

Breakthrough

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

Summer/Fall 2008

Contrasting new and old treatment models at CAMH

Long-time journalist and war correspondent John Scully has sought treatment at CAMH for both depression and post-traumatic stress disorder. He offers valuable insights into the quality of care in the new Mood and Anxiety Alternate Milieu Inpatient unit at 30 White Squirrel Way.

He describes the feeling as an elevator shaft taking him down, deep into depression. He can't watch television news; images of war and suffering make him weep. The memories of horrors he has seen may trigger yet another descent down his

emotional elevator shaft. He's tried several times to kill himself.

John Scully wouldn't seem the type to be thrown off balance by much. In 50 years as a journalist, he has covered wars in every part of the world. It's a macho world where many hide their pain behind alcohol and drugs. Scully did too, until the toll became too great.

About ten years ago, suffering from an ever-deepening depression, John was referred to CAMH. He took the first available bed. "It was a locked ward,"



John Scully, long-time journalist and war correspondent

he remembers, "with people who had very different types of illnesses. It was very hard for me, suffering from just depression. I'd never come across people who were screaming and tortured, yelling, in real psychotic

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"The physician and psychiatric care is terrific. You're not waking up every morning to a nightmare."

One huge step for CAMH and client care Phase 1A grand opening and birthday party a success!

Thursday, June 26 was an historic day for CAMH as it celebrated its 10th birthday and grand opening of phase 1A of its Transforming Lives Here redevelopment. Joining CAMH in its reflection of the past 10 years and the many more to come were of hundreds of staff, clients, volunteers, donors, community members, politicians and media.

"We've never been so well-positioned to serve our clients, their families and our society. It's because of your dedication that we have all that we're celebrating today," said Dr. Paul Garfinkel, CAMH President and CEO to those assembled.

In a day filled with gratitude, many more added their heartfelt praise and hopes for CAMH including Olivia Chow, MP; Rosario Marchese, MPP; Margaret Best, Minister of Health

Promotion, Paul Beeston, Chair of CAMH Board of Trustees, John Hunkin, Chair of CAMH Foundation Board and a particularly stirring tribute from Peter Smith, a Workman artist who has received services from CAMH.

There to give his blessings was Elder Vern Harper, who noted that the blessings he gave at CAMH's groundbreaking two years ago must have worked since the buildings have been built with more to come.

Earlier in the day during CAMH's AGM, Pamela Fralick, one of CAMH's founding Board members and former Chair of the Board of Trustees expressed her joy at what CAMH has become. Pamela, Herb Solway, Steve Lurie and Marnie Shepherd (not in attendance) were all honoured with tree plaques for their contributions to making CAMH's dream a reality.

Another highlight of the day was Dr. Garfinkel's announcement of a \$5 million gift to the CAMH



Cutting the ribbon is Minister of Health Promotion, Margaret Best (fourth from left) with (from left to right): Rosario Marchese, MPP Trinity-Spadina; Olivia Chow, MP Trinity-Spadina; Dr. Paul Garfinkel, President and CEO, CAMH; and Paul Beeston, Chair of the Board of Trustees, CAMH.

Foundation by the Fidani family, as he also noted that CAMH is two-thirds on its way to its \$100 million goal!

The rest of day was filled with non-stop activities, from face-painting, to shopping at the local vendors, to new facility tours and the book launches from Publication Services, and a barbeque lunch provided by Out of this World Café and Raging Spoon. And playing the soundtrack to all this were the friendly sounds of Zeffi and PARC drummers and the Deloraines and a very special birthday song from Taborah Johnson.

To all who participated in making this day successful, thank you! ☺

"I don't believe any of us fully imagined what could be achieved when we started down the merger path. But step by step, year by year, person by person, a compassionate and dynamic organization has emerged – one which transforms every individual who comes in touch with it – clients, patients, families, staff... Magic!"

– Pamela Fralick at CAMH's AGM

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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

Mental Health & Addiction 101 modules gain momentum

It's up to 225,000 and counting. That's the number of visits to the web home of Mental Health & Addiction 101 on camh.net since the free online education modules were launched internally to CAMH staff in January, 2008.

Judging by that level of interest, the module's creators are hoping the public launch tied to CAMH's 10th anniversary is just the beginning.



Mahreen Hasan, Education Specialist with CAMH, answers questions about Mental Health & Addiction 101 modules at Health Expo in January.

"There's been a huge amount of interest when you consider we only launched publicly in June. That's what we hoped this tool would do – fulfil a demand we perceived for a free, easy-to-use educational tool on mental health and addictions issues," says Louise LaRocque-Stuart, CAMH Provincial Services Program Consultant in Sault Ste. Marie, who pioneered the idea for the modules.

CAMH officially launched MHA101 – a series of 14 free web tutorials for *anyone* who wants to learn more about mental health and addictions topics, or who may encounter someone with these challenges in the course of their work – as part of its 10th anniversary celebrations.

Topics range from basic introductions to addictions and mental health to depression, schizophrenia and addressing stigma. The modules are now available in French as well as English, and is already becoming an important resource for communities, families and workers across Ontario.

To access the free web tutorials, visit www.camh.net/mha101.



CAMH advances LGBTTTQI strategy

CAMH took a step forward in advancing its new LGBTTTQI strategy with a community meeting which many participants expressed as a "positive" new dialogue.

Approximately 60 people attended an August 11th meeting convened by CAMH and hosted by Sherbourne Health Centre to update community members of the LGBTTTQI (Lesbian, Gay, Bisexual, Transgender, Transsexual, Two-Spirited, Queer, Questioning & Intersex) initiatives CAMH has underway and to forge more positive links with the community.

Susan Pigott, CAMH Vice-President of Communication and Community Engagement opened the meeting by reporting that: "Our 2006 Diversity Review told us we still had a way to go in terms of our relationship with some members of the LGBT community and that we hadn't done a very good job of communicating the work we are doing."

Kwasi Kafele, CAMH's Director, Diversity Programs, outlined a strategy intended to build and strengthen

relationships with the LGBTTTQI community while recognizing the diversity within it.

"This strategy is aimed at making CAMH better able to support and respond to the mental health and addiction needs of this community and provide services that are relevant to its needs and recognize the role played by homophobia, transphobia and heterosexism in mental health and addictions," he said.

Dr. Jim Cullen, Clinical Head of CAMH's Rainbow Services, in the Addiction Programs area, highlighted the work of that service, the only one of its kind anywhere in Canada, which has hired a transgender staff member to aid in outreach to that community. Tim Guimond, Rainbow Services' new staff psychiatrist, will also help provide comprehensive services for clients who, in addition to substance use difficulties, also have mental health concerns.

Tim will also lead research with CAMH's community partners (the AIDS Committee of Toronto, Casey House and St. Michael's Hospital) to study the use of motivational

interviewing in community settings to help gay and bisexual men reduce their HIV risk behaviours in the setting of substance use.

CAMH's Substance Abuse Program for African Canadian & Caribbean Youth (SAPACCY) is successfully connecting with Queer black youth and CAMH's continuing support of Freezone, a drug- and alcohol-free 'oasis' at Pride were also noted.

Kafele and Susan both indicated that CAMH is committed to exploring with Sherbourne Health Centre additional treatment options for people seeking to transgender.



Dr. Jim Cullen, CAMH Rainbow Services, is one of several CAMH staff members advancing a renewed LGBTTTQI strategy.

CAMH clients get tutoring from former client

Talents at use helping others upgrade high school math skills

When you've been there and back, you can show others the way. Frank Nelson, Rainbow Program alumni, now uses his journey through addiction to help CAMH clients. As a volunteer in the LEARN program, Frank helps tutor about 14 students in math skills. Frank's motivation for volunteering is simple: "It's a state of giving that makes me feel good about myself," he says of his involvement with the program where the challenge is finding the appropriate learning level for students spanning ages from late teens to early twenties.

With an architecture degree and experience in high-end real estate finance, Frank worked in a high-pressure world that eventually led to addictions to cocaine and methamphetamines. "It's a trying time. You don't feel like a full person," he says, adding "With

that kind of background, no one would give you a chance because of the stigma." Now, with the help of CAMH, Frank has controlled his addictions and is enrolled in Ontario Institute for Studies in Education in addition to his volunteer work with CAMH clients.

About volunteering, Frank says, "It's a great way to keep your mind active and positive." The volunteer program has proven so valuable to him that Frank now actively encourages his friends to get involved. "It's something to answer to," he says, "A reason to get up in the morning." Frank also donates his time to a summer camp program where he leads workshops on ceramics and mosaics, acrylic painting and candle making.

If you're interested in volunteering at CAMH, or know someone who is, contact Volunteer Coordinator

Andrea_Reynolds@camh.net at 416 535-8501 ext. 3074.



Frank Nelson, who once received CAMH services himself, brings special insight to his volunteer work tutoring with current CAMH clients.

Contrasting new and old treatment models at CAMH

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states. For me it was very frightening and I don't think it did my depression any good."

Today, John found a very different environment at CAMH while recovering from his most recent depression. He's among the first group of clients to be treated in the Mood and Anxiety Program's new Alternate Inpatient Milieu unit, part of Phase 1A of our Redevelopment which opened to clients on April 7, 2008.

The new Alternate Milieu unit provides a home-like, respectful environment to help clients transition back into the community. Clients have swipe card access, private washrooms and reflection space, as well as access to exercise equipment in the building and to a backyard. Two staff centers do away with the old nursing station model and allow staff more flexibility to work within the entire environment while retaining much-needed confidential team work space.

This unique setting offers structured and personalized group programming opportunities separate from the residential component of the program. This treatment is offered over a 28 day period – similar to 3 to 4 week

structured treatment options that are offered in the Mood and Anxiety Program's day treatment settings, but with the addition of an inpatient service system as added support for a client's journey towards recovery.

John personally questions the 28-day treatment limit, believing that diabetes or cancer patients might not be automatically discharged after 28 days. However, the program anticipates that the Alternate Milieu inpatient service will work integratively with other services of MAP to provide the most effective care for a large number of patients, with MAUI as a resource for those needing more intensive and longer period of treatment.

"The environment itself is brilliant, and the balancing of patients is brilliant." John goes on to say, "You have patients who are suffering from quite similar problems to what you have so you can communicate with each other. You all 'get it,' and that's extraordinarily helpful." For him there is no comparison to the old treatment model. "With all my reservations, it's the best place I've been in yet. The physician and psychiatric care is terrific. You're not waking up every morning to a nightmare."

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If you can't stand the heat, then get on the list Partnership delivers Canada's first heat registry

Early one July morning, a day in which Toronto Public Health issued an extreme heat alert, Paul Koskinen sits at a desk in the offices of Parkdale Activity-Recreation Centre (PARC) preparing to help area residents beat the heat.

A former CAMH client, Paul is a Heat Registry Peer Outreach Worker with Canada's first heat registry program, the *West End Heat Registry and Heat Response Project*. The pilot project is led by PARC and is supported by Toronto Public Health and the *West End Urban Health Alliance* (WEUHA), of which CAMH is a member. Local people who have volunteered information about their heat risk are contacted during a heat alert, either by phone or in person, and offered support. Peer workers were given training to sharpen their outreach, communication, and heat assessment skills. They are able to recognize and respond to heat-related illnesses and perform the registrations and follow-ups. Clinicians from area agencies, such as CAMH's Archway clinic, may also add clients to the registry.

Work on the project began during the chilly days of last November when PARC assembled a working group of representatives from health and social service agencies serving the needs of west-end residents, in particular psychiatric survivors, those who are homeless and marginally-housed, and other at-risk people. While the cold

kills 105 people in Toronto a year, the heat kills 120.

"We were aware of the tragedies that occurred in other cities, like Chicago, when at-risk people had to face extreme heat situations without support. We thought that it would be a case of adapting heat response registries created by other cities to use here. But no other city had put anything together, so we developed our own program, beginning with a heat risk assessment tool," says Bob Rose, PARC Program Director.

CAMH's Community Support and Research Unit (CSRU), which is also responsible for CAMH's internal heat response plan, is a natural fit for the pilot's working group. CSRU's Specialist Kimberly Schonewille calls the project "a great health promotion strategy" for the participants. "It was a great opportunity for people from various agencies to get to know each other and our programs while creating the tools together. We could each speak to the issues facing our clients," she said.

This pilot project not only manages and alleviates heat risks for vulnerable residents, it provides employment opportunities for the peer workers and informs WEUHA agencies' frontline staff how to change their daily practice during extreme heat periods.

For Paul Koskinen, who found the peer outreach position through CAMH Employment Support and Development, the project has provided him with a real sense of



Paul Koskinen checks on Heat Registry participants during an extreme heat alert.

accomplishment that other jobs have not. "I've seen the impact this program has had on the neighbourhood and I derive a great deal of satisfaction being able to help other people," he says.

PARC's Heat Project Coordinator Tanya Gulliver says that at-risk clients find it more palatable to get advice from peers rather than healthcare workers. Those at greatest risk for heat stress are seniors, people with mental health issues, those with chronic illnesses (cardiopulmonary, diabetes), mobility issues and social isolation. The peers are also able to tell clients about other social supports, such as food banks and drop-in centres, when the opportunity presents itself in a non-threatening way.

"Meeting and getting to know the participants has brought home to me how much people in this neighbourhood really care about each other," says Paul Koskinen.

Anyone wishing to join the registry should contact PARC at 416 537-2262. [↗](#)

Clients pampered at annual self-care night

If looking better leads to feeling better then that's certainly how many of the clients felt when they were finished with their makeovers at the 3rd Annual Self Care Night.

Held at Russell Street, the Client Beauty Night put on by Addiction Medicine Services was a night of self-pampering for clients across CAMH. Clients received haircuts, manicures, massages and make-up applications free of charge by the "Beauty Night Society" a non-profit, volunteer-driven organization that helps disadvantaged clients improve their self-image and increase their self-esteem.

"This is their third year volunteering with us," notes Beverley Clarke, Addictions Program. "They work to restore feelings of confidence, dignity and self-worth in clients so that they can develop the inner strength and empowerment to make positive changes in their lives." The feedback that volunteers and staff received from clients that night was "enormous" and "enlightening." One female client who received clothing donations from CAMH's Suits Me Fine

Boutique as well as other beauty night services was overwhelmed with the experience and the generosity she received. After meeting Norma McDowall from Volunteer Services that night, she even agreed to model in the May 28 client fashion show.

Most of the clients who attended the beauty night used all the services and enjoyed the process immensely. One male client was all smiles as he received his first ever massage. He now visits the Resource Room regularly to enjoy the resident massage chair.

"The feedback from staff and volunteers verified for us that this was a very rewarding and positive experience. All clients in their own way talked about the self-care they received as being a pivotal experience in their life and how learning more about self-care improved how they felt about themselves," says Beverley.

Throughout the evening, clients were served a variety of delicious and diverse foods. And as the evening ended, each client was given a gift bag with assorted beauty, grooming and self-care products. "Our hope is that clients continue maintaining the self-care benefits and practices they received at this event, and carry it out into the community, and into their own lives," says Beverley.

Addiction Medicine Services hopes to continue this client-centred and holistic event each year. [↗](#)



Sharir Davids engages in shop talk while getting her manicure and finishing touches on her 'new do'.



The Swag: Clients received gift bags with self-care products to use at home so they can keep on looking good and feeling good! Left to right: client Cathie Adams, Beverley Clarke of Addictions Program, and client Gabriella Tyrell.

The VIP Show: Photos by CAMH clients, staff and neighbours

First there was the *Working Life*. Now comes *The VIP Show*, a photography project led by Hesther Tims, Social Worker in CAMH's Integrated Rehabilitation Unit (IRU).

This newest photo project aims to celebrate the contributions of VIPs such as family, friends, workers, and pets in the lives of CAMH clients, staff and neighbours. "The contribution of family members to the care and well-being of their relatives in hospital is huge. Family and community support is a crucial link for consumers/survivors and clients," notes Hesther.



A photo from the exhibition. From left to right: Client Nav with two of her VIPs, Kristin (volunteer) and Lesley (Rec Therapist).

All participants were invited to have their VIP portrait photo taken by project leader Hesther. Then they were given disposable cameras and asked to take photos of people who are important to them. The photos portray the supportive connections that are not always acknowledged in our daily lives.

Being recognized and feeling understood by others is the foundation upon which we build our sense of self – our feeling of being at home in the world. "Giving clients the opportunity to express themselves like this enables them to focus on their strengths and talents instead of on their deficits; on their viewpoints as people, not clients," she adds.

For more information contact Hesther_Tims@camh.net, or phone 416 535-8501 ext. 2062. [↗](#)

Being Scene: the transformative power of art Year-long art exhibition launched

There was a palpable excitement in the air as Lisa Brown, Executive Director of Workman Arts made her way to the podium to announce the beginning of Being Scene 2008-09. With over 80 works by new, emerging and established artists who've received services from CAMH, the front reception of the Queen Street site was buzzing with art enthusiasts who were ready to review the latest in art.

"Over the past nine years, the volume of submissions, the number of artists represented and the overall quality of the work has increased significantly every year," said Lisa. "Equally exciting is the growth in interest from the public, which has seen sales and commissions, all of which go directly to the artists, increase from a few hundred dollars in the first year to tens of thousands of dollars last year!"


Dr. Paul Garfinkel, CAMH President and CEO, was delighted to welcome guests and expressed his thoughts on art and its transformative powers. "Transformation is foremost on my mind in 2008, a momentous year for CAMH (its 10th Anniversary and the opening of Phase 1A) and Workman Arts," he began. "Our new Queen Street buildings showcase a new 21st-century vision for providing mental health and addiction services that are integrated with the community around them. For me, one of the more striking examples of this integration is the use of Workman Artists' beautiful paintings in the buildings' wayfinding signage."

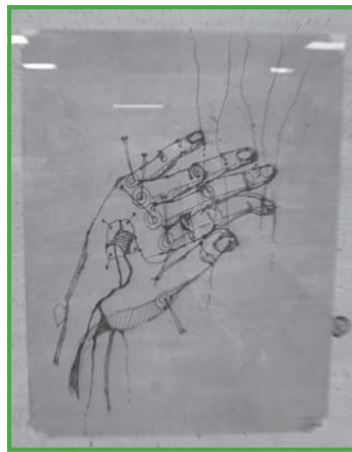
Two of the artists who contributed to the wayfinding project were Henry "Banger" Benvenuti, who is spending his second year as artist-in-residence at the Jean Simpson Studio, and Peter Smith. Both artists joined Ann Davidson, a practicing visual artist and art teacher, to jury this exhibition.

"I want to congratulate every artist that submitted their work for their courage and love of art. And those heroes that were not chosen, I want you to know, that it wasn't the lack of quality and initiative that determined our choice but merely the lack of space," said Banger. "Last year I was not chosen and I didn't give up. Set your goals, never be discouraged and your goals will be attained."

Noted absent from this year's launch was Lupe Rodriguez, who has brought her energy and experience as a successful artist, educator and radio personality to Being Scene and coordinated the juries since 2002, who bowed out this year for health reasons. "Our prayers and thoughts are with Lupe so she may join us on the stage next year," said Paul.

The success of Being Scene is a testament to the efforts put forth by artists, jurors, Workman Arts staff, Members of the Board of Directors, CAMH staff, clients and volunteers and of course the art lovers who continue to buy!

The 2008 Exhibit Catalogue is available at the Information Desk at each CAMH location and online. To find out how to submit work and for further information on Being Scene contact Matthew Hogue or Cheryl Saracini at 416 583-4339. 



The Being Scene Exhibit carries artwork for any and every discerning art lover at all price points.



CAMH's Creative on Queen

September 13, 2008 • 10 am to 4 pm

As part of the Queen West Art Crawl, CAMH's *Creative on Queen* will take over the front lawn of the Queen Street site. Clients, family, friends, staff and neighbours are invited to participate at the signature community event as the work and talents of clients and community partners are showcased.

CAMH VIP Photo Show

Propeller Centre for Visual Arts

September 3 to 14, 2008

The Propeller Centre for Visual Arts hosts the *VIP Show*, a collection of photos depicting the contributions that VIPs such as family, friends, workers, and pets make in the lives of CAMH clients, staff and neighbours. Pictured up is the 2006 Working Life project, a show put on by the IRU clients. For more information contact Hesther_Tims@camh.net or call 416 535-8501 ext. 2062.

Psychiatric Survivor Pride

September 27 and 28, 2008

252 Bloor Street West, 7th Floor Peace Lounge, Toronto

The Coalition Against Psychiatric Assault presents *Psychiatric Survivor Pride Weekend*, a celebration of psychiatric survivor resistance and community empowerment. This year's Psychiatric Survivor Pride marks the five-year anniversary for the Coalition Against Psychiatric Assault (CAPA). It will also feature the first presentation of the CAPA Award for Lifetime Antipsychiatry Activism, premiere film screenings, an art installation, and discussion groups about psychiatric survivor community and resistance.

For more information contact C/S INFO CENTRE 416 595-2882 or email at csinfo@camh.net.

Rendezvous with Madness Film Festival

November 6 to 15, 2008

Workman Arts Theatre, Queen Street site, CAMH

Join family, friends and clients at this year's *Rendezvous with Madness Film Festival* to celebrate its 16th year! For more information contact Mike_Twamly@camh.net at 416 535-8501 ext. 2261.

New from CAMH: Foster Pet Care

Become part of an important new service that provides foster care to pets when a consumer/survivor has to go into hospital. Or use the service if you need someone to care for your cherished pet when you can't. Contact Linda_Chamberlain@camh.net or at lchamb5702@rogers.com for more info and application forms.

Suits Me Fine client fashion show Clothing program accepting donations

They say that when you *look* good, you *feel* good! Nowhere was this more evident than at the Suits Me Fine client fashion show on May 29 at the Queen Street Mall.

In its second year since renaming itself from the Clothesline, the Suits Me Fine fashion show provided a kaleidoscope of sports wear, casual wear and business and evening attire for clients. "Many clients cannot afford new clothes so the boutique outfits thousands of clients each year for free," explains Norma MacDowell, Resource and Special Populations Coordinator. "Our volunteers also help clients




All the models took a final run down the catwalk at the 2008 Suits Me Fine Client Fashion Show.

find suitable clothes for important occasions like job interviews, court appointments and special events."

This year, clients looked spectacular and confident in clothing provided by community members, CAMH staff and local businesses. "We have taken a huge step from where we were a few years ago and it is in part because so many of you have donated generously to the Boutique. Managers, community and family members have all stepped up to provide quality clothing for our clients," said MC Michael Taylor, Manager Spirituality and Religious Care and Volunteer Resources.

Along with his co-MC Melanie Ceresne, Addiction Therapist, Michael introduced more than 20 clients to the runway wearing everything from sundresses, to suits to sports wear.

The response from the audience as each client strutted the latest fashions was overwhelming. "This is one of the best events at CAMH," exclaimed one staff member. "To witness the confidence and pride of our clients that are in the show today is extraordinary."

To donate new or gently-used clothes please contact Norma_McDowell@camh.net at ext. 6010. Hours for Suits Me Fine are Monday and Wednesday, 1 to 3 pm. 



Rachel Jenkins wowed the crowd in her trendy skinny jeans!