

camhconnexions

CAMH advances LGBTTTQQI strategy

COMMUNITY MEETING MARKED BY FRANK AND OPEN DIALOGUE

CAMH took a step forward in advancing its new LGBTTTQQI strategy this summer at a community meeting leading to a “positive” new dialogue, according to many participants.

The meeting, convened by CAMH and hosted by Sherbourne Health Centre, updated community members about CAMH’s LGBTTTQQI (Lesbian, Gay, Bisexual, Transgender, Transsexual, Two-Spirited, Queer, Questioning & Intersex) initiatives and to forge better links with the community.

CAMH Vice-President of Communications and Community Engagement Susan Pigott said,

“Our 2006 Diversity Review told us we still had a way to go in terms of our relationship with some members of the LGBTTTQQI community and that we hadn’t done a very good job of communicating the work we are doing.”

CAMH Director of Diversity Programs Kwasi Kafele outlined the strategy to build and strengthen relationships with the LGBTTTQQI community including providing relevant support and services based on the needs of the community, while recognizing the role played by homophobia, transphobia and heterosexism in mental health and addictions. For CAMH, that



CAMH staff building relationships with the LGBTTTQQI community include (L-R) Dr. Jim Cullen, Rainbow Services, Diana Capponi, Education Services, Sophia Bishop and Kwasi Kafele with Diversity Programs and Tim Guimond, Rainbow Services.

includes collecting better data related to LGBTTTQQI clients, and working with its researchers to better understand issues.

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 transgendered staff member to aid in outreach to the

LGBTTTQQI, continued on page 2

Large-scale investment catapults CAMH’s research forward

CAMH recently celebrated the announcement of a landmark investment of \$15 million by the Canada Foundation for Innovation (CFI). This funding from the Large-Scale Institutional Endeavours component of CFI’s Research Hospital Fund kicks off a \$38 million project enabling CAMH to do further research in: Schizophrenia, Mood Disorders, Addictions, Community Health & Knowledge Exchange, Neuroimaging, Pharmacogenetics and Neuroscience. With additional financial support from the CAMH Foundation, this integrated and pioneering project will address key issues such as:

- Optimizing treatment across mental illness and substance use disorders, including the development of individualized treatment based on molecular genetics;
- Translating discoveries into improved clinical practice, prevention and intervention strategies;
- Reaching out to underserved and understudied communities such as First Nations, remote populations, the workplace, women, the elderly, and children.

The largest individual grant in CAMH history, this funding news is a turning point in the history of mental illness and addiction research.



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

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

CAMH Redevelopment update

With the first four buildings of CAMH's Queen Street Redevelopment project open and running, the focus shifts to the next step in the transformation: a new client care building for the Geriatric Mental Health and Child, Youth & Family programs, a new outpatient/administrative building and a third facility housing a new central plant, gymnasium and parking garage.

Before construction can begin, CAMH's existing Administration Building must be demolished. This will happen in early 2010. Beginning this November programs and staff in that building will gradually relocate to temporary space on and off the Queen Street site.

During this Interim Relocation, inpatient programs will remain at the Queen Street site, with the Geriatric Mental Health Program moving to Unit 4. However, some outpatient and administrative functions will be

moving to office space in the Queen/King West area.

CAMH's Community Support and Research Unit (CSRU) and three Schizophrenia Program outpatient services move to 862 Richmond Street West in December 2008. The CAMH Foundation moves to 901 King Street West around the same time, to be joined later by CAMH's executive offices and some administrative functions. During construction, CAMH's front door will relocate to the main floor of Unit 4.

CAMH staff, clients, partners and neighbours will be updated about the moves and schedule as the Interim Relocation project unfolds. All outpatient clients affected by these moves will be informed by their care teams, with plenty of advance notice. In the case of the programs moving this fall, these communications have already begun.

Update: Mental Health Centre Penetanguishene – Oak Ridge Facility

Recently the Ontario government made the decision to divest all of the services and facilities of the Mental Health Centre at Penetanguishene, including the provincial maximum security program currently housed at Oak Ridge to Penetanguishene General Hospital (PGH).

The supervisor's report issued in June had recommended that the provincial maximum security program be divested to CAMH. However, after significant due diligence and

discussion between all parties concerned, it has been decided that CAMH can better serve as a partner instead by:

- Continuing our long-standing collaborative work with Penetanguishene and increasing our academic role in concert with PGH
- Assisting with medical and other staffing for the Oak Ridge facility
- Partnering on developing a Forensic Network for the Province.

CAMH remains committed to improving our forensic work which has doubled in the past 10 years, serving as a provincial resource and building the understanding of and care for people with mental illness and addictions problems who are in Ontario's forensic system. We look forward to an ongoing collaboration with PGH and the Ontario government in pursuit of this goal.

LGBTQQI, continued from page 1

community.

Tim Guimond has also joined Rainbow Services as a staff psychiatrist to help provide comprehensive services for clients who, in addition to substance use issues, also have mental health concerns. He will lead research with CAMH's community partners (the AIDS Committee of Toronto, Casey House and St. Michael's Hospital) in ways of helping gay and bisexual men reduce their HIV risk behaviours in the setting of substance use.

Dr. Rohan Ganguli, CAMH's Executive Vice-President, Clinical Programs, stated CAMH will be surveying its national and international peers about treatment approaches for the Trans community.

CAMH will work closely with Sherbourne Health Centre to explore options with the provincial government on the complex issues surrounding

sexual reassignment surgery.

Participants encouraged CAMH to work with Sherbourne Health Centre to explore different service approaches for the Transgendered community, and some expressed concerns with approaches to research and data gathering that have the potential to 'pathologize' Transgendered people.

CAMH is committed to cultural change and to supplementing its clinical perspective in this area, but cautions that widespread organizational and cultural change will be a slow, deliberate process, one that Senior Diversity Consultant Janet Mawhinney likened to 'turning an ocean-liner.'

The strategy and action plan can be found online at www.camh.net/About_CAMH/Diversity_Initiatives/.

CAMH takes part in Canada's first heat registry

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

A former CAMH client who found the job through CAMH Employment Support and Development, Paul was a Peer Outreach Worker with Canada's first heat registry program, the West End Heat Registry and Heat Response Project. The pilot project was led by PARC and supported by Toronto Public Health and the West End Urban Health Alliance (WEUHA), of which CAMH is a member. Peer workers were trained to sharpen their outreach, communication, and heat assessment skills so they could recognize and respond to heat-related illnesses and do the registration and follow-up of local residents.

Work on the project began during the chilly days of November 2007 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.

CAMH's Community Support and Research Unit (CSRU) is responsible for CAMH's internal heat response plan and was a natural fit for the pilot's working group. CSRU's Community Support, Development and Research



Paul Koskinen, Heat Registry Peer Outreach Worker, checks on Heat Registry participants during an extreme heat alert.

Specialist Kimberly Schonewille called 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.

The pilot project not only alleviated heat risks for vulnerable residents, it provided employment opportunities for the peer workers and informed WEUHA agencies' frontline staff how to change their daily practice during extreme heat periods.

Trouble in Paradise project wins award

Located just two hours north of Toronto on Georgian Bay, North Simcoe is a recreation paradise. Boating and all-terrain vehicle (ATV) riding are popular in summer, and snowmobiling and skiing in winter.

With increased recreational traffic comes increased injuries and deaths, giving rise to “Trouble in Paradise – A project to Prevent and Reduce Alcohol Related Injuries and Death among Recreational Transportation Users.”

“Although most Ontarians understand that drinking and driving a car is dangerous, that message has not gotten through clearly when it comes to drinking and recreational transportation use,” said Susan Lalonde Rankin, CAMH Provincial Services Program Consultant. “These factors – the rise in popularity of the sports



and the attitude that driving recreation vehicles after drinking is low risk – led our Safe and Sober Awareness committee to apply for a Health Canada grant to fund the project,” she added.

Trouble in Paradise drew attention at provincial, national and international conferences, in part due to the innovative nature of its public education ads. Its success comes from partnering with law enforcement,

health care organizations and local businesses. The Ontario Association of Chiefs of Police named the project the Traffic Initiative of the Year, sponsored by the Ministry of Transportation.

In North Simcoe, 79 establishments are licensed to serve alcohol, some located on the trails or waterways. Trouble in Paradise hosted a workshop to help local restaurants and bars develop customer and staff policies promoting safe and legal serving practices.

Project evaluation indicates that driving recreation vehicles after drinking is decreasing in North Simcoe. The Safe and Sober Awareness committee has put all the project materials on one DVD for use by other injury prevention coalitions in Ontario.

Save \$1 billion and 800 lives: Cost of alcohol study

The economic burden of alcohol abuse costs each Canadian \$463 per year. In fact, the direct health care costs for alcohol abuse in Canada exceed those of cancer. Released by CAMH in June, the “Avoidable Costs of Alcohol Abuse in Canada 2002” report estimates that implementing six reviewed interventions would result in savings of about \$1 billion per year, about 800 lives, close to 26,000 years of life lost to premature death and more than 88,000 acute care hospital days in Canada per year. This pioneering study is Canada’s first systematic estimate of the avoidable costs of alcohol abuse, and the first study of its kind worldwide.

To calculate the avoidable burden and avoidable costs of alcohol abuse, CAMH Senior Scientist Dr. Jürgen Rehm and his team estimated the potential economic impact of increasing alcohol taxation, lowering the blood alcohol concentration (BAC) legal limit from 0.08 per cent to 0.05 per cent, zero tolerance BAC for all drivers under age 21, increasing the legal minimum drinking age from 19 to 21 years of age, a Safer Bars intervention, and brief interventions (routine screening

with concise advice for problematic alcohol users by primary care physicians or other health professionals).

The data revealed that:

- Implementing all six interventions would decrease productivity losses by more than \$561 million of the total avoidable cost due to alcohol, decrease health care costs (saving almost \$230 million), and lower criminality costs by almost \$178 million.
- The most effective intervention to reduce avoidable costs was the brief interventions (saving almost \$602 million per year), followed by increasing alcohol taxes (saving more than \$211 million per year).
- The most effective intervention for preventing drinking and driving incidents was lowering the BAC level, which would result in a 19 per cent reduction.

RESEARCH, continued on page 6

CAMH community partners receive research funding

Through the Community Research Capacity Enhancement Program (CRCEP), Ontario community mental health and addictions agencies are eligible for research funding from CAMH. The program’s goal is to enhance CAMH’s research interactions with community partners to help build research capacity among organizations addressing addiction and mental health issues.

This year’s funded projects cover an interesting spectrum.

Community Outreach Programs in Addictions (COPA) is developing a problem gambling screening instrument for identifying at-risk older adults and CAMH research principals **Dr. Robert Mann**, **Dr. Branka Agic**, and **Nina Littman-Sharp**, will provide research expertise and support to the project. COPA is a Toronto-based organization committed to helping adults 55 years

and over who struggle with addictions that affect their daily lives, with a focus on substance misuse and problem gambling.

From their hotline service, the **Thai Society of Ontario (TSO)** together with the **Royal Thai Embassy** collected demographic data indicating that Thais living in Ontario face multiple social and ethnic health disparities, multiple challenges to accessing mental health and addictions care. CAMH’s **Dr. Samuel Noh** will work with the TSO to collect and study further data to identify the mental health needs and strengths in the Thai community.

The Griffin Centre is a non-profit, multiservice mental health agency that provides a range of services to youth and adults with dual diagnoses of mental health concerns and developmental

delays. People with developmental disabilities tend to live as marginalized members of society and are unable to access the same health care services, particularly mental health care, as the general population. In partnership with CAMH’s **Dr. Yona Lunskey**, the Griffin Centre will study the experience of families in crisis in order to better meet their needs, and develop preventative interventions to address issues before crises occur.

All of the projects chosen for CRCEP funding this year are dedicated to issues that build relationships and capacity in diversity, embodying CAMH’s vision of building strong and healthy communities, in which people with addiction and mental health problems can access appropriate and effective services and live as full participants.

Appointments and awards

Dr. Rani Srivastava, CAMH's Deputy Chief of Nursing Practice recently graduated from her doctoral program at the Institute of Medical Science Faculty of Medicine at the University of Toronto. In 2005, Rani received a \$100,000 grant (over two years) from the Change Foundation for a pilot project with 20 CAMH nurses and 10 U of T nursing students to develop Culturally Responsive Therapeutic Relationships in nursing practices.

Dr. Rohan Ganguli, CAMH's EVP of Clinical Programs, has been awarded the Tier 1 Canada Research Chair in Chronic Disease Management to investigate health issues related to schizophrenia. This \$1.4 million CIHR grant will support his research program by investigating non-psychiatric health issues in individuals suffering from schizophrenia and other serious and persistent mental disorders.

Dr. Kwame McKenzie assumed the newly-created role of Deputy Director, Continuing and Community Care – Schizophrenia Program. Joining CAMH last year from the UK, Kwame brings considerable expertise in community psychiatry, culture, diversity and social equity. He is a world leader in the social causes of psychosis, social capital and the impact of racism on mental health. Kwame will serve on the Schizophrenia Executive Team and lead clinical, research and policy development for the improvement of community based services, outpatient and inpatient services for people with continuing care needs in the Schizophrenia Program.

Dr. Gary Remington has taken on the newly-created role of Deputy Director, Research and Education – Schizophrenia Program. He is one of Canada's leaders in schizophrenia research and one of the architects (along with Drs. Bob Zipursky and Shitij Kapur) of the First Episode Psychosis Program at CAMH. Gary will build on his distinguished record of achievement to enhance and expand multidisciplinary research and education for the Schizophrenia Program. He will also serve as a member of the Schizophrenia Executive Leadership Team.



Deputy Chief of Nursing Practice Dr. Rani Srivastava (2nd from right) recently completed her PhD. On hand to celebrate were (l-r) Judith Tompkins, Chief Nursing Practice & Professional Services and EVP; Dr. Kwame McKenzie and Dr. Paula Goering.

Dr. Paula Goering, head of the Health Systems Research and Consulting Unit in the Social, Prevention and Health Policy Research Department is the winner of the 9th annual Health Services Research Advancement Awards, presented by the Canadian Health Services Research Foundation. This prestigious award recognizes Paula's significant contributions to advancing Canada's health services research and evidence-informed decision-making in the health system.

Dr. Paul Kurdyak received the CIHR Institute of Health Services and Policy Research Rising Star Award. This distinguished honour recognizes excellence in knowledge translation and/or research carried out by graduate students and post-doctoral fellows in all fields and disciplines related to health services and policy research.

Have your say in CAMH's Strategic Plan

CAMH is renewing its Strategic Plan this fall. If you would like more information about this process, and notification of upcoming consultations later in the year, please e-mail Strategic_Planning@camh.net or leave a message at 416 535-8501, extension 1650.

CAMH in the community

Coming events

Building Equitable Partnerships Symposium

2008, November 5-7, 2008

CAMH, 250 College Street, Toronto

For more information please contact:
Mary_Austin@camh.net

Rendezvous with Madness Film Festival

November 6-15, 2008

CAMH, Workman Theatre, 1001 Queen Street West

Tel. 416 583-4339

RESEARCH, continued from page 4

- The Safer Bars program was the most effective measure to avoid homicide and other violent crimes (more than 3 per cent reductions were estimated).
- “The greatest overall cost avoidance would be achieved when multiple rather than single effective and cost-effective alcohol interventions are implemented as part of a comprehensive alcohol policy,” said Dr. Rehm.

Research showed that substantial increases in direct and indirect costs would occur if Canadian provinces were to privatize alcohol sales. Productivity losses would increase by more than \$468 million, health care costs would increase by more than \$258 million, and costs related to criminality would increase by about \$102 million.

Dr. Rehm explains, “this study shows the benefits potentially available to the community as a whole by directing public resources to specific policies, strategies and programs. It also helps identify information gaps, target problems, and identify potential solutions.”

CAMH volunteers receive provincial honours

In June, the Province of Ontario honoured 208 volunteers from the Toronto region and among them were six of CAMH’s very own.

Niles Patel was recognized for his five years of volunteer work with the Telephone Support Line at CAMH’s McLaughlin Information Centre, offering informal support to those who are struggling with mental health or addiction issues. His commitment and passion for his volunteer work caught the attention of the staff there, and Niles soon moved from the ranks of volunteer to a CAMH employee.

Also recognized were CAMH Family Resource Centre volunteers Annick Aubert, Ana Herman, Joan MacDonald, and Elsa Southam. Each uses personal experience to help families and friends navigate the emotional and sometimes stressful journey of loving and/or caring for someone with a mental health and/or addiction issue.

Former staff member and current volunteer at the ‘Suits Me Fine’ Boutique Pauline Hill garnered an award for her commitment to helping clients for 15 years.



CAMH’s Niles Patel (centre) receives award from Michael Chan, Minister of Citizenship and Immigration and Dr. Helena Jaczek, MPP for Oak Ridges-Markham.

If you’re interested in volunteering at CAMH, or know someone who is, contact the Director of Volunteer Resources at (416) 535-8501 ext. 4053.

Receive *Connexions* by e-mail

Subscribe now and get your next issue as a PDF attachment.

E-mail public_affairs@camh.net to request an electronic subscription.

DISPONIBLE EN FRANÇAIS

HIGHLIGHTS DISPONÍVEL EM PORTUGUÊS

Published by: CAMH Public Affairs
Editor: Margaret Goulding

Centre for Addiction and Mental Health (CAMH),
33 Russell Street, Toronto, ON M5S 2S1
www.camh.net

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)

TELEPHONE
SUPPORT LINE
1 800 463 6273

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

WEBSITE
www.camh.net