundreds more have been handled by nearly 40 volunteers who provide support and encouragement to people living with an addiction and/or mental health problem as well as to their concerned friends and family members.

Lisa Pont is the coordinator of this new service. "As many people have already discovered, the McLaughlin Centre offers a wide range of information on addiction and mental health. But there is another important component to our service and that is support. Now, callers have a continuum of care," she said.

The support line gives people an opportunity to express their fears or frustrations while helping them feel less isolated and better able to cope. "We help them clarify their feelings and emotions, give them a safe place to vent and also encourage them to take care of themselves by empowering themselves," Lisa said. "One caller said that he liked talking to our volunteers because they have made a choice to be there for them, during their free time."

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Letter from Gail Czukar (continued from page 1)

exciting and challenging process that resulted in the development of a renewed Strategic Plan.

Our 2003/06 Strategic Plan comprises a refined mission statement and vision along with an updated set of values and commitments that clearly reflect CAMH's growth and development over the past five years. CAMH's core mandates in client-centred care, education, health promotion/prevention and research have been maintained, and the plan emphasizes our ongoing and growing commitment to provide high quality services to our clients in those four areas.

In addition, as part of this process, we took the opportunity to define and identify our strategic priorities for the next three years. These priorities are reflective of our strategic directions and include the following: Client Employment Initiative, Housing and Community Development, Early Intervention, Public Policy Development, Employer of Choice, CAMH Aboriginal Services, the Positron Emission Tomography Centre (PET) and Centre of Excellence for Problem Gambling.

With the addition of three new Executive Vice Presidents (EVPs) — Dev Chopra, EVP of Corporate Services, Franco Vaccarino, EVP of Programs and myself, EVP Policy and Planning — will be able to bring to life our renewed Strategic Plan. This structure provides the backdrop for CAMH to move forward on key initiatives like the integration of research/clinical/education and health promotion activities, and allows us to focus on our expanding role in public policy development and organizational planning. The consolidation of our corporate services under one portfolio enables us to streamline our support services to better support our core mandates.

Currently, we are in the process of producing a comprehensive booklet entitled *From Discovery to Recovery: Transforming Lives and Promoting Health* that provides an overview of CAMH and outlines our 2003-2006 Strategic Plan. A copy will be mailed to you when it becomes available. In the meantime, a copy is online at www.camh.net

As CAMH continues to grow and develop, we are also considering a change in how CAMH portrays itself as an organization. One immediate result has been the creation of a new logo (see sidebar on A new look for CAMH).

A new look for CAMH

Having just celebrated our fifth anniversary, we felt it was the right time to do a review of CAMH's identity — specifically the way CAMH portrays itself as an organization. The review has resulted in an updated logo/wordmark (see below) and tagline — Transforming Lives — which is reflective of the updated strategic directions of the organization.

To help us with this, CAMH has been working with the international advertising agency, Saatchi & Saatchi on a mostly pro bono basis. They have been applying their talent and skills to update CAMH's brand, and to create a major marketing campaign.



CAMH is looking forward to continuing our work with Saatchi & Saatchi to increase the profile of CAMH and transform the way society views addiction and mental illness. A more comprehensive update on our branding initiative will be outlined in an upcoming issue of *At the Centre*.

Supporting Others (continued from page 1)

Lisa recognizes that the support line meets a real need for friends and family members who often don't know where to turn. "That's why we have made our hours supplemental to other services such as those offered by therapists or other professionals," she said.

The volunteers at the support line represent a broad range of backgrounds and interests. They may be working in related fields, looking for a career change, studying to be therapists or social workers or simply wanting to increase their experience. One volunteer who works in the Information Technology field wanted to create balance in his life.

"I have a mental health background that I obtained in South Africa, but I wanted more clinical experience in Canada," explained Niles, a volunteer, who said he found the training very good. Karen, another volunteer, was looking for something to do, while studying social work. This volunteer experience also fits in well with her existing knowledge of mental health issues.

All volunteers must go through rigorous and extensive training and then commit to three hours a week for one year. The support service operates Tues - Sat., 3 - 9 p.m. and can be reached at 416 595-6111 or Ontario toll-free at 1 800-463-6273. Information about CAMH can also be found on the Web site at: www.camh.net/about_addiction_mental_health/mclaughlininformationcentre.html

The R. Samuel McLaughlin Centre for Addiction and Mental Health also operates an information service 24 hours a day, seven days a week with information and referral specialists, audio taped messages and, web-based information in addition to its store-front information service. It has the same phone number and Web site as the support line.

News Highlights at the Centre

Here's a brief roundup

of what's been happening lately at our Centre.

The Krembil Family Epigenetics Lab Opens

A \$1 million gift from the Krembil Family Foundation has resulted in the creation of the Krembil Family Epigenetics Research Laboratory at CAMH. Increasing evidence suggests that disruption of the normal epigenetic regulation of a gene can be harmful and result in serious illness. Epigenetics is the study of how inherited, as well as environmental factors, like diet, stress and maternal nutrition, can change gene function without changing the DNA sequence. Schizophrenia, manic depression and even diseases like cancer may have been shaped by epigenetics.



Dr. Arturas Petronis

An existing laboratory has been renovated and converted into a state-of-the-art facility to help translate research into improved client care and is providing a permanent home for the Epigenetics Research Program at CAMH, led by Dr. Arturas Petronis. In addition to the Krembil gift, the CAMH Epigenetics group recently received a \$1 million grant from the Ontario Mental Health Foundation (OMHF) to support research in psychiatric epigenetics.

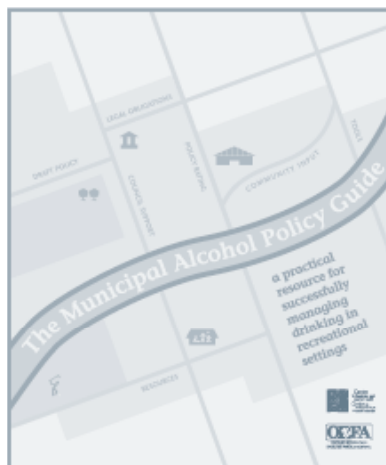
Pilot Treatment Program Established in Sault Ste. Marie

A methadone maintenance clinic pilot program opened in Sault Ste. Marie in October after several years of work by a local planning committee that was led by a consultant from CAMH's Sault Ste. Marie office. The clinic is funded by the Ministry of Health and Long-Term Care and is managed by the Algoma Health Unit's Community Alcohol/Drug Assessment services, which also manages the Community Needle Exchange Program.

As part of the program, a visiting physician will travel to Sault Ste. Marie every week to provide assessments and to prescribe methadone to certain clients. Another important function of this clinic is to provide training to other social and health care professionals about methadone treatment and methadone-related topics. The visiting physician will also work with local medical groups to encourage local physicians to introduce methadone treatment into their practices.

New Municipal Alcohol Policy Guide

The *Municipal Alcohol Policy Guide: A Practical Resource for Successfully Managing Drinking in Recreational Settings* is now available in English (with French in production). Authored by CAMH staff, the guide reflects the culmination of more than 20 years of experience and research in Municipal Alcohol Policy (MAP) development. With over half of Ontario municipalities having adopted MAPs, CAMH recognized the readiness for and interest in municipalities developing their own policies with the assistance of an effective, self-directed guide that is based on CAMH research and community experience. The MAP Guide has been produced as a binder kit with a companion CD. The latter provides sample MAPs, a MAP workbook, toolkit and other resources. CAMH has established a distribution agreement with the Ontario Recreation Facilities Association Inc. To obtain copies, contact 416-426-7062.



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Site Speak

Over the past several months, CAMH has been proceeding with the plans and consultations for the Queen Street site redevelopment. An exercise looking at the day-in-the life of clients, family members and staff was used to look at the relationship between the programming activities and the facility layout for the six-storey core bed buildings. The architects are now incorporating this feedback into the preliminary design of the floor layouts for the inpatient, outpatient and office areas. An Open House will be held after the next round of consultations to show the proposed designs.

CAMH held the first of two Public Information Centres on December 16 for the Class Environmental Assessment (EA) being conducted for the proposed extension of two collector roads: Ossington Avenue from Queen to Adelaide Street and Adelaide Street from Ossington to Shaw Street. Marshall Macklin Monaghan (MMM), our traffic and services consultant, is completing the study on behalf of CAMH in accordance with the approved process under the Environmental Assessment Act. Members of the community and staff were in attendance and provided feedback regarding the plans. A second Public Information Centre to look at alternative design concepts was held on February 11. More details will be provided in the next issue of *At the Centre*.

CAMH's application for the Official Plan and Zoning By-laws Amendments has been appealed to the Ontario Municipal Board and there was a prehearing to determine procedural matters on February 2, 2004.

CAMH is currently considering several proposals from organizations and consultants to conduct an assessment of the Queen Street site's designated historical brick walls and storage buildings. The consultant will propose a strategy and plan to preserve and maintain the structures in a safe condition. The consultants will also consider how to incorporate the winning design concepts for the Shaw Street wall from the Open Ideas Competition that CAMH held with the City of Toronto. The west and south walls will remain essentially in their current form, with the addition of selective pedestrian openings in the south wall. The two historic brick storage buildings, which form part of the south wall, will also be preserved.

For updates on the 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: redvelopment_feedback@camh.net.

UP coming events

Youth, Drugs and Alcohol: Helping Parents Manage the Risks

Inaugural Pamela Fralick Community

Information Forum on Addiction

Free Admission

Wed., Feb. 18, 7-9 p.m.

London, On. - Best Western Lamplighter Inn and Conference Centre, 591 Wellington Rd. S.

Further information: 519 433-3171, ext. 8106

Joint Conference

Making Gains in Mental Health & Addictions:

Knowledge, Integration, Action

October 3-6, 2004

Hilton Toronto Hotel

Canada's most important mental health and addictions conference. Hosted by four leading organizations in mental health, addictions and substance abuse in Ontario — Alcohol and Drug Recovery Association of Ontario (ADRAO), Canadian Mental Health Association - Ontario Division, CAMH and the Ontario Federation of Community Mental Health and Addiction Programs.

Check www.makinggains.ca for the Call for Papers & Presentations and program updates.

For general information, call Rachel Gillooly, conference planner, 705 454-8107 or toll-free at 877 372-2435, or email rachel@haliburtonhighlands.com.

Community Information Forum

There is Help... There is Hope

Free Admission

Location: Meeting Centre, (Room 2029),

33 Russell Street,

NE corner of College and Spadina

Tuesday, March 9

Suffering in Silence: The Secret World of Postpartum Depression, Anxiety and Psychosis

Tuesday, April 13

You May Think You Know Me:

Someone With Invisible Disabilities

Location (for this forum, only):

Queen Street site cafeteria

Tuesday, May 4

Balancing Medications with a Healthy Lifestyle in Schizophrenia

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

News Highlights (continued from page 3)

International Development Grant

The Community Support and Research Unit (CSRU) has received a new international development grant from the Foundation for International Training. The grant will support Baltic mental health organizations in developing their capacity to implement mental health programs in parts of the former Soviet Union. CSRU has worked for a number of years in the Baltics with agencies, helping them develop excellent programs. As part of their inclusion in the European Union, the Baltic countries are expected to become donors rather than receivers of foreign aid. The project will help build this capacity in the mental health area. The Open Society Institute (Soros Foundation) will partner in the project and match the funds raised by CSRU.

Work and Substance Use Seminars

Substance use in the workplace can lead to reduced productivity and increased costs because of workplace accidents, costly operational errors, absenteeism, interpersonal conflict and disability claims. The cost to Ontario employers can total as much as \$1.75 billion per year. To assist Human Resources, Occupational Health Professionals and Managers in establishing a comprehensive substance use program for their companies, the CAMH Foundation's Corporate Leaders program sponsored a seminar for employers on Work and Substance Use. Delivered by Peter Williams and Dolores Smith, both CAMH Workplace Health Consultants, the session included best practices on policy development, management training and employee education.

Future seminars in this series for Corporate Leaders include topics on dealing with anger and aggression, and depression; and how these can threaten organizational operations, productivity and safety in the workplace. For information on membership in the Corporate Leaders program, contact Karyn Samson, 416 535-8501, ext. 6285.

For further information on workshops and how they can be customized to a workplace, please contact Dolores Smith for the GTA and Southwestern Ontario at 519 833-2396, Peter Williams for Eastern and Northern Ontario at 613 569-6024, ext. 8213 or Thomas Mathai for the rest of Canada at 416 535-8501, ext. 4632.

PREGNETS - a Toolkit

CAMH has worked with a number of agencies to produce an online toolkit that provides accurate information about pregnancy and smoking as well as tips on how to quit. Designed for both healthcare professionals and pregnant women, the toolkit also helps to dispel concerns as to whether quitting smoking abruptly might cause stress to a developing baby or if choosing a milder cigarette during a pregnancy would be a safer option. Visit www.Pregnets.org for a copy of the toolkit.

Dual Diagnosis Program Clinical Director Recognized

Susan Morris, Clinical Director of the Dual Diagnosis Program, recently received the 2003 National Association for the Dually Diagnosed (NADD) Chapter Recognition Award. Susan's work as the editor of the *Habilitative Network News Bulletin* has been significant in helping Ontario members of NADD stay in touch, alerting them to policy issues and communicating important information regarding dual diagnosis.



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.

EDITOR Deborah Etsten

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Centre for Addiction and Mental Health
33 Russell Street
Toronto, Ontario M5S 2S1

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HIGHLIGHTS DISPONÍVEL EM PORTUGUÊS

How to reach CAMH

TELEPHONE 416 535-8501, ext. 4250

COMMUNITY INFO LINE 416 535-8501, ext. 1650

(to leave us a message with your questions or concerns)

EXECUTIVE OFFICE 1001 Queen Street West
Toronto, Ontario M6J 1H4

INTERNET www.camh.net



Centre for Addiction and Mental Health
Centre de toxicomanie et de santé mentale

A PAHO/WHO Collaborating Centre

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