

# Breakthrough

News About the  
Centre for Addiction and Mental Health (CAMH)  
for Clients, Patients and Families

Spring 2008

## Running Lifts Body and Spirits

### CAMH Recreational Therapy Helps Clients Achieve Personal Goals

Start at Toronto City Hall, run west. Exhibition Place. Good. Keep running. High Park? Keep going. Humber River? Don't stop now. Etobicoke? Is that your best? Mississauga City Hall? Okay, take a break. You've just run a half marathon.

That's all in a day's run for marathoners Jo-Anne Miller and Justin Brown, who have received services at CAMH. In fact, each has run a full marathon, farther than from downtown Toronto to the Ford Plant in Oakville! For Jo-Anne, six years of running is certainly about keeping in shape, but

"The greatest feeling is right when you finish. It's the sense of accomplishment and the feeling you've been through a great workout."

— Justin, CAMH Client

there's much more to it than just the exercise. "My life functions better when I'm running. Everything just falls into place," she adds, "My psychiatrist says, 'I know when she's running, she's all right.'"

Justin, who ran his first full marathon two years ago through the smog of Los Angeles, says, "I need that exercise high once or twice a week. The greatest feeling is right when you finish. It's the sense of accomplishment and the feeling you've been through a great workout."

Both Jo-Anne and Justin are coached by Paul Martin Demers, Recreational Therapist at CAMH Centre-wide Recreation. With a year-round schedule of training, all three runners welcome the return of warm weather. "Now things really start to happen. It's the time to reap the benefit of all that winter running," says Paul. But no



Jo-Anne Miller credits running as a way of keeping fit and stable.

matter what the weather, "running is great therapy when you're in the hospital," says Justin. "I agree," adds Jo-Anne, "Paul's program is wonderful. It gets me out with people so I look forward to seeing Justin twice a week."

Justin adds golf and tennis to his fitness routine while Jo-Anne enjoys cooking, long walks with her husband and volunteering at Progress Place. ☞

## Credit Union for Clients Up and Running at CAMH May 23 Celebrates Cash Office Transition to PACU

So far, so good! After a lengthy consultation and planning process, the CAMH Cash Office successfully made the transition on March 31, 2008 to the opening of the Provincial Alliance Credit Union (PACU).

A May 23 celebration for clients, as well as staff, volunteers and other members of the CAMH community has been a long time coming, according to CAMH Vice-President and Chief Financial Officer Dean Martin, who notes the new operation has so far been getting good reviews from many CAMH clients using its services.

"We welcome all feedback of course, but it's been gratifying to hear several very positive reviews from clients and some CAMH clinical staff who work with clients," Dean says.

Since the transition, clients who hold open accounts with PACU have taken care of their finances and staff have even observed an increased socialization amongst some of them as they go together, get their money and enjoy coffee and tea in the mall," observed Olga Vuksic, Manger in the Schizophrenia program.

The PACU opening marks the close of a consultative process put in place by CAMH in the form of the Cash Office Review Committee, which was comprised of an array of stakeholders, including the Psychiatric Patient

Advocacy Office (PPAO), Empowerment and Family Councils, Ontario Public Guardian and Trustee, community service providers, OPSEU and ONA, as well as CAMH staff from clinical, finance, administration, public affairs, professional services and health records.

"PACU is very pleased to have partnered with CAMH to provide financial services to its clients and staff. As an organization that values people, diversity and community; our promise is to improve the lives of our members



José Pereira was one of the first clients to open an account with PACU when it opened its doors on March 31.

through enhanced financial products, exceptional personalized service, and clear meaningful solutions. We are your credit union and we invite you to become a member today," says Ed Blyskis Manager, PACU Financial Services. ☞

### PACU Grand Opening Clients and families - you're invited!

Friday May 23, 2008 • 1:30 – 3:00 pm  
Queen Street Mall

Refreshments for all!

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You're invited to celebrate!

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Forum explores issues

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Inaugural Awards Event a Success

## Mission & Vision

### CAMH Mission

Improving the lives of those affected by addiction and mental health problems and promoting the health of people in Ontario and beyond.

### CAMH Vision

Strong and healthy communities, in which people with addiction and mental health problems can access appropriate and effective services and live as full participants.

## How to Reach Us...

CAMH's Main Number  
416 535-8501

Toll-free: 1 800 463-6273

Emergency (College St. site):  
416 535-8501 ext. 6885

The R. Samuel McLaughlin Addiction and Mental Health Information Centre and the CAMH telephone support line:  
416 595-6111 or 1 800 463-6273

For General Assessment Appointments, Call:

Addiction: 416 535-8501 ext. 6128

Mental Health: 416 535-8501 ext. 6878



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

A Pan American Health Organization /  
World Health Organization Collaborating Centre  
Affiliated with the University of Toronto

## Keeping PCs off the scrap heap and people working

Pat Hebert's company mission statement can be summarized as "improving tomorrow by keeping resources at work today." His business, Thriftopia.com, may focus on solving the 50,000,000 ton global e-waste problem to protect the environment, but its mandate includes protecting human resources, too. The company is committed to providing work to people who face barriers to employment.



Pat Hebert of Thriftopia.com working to manage all resources responsibly

As a former CAMH client who has received services for bipolar disorder, Pat is no stranger to facing life and work challenges. Now in his mid-20s, Pat was diagnosed with clinical depression at 14 and bipolar disorder at 18. As well, he lives with a prosthetic eye and diabetes. A few years ago he fell into a downward cycle and was unable to cope due to his mental and physical health issues. His parents became aware of CAMH through the Transforming Lives awareness campaign and as a result, Pat received inpatient and outpatient treatment here.

Through a combination of talk therapy, cognitive behavioural therapy, and mindfulness practice, Pat began his recovery. During this time he discovered that most employers operate on a 'don't ask, don't tell' basis concerning mental illness, which only increases stigma. Further medical issues with his good eye caused him to leave a job that required driving. While waiting for a decision on whether he would receive support from ODSP, he noticed that there was an online market for broken and obsolete electronics.

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## CAMH Kicks Off 10th Birthday Celebrations for 2008 June 26 Event Open to the Community

What a difference 10 years makes! The year 2008 is CAMH's 10th birthday, and hundreds of clients, staff and volunteers crowded the Queen Street Mall on Friday, March 7th to mark the occasion and sign a giant birthday card.

Gabriella Golea, Administrative Director of the Geriatric Program, kicked off the celebration with her own anecdotes that remind her how far CAMH has come.

Personal computers were few and far between at the staff level when CAMH was formed in 1998 from the merger of four former well-known addiction and mental health facilities. Now, Gaby said, she's a 'creature of the Blackberry.'

Before speaking, CAMH President and CEO Dr. Paul Garfinkel signed the giant birthday card with Isabel Hourigan and Yolanda Bogatin, clients in the Geriatrics Program. "In 1998, we were given a gift – CAMH, although we didn't know it at the time," he wrote.

"I'm delighted to look around and see so many people still here working on this project with me after 10 years," he said, calling the work of CAMH staff and volunteers "a great and noble enterprise."

Dr. Garfinkel said that CAMH has achieved many great things in its 10 years, and one of the most notable was the Client Bill of Rights, "a living document that's based on respect." He listed many other achievements, ranging from our pioneering work on concurrent disorders and groundbreaking research to our leadership in diversity, which is recognized across Ontario.

The fact that stories in the media



Hundreds of people signed the giant birthday card, including CAMH President and CEO Dr. Paul Garfinkel with Isabel Hourigan and Yolanda Bogatin, clients in the Geriatrics Program.

mentioning or featuring CAMH's expertise has tripled in recent years is yet another marker of the progress we have made, he said, but perhaps none instilled more pride than the day a crowd gathered a couple of years ago to break ground on the first phase of an immense Redevelopment of the Queen Street Site.

"That was a proud moment for me personally," he said, linking directly CAMH's vision for mental health and addiction services – 10 years in the making – to the Redevelopment project.

"The old custodial model of health care is disappearing and with it, the stigma will fade over time," Dr. Garfinkel said, adding his thanks to the many people who have worked to get CAMH to this milestone. ☞

### You're invited! ...

CAMH Annual General Meeting and 10th Anniversary Celebration and Grand Opening of the first phase of our Queen Street site redevelopment at 60 White Squirrel Way, CAMH Queen Street site

June 26, 2008 • 11:00 am ... See you there!!

## Addictions and Mood and Anxiety Programs Have a New Home

After years of planning, construction, and countless hours of hard work by staff members from across the organization the Addictions and Mood and Anxiety Program (MAP) are the first to occupy CAMH's new Phase 1A buildings on White Squirrel Way.

Here CAMH clients with serious illnesses will receive services in facilities specifically designed to help them recover, living up to the redevelopment slogan "Transforming Lives Here". So, what exactly will happen inside these innovative, state-of-the-art structures?

The three red-brick buildings are Alternate Milieu (AM) Units. Each has four floors with six single-client rooms (24 rooms per unit), complete with private three-piece bathroom and a key card. Each floor also has a common living/dining area, kitchen, and private lounge for visits with loved ones.



Shared common areas include a kitchen on each floor.

The AM units are part of a recovery-based model of care, with a focus less on illness and more on recovery, wellness and hope. The units and client-directed care help to foster feelings of independence and empowerment.

### 30 White Squirrel Way (the southernmost red-brick building)

This building is occupied by MAP's new Alternate Milieu service, which is currently being piloted in Unit 4. For MAP, the units are designed as a 'step down' from core facility beds for clients who are past the crisis stage of their illness but who still need inpatient treatment. This environment, new to MAP, will help clients to reintegrate back into daily living in the community.



Each client in the AM Units has his or her private room with a washroom and pass key.

### 40 and 50 White Squirrel Way

The other two red AM Units house clients from the Addictions Program. Its Medical Withdrawal Unit has a 24-bed capacity, an increase from the 12-bed capacity the unit had at the Brentcliffe Rd. site.

This will increase the program's ability to support and care for clients with concurrent disorders. The other 24 AM beds make up the program's integrated inpatient program, a residential service for adults with addictions and concurrent disorders.

### 60 White Squirrel Way

The largest building, yellow-bricked at the northern end of the site, is for Addictions Program administration and outpatient services. ☞

# Youth Offer their own Perspectives on Violence

## Forum for Service Providers and Youth Explores a Many-Sided Issue

These days, LaToya Rodney considers herself “a resource hustler” for kids who want to break the cycle of violence in their lives. She knows the cycle well, having broken it herself after multiple expulsions from school, joining a gang and going to jail, where she says she developed post-traumatic depression. But after two of her brothers were shot as a result of gang violence LaToya decided her life had to turn around.

Growing up, the only resource I had was the Driftwood Community Centre,” LaToya said during a panel discussion at “Youth Violence: ‘Mental Health Issue or Criminal Behaviour?’ – A Public Health Discussion for Prevention” a forum organized by CAMH and George Brown College’s Centre for Preparatory & Liberal Studies. LaToya joined five young men and

women who recounted their experiences and offered their own perspectives on finding solutions to youth violence. “We had no anti-bullying workshops, no counselling, no diversity programs.”

For Rahel Appiagyei, who’s worked with neighbourhood organizations in her native Jane and Finch community, the number one issue in dealing with youth and violence and mental health is racism. “It’s penetrated our judicial system, it’s on our education system. You will never have peace without justice,” she said, a point which was echoed by Lekan Olowoye, who grew up in Toronto’s Jamestown community and coordinates the Rexdale Involve Youth Project.

“We need more cultural education – Caribbean or European or Asian cultures may all look at mental health in really different ways.”

— Natalie Crooks

### Social determinants of health important

Lekan spoke passionately about the need for a holistic approach to youth and violence and mental health, imploring community workers and service providers to look at the whole picture, and to develop programs that really get at the root causes or as he put it, “programs that help us deal with our issues, or is it just keeping youth busy? We’re more than arts and basketball, man!”



LaToya Rodney (right), who broke a cycle of gangs and violence to turn her life around, sat on a youth panel with Natalie Crooks (left) and three others. They told service providers to look at underlying root causes of violence and to strive for ‘unconventional’ ways of addressing it. The forum was organized by CAMH in partnership with George Brown College.

“I’m violent as a result of something. (It’s because) I’m hungry. You’re looking at me when I’m frustrated,” he said.

“It’s about our self-identity and understanding what our roots are, how we fit with our community and our



Lekan Olowoye says that any approach to youth violence and mental health has to be holistic. “It’s about our self-identity and understanding what our roots are, how we fit with our community and our society as a young black person or a young Asian person, or whatever.”

society as a young black person or a young Asian person, or whatever,” Lekan said, adding, “As a young black man, I don’t see a whole lot of people in management positions or as role models.”

Natalie Crooks, who’s implemented youth programming in life skills, health sexuality and anti-racist education, spoke about the influence of culture on her family as they grappled with a brother who had schizophrenia. Her family wanted some support, she said,

“but we didn’t want anybody to know, so it was ‘go see the pastor.’”

“We need more cultural education – Caribbean or European or Asian cultures may all look at mental health in really different ways,” she said.

### We need more than conventional approaches

Most of the panel speakers also agreed that true solutions looking at the root

causes of violence would have to go beyond conventional approaches. Lekan pointed to panel moderator Kehinde Bah, who co-founded The Remix Project and chaired or served on a number of boards and community organizations, as someone whose story isn’t ‘conventional’ but who’s affected the

lives of hundreds of youth.

“LaToya has a criminal record and we do not hire people with a criminal record, but she can effect more change than anyone I know of,” he said.

Lew Golding, a forum organizer and manager of CAMH’s Substance Abuse Program for African Canadian and Caribbean Youth (SAPACCY), was heartened by the attendees’ comments that they are ready to move forward and reassess their working frameworks to include the mental health and social determinants focus begin practicing (with) ‘informed proaction’.

practicing (with) ‘informed proaction’.

“(Do we have) programs that help us deal with our issues, or is it just keeping youth busy? We’re more than arts and basketball, man!”

— Lekan Olowoye

## Divestment and governance: CAMH and Oak Ridge

CAMH has been approached by the Ministry of Health and Long-Term Care about the possibility of taking over the governance and management of the provincial maximum secure forensic programs, housed in the Oak Ridge facility at the Mental Health Centre Penetanguishene.

The Mental Health Centre Penetanguishene (MHCP) is the last of the provincial psychiatric hospitals to be divested/transferred into the public hospital system, and the Province has been looking at ways to proceed with the divestment for some time.

CAMH has agreed to consider this proposal, subject to a full impact analysis and due diligence process. CAMH, like Oak Ridge, has a long-standing interest in improving the forensic mental health system, improving quality of care, and extending the reach and impact of specialized research and training.

Because there are more questions than answers at this point, CAMH needs to fully explore this proposal in all its complex dimensions through a due diligence process to determine whether it is indeed feasible. We hope to have this due diligence process completed sometime during the summer of 2008.

For more information, please visit the Media and Events section of: [www.camh.net](http://www.camh.net)



## Keeping PCs off the scrap heap and people working

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With his brother (who has a developmental delay and faced his own employment challenges), Pat decided to start his own business to provide jobs for both of them and his fiancée. Based in Barrie, Ontario, Thriftopia.com offers ‘responsible computer afterlife management’ services to companies and individuals by recycling and reusing obsolete electronics. He now employs five additional people, all who receive ODSP benefits, and works closely with local agency Careers for Inclusion to build his workforce.

Idle or downtime is a trigger for Pat. He says, “At CAMH, I learned how to stay in the moment and keep busy to manage my illness.” With big plans to expand his business, he should have little difficulty staying busy and staying well.

## Meet the recipients of the 2008 CAMH Transforming Lives Awards

**S**helagh Rogers, host of CBC's *Sounds Like Canada*, was one of six recipients of the CAMH Foundation's inaugural 2008 Transforming Lives Award. Also feted at the Sheraton Hotel on May 8 were Graeme Bonar, Earla Dunbar, Andrew Galloway, Clara Locey and Alex Troeger.

Recipients either overcame the illnesses or used their experiences to help others or they contributed to advances in mental health and addictions care through science, advocacy or patronage. This year, Former Senator Michael Kirby, Chair of the Mental Health Commission of Canada, will become the first recipient of a new award – the CAMH Transforming Lives Community Leadership Award.

For the recipients' full stories, please visit the Foundation website at [supportcamh.ca/events\\_courage.asp](http://supportcamh.ca/events_courage.asp)



Shelagh Rogers, host of CBC's *Sounds Like Canada*



### PACU Grand Opening

Friday, May 23, 2008 • 1:30 - 3:00 pm  
Queen Street Mall

### Family Council Spring Party

Wednesday, May 28, 2008 • 6:00 - 9:00 pm  
Please join us for an evening of music and refreshments  
Meet family members, the Board of Directors and the new Coordinator  
33 Russell Street, Cafeteria

### Suits Me Fine Client Fashion Show

Thursday, May 29, 2008 • 2:00 pm  
Queen Street Mall

### Edward the Crazy Man

presented by Workman Arts  
June 10–15, 2008  
Lorraine Kimsa Theatre for Young People  
165 Front Street East, Toronto

### 2008 Being Scene Art Exhibition Opening

presented by Workman Arts  
Wednesday, June 25, 2008 • Noon  
CAMH Administration Building Lobby  
1001 Queen Street West

### CAMH Annual General Meeting and 10th Anniversary Celebration and Grand Opening of the first phase of our Queen Street site redevelopment

Thursday, June 26, 2008 • 11:00 am  
60 White Squirrel Way  
CAMH Queen Street site

## New at CAMH

free  
quick  
easy-to-use

### Mental Health and Addiction 101

online tutorials



camh

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

[www.camh.net/mha101](http://www.camh.net/mha101)



With **1 in 5** Canadians expected to face a serious mental health or addictions challenge in their lifetime, everyone benefits from greater knowledge of these issues. CAMH now offers **free, quick, easy-to-use ONLINE TUTORIALS** for anyone who wants to learn more about mental health and addictions topics