

camhconnexions

Landmark \$30 million Campbell family donation for new research institute

In November, the Centre for Addiction and Mental Health (CAMH) received a \$30 million gift from the Campbell family, the largest private donation ever to a hospital for mental health and addiction research in Canada. The donation will fund pioneering research in brain science under the auspices of the new Campbell Family Mental Health Research Institute.

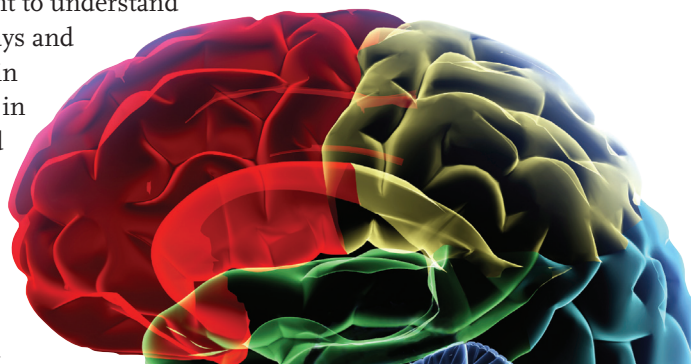
“We now recognize that many serious mental illnesses are the result of disruptions of brain circuits,” says CAMH Vice-President of Research, Dr. Bruce Pollock. “This extraordinary investment in fundamental brain science will

advance our understanding of the circuitry of the organ system that defines us, leading to real breakthroughs in prevention and treatment.”

The Campbell Family Mental Health Research Institute will allow CAMH to:

- Attract global talent to understand the critical pathways and circuits in the brain that are disrupted in mental illness and addiction;
- Equip scientists with state-of-the-art technology fully dedicated to brain science; and

- Invest in emerging fields and lines of inquiry in diagnostics, treatments and prevention strategies, e.g. pioneering and applying specialized techniques in imaging, optogenetics and bioinformatics.



CAMH contributes to new national Low-Risk Alcohol Drinking Guidelines

With the release in November 2011 of the first national Low-Risk Alcohol Drinking Guidelines, Canadians across the country now have a powerful tool to help make informed choices about alcohol consumption.

“These guidelines are based on the most up-to-date evidence available and represent the first time that Canada has had one set of guidelines that has been approved across the country,” said Dr. Louis Gliksmann, Senior Scientist at CAMH and a member of the Expert Advisory Panel that drafted the guidelines.

To reduce long-term health risks, the guidelines recommend **no more than two drinks a day up to 10**

drinks a week for women, and **no more than three drinks a day up to 15 drinks a week** for men, balanced with non-drinking days. The guidelines also suggest limits to reduce harm on single occasions, and highlight situations where alcohol should be avoided altogether, such as when taking medication or driving.

CAMH researchers contributed scientific expertise to the development of the new guidelines, and CAMH health promotion staff contributed to the planning for their dissemination, drawing on CAMH’s leadership with the Ontario Low-Risk Drinking Guidelines.

State-of-the-art Research Imaging Centre opens its doors

This fall, CAMH officially opened the doors to the new Research Imaging Centre, the first of its kind in Canada where positron emission tomography (PET), magnetic resonance imaging (MRI) and genetic imaging will be dedicated to the study of mental illness and addictions.

“This new capacity for innovation and discovery is tremendously exciting,” said Dr. Catherine Zahn, CAMH President and CEO. “We are on the cusp of a breakthrough in our understanding of the brain that offers real hope for the one in five Canadians who experience mental illness and addictions.”



Research Imaging Director Dr. Sylvain Houle gives an overview of the new cyclotron to CTV health reporter Pauline Chan



CAMH VP of Research Dr. Bruce Pollock and CAMH CEO and President Dr. Catherine Zahn opened the doors to CAMH's new Research Imaging Centre

Over the past two years, CAMH's research facilities underwent extensive development and construction to create the new state-of-the-art brain imaging capacity, adding 5,700 square feet to its research wing. The new facility, which includes the Kimbel Family Translational Imaging Genetics Lab, will build on the ground-breaking work of the Vivian M. Rakoff PET Centre.

As a major milestone in CAMH's **Research Renaissance Project**, the Research Imaging Centre uniquely positions CAMH to make further breakthroughs in brain research.

CAMH study suggests increased risk of schizophrenia in heavy methamphetamine users

In the first study of its kind worldwide, CAMH scientists found evidence that heavy methamphetamine users might have a higher risk of developing schizophrenia. The study was published in *The American Journal of Psychiatry*.

“We found that people hospitalized for methamphetamine dependence, who did not have a diagnosis of schizophrenia or psychotic symptoms at the start of our study period, had an approximately 1.5 to 3.0-fold risk of subsequently being diagnosed with schizophrenia, compared with groups of patients who used cocaine, alcohol or opioid drugs,”

says Dr. Russ Callaghan, CAMH lead scientist on the study.

To establish this association, the researchers examined California hospital records of patients admitted between 1990 and 2000 with diagnosis of dependence or abuse of several drugs. They also included a control group of patients with appendicitis and no drug use.

“We really do not understand how these drugs might increase schizophrenia risk,” says Dr. Stephen Kish, senior scientist and head of CAMH's Human Brain Laboratory. “Perhaps repeated use of methamphetamine in some susceptible individuals can trigger latent schizophrenia by sensitizing

the brain to dopamine, a brain chemical thought to be associated with psychosis.”

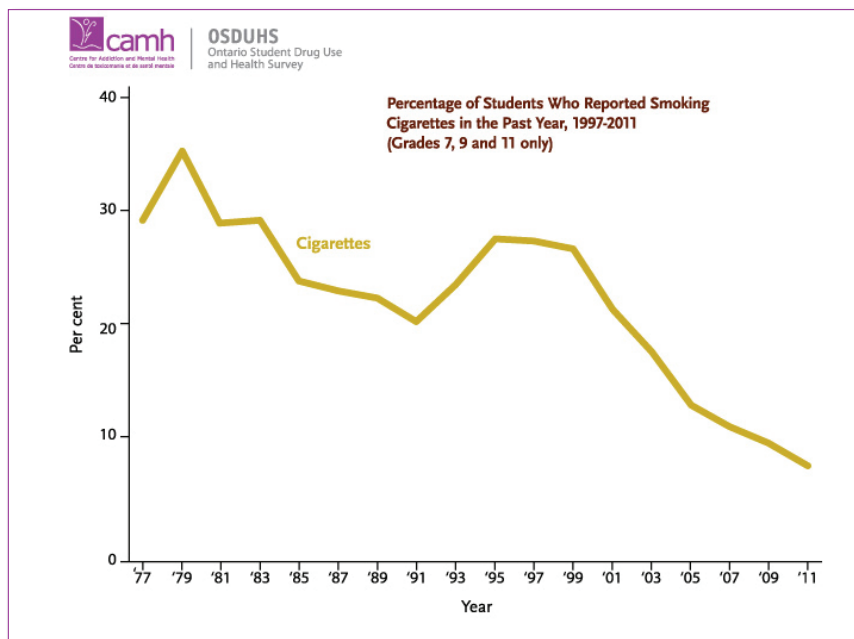
Dr. Kish cautions that the findings do not apply to patients who take much lower and controlled doses of amphetamines for medical purposes. Since this is the first such study showing this potential link, the researchers emphasize that the results need to be confirmed in additional research involving long-term follow-up studies of methamphetamine users.

“We hope that understanding the nature of the drug addiction-schizophrenia relationship will help in developing better therapies for both conditions,” says Dr. Callaghan.

CAMH reveals trends in youth drug use: 2011 OSDUHS

Fewer Ontario teens are smoking cigarettes than ever before, with rates dropping from 12 per cent to nine per cent over the past two years, according to the 2011 Ontario Student Drug Use and Health Survey (OSDUHS) released by CAMH. This good news is tempered by continuing concerns around binge drinking, and driving while under the influence of cannabis.

At a media conference held in late November 2011, CAMH Senior Scientist and Principal Investigator Dr. Robert Mann reported that alcohol remains the substance used most by students, with 55 per cent of respondents reporting drinking alcohol in the past year. One in six students reported being drunk or high at school at least once in the past year.



Vehicle operation and drug use was another concern in the survey, with students indicating that they were more likely to drive after consuming cannabis than alcohol. Twelve per cent of adolescent drivers reported driving within an hour of using cannabis, and 16 per cent of students reported being a passenger in the car of someone who had been using drugs.

CAMH's Ontario Student Drug Use and Health Survey is the longest running school survey of adolescents in Canada, and one of the longest in the world. Between October 2010 and June 2011, 9,288 students in grades seven to 12 from 181 schools participated in the survey. Full survey results are available at www.camh.net/osduhs2011.

Transforming Lives Awards call for nominations

Every year more than 25,000 people turn to CAMH for help. Some are facing their first experience of psychosis, others are in the grip of an addiction, and still more come to CAMH as part of their regular health care routine: they are living productive and fulfilling lives despite mental illness or substance use issues.

For each individual, the journey to recovery requires courage, tenacity and hope. In celebration of the resilience of the human spirit and the remarkable power of hope, the CAMH Foundation will recognize inspiring individuals with *Transforming Lives Awards*.

Every nomination tells a compelling story that sheds light on the challenges of mental illness and addiction, and on the power of hope, healing and recovery. Award nominees help fight stigma by celebrating their courageous journeys.

Nominations are now open and will be accepted until February 13, 2012.

We're looking for individuals who:

- Face the challenges of living with mental illness and/or addiction with dignity and perseverance;
- Support others who struggle with mental illness and/or addiction;
- Help change attitudes about mental illness and/or addiction; and
- Serve as models of hope and inspiration to others.

**TRANSFORMING
LIVES
AWARDS 2012**

To nominate yourself or someone else for a *Transforming Lives Award*, visit www.transforminglives.ca or call 416 979-6909 (in Toronto) or 1 800 414-0471 (toll-free). The Transforming Lives Awards Ceremony will take place **Wednesday June 6, 2012**.

Coming events

2012 marks the 25th Anniversary of Workman Arts.

These Workman Arts events, in partnership with the Art Gallery of Ontario (AGO), mark the launch of Workman Arts' 25th anniversary celebrations.

Wear This! Is a runway-style presentation of wearable couture by Workman Arts artists that will challenge social norms and inspire dialogue about mental illness and creativity. **Friday April 13, 2012, 7pm-10pm**, at AGO.

Exceptional Minds: The Convergence of Art and Mental Illness in the 21st Century

Join practicing artists and theorists of culture and art as they explore the question of how our societies benefit from artists with mental illness. Keynote Speaker is bestselling author Kay Redfield Jamison. **Saturday April 14, 2012, 9:30am-5:30pm**, at AGO.

For more information, visit: www.workmanarts.com or www.ago.net. **Tickets go on sale February 2012.**

Transforming Lives Award Ceremony

The 2012 Transforming Lives Awards will be presented on **Wednesday June 6, 2012** in Toronto.

To make a nomination or for more information, visit www.transforminglives.ca or call 416 979-6909 (in Toronto) or 1 800 414-0471 (toll-free).

CAMH Phase 1B Grand Opening

The grand opening for CAMH's Bell Gateway Building and Intergenerational Wellness Centre will take place on **Thursday June 21, 2012** at 11am.

More details to come!



Construction continues on the new Intergenerational Wellness Centre, which will house CAMH's Geriatric Mental Health Program and Child, Youth and Family Program

CAMH Redevelopment Update

Three new buildings of CAMH's Redevelopment Project are making an impressive statement on the Queen Street West landscape. The facilities are nearing completion and various staff, clients and programs will be moving in June 2012. In all three buildings, windows have been installed and exterior cladding and brickwork are nearing completion. All buildings are now water- and weather-tight with internal work in various stages. In each of the buildings, drywall, ceiling and flooring installations are taking place. In addition, some of the exterior roadways have been installed with base asphalt.

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