

camhconnexions

Making connections for youth with concurrent disorders



CAMH's Dr. Joanna Henderson (right) and Gloria Chaim brought a service-network approach and training in a screening tool for youth with concurrent disorders to service providers in PEI, Nova Scotia, Newfoundland, Nunavut, British Columbia and the First Nations Northern Manitoba Child & Family Services Authority in Manitoba.

Each year CAMH's Child, Youth and Family Program treats approximately 2500 children and youth with behavioural, mental health and substance use issues – from fire-starting to psychosis, from oppositional disorder to anxiety, from ADHD to drug abuse.

Youth with co-occurring mental health and substance use problems need specialized help. Supported by Canadian Institutes of Health Research (CIHR), CAMH is taking a comprehensive approach to building an effective system of care for youth with concurrent disorders.

One part of the CIHR study will follow a group of about 1500 youth aged 11 to 14 for three years – an

important transitional stage for the emergence of substance use and risky behaviours.

CAMH will also study three types of community-based treatments, including motivational enhancement, dialectical behavioural and skills training.

"Whether we visit small towns, such as Thompson, Manitoba or Prince George, BC, the needs identified by service providers have been very similar," said Gloria Chaim, deputy clinical director of CAMH's Child, Youth and Family (CYF) Program. "Everyone wants a quick and easy tool to identify youth problems with mental health

MORE CONNECTIONS, page 2

Bell Canada announces historic donation

This spring the CAMH Foundation marked the beginning of a new era for mental health in Canada with the announcement that it exceeded its campaign milestone of \$100 million to transform care for people living with mental illness and addictions with a gift from Bell Canada of \$10 million. The largest corporate donation ever to mental health in Canada, it brings the total raised by CAMH's Transforming Lives Campaign to \$108 million, the largest hospital fundraising campaign for mental health in North America.

MORE BELL, page 6



School-based violence prevention program expanded

CAMH's Centre for Prevention Science has received a \$2.5 million grant from the Public Health Agency of Canada (PHAC) to expand the reach of its highly successful Fourth R Program, with a special focus on Aboriginal youth.

The Fourth R Program is a school-based violence prevention program that decreases violence, increases safer choices and creates healthier relationships with peers. "One of the most effective ways to reduce risk to adolescents and youth is by helping them learn to make healthy decisions and form good relationships with peers, parents and teachers," said Dr. Claire Crooks, psychologist at CAMH's Centre for Prevention Science and project lead

on the Fourth R expansion.

The Centre for Prevention Science will work with Aboriginal community partners to implement the program in schools in the Northwest Territories, Ontario and Saskatchewan. There are numerous expansions to the program for use with Aboriginal students, most notably a peer mentoring program.

"The project provides a fantastic opportunity to take a program that has been shown to work in other parts of Canada and adapt it to fit the unique character of our northern communities," said Dianne Lafferty, Aboriginal Education Coordinator of Yellowknife Catholic Schools and the regional coordinator for the NWT sites of the project.



CAMH's Fourth R Program is a school-based violence prevention program that decreases violence, increases safer choices and creates healthier relationships with peers.

"Working with community partners in Yellowknife and Behchoko has helped us optimize that balance between evidence-based programming and regional fit."

MORE CONNECTIONS, from page 1

or substances, and they're interested in training and collaborating across sectors."

As well as improving our understanding of risk and protective factors, CAMH's youth concurrent disorders initiative will establish effective tools for early identification of at-risk youth and develop innovative treatment approaches to help them recover.

Supported by Health Canada, CAMH is working to enhance pathways to care for youth through building networks among different types of health and social service agencies to help youth access the care they need.

"In Prince George, the community had a shared space for youth service providers from various agencies, but they didn't necessarily work together," said Gloria. "By providing everyone with the same concurrent disorders training and a common screening tool, they've gained an understanding and the impetus to work collaboratively to address the needs of the young people they serve."

CAMH is increasing our own treatment capacity by creating the first beds in Canada dedicated to youth with both mental illness and addictions, as part of the current phase of our Queen Street Redevelopment Project.



Photonovellas for the Cr le-speaking community

New Canadians are often isolated and unable to find resources and services in their native languages. Photonovellas – guides using photographs and speech balloons to convey information – have proven a great way to reach newcomers with content translated and adapted to their specific cultures.

CAMH launched five Cr le-language photonovellas dealing with a range of mental health issues. Specifically adapted and translated for Cr le-speaking communities, the photonovellas tackle the issues of depression (depresyon), post-traumatic stress disorder (sendwom Estr s P s Twomatik), alcohol (Alk l), drugs (Dw g) and gambling (Jw t aza ak lajan).

Putting 90,000 people back on track

In early March, CAMH's Back On Track – Ontario's Remedial Measures Program for Impaired Drivers – reached an important milestone: it had educated 90,000 clients since 1998.

Back on Track provides information and professional guidance to people who have operated a vehicle while under the influence of alcohol or other drugs. The program was created to help people learn to separate drinking and other drug use from driving.

Administered and managed by CAMH, Back on Track is provided at over 30 locations across the province. All facilitators are qualified, trained and experienced Addiction Counsellors.



Back on Track has literally put thousands of people back on the right track. The program has helped participants learn about the effects of alcohol and other drugs on their body and behaviours.

Requiring between eight and eleven months to complete, the program has three components: assessment, education or treatment, and a six-month follow-up. Depending on the offense, drivers will be required to attend one or more parts of the program. Drivers who don't complete it will see the suspension of their licences or the Ignition Interlock condition on their licences continue until they do finish it.

Back on Track has literally put thousands of people back on the right track. The program has helped participants learn about separating their drinking from their driving, leading to healthier drivers and safer streets for Ontario.

Redevelopment update

The current phase of the Queen Street Redevelopment Project is progressing beautifully. All three CAMH buildings – the Bell Gateway Building (forefront left), the Intergenerational Wellness Centre (background left), and the Utilities and Parking Building (forefront right) – are now structurally complete. The roofs have been installed and, as can be seen by this photo, the exteriors of the buildings are being enclosed with windows and curtain walls.



Mental health and addiction professionals from the Caribbean and South and Central America gathered at CAMH to discuss ways to improve access to mental health and addiction treatment as part of a Pan American Health Organization (PAHO) initiative.

Pan American Health Organization Symposium at CAMH

CAMH's Office of International Health hosted more than 60 mental health and addiction experts from 13 countries for two days of intense discussion and debate as they considered actions to strengthen mental health and substance use plans and services in Latin America and the Caribbean. The event was co-organized by the Pan-American Health Organization (PAHO).

The symposium focussed special attention on the desperate need for mental health capacity building amongst primary care providers, and mental health protection in indigenous populations. Canada's

indigenous population is some three million people, and suicide rates among our Inuit citizens are the highest in the world, making these needs particularly strong here at home.

CAMH President and CEO Dr. Catherine Zahn told the group, "We're in a special moment in time. Concerns about a concerted approach to helping people with mental illness and addictions are in the media. People with lived experience are speaking out openly. The science, discovery and innovation is creating hope. We're working together!"

Adult drinking, cannabis use and psychological distress increase

The results of the 2009 CAMH Monitor survey, the longest-running survey tracking mental health and addiction indicators among adults in Ontario, show increased daily drinking and cannabis use and high levels of psychological distress.

The proportion of adults reporting daily drinking increased, and the average number of drinks consumed weekly among drinkers has also increased.

“The data tell us that while the number of people who drink alcohol has not changed, the way they are drinking has – people are drinking more often and may be consuming more alcohol when they do drink,” said Dr. Robert Mann, CAMH Senior Scientist and lead investigator on the study. “We know that the more access people have to alcohol, the more people will drink, leading to more instances of drinking and driving.”

The prevalence of cannabis use has been steadily increasing for both men and women and among all age groups. Along with this, there was almost a 2-fold increase in cannabis use among those aged 18-29, from 18.3 percent to 35.8 percent. Another noticeable change was the large increase in use of cannabis among older adults. Use by those aged 50 years and older increased more than 3-fold.

One in seven Ontario adults reported symptoms of elevated psychological distress, and almost six percent reported that their overall mental health was poor. Those aged 30-39 were the most likely to report poor mental health, and those over age 65 reported the lowest rates of poor mental health.

Mental health was strongly correlated with education. Those who had not graduated high school reported higher levels of poor mental health, and those who had graduated from university reported lower rates. “These results suggest that the social determinants of health, such as income, play as important a role in mental health as they do in physical health,” said Dr. Mann.

Despite several differences, there was no strong dominant pattern in regional differences. Those from Northern Ontario were the most likely to be current smokers and to smoke daily; those from Toronto were the least likely to drink alcohol; those from the South West region of the province reported the highest average number of drinks consumed per week; and driving after drinking was most likely in the South West and in the Central South regions.

Alcohol causes a significant burden of cancer

CAMH researchers contributed to a large European study showing that alcohol use above daily recommended limits can lead to several types of cancers.

About one in 10 cancers (10 percent) in men and one in 33 cancers (3 percent) in women in Western Europe are caused by former and current alcohol consumption, according to the study published by the British Medical Journal in April.

CAMH researchers Jürgen Rehm, Tara Kehoe and Gerrit Gmel joined a large number of researchers in a study led by Madlen Schütze at the German Institute of Human Nutrition in Potsdam Rehbruecke, (who did the main research analyses during an internship at CAMH). The study included 363,988 adults in eight countries who had been tracked since the mid-1990s.

CAMH researcher discovers new gene that causes intellectual disability

CAMH Senior Scientist Dr. John Vincent identified a gene connected with a type of intellectual disability called Joubert syndrome. Joubert syndrome affects brain functioning, resulting in intellectual deficits, movement and coordination problems and kidney and eye problems.

An international study combined Dr. Vincent’s gene mapping of a family with Joubert syndrome, with the use of a protein network map established by researchers at Genentech Inc, Stanford University and the University of California at San Francisco. Together this approach identified two genes associated with group of disorders called ciliopathies.

Dr. Vincent, head of CAMH’s Molecular Neuropsychiatry and Development Laboratory, previously discovered the CC2D2A gene, which is also associated with Joubert syndrome. To date, 10 genes have been connected with Joubert syndrome.



Dr. Peter Menzies received his Award of Excellence from the Kaiser Foundation at a ceremony at RCMP headquarters in Regina.

Awards and appointments

Clinic head receives national honour for outstanding contributions to Aboriginal health

PETER MENZIES, Clinic Head of Aboriginal Services at CAMH, received an Award of Excellence from the Kaiser Foundation for his contributions to the treatment of mental health and addictions in the Aboriginal community. The Kaiser Mental Health and Addictions Awareness Foundation is a national organization which carries out programs and initiatives across Canada in the fields of mental health and addictions.

Dr. Menzies is a member of Sagamok Anishnawbek First Nation, and has spent the past ten years building culturally congruent mental health and addictions programs in partnership with both urban, rural and First Nations communities through his work at CAMH. He is the organization's first Aboriginal Clinic Head and is responsible for creating CAMH's Aboriginal Services Program, providing support to communities across Ontario and nationally.

DR. VINCENZO DELUCA AND DR. GEORGE FOUSSIAS

were awarded American Psychiatric Association-AstraZeneca Young Minds in Psychiatry Awards in May, 2011 – Dr. DeLuca for studying the epigenetics of bipolar disorder and suicidal behaviour, and Dr. Foussias for studying motivational deficits in schizophrenia.

DR. ARISTOTLE VOINESKOS has been awarded the 2011 Siminovitch-Salter Award. This award is given to the Institute of Medical Sciences (IMS) PhD graduate who has made outstanding scholarly contributions based on peer-reviewed publications originating from graduate research and the evaluation by external thesis examiners. Dr. Voineskos also successfully renewed his CIHR Clinician Scientist Phase I Award, ranking first among all applicants.

DR. KWAME MCKENZIE was honoured by the African Canadian Achievement Awards (ACAA) with an Excellence in Science Award for his outstanding achievements in, and contribution to, the field, and to the community at large. The awards recognize and honour the accomplishments, achievements and excellence of African-Canadians in 14 different categories of endeavour.

CAMH was recognized as one of Canada's Best Diversity Employers for 2011. CAMH was named one of Greater Toronto's Top Employers for 2011 as well. CAMH has had a formal diversity strategy for over 10 years, focussing on client service issues and enhancing an inclusive culture and community within the organization.



CAMH Corporate Volunteer program honoured by Volunteer Toronto

Volunteer Toronto honoured the CAMH Corporate Volunteer program with the Legacy Award for Community Building.

The award is given out to organizations with strong volunteer programs that show a commitment to the concerns and issues affecting the community and have developed exceptional, responsive resources to address them through volunteer contributions.

"We are honoured to be recognized by Volunteer Toronto," said Christine Burych, Director of Volunteer Resources at CAMH. "Our Corporate Volunteer Program works closely with corporations to build and sustain healthy communities. This Legacy Award is a testament to the work of our team and shows that we are making an impact."

Nurses recognize CAMH as a top education employer

In May the Canadian Nurses Association (CNA) named CAMH top prize winner of the 2011 CNA Employer Recognition Award for demonstrating exceptional

commitment in encouraging certification among its nurses and providing outstanding educational support.



Mobile research laboratory rolls into Port Colborne

CAMH's mobile research laboratory, a first in Canada, conducts research on mental health, substance use and violence problems. With this lab, the project Researching Health in Ontario Communities (RHOC) rolled into Port Colborne, Ontario for approximately three months, before moving to nearby Welland. CAMH RHOC scientists will be conducting a series of studies which will help inform prevention and treatment services in Port Colborne and other communities that the lab will visit.

MORE BELL, from page 1

"The Bell team is proud to be an integral partner in CAMH community, and for its central entry point – the Bell Gateway Building – to so visibly carry our name," said George Cope, President and CEO of Bell Canada and BCE Inc. "We support CAMH's world-leading vision to promote mental health by integrating the best resources and talent within a community framework. With its commitment to improved care and access, and to knowledge sharing with mental health physicians, researchers and care providers nationally and globally, the

Transforming Lives campaign aligns perfectly with the Bell Mental Health Initiative."

CAMH President and CEO, Dr. Catherine Zahn, agreed. She said "This is a historic moment for all Canadians. Together with our donors, we have created a seismic breakthrough and raised unprecedented funds for research and support mechanisms to address the staggering impact of mental illness. The extraordinary success of this campaign sends a bold statement of hope to all Canadians who are living with mental illness."

Watch us on YouTube and join us on Twitter and Facebook



CamhMediaUpdate



CAMH-Centre for Addiction and Mental Health



youtube.com/camhtv

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
Public_Affairs@camh.net
416 535-8501, ext. 4250
Editor: Margaret Goulding

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

How to reach CAMH

CAMH INFORMATION
CENTRE
1 800 463-6273

EXECUTIVE OFFICE
901 King Street West
Toronto, ON M5V 3H5

WEBSITE
www.camh.net