

camhconnexions



Art on the Move

Artwork by Vincenzo Callabretta and Joan Pierre (2nd and 3rd from left) and other clients of CAMH's Geriatric Mental Health Program will go far and wide on this truck as part of the Art on the Move initiative. Joining them at the project launch were (l-r) Gaby Golea, Raymond Wong, Joanne Uyede, Rong Ting of CAMH with Graham Curry of Art on the Move. (Right), CAMH Occupational Therapist Raymond Wong meets the press at the launch event.



CAMH renews Strategic Plan to guide work, planning through 2012

After months of consultation with many of CAMH's employees, volunteers, clients, community partners and stakeholders, the Board of Trustees unanimously approved a refreshed CAMH Strategic Plan 2009-2012.

"A Strategic Plan should serve as a roadmap for how the organization plans and prioritizes, and for how we evaluate

our progress," said Susan Pigott, vice president, Communications and Community Engagement. "It's especially important for an organization like ours, which combines clinical and research work with policy, education and health promotion, and which has a province-wide reach," she added.

Our Mission, Vision and Goals remain unchanged, but

we have added two new CAMH Values—one related to the role of the family and another to respect—and broadened our existing diversity value to include health equity and inclusion. You will see the most significant evolution in the five Strategic Directions which will guide CAMH's work and planning in the coming years:

STRATEGIC PLAN, continued on page 4





West Central Ontario events highlight the fight against stigma

This spring, Dr. David Goldbloom, CAMH's senior medical advisor, Education and Public Affairs, and vice-chair of the Mental Health Commission of Canada reached more than 360 health and community service professionals with his message about reducing the stigma associated with mental health issues. The events in Hamilton and Kitchener were organized by CAMH provincial services staff and the Hamilton Niagara Haldimand Brant LHIN, Hamilton Addiction & Mental Health Collaborative, Self Help Alliance and Waterloo Wellington LHIN.

Queen Street site redevelopment update

Next phase brings exciting changes to Queen West neighbourhood

When the next phase of CAMH's redevelopment project is complete, we will have turned a pivotal corner in community integration, weaving new state-of-the-art hospital facilities into a mixed-use urban village.

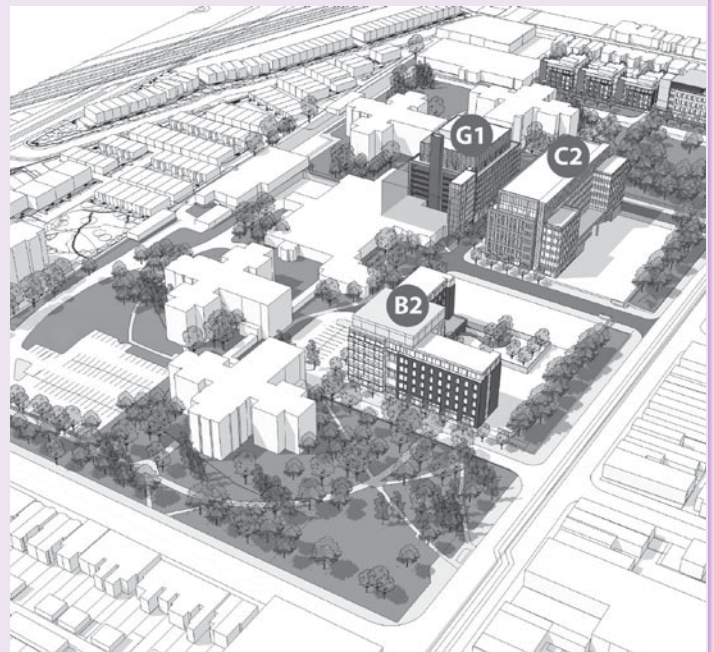
Next year will see some exciting milestones. First, the demolition of the outmoded administration building on Queen Street, and then the beginning of construction of three new CAMH buildings, as well as the first non-CAMH development on the site.

A new core client care building, temporarily called the Intergenerational Wellness Centre (B2 in image), will include 12 new beds for youth aged from 15 to 24 who are dealing with both mental health and addictions issues, a vulnerable and high-needs group. This building will also house CAMH's Geriatric Mental Health Program, which combines 48 in-patient beds with a suite of outpatient programming and supports. Additional features include a large private courtyard for clients as well as a number of terraces.

The new temporarily-named CAMH Gateway Building (C2) will house outpatient, facility support and administrative services. It will also serve as CAMH's new main entrance.

The third building, the Utilities and Parking Building (G1), will be multi-storey parking garage and will provide a beautiful setting for a new client gymnasium on the 8th floor.

This next phase will give all of CAMH's stakeholders something to get excited about. The removal of the administration building will allow for a new network



Phase 1B will dramatically transform the CAMH campus with the removal of the current administration building, the construction of three new ones, and several new streets extending south of Queen Street.

of streets and sidewalks to be extended south of Queen Street, effectively knitting CAMH into the community. When complete, this phase will bring us closer to realizing our vision of a revitalized hub for Canada's leading mental health and addiction facility within a genuine community setting.

Awards and appointments

Principal Investigators **Drs. Kwame McKenzie** and **Sam Noh** received a CIHR training grant valued at \$1.7 million over six years. The Social Aetiology of Mental Illness training program involves 56 partners from around the world and will create a new generation of advanced experts through an interdisciplinary collaboration focusing on the social determinants of mental disorders and models of causation. It will train researchers from diverse fields including medicine, health sciences, social work, and social sciences and produce a new cadre of researchers equipped to investigate causation and ultimately translate into health prevention and promotion initiatives. This project will also produce national and international networks of interested professionals that will further build capacity while leading the field.

Ontario's Fire Marshal, Patrick Burke, chose CAMH for the **Fire Marshal's Award for Excellence in Fire Safety** at a June 3, 2009 ceremony in Toronto. The annual Public Fire Safety Council's Fire Safety Awards recognize outstanding contributions to fire protection and prevention in Ontario. CAMH has demonstrated an ongoing commitment to fire prevention and fire safety, having been instrumental in the research, development and dissemination of TAPP-C (The Arson Prevention Program for Children), a program for the assessment and treatment of child and youth firesetters.



American Psychiatric Association president Dr. Nada Stotland presented Dr. Bruce Pollock, vice president, CAMH Research, with the Jack Weinberg Memorial Award for excellence in the field of geriatric psychiatry at the APA annual meeting in San Francisco, last May.

Dr. Allan Kaplan received the 2009 J.M. Cleghorn Award for Excellence and Leadership in Clinical Research. Presented by the Canadian Psychiatric Association (CPA), this award recognizes a CPA member for excellence in clinical psychiatric research or leadership in advancing clinical psychiatric research in Canada.

Dr. James Cunningham of the University of Arizona received a Fulbright Award to collaborate at CAMH with **Dr. Russell Callaghan** on a series of studies examining the impact of North American drug policy legislation on patterns of methamphetamine use in Canada.

A sign unveiled, and a dream continued



In June, CAMH welcomed donors, staff, clients, volunteers, neighbours and friends to the official sign unveiling for the next phase of the Queen Street redevelopment project. (L-R) Nicholas Osborne, former CAMH geriatrics client; Hon. George Smitherman, Minister of Energy and Infrastructure and Deputy Premier of Ontario; Sean Winger, former client, Addictions program; John Hunkin, Board Chair, CAMH Foundation; Dr. Paul Garfinkel, CAMH President and CEO.

CAMH projects

\$5 million donation helps CAMH reach more vulnerable youth

Vulnerable youth facing mental illness and addiction—whose needs now go unmet—will soon benefit from expanded services in new facilities, thanks to a generous \$5 million donation from the estates of Kenneth Thomson and his sister Audrey Campbell. The donation will enable the expansion of CAMH’s existing services through the creation of a new in-patient centre in CAMH’s pioneering redevelopment project.

The new centre will include a 9,000 square-foot unit for youth experiencing serious addiction and concurrent disorders (addiction and mental illness occurring simultaneously). The first of its kind in Canada, the centre will house 12 in-patient beds and provide services to complement and expand the current outpatient and day-hospital services of CAMH’s Child, Youth and Family Program.

At the new centre, young people will have access to 24-hour support during the most critical phase of their illness. Numerous services and programs including day visits for schooling and support services, and outpatient services to help with the adjustment to school, work and family life beyond CAMH will be offered. The centre will allow CAMH to reach an additional 220 to 250 youth each year.

For more information, please visit: www.supportcamh.ca

STRATEGIC PLAN, continued from page 1



- Advance Clinical Specialization and Transform Care
- Foster a Climate of Discovery, Innovation and Knowledge Exchange
- Build System Capacity
- Develop and Extend our Resources
- Foster a Healthy Workplace

We also welcome your feedback, comments and questions at strategic_planning@camh.net. You can view the full Strategic Plan online at www.camh.net.

A historic first for CAMH: The McCain Building

On May 1st, 30 White Squirrel Way was officially unveiled as The McCain Building, recognizing the McCain family’s generous gift of \$2 million to support CAMH’s redevelopment. This is the first CAMH building named for a donor, signalling an important shift in public attitudes towards mental illness and addiction.

Guests at the unveiling ceremony included McCain family friends, CAMH Foundation volunteers, and staff and clients.

Harpist Marie Asuncion performed and spoke about her own experiences with mental illness and the services she received from CAMH.

Michael McCain noted, “CAMH offers world-class care by world-class people – but in underwhelming surroundings,” and urged the assembled guests to support their efforts to raise funds to improve conditions.



A special unveiling curtain made by CAMH clients to thank the McCain family for their support.

Marie Asuncion delighted guests with performance and powerful words.

Using Cognitive Behavioural Therapy (CBT) to treat psychosis at CAMH



Some of the clinicians involved meet to track their progress. L-R, front row: Carolyn Schmidt, Donna Manning, Tara Laing, Kate Kitchen. L-R, back row: Pablo Diaz, John Klukach

Treatment for people with schizophrenia has long focused on pharmacological and psychosocial approaches. While care plans based on these modalities work for many clients, it's been recognized in Britain and elsewhere that adding Cognitive Behavioural Therapy (CBT) can be extremely beneficial for helping clients with schizophrenia increase their coping skills, and so a group of CAMH clinicians sought training to learn how to deliver it.

CBT is a collaborative therapy between clinician and client in which the client learns to identify dysfunctional thinking, behaviour, and emotional responses, and then learns skills to help challenge and modify those thinking patterns and behaviour. CBT has long been used in the treatment of depression, obsessive compulsive disorder, anxiety and mood disorders at CAMH and elsewhere.

CAMH clinicians in the Schizophrenia Program – including nurses, occupational therapists, psychologists, social workers, psychiatrists – have been offering CBT to their clients this year under supervisions and training from Dr. Neil Rector, former CAMH director of the Anxiety Disorders Clinic, now at Sunnybrook Health Sciences Centre.

Dr. John Klukach of the Schizophrenia Program believes this program is particularly special since it was initiated by staff looking for a way to enhance their clients' treatment and lives. He explains that people with schizophrenia often experience symptoms of depression and anxiety. Those symptoms are compounded by the losses commonly associated with schizophrenia – loss of homes, jobs, and personal relationships.

» **It's about clients drawing on their own resources to develop ways to live better lives** [DR. JOHN KLUKACH]

CBT allows clients and clinicians to explore symptoms of psychosis (hallucinations and delusions). It supports clients in finding alternative explanations of these symptoms and aids in reducing the distress caused by these often frightening experiences. Once clients better understand the context and environmental factors of their symptoms, they're better able to develop effective coping strategies. It is very helpful for clients experiencing break-through symptoms.

Hesther Tims, a social worker in CAMH's Integrated Rehabilitation Unit (IRU) says, "CBT therapy meshes well with clients' preference for individualized, holistic care. CBT works with clients' strengths rather than deficits."

So far, response to the initiative has been positive, and demand from clients and families to try CBT has been high. Hesther reports that her clients feel that "they are quite engaged with the process because in contrast to a more didactic approach, CBT involves finding the skills and tools within the individual."

The therapy is time-limited and the initial group of clients is currently in treatment. In the future, outcome measurement will help clinicians determine best clinical practices and encourage professional development of other clinicians interested in the theory and practice of CBT for clients with schizophrenia.

New study shows one in 25 deaths worldwide attributable to alcohol

Research by CAMH's Dr. Jürgen Rehm and colleagues published in *The Lancet* shows that globally, one in 25 deaths are directly attributable to alcohol consumption, mainly due to increases in the number of women drinking. The study's release garnered worldwide media attention and more than 200 feature articles and interviews.

The researchers found that alcohol-attributable disorders are among the most disabling disease categories within the global burden of disease, especially for men. In contrast to other traditional risk factors for disease, the burden attributable to alcohol lies more with younger people than with the older population.

Still, Dr. Rehm takes an optimistic 'glass half full' response to the increasing alcohol-attributable burden. "Today, we know more than ever about which strategies can effectively and cost-effectively control alcohol-related harms," he said. "Provided that our public policy makers act on these practical strategies expeditiously, we could see an enormous impact in

reducing damage."

The study showed that in Europe, one in 10 deaths are alcohol-related. Average adult alcohol consumption in Europe is 13 standard drinks per person per week compared to North America's 10 to 11 standard drinks. The recent Canadian consumption rate is equivalent of almost nine standard drinks per person per week, age 15 plus, and has been rising, as has high-risk drinking. Globally, the average is around seven standard drinks per person per week (despite the fact that most of the adult population worldwide actually abstains from drinking alcohol).

Most of the deaths caused by alcohol were through injuries, cancer, cardiovascular disease, and liver cirrhosis.

"Globally, the effect of alcohol on burden of disease is about the same size as that of smoking in 2000, but it is relatively greatest in emerging economies. Global consumption is increasing, especially in India and China," Dr. Rehm said.

CAMH is known for its pioneering research in the most effective ways of reducing the burden

of alcohol. For example, CAMH endorsed the legislative change implemented this year requiring young Ontario drivers to maintain a 0% blood alcohol content; in many jurisdictions this measure has reduced alcohol-related crashes and saved lives.

Other evidence-based policies proven to reduce harms include better controls on access to alcohol through pricing interventions and outlet density restrictions as well as more focused strategies such as violence reduction programs in licensed premises. Within health care, provision of screening and brief interventions for high risk drinkers has enormous potential to reduce the contribution of alcohol to the onset of cancer and other chronic diseases.

"There are significant social, health and economic problems caused by alcohol, but research gives us sound, proven interventions that governments and health providers can use to address these problems," said Gail Czukar, CAMH's executive vice-president, Policy, Education and Health Promotion.

Improving mental health services for refugees

When refugees arrive in Canada, they often carry with them the difficult experiences that made them flee their countries of origin. Armed conflict, the instability of a refugee camp, and social upheaval can leave physical wounds as well as psychological scars. There is also added stress from navigating a new environment and being far from familiar support networks.

This emotional and physical upheaval can create serious stress and other mental health challenges for new Canadians. A new research study, led by scientists in CAMH's Social Equity and Health Research unit, is looking at ways to improve the mental health of this vulnerable population.

According to principal investigator Dr. Laura Simich, there are pockets of service excellence across Canada, but there continues to be a real disconnect between the healthcare system and refugees' health care needs. "Settlement services providers understand the experiences of refugees, but don't know the best health care approaches to help them. At the same time, healthcare providers can help but they don't know how to deal with the experiences of refugees."



Dr. Laura Simich and Biljana Vasilevska of CAMH's Social Equity and Health Research unit.

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IMPROVING, continued from page 6

The Refugee Mental Health Practices study is focused on service bridging; uncovering successful mental health services and ways of providing support and integrating these best practices into treatment strategies.

The project team is starting with a national environmental scan of organizations that are actively working to meet the mental health needs of refugees in Canada. They will then develop case studies of sites that emerge as examples of good mental health practice for refugees. The team anticipates working with experts in Vancouver, the Prairies, Montreal and Halifax.

Dr. Simich and her team will create and disseminate educational materials (in English and French) for those who provide mental health-related support and services for refugees. Project completion is expected in 2010. "You have to work fast when you have urgent needs," said Dr. Simich.

Funded by Citizenship and Immigration Canada, the Refugee Mental Health Practices study will provide valuable information on the available services across Canada.

To learn more about the project, contact Research Coordinator Biljana Vasilevska at 416 535-8501, ext. 7615, or biljana_vasilevska@camh.net.

Leading journalist moderates 'Neuron to Neighbourhood' research panel



Jay Ingram of Discovery Channel Canada leads an interactive discussion at CAMH's AGM with three prominent CAMH scientists working in very diverse areas of research. L-R, Dr. Paula Goering, Section Head, Health Systems Research and Consulting Unit; Dr. James Kennedy, Director, Neuroscience Research; Dr. Jeffrey Meyer, Head, Neurochemical Imaging in Mood Disorders at the PET Centre (photo by David Sweeney).

New \$7 million initiative will amplify CAMH's unique research strengths

A new CAMH research initiative promises to help revolutionize treatment for common psychiatric conditions like major depression, bipolar disorder, schizophrenia, as well as addictions.

Thanks to a \$2.8 million grant from the federal Canada Foundation for Innovation (CFI), researchers at CAMH will be able to combine the power of genetics and sophisticated brain imaging to personalize treatment. CAMH scientists aim to create tools with which physicians can identify the medication that will best fit an individual's unique brain chemistry and genetic risk factors, helping to avoid trial-and-error diagnosis, treatment failure, relapse, and serious side effects. CAMH scientists also hope to identify genetic targets that can be used to develop new, more specific and efficacious medications in the future.

If the CFI grant is matched by the Ontario government, as anticipated, a total of up to \$7 million will be earmarked for the initiative, known as **NEUROIMAGENE**.

"CAMH is the only research enterprise world-wide that can compare DNA characteristics across 18 different psychiatric conditions. Integrating genetics with our positron emission tomography (PET) scanning technology to show neurochemical changes induced by drug therapies produces a powerful new tool to create targeted treatments," said Dr. Bruce G. Pollock, vice-president of

Research at CAMH.

The first year after diagnosis is crucial in the treatment of an illness like schizophrenia, said Dr. Sylvain Houle, who with Dr. James Kennedy is spearheading the **NEUROIMAGENE** initiative. "If the first medication causes side effects such as diabetes or tardive dyskinesia [a palsy-like side effect], that is just one more barrier for the individual to overcome," said Dr. Kennedy. Side effects or lack of response can be a strong disincentive for the person with a mental illness to persevere with the treatment regimen, he says.

That is why the individual has a better chance for a stable and successful long-term outcome the sooner the right medication can be identified after diagnosis, Dr. Kennedy added. The potential of **NEUROIMAGENE** is to increase by up to 100-fold the physician's ability to precisely target medication, he says. "It is hard to overstate what a powerful tool this research initiative could be in preventing relapse and the burden that can involve."

CAMH has a unique three-pronged research framework: in brain imaging, gene science associated with psychiatric disorders, and the pharmacology of treatment, Dr. Pollock added. "This CFI grant gives us the platform to multiply the power of each element. Now, CAMH is setting a new gold standard in this integrated research arena."

CAMH in the community

Coming events

Scotiabank Nuit Blanche

October 3, 2009, 7pm –7am.

Workman Arts will again be participating in Toronto's Nuit Blanche.

CAMH, 1001 Queen Street West, Toronto.

For more information, call 416 583-4339.



Queen Street Unmasked

October 14, 2009.

Hosted by the CAMH Foundation in support of the redevelopment of the CAMH Queen Street site.

Drake Hotel, Toronto.

For more information, call the CAMH Foundation at 416 979-6909.



The 17th Annual Rendezvous with Madness Film Festival

November 5-14, 2009.

Hosted by Workman Arts.

For more information call 416 583-4339.



The Coffee Show

November 2009.

Located at TAN Coffee - the Rendezvous with Madness Festival Lounge, this group show will include some of Workman Art's most celebrated artists.

TAN Coffee, 992 Queen Street West, Toronto.

For more information call 416 532-9949.

Looking Back, Moving Forward: The Queen Street administration building is scheduled for demolition next year.

Join us for a special event on October 29, 2009 to say goodbye and to look ahead to Phase 1B of the redevelopment project.

Check the next issue of *Connexions* for more details.

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