

BUILDING THE FUTURE



AT CAMH, WE CARE, DISCOVER, BUILD AND SHARE TO TRANSFORM LIVES

Our Mission

Improving the lives of those affected by addiction and mental health problems and promoting the health of people in Ontario and beyond.

Our 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.

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Public Sector Salary Disclosure Act

As a publicly funded hospital, CAMH is bound by the *Public Sector Salary Disclosure Act* to publish the names, positions and salaries of employees receiving annual salaries of \$100,000 or more. This information is available online at www.fin.gov.on.ca/english/publications/salarydisclosure/2011/

PAHO/WHO Collaborating Centre in Mental Health and Addiction

CAMH is a Pan American Health Organization / World Health Organization Collaborating Centre in Mental Health and Addiction.

MESSAGE FROM THE PRESIDENT AND CHAIR



It's a singular moment in time.

More people than ever recognize the need for a system of care for people with mental illness and addictions. There is unprecedented public discourse about the issues, and as a participant in a broad range of media-hosted discussions, CAMH feels the power of that public response.

We were able to build on the momentum generated by the historic Select Committee report, in which three provincial parties endorsed a blueprint for a 10-year Ontario Strategy for mental health and addictions. The Minister's Own Advisory Group on Mental Health and Addictions soon followed suit, adding to the energy. On the national level, the Mental Health Commission of Canada is advancing a national strategy, and closer to home, our Local Health Integration Networks (LHINs) have prioritized the need to create a continuum of care for people with mental health problems and addictions.

People with lived experience are speaking out openly. When musician Steven Page (Barenaked Ladies) discussed his life with depression on CBC Radio's *The Current*, listener response was overwhelming—so much so that the network

immediately added a special mental health phone-in edition and invited CAMH's Dr. David Goldbloom to co-host. Olympian Clara Hughes, author Margaret Trudeau and hockey player Theo Fleury joined the ranks of Canadian celebrities who now speak publicly about their mental illness.

Science, discovery and innovation is creating hope for the future of mental health and addictions. This year alone, CAMH researchers identified a brain protein peptide that is a new target for treating depression; a gene that contributes to autism; and a new technique to identify healthy individuals at risk for late-onset Alzheimer's disease. Our scientists showed that mindfulness meditation is just as effective as medication in preventing the relapse of depression. Today, CAMH scientists are investigating promising new treatments ranging from deep brain stimulation to nutritional supplements.

Just as CAMH welcomes the public's increasing interest in our issues, we also welcome greater public scrutiny of our hospital's clinical and financial performance under Ontario's new *Excellent Care for All Act* and *Broader Public Sector Accountability Act*. Continuous improvement is a core tenet at CAMH; I invite you to visit our web page "Measuring Our Performance: Accountability to Our Clients and Families" at www.camh.net to see the evidence.

We're proud of the work we do at CAMH. This year our specialized clinical teams cared for more than 25,000 individuals across the life spectrum and with all manner of need for our programs. As a hospital, we focus on the health of the patients in our care today, and as an academic health science centre, we are responsible for securing the health of tomorrow's patients. We will do this by helping to create a new generation of health care workers, and by contributing to the discoveries that will identify the causes of and cures for mental illness and addictions.

Sincerely,

Dr. Catherine Zahn,
President and CEO

T. Daniel Burns,
Chair, Board of Trustees

CARE



CARE

CARE

Client-centred care is a CAMH value. This happens when an interprofessional care team forms a true partnership with each patient to empower his or her recovery. We are committed to providing care that is culturally appropriate and relevant to our diverse community, as well as being family-sensitive, evidence-based and fully accountable.

At CAMH, treatment of mental illness and addiction ranges from high-tech to no tech, from personalized medicine to mindfulness meditation, from transcranial magnetic stimulation to cognitive-behavioural therapy. CAMH clinicians care for clients in and outside the hospital—at home, on the street, in jail, in the community and across the province, flying in to remote communities, or connecting via webcasting using the Ontario Telemedicine Network.



Children's mental health: Stepping up to the challenge

Each year the CAMH Child, Youth and Family Program treats 2,500 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 illness and substance abuse problems need specialized help. Supported by the Canadian Institutes of Health Research (CIHR), CAMH is taking a comprehensive approach to building an effective system of care for youth with concurrent disorders.

The CIHR study will follow youth aged 11 to 14—an important transitional stage for the emergence of substance use and risky behaviours—for three years. Our 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 also working to enhance pathways to care for youth through partnerships with different types of health and social service agencies.

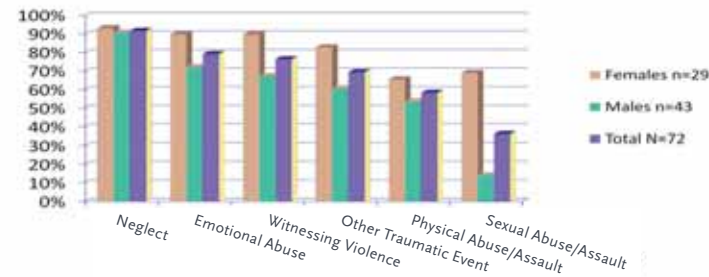
In addition, CAMH is creating the first inpatient unit in Canada dedicated to youth with both mental illness and addictions.

70% of mental disorders begin during childhood or adolescence

Other new Child, Youth and Family Program initiatives include:

- Working with youth volunteers from four racialized communities, and Across Boundaries mental health centre for people of colour, on a media-based intervention to enable schools and community organizations to help youth from marginalized populations receive the help they need.
- Strengthening Families for the Future—a program centred on a family meal—which builds resilience and skills in families with children who are at risk. It has been extended to include youth aged 12 to 16.
- The Coping Power Project, an innovative new group-format cognitive-behavioural treatment being piloted to help children aged eight to 12 with disruptive behaviour disorders (and their caregivers) to develop new skills.
- Focus on street-involved youth: We are working with Covenant House to offer counselling to youth in transitional housing programs, reaching out to youth and families who typically would not engage with services.

30% of high school students in grades 7-12 report elevated psychological distress



The majority of CAMH's Youth Addiction and Concurrent Disorders Service clients seeking help for substance use concerns have been exposed to maltreatment in childhood and/or adolescence.

Helping clients with schizophrenia succeed in the community



A graduate of the Schizophrenia Program's new Partial Hospitalization Program receives his diploma.

This year CAMH piloted a **Partial Hospitalization Program** for patients with schizophrenia. This is a highly structured treatment program comparable to that offered on our inpatient units, except that the patient returns home at the end of each day's programming. In this way, people with serious mental illness receive the individualized, intensive and goal-oriented support they need, but in a less restrictive environment—an effective alternative to full hospitalization.

HIGH-SUPPORT HOUSING IS KEY

A hospital is not a home. A CAMH initiative to transition long-stay patients with schizophrenia out of hospital and into high-support housing has proven to be highly successful. A one-year follow-up evaluation showed that these patients experienced improved quality of life, greater autonomy, improved functioning and enhanced social engagement. As one patient said: “I’m talking more . . . I haven’t done much of that in my life.” No patients required rehospitalization, and there were no reports of increased symptoms or high-risk behaviours.

LEARNING FROM OUR PATIENTS

This year, former inpatients of CAMH’s Schizophrenia Program will give monthly talks to our inpatient staff, telling their recovery stories and how their experiences as inpatients affected their recovery process. This is part of a research project to examine how such stories can enhance the recovery-based practice of inpatient service providers.

New addiction services for special populations

The need for mental health care that effectively serves diverse populations has never been greater. This year CAMH launched our first **residential addiction treatment cycle for people of African descent**.



This is a real innovation—built on robust groundwork and experience—adapting recovery strategies to the specific needs of marginalized cultural and racialized groups. CAMH has already developed an Aboriginal treatment cycle, incorporating the medicine wheel, ceremonial smudging,

storytelling and traditional Aboriginal approaches to mental health into the addictions treatment program.



An Aboriginal addiction treatment cycle using the traditional smudging ceremony shown here is one of the culturally adapted programs for special populations offered at CAMH.

Our one-of-a-kind Rainbow Services Program provides addiction services to the LGBTQ community. Other addiction services for special populations include a women’s program, customized addiction group therapy programs offered in Spanish and Portuguese, and problem gambling services in French, Farsi, Greek, Urdu and Finnish, as well as 19 other languages through service agreements.



Minister of Health Promotion and Sport Margaret Best (centre) announced a new partnership with CAMH that will help up to 20,000 more Ontarians to quit smoking. Nicotine replacement therapy, combined with counselling, will be provided by participating Family Health Teams across the province at no cost to smokers.



Dr. Sandy Simpson, an international expert in forensic mental health, joined CAMH in 2010 from New Zealand.



CAMH forensic psychiatrist Dr. Michael Colleton conducts mental health assessments at Toronto's Old City Hall Courthouse in order to divert those with mental illness away from the criminal justice system.

Treating offenders with mental illness

This year the problem of people with mental illness staying untreated in jails grabbed public attention.

“We need a continuum of care for mentally ill offenders,” said Dr. Alexander (Sandy) Simpson, the new clinical director of CAMH’s Law and Mental Health Program, in a commentary published in the *Globe and Mail*. An international expert in culturally specific, recovery-based forensic mental health services, Dr. Simpson joined CAMH in 2010 from New Zealand, where his published outcomes have been among the best in the field. Under Dr. Simpson’s leadership, CAMH has succeeded in reducing the wait times for our 165 forensic inpatient beds below those of other forensic services across the province.

CAMH has developed innovative service delivery models to help meet the demand on the system, including an out-of-custody treatment order team for people considered low-risk; a diversion program in which CAMH psychiatrists conduct mental health assessments in the courthouse to keep people with mental illness out of the criminal justice system; and enhanced outpatient assessment services. We are working to improve our ability to aid people with mental illness in jails and prisons. In addition, CAMH operates a large outpatient service dedicated to community reintegration of more than 250 people under the jurisdiction of the Ontario Review Board.

Forensic psychiatry is a specialty that is newly recognized by the Royal College of Physicians and Surgeons of Canada. CAMH is active in the education of medical students and physicians in this area. We are proud of our research in the areas of sexual behaviours, dynamic risk assessment, prediction of violence, and pathways into forensic mental health care.

RESEARCH
that is
transforming care



DISCOVER

DISCOVER

CAMH is uniquely positioned to make discoveries that benefit people with mental illness and addictions.

“From neuron to neighbourhood,” our integrative approach to research encompasses genetics, molecular neuroscience and brain imaging, clinical and community-based studies, and epidemiological, social and policy research. Our research has a common goal—to improve the lives of people with mental illness and addictions.

Six CAMH scientists hold Canada Research Chairs

Through our Research Renaissance Project, our capacity to leverage this integrative approach will grow in the coming years. This investment into research infrastructure has provided the momentum to unravel causes, and discover effective prevention and treatment approaches.



Mental illness in later life

CAMH has a strong research program focused on aging and mental health. Over the past year, our scientists have made discoveries in both prevention and treatment. In prevention, Dr. **Aristotle Voineskos** used an innovative combination of brain imaging and genetic analysis to identify healthy people at risk for late-onset Alzheimer’s disease. He identified a genetic variation of a protein that may play a role in Alzheimer’s. The protein, a brain-derived neurotrophic factor, is essential for learning and memory functions.



Drs. Aristotle Voineskos (l) and Tarek Rajji in front of an image of a transcranial magnetic stimulation coil applied to the brain.

More than half of people with Alzheimer’s disease experience distressing symptoms such as delusions, hallucinations or agitation, and they are often treated with antipsychotic drugs such as risperidone. A study by Drs. **Bruce G. Pollock** and **Robert Bies** found that high concentrations of the drug’s by-product led to people quitting their medication because it was not working or because of side-effects. Dr. Pollock is currently co-leading a multi-site study of a potential alternative treatment, supported by the U.S. National Institute on Aging and National Institute of Mental Health.

A number of mental illnesses are associated with problems with memory, attention and planning, and other cognitive deficits. The presence of these deficits can predict how well people function in their daily lives. But the way

these deficits affect older adults in the community is unclear. Drs. **Benoit Mulsant** and **Tarek Rajji** are studying cognitive changes in older adults with bipolar disorder and schizophrenia, respectively. Both are evaluating a program that provides social skills and cognitive-behavioural group therapy for adults with schizophrenia, to prevent hospitalization.

CAMH has the largest collection in the world of DNA from psychiatric patients

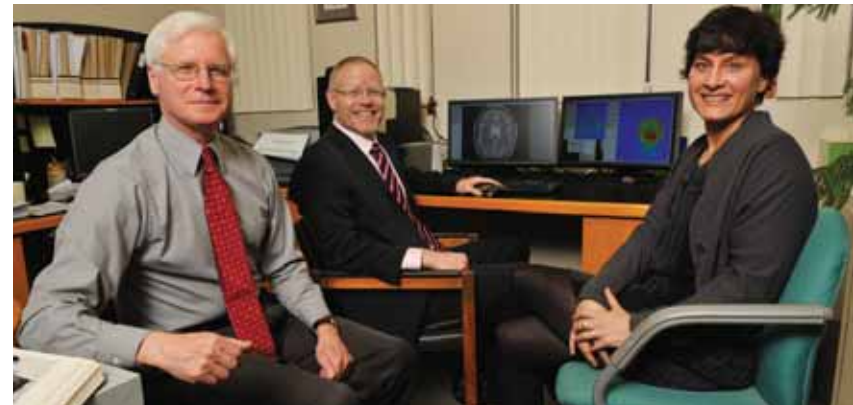
CAMH has been involved in the development of the **Toronto Dementia Research Alliance**, along with the University Health Network, Sunnybrook Health Sciences Centre, Baycrest, St. Michael's Hospital and the University of Toronto.

Addictions: from laboratory to community

Addiction investigators at CAMH apply findings from genetic and brain research to the discovery of effective clinical treatments. A new mobile research lab and driving simulator are among the innovative new tools being used to study substance use and mental health.

Drs. **Rachel Tyndale** and **Tony George** are looking at smokers' genetic responses to smoking cessation medications, in order to improve outcomes. A genetic biomarker known as the nicotine metabolic ratio—previously identified by Dr. Tyndale—can predict whether someone breaks down nicotine quickly or slowly. A study is underway that will use the biomarker to predict the success of different smoking cessation approaches.

Drs. **Stephen Kish** and **Isabelle Boileau** have used brain imaging to confirm that ecstasy (MDMA) has potentially harmful effects. A protein called serotonin transporter is lower in ecstasy users' brains, and this ultimately affects moods and impulses. Users may require progressively higher doses to continue getting the desired effect, increasing the risk of harm.



Drs. Stephen Kish (l), Russell Callaghan and Isabelle Boileau work together to investigate the impact of substance use, using brain imaging and epidemiology.

Tobacco experts point to the dramatic reduction in teen smoking, due to taxes and restricted cigarette sales, as a success story. However, Dr. **Russell Callaghan** showed that contraband cigarettes now account for 43 per cent of all cigarettes consumed by Ontario students. Contraband cigarette prices are lower and there are no purchase restrictions, making access easier.

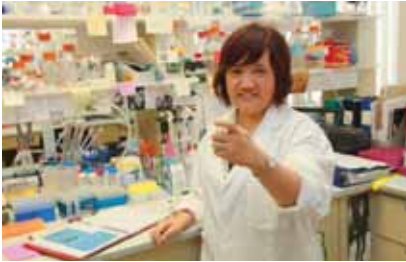
CAMH's new mobile research lab—the first in Canada dedicated to mental health and addictions—enables our scientists to do research in underserved communities across Ontario. Dr. **Samantha Wells** is leading research funded by the Canadian Institutes of Health Research (CIHR). Among this research are studies on stress, the health care experiences of people with concurrent disorders, and intimate partner violence.



CAMH scientists (l-r) Drs. Rachel Tyndale, James Kennedy, Bruce G. Pollock (VP of Research), Jürgen Rehm (obscured), Benoit Mulsant (physician-in-chief) and Samantha Wells in front of the mobile research laboratory.

Research breakthroughs in depression and stress

Although standard treatments with medication and counselling are effective for many people with depression, they do not work for everyone, and side-effects can limit their use. CAMH scientists are exploring ways to prevent depression, seeking alternative targets for treatment, and addressing issues of treatment resistance and recurrence.



Dr. **Fang Liu** (pictured) has developed a new protein peptide that offers the promise of a better treatment target for depression. Her research, which is focused on brain receptors, may lead to an alternative approach to managing this problem.

Another option for people with depression is meditation. Mindfulness-based cognitive therapy using meditation is just as effective at preventing relapse as medication, according to a study by Dr. **Zindel Segal**. His ongoing research is looking at the effects of this approach on the brain through neuroimaging.

CAMH scientists published almost 450 articles in peer-reviewed journals this year. More than a third of these articles were in “high impact” journals

Building upon his research that found a chemical explanation for why new mothers are at risk of developing postpartum blues and depression, Dr. **Jeff Meyer** is now working to develop a preventive approach. His team is examining whether a dietary supplement can provide nutrients removed by high levels of the brain protein monoamine oxidase A (MAO-A), and thereby lower the risk of postpartum depression.

A study by Dr. **Carolyn Dewa** indicates that workers most invested in their jobs, such as managers or professionals, have the highest stress levels. The importance of this area of research is becoming increasingly recognized by major corporations and industries.



CAMH scientist Dr. Carolyn Dewa (l) being interviewed on CP24 about her research findings on workplace mental health.

New schizophrenia research

CAMH’s scientists are using novel techniques and assessment tools in schizophrenia research. These include virtual reality, genetic testing to guide medication prescription, and repetitive transcranial magnetic stimulation (rTMS) as a medication alternative.



Drs. **George Foussias** (r), **Gary Remington** (not pictured) and **Albert Wong** (l) will be using virtual reality to investigate motivation and spatial navigation in people with schizophrenia. One goal is to develop an objective way to measure motivation. The researchers will also use functional magnetic resonance imaging (fMRI) to correlate motivation with brain functioning.

Dr. **Sean Kidd** is conducting a pilot study of a “real world” application of Cognitive Adaptation Training (CAT). CAT addresses the memory, attention or problem-solving deficits that may challenge a person with schizophrenia in carrying out activities of daily living, by providing home-based solutions. The study is being conducted with the University of Texas.

In 2010, CAMH was the only field trial site in Canada selected to help assess the clinical use of the fifth edition of the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-5). The American Psychiatric Association’s DSM is used in many parts of the world to help diagnose mental illness. The trials will be led by Drs. **Bruce G. Pollock**, **Michael Bagby** and **Kwame McKenzie** in schizophrenia, schizoaffective disorder, attenuated psychotic symptoms syndrome and personality disorders.

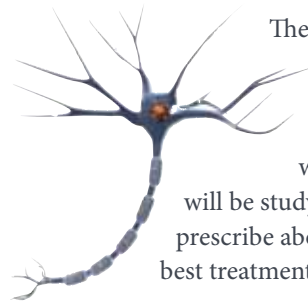
Using positron emission tomography (PET) imaging, Dr. **Romina Mizrahi** has demonstrated that people who have shown mild symptoms of schizophrenia—who are at high risk of developing the illness—experience a large release of the chemical dopamine when stressed. Dr. Mizrahi’s research points to a way to diagnose and prevent the development of schizophrenia in people at risk, by modulating their dopamine-stress response.



Dr. Romina Mizrahi with a PET machine dedicated to mental health and addictions at CAMH.

Genetics, epigenetics and mental health

In the expanding field of pharmacogenetics, scientists are testing genes that predict which drugs will produce the best response with the least side-effects. Other CAMH research in genetics includes identifying genes that cause mental illness or neurological disorders, and epigenetics, or how the environment works at the DNA level to produce disease. Our scientists are also using brain imaging to relate genetic information to brain structure and function.



The liver enzyme gene research of Drs. **James Kennedy** and **Daniel Mueller** enables them to know how rapidly patients will break down antipsychotic and antidepressant drugs. This can predict how someone will respond and the risk of side-effects. Dr. Kennedy will be studying the effectiveness of having family doctors—who prescribe about 80 per cent of these drugs—use tests to provide the best treatment for their patients.

Dr. **John Vincent** has shown why autism spectrum disorder may affect four times as many males as females. In a study with the Hospital for Sick Children, the researchers found mutations on a gene on the single X chromosome that males carry. This mutation may disrupt crucial processes during brain development, contributing to the occurrence of autism.

Last year, CAMH discoveries yielded
nine patents

Dr. **Arturas Petronis** is continuing his groundbreaking research on epigenetics—an area of molecular biology that explains how environmental factors, such as stress or nutrition, influence what genes do. His team is in the midst of a major project to scan the entire human genome for epigenetic differences specific to bipolar disorder. The study is supported by a grant from the U.S. National Institutes of Health.



BUILD

We are building support for a stronger mental health and addiction system, redeveloping our outdated hospital facilities for patients, expanding our partnerships and building our community. For CAMH, 2010 was a breakthrough year.

Building a mental health and addiction system that works

As the largest mental health and addiction facility in the country—and with a mandate to serve the entire province—CAMH has a leadership role to play in improving the system.

Working collaboratively with all our stakeholders—the provincial government, the Local Health Integration Networks (LHINs), our community partners and consumers—our goal is to build an integrated continuum of services that is accessible to all. This year there were numerous breakthroughs.

The province announced a **Narcotics Strategy** to address what CAMH research has shown to be the growing misuse of prescription opioids. Helping prescribing professionals to make good decisions is an important step, and the minister pointed to CAMH's provincial resource: the Addiction Clinical Consultation Service. CAMH will play an important role in shaping the new strategy by contributing expertise in research, education and evaluation.

The **Select Committee on Mental Health and Addictions** released its final report containing recommendations for a provincial mental health and addictions strategy. For the first time, members from all three provincial parties worked together for our cause, focusing on the key issues of children and youth, supportive housing and justice system change.

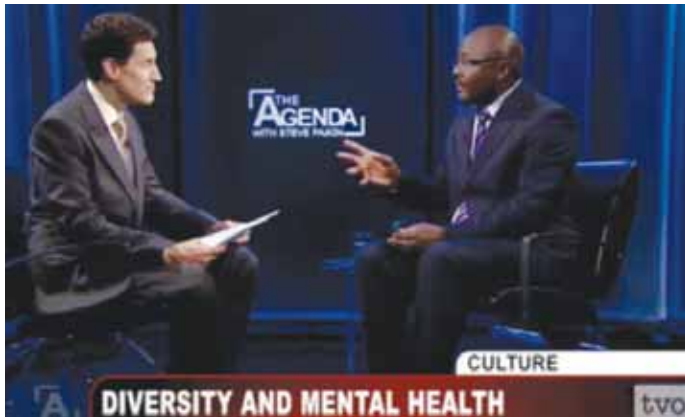


Members of the all-party Select Committee on Mental Health and Addictions on a tour of CAMH.

The **Minister's Own Advisory Group on Mental Health and Addictions**, which included CAMH representation, followed suit, with its final *Recommendations for Ontario's Mental Health and Addictions Strategy*. These recommendations identify the need for a collaborative, patient-centred approach to services across the lifespan. The first plank of the province's upcoming 10-year mental health and addictions strategy was announced in the spring budget, with new funding for child and youth treatment.

Building health equity, by building on what works

Building a mental health and addiction system that works for everyone—including people who have been marginalized by their gender, or racial or cultural background—is a CAMH imperative.



CAMH psychiatrist Dr. Kwame McKenzie, an expert on culture and mental health, is a regular guest on TVO's The Agenda with Steve Paikin.

“Cultural competence . . . means a respect for differences and a willingness to accept the idea that there are many ways of viewing the world” (Rodriguez, 1999)

CAMH is a leader in addressing the impact of culture on mental health, and a champion of culturally competent health care. This year Dr. Kwame McKenzie, an internationally renowned transcultural psychiatrist and the clinical lead for health equity at CAMH, chaired our inaugural Culture and Psychotherapy Conference on “Reaching the Unreached.” We shared clinical research and practical applications of culturally relevant psychotherapy from clinicians, researchers and students who work in local and international contexts.



When the province announced its plan to operate Internet gambling, Robert Murray of CAMH's Problem Gambling Institute of Ontario appeared on local and national news to discuss the research: people who gamble online are three to four times more likely to develop a gambling problem than people who gamble in other ways. CAMH flagged the need for “gold standard” consumer protection measures to be in place before Internet gambling can go live, and offered our help to make this happen.



A panel of social entrepreneurs models the way forward: CAMH researchers studied a number of Toronto service providers who successfully address mental health equity through innovative approaches, and identified five exceptional “social entrepreneurs”—organizations that successfully apply entrepreneurial principles to social problems in order to change and improve society—along with models that successfully generate “social capital.” Showcased at MaRS Discovery District were representatives of Ashoka International, Native Child and Family Services of Toronto, the Canadian Centre for Victims of Torture, The Dream Team, Trans Programs at The 519 Church Street Community Centre, and the South East Toronto Organization, shown here with moderator Dr. David Goldbloom of CAMH.



*An architectural rendering of the **Bell Gateway Building**, one of the three new CAMH buildings currently under construction as part of our Queen Street Redevelopment Project. (The building was named in May 2011, after Bell Canada made an unprecedented \$10 million donation to CAMH.)*

Building a new kind of hospital

The construction of three new CAMH hospital buildings—alongside affordable housing apartments with street level retail being built by our first neighbour on site—demonstrate in very concrete terms that a new era of integrating mental health and addiction care into the community is on the way.

CAMH is transforming a forbidding psychiatric hospital campus into a vibrant, inclusive, mixed-use neighbourhood. We're transforming care, breaking down stigma, and building a healthier city for us all.



Construction milestone: When the highest point of the new Bell Gateway Building was reached in January, the CAMH community celebrated the building's final concrete pour with a traditional "topping off" ceremony directed by the Honourable Liz Sandals (second left), Parliamentary Assistant to the Minister of Health and Long-Term Care, shown alongside city councillor Michael Layton (far left), CAMH CEO Dr. Catherine Zahn and Matt Ainley of Carillion Canada.

- The new Bell Gateway Building will house outpatient services for patients of CAMH's Mood and Anxiety Program and Addictions Program, as well as a state-of-the-art gymnasium and client-run café to be shared with the community.
- The new Intergenerational Wellness Centre will house our Geriatric Mental Health Program and Child, Youth and Family Program. The first specialty hospital beds dedicated to youth with concurrent mental health and addiction problems will be located here, providing a desperately needed resource for Ontario.
- CAMH will be the first hospital project in Ontario to earn Leadership in Energy and Environmental Design (LEED) Gold certification, helped by a centralized heating and cooling system located in the new Utilities and Parking Building.

Building our partnerships

CAMH has partnership agreements with more than 200 organizations, and is constantly expanding its collaborations with government, the LHINs, research bodies, universities, community organizations, hospitals, consumer groups, and associations serving people with addictions and mental illness.

This year we experienced a breakthrough in corporate partnerships for the once untouchable cause of mental illness. Bell Canada President George Cope announced an unprecedented \$50 million corporate investment in mental health across Canada, and shared his personal story of being raised by a mother with depression. CAMH was chosen to receive the proceeds of this year's Bell Gala, Canada's largest celebrity-attended fundraising event. Bell's "Let's Talk" campaign, in which Olympian Clara Hughes shared her own story of depression, had Canadians from coast to coast talking about mental health.

Building our community

This year, the province of Ontario approved our application to bring a Family Health Team to the Queen West / Liberty Village neighbourhood. This landmark initiative will integrate mental health care with physical health care, and connect CAMH patients with the community.

In a community with a serious shortage of family doctors, this new team of physicians, nurse practitioners and allied health professionals will provide primary health care services to local residents, including CAMH clients who live in the neighbourhood. The first Family Health Team founded by a psychiatric hospital, the Village Family Health Team will model how a wide range of mental health and addiction services can be successfully provided within a primary care setting—great news for Ontario health care!



SHARE

Most people who are helped by CAMH will never be our patients.

That's because of our role in education and knowledge transfer. CAMH helps build the capacity of the system by educating health care providers to treat mental illness and addictions across the province and around the world.

We also play a role in preventing illness through health promotion. For instance, CAMH is the source of expertise in mental health and addictions for **Healthy Communities Ontario**, the Ministry of Health Promotion and Sport's new province-wide initiative. Our Provincial Services are invested in health promotion programs that develop resilience in children, support mental well-being throughout the lifespan, and prevent substance abuse and disability.

Go North!

This year a number of CAMH experts heeded the call to "Go North!"; where the need for mental health and addiction services is extremely acute.

They joined members of CAMH's provincial and Aboriginal services staff who work full-time in Northern Ontario, as well as the psychiatrists in CAMH's Northern Psychiatric Outreach Program, who regularly fly into underserved and remote communities. They crossed paths with CAMH's CEO Dr. Catherine Zahn, who this year travelled to Whitefish First Nation, the Shkagamik-Kwe Health Centre, Sudbury Regional Hospital and the North Bay Regional Health Centre / Regional Mental Health. She also met with the Ontario Federation of Indian Friendship Centres.

Suicide rates among Canada's Inuit citizens are the highest in the world



The stars identify sites in Northern Ontario participating in CAMH's program on the metabolic side-effects of antipsychotic medications.



Dr. Peter Selby, clinical director of CAMH's Addictions Program, talks about prescription opioid addiction and methadone maintenance treatment in this video posted at [youtube.com/camhtv](https://www.youtube.com/camhtv).



Representatives from CAMH and the organizations that collaborated on Northern Ontario opioid workshops included (l-r): Julie Colquhoun (NOSM), Tina Perlman (OCP), Dr. Lisa Bromley, Rhoda Reardon (CPSO) and Sylvie Guenther (CAMH).

- CAMH has helped educate hundreds of northern physicians, pharmacists, community workers and the public about opioid use and dependence, collaborating with the Northern Ontario School of Medicine, the College of Physicians and Surgeons of Ontario and the Ontario College of Pharmacists.
- Last year CAMH staff flew to Iqaluit to provide consultation and training to the leadership team and staff of the Qikiqtani General Hospital. We helped them learn to better manage aggressive, intoxicated and psychiatrically acute patients in the context of a busy and resource-challenged general hospital.
- Psychiatrist Dr. Tony Cohn and an interprofessional team from CAMH provided northern clinicians with a comprehensive program on helping patients with serious mental illness deal with the metabolic side-effects of antipsychotic medications.

- CAMH brought its “STOP on the Road” smoking cessation workshops for both health care professionals and clients to Sudbury, North Bay, Sturgeon Falls and Thunder Bay, attracting 100 health care practitioners, who travelled from as far away as Kenora, Red Lake and Moosonee to take the bilingual training.

Leveraging social media, new technology and the web



The Belinda Stronach Foundation's One Laptop per Child program, which is distributing 5,000 computers in Aboriginal communities across Canada, called on CAMH expertise to develop “The Meeting Place,” an interactive computer game that takes First Nations, Inuit and Métis children on a virtual journey learning about their culture, as well as addressing real-life mental health and substance use issues and making healthy choices.



When CAMH CEO Dr. Zahn delivered her rousing call to action on mental health at the influential Technology, Entertainment, Design (TEDx) Conference last fall, her “Discover, Discuss, Demand” TEDtalk immediately became the top trending topic on Twitter.

CAMH is leveraging new technologies to empower consumers, create new connections and conversations, and put high quality information and tools into the hands of more people.

Early adoption of social media has allowed CAMH to connect with thousands of people through our official Facebook page, Twitter account and YouTube channel (CAMHTV). Our CEO Dr. Catherine Zahn blogs to CAMH staff, and CAMH psychologist Dr. Katy Kamkar contributes a regular mental health blog to CTV’s MedNews Express.

CAMH’s new **Knowledge Exchange web portal**, which gives health care professionals quick access to the best available information, tools and resources—and enables online communities to collaborate and share best practices—is already changing clinical practice for the better.

Applying new web- and mobile-based technologies directly to patient care, especially self-management and system navigation, is the way of the future; CAMH is already pioneering online applications that allow people to evaluate and monitor their own drinking and gambling.

Educating the professionals of tomorrow and the public of today

CAMH educates 25 per cent of the country’s psychiatrists, as well as researchers, social workers, nurses and other health care professionals.

We form educational partnerships to increase our impact and reach; for instance, this year our Dual Diagnosis Program partnered with Surrey Place Centre to give 150 students in a number of disciplines the opportunity to learn about working with people who have developmental disabilities, behavioural difficulties and/or mental health needs.



Education by the numbers at CAMH 2010–2011

- 10,812 professionals participated in CAMH's training sessions
- 417 nursing and other placement students and 100 psychiatric residents and medical students were educated at CAMH
- 10,902 people participated in CAMH public education events
- 118,167 visits to CAMH's Mental Health & Addiction 101 online courses
- 322,376 pieces of public information distributed
- 4,468,530 visits to www.camh.net
- 3,052 mentions of CAMH in the media

Our education program extends into the community to strengthen public understanding of mental illness and addiction. We offer a series of “CAMH in the Community” sessions across Ontario, “Talking about Mental Illness” events for students, a curriculum for teachers and school boards, and education sessions for families and friends, among many other educational initiatives.



CAMH also addresses gaps in the literature on mental health and addiction by publishing specialized materials for professionals and the public. This year's unique publications ranged from an information guide on cognitive-behavioural therapy to an illustrated children's book titled *Smoking and Quitting: Clean Air for All*, a story that addresses children's concerns when the people they know and love smoke.

International impact

Mental illness and addiction are global problems. CAMH's Office of International Health works with developing countries to share information and build local capacity to prevent and treat these disorders.



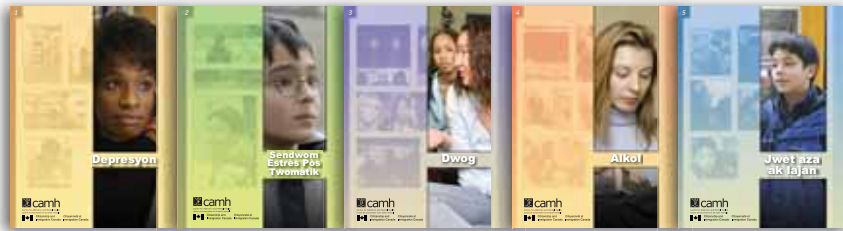
CAMH hosted the Pan American Health Organization Symposium, where mental health and addiction professionals from the Caribbean and South and Central America discussed strategies to improve access to mental health and addiction treatment.

As a Pan American Health Organization (PAHO) / World Health Organization Collaborating Centre focused on mental health and addictions, CAMH hosted the PAHO Symposium, where experts from 13 countries debated actions to strengthen mental health and substance use plans and services in Latin America and the Caribbean.

Globally, depression will be the single biggest medical burden on health by 2020

This year CAMH helped improve access to effective mental health services for Canadians of Latin American descent who speak Spanish, and of Caribbean descent who speak French or English, by culturally adapting our cognitive-behavioural therapy programs for health care providers serving these communities. We also launched five new photo-novellas specifically adapted

and translated for the Haitian Creole-speaking community, tackling thorny issues such as posttraumatic stress disorder, depression and substance use.



*CAMH's Haiti relief team: CAMH deployed a team of mental health specialists from Toronto, all of Haitian descent, to Port au Prince to help victims of the earthquake face the challenge of rebuilding their lives and their country. CAMH's series of Haiti Relief Workshops provided culturally appropriate grief, crisis and trauma response training to more than 400 service providers, medical professionals, traditional healers, and community and religious leaders in areas severely affected by the earthquake. Watch the documentary **Ayiti Kapab** at youtube.com/camhtv.*

CAMH research is influencing public policy on alcohol around the world

CAMH researchers help maintain the World Health Organization's Global Alcohol Database, monitoring alcohol consumption, morbidity and mortality rates and trends from around the world, and we collaborate on the Global Status Report on Alcohol and Health. These important activities inform research and guide policy reform around the world.

This year CAMH researchers collaborated on several international research studies on alcohol. The studies demonstrated that consuming alcohol above daily recommended limits is linked to the development of several cancers; that culture and gender have a significant influence on the way people drink; and that increasing alcohol prices and restricting alcohol availability reduce harmful effects on health and saves lives.



THE PEOPLE WHO CARE

CAMH is a passionate organization. Our staff are dedicated to our clients and committed to all aspects of our mission.

Our interprofessional care team includes a range of specialists: peer support workers, occupational therapists, psychologists, nurses, dietitians, cultural interpreters, physicians and pharmacists. The people who care at CAMH also include our research scientists and technicians, educators, public policy developers, health promotion professionals, volunteers, administrators, maintenance workers, housekeeping staff, information technology team, and more.

CAMH has 2,859 staff members and 388 physicians



The various professions practising at CAMH recognize and honour the outstanding work of their peers, such as these winners of the Annual Nursing Recognition Awards.

Increased safety through teamwork

This is the second year of CAMH's comprehensive staff training program **Partnering to Prevent Aggressive Behaviour**. This approach emphasizes partnerships. The interprofessional team partners with patients to create individualized care plans that identify behavioural triggers. It also stresses prevention—developing proactive strategies that anticipate safety issues to reduce risk for clients and staff.



Drs. Benoit Mulsant and Catherine Zahn welcome CAMH staff facilitators to the launch of the 2011 Partnering to Prevent Aggressive Behaviour training program.

CAMH's **Prevention of Restraint and Seclusion Initiative** focuses on safely reducing and ultimately eliminating the use of chemical or mechanical restraint and seclusion at CAMH. It is a collaborative effort between management, our unions, the Empowerment Council, Family Council and Psychiatric Patient Advocate Office. We are proud of the outcomes: we have reduced our use of restraints by 50 per cent and our use of seclusion by 37 per cent.

Admission Period Data	CAMH	Peers	Province
Mechanical Restraint	1.6%	5.1%	5.7%
Chemical Restraint	10.0%	14.7%	16.9%

The Canadian Institute for Health Information report compared CAMH very favourably to our peers throughout the province.

A smoke-free CAMH promotes everyone's health

CAMH is committed to the health and safety of our patients, staff, volunteers, students and visitors. This year, after a series of consultations, CAMH went smoke-free at its three Toronto sites.

70 to 90% of people with schizophrenia smoke, as do 40 to 50% of people with depressive and anxiety disorders

Going smoke-free is a complex challenge, considering that people with mental illness are two to four times more likely to smoke than those without mental illness. Although rates of smoking in the general population have been declining, rates among people with psychiatric disability have not.

Our clinical experts formed a tobacco interventions consulting team to help their colleagues work through patient problems case by case. Former patients were hired as Clean Air Ambassadors to engage with smokers and encourage compliance with the new smoke-free policy.

CAMH staff think and act green

CAMH is a leader in greening health care. Every year we reduce our energy consumption through innovation and increased support from CAMH staff, led by our Green CAMH team from maintenance, housekeeping, food services and the information technology department. We also decrease our waste, and increase our diversion rate from landfill sites. "Working in a health care setting like CAMH makes it our responsibility to promote global health issues and inspire, engage and educate others in green initiatives," declares Linda Slodan, manager of Nursing Education.



Children from the Queen St. Child Care Centre at CAMH stopped by the Green Day celebration to try their hand at spinning the wheel of information about all things green.

This past year, CAMH saved enough gas to heat 57 homes, enough kilowatt hours to power 150 homes, and enough water to supply 400 homes. We were recognized by both Enbridge and Toronto's Better Buildings Partnership for our efforts to reduce energy consumption.

CAMH staff in the spotlight

CAMH shines as an employer. We were recognized as one of **Canada's Best Diversity Employers** for 2011, an honour that reflects the values embedded in the work that CAMH staff members do every day. CAMH was also chosen as one of **Greater Toronto's Top Employers**.

The Brain and Behavior Research Foundation's (formerly NARSAD) Young Investigator Awards went to a disproportionately high number of CAMH scientists: Drs. **Daniel Blumberger, George Foussias, Romina Mizrahi, Tarek Rajji, Arun Tiwari** and **Aristotle Voineskos**.

CAMH PEOPLE

Dr. **Jeffrey Meyer** was awarded the Society of Biological Psychiatry's prestigious A.E. Bennett Research Award for major discoveries in brain chemistry, using PET imaging, over a decade.

Drs. **Vincenzo De Luca** and **George Foussias** were awarded American Psychiatric Association/AstraZeneca Young Minds in Psychiatry Awards—Dr. De Luca for studying the epigenetics of bipolar disorder and suicidal behaviour, and Dr. Foussias for studying motivational deficits in schizophrenia.

Dr. **Tony Cohn** received the Information Technology Association of Canada's Community IT Hero Award for developing the Metabolic Health Monitor, a tool that helps clinicians track key metabolic risk markers in patients with mental illness.

Dr. **Peter Menzies**, clinical head of Aboriginal Services, was appointed by the Canadian Institutes of Health Research (CIHR) to be a member of the Institute Advisory Board for the CIHR Institute of Aboriginal Peoples' Health.

The American College of Psychiatrists honoured CAMH's vice-president of Research Dr. **Bruce G. Pollock** with its 2011 Award for Research in Geriatric Psychiatry, for advancing psychiatry through his service, research and clinical work.



Dr. Peter Menzies



Dr. Bruce G. Pollock (r) receiving the ACP Award for Research in Geriatric Psychiatry.

Dr. **Caroline O'Grady**, advanced practice nurse, and **Wayne Skinner**, deputy clinical director, both in CAMH's Addictions Program, are co-chairing a working group that is developing a landmark Registered Nurses' Association of Ontario best practice guideline for caring for clients with substance use and related issues.

Drug Policy and the Public Good won first prize in the public health category of the British Medical Association Medical Book Awards, thanks in part to contributing CAMH authors Dr. **Benedikt Fischer** and Dr. **Jürgen Rehm**.

Excellence at CAMH begins with its board of trustees. Board member **Mary Anne Chambers** won the YWCA's 2010 Women of Distinction Award for Community Service, while **Helen Burstyn** received the same honour for Community Leadership.



Mary Anne Chambers



Helen Burstyn

CAMH won a place on the **United Way Toronto Employee Honour Roll** through the generosity of our employees, who contributed over \$180,000 to United Way Toronto and the community.



Carrie Clark (fourth from left) at CAMH's Occupational Therapy Recognition Awards.

Carrie Clark received the Canadian Association of Occupational Therapists' Award for Innovative Practice, excelling in the areas of client service, consumer advocacy and education. She and her occupational therapist colleagues at CAMH won an award from the University of Toronto for their sustained Outstanding Contribution to Occupational Therapy Education.

The Kaiser Award for Excellence in Leadership was presented to Dr. **Patricia Erickson** in recognition of her outstanding contribution to promoting the philosophy and policy of harm reduction in Canada.

Gaby Golea, administrative director of the CAMH Geriatric Mental Health Program, was recognized by the Registered Nurses' Association of Toronto—Peel Chapter for her 25 years of commitment to nursing, geriatric care and collaboration with Peel Region.



Dr. **Daniel Mueller**, clinic head of Pharmacogenetics Research, received an Early Researcher Award from Ontario's Minister of Research and Innovation, as part of a program to help attract and retain the best and brightest research talent. This award will help Dr. Mueller's team find the most effective combination of drugs and dosages for psychiatric disorders, leading to personalized treatment and fewer side-effects for clients, and reduced health care costs in Ontario.

Through CAMH's **Corporate Volunteer Program**, corporations volunteer their employees to spend time working or playing alongside CAMH clients. Volunteer Toronto honoured CAMH with a Legacy Award for Community Building.



A volunteer reflects on the rewards of his experience spending time with clients at CAMH, accompanied by his colleagues from the Ministry of Community and Social Services.

FINANCIAL SNAPSHOT

Year ended March 31, 2011

Revenue	\$
Ministry of Health and Long-Term Care/ Toronto Central Local Health Integration Network grants	255,506,423
Patient revenue	1,280,726
Donations and other grants	25,372,203
Ancillary and other	21,128,233
Amortization of deferred capital contributions	5,636,258
Investment income	1,079,411
Total	310,003,254
Expenses	\$
Salaries, wages and employee benefits	232,351,148
Supplies and other	53,910,933
Depreciation	9,228,831
Rent	4,166,035
Drugs and medical supplies	3,051,388
Medical and surgical	484,415
Total	303,192,750
Excess of revenue over expenses for the year	6,810,504
Unrestricted net assets, beginning of year	—
Transfer to internally restricted net assets	(6,851,987)
Net change in unrealized gain on available for sale investments	41,483
Unrestricted net assets, end of year	—

For a copy of CAMH's audited financial statements, visit www.camh.net,
e-mail public_affairs@camh.net or call 416 535-8501, ext. 4250.

CAMH by the numbers

CLIENTS

Unique* clients	25,572
Outpatient visits	467,663
Inpatient admissions	3,948
Visits to Emergency Services	5,541
Average length of stay in days	61.6

* Unique: individual people who received care, regardless of number of visits

STAFF AND RESEARCH

CAMH staff	2,859
CAMH physicians	388
Research grants/contracts	242
Amount of research grants/contracts	\$60,561,000

INFORMATION/EDUCATION

Visits to camh.net	4,468,530
Participants in professional training and public information events	21,714

VOLUNTEERS

Volunteers (total)	1,246
Hours contributed by volunteers	104,082

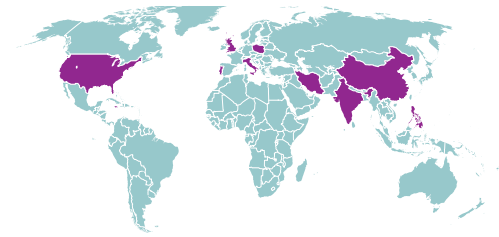
DONORS

Donors	9,548
Amount of donations	\$13,017,977

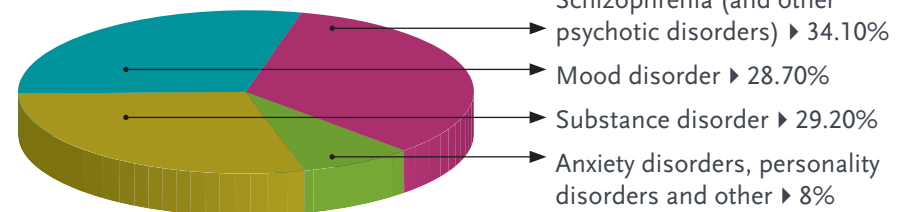
Most of the statistics from this page came from CAMH's Balanced Scorecard, which measures and monitors CAMH's performance. Copies of the scorecard are available at the CAMH library or online at www.camh.net.

TOP FOUR LANGUAGES indicated by clients at time of admission, other than English and French: Spanish, Serbian, Arabic, Chinese.

TOP 10 COUNTRIES OF BIRTH indicated by clients at time of admission, other than Canada: Jamaica, U.K., U.S.A., Portugal, Italy, Poland, India, Iran, China, Philippines.

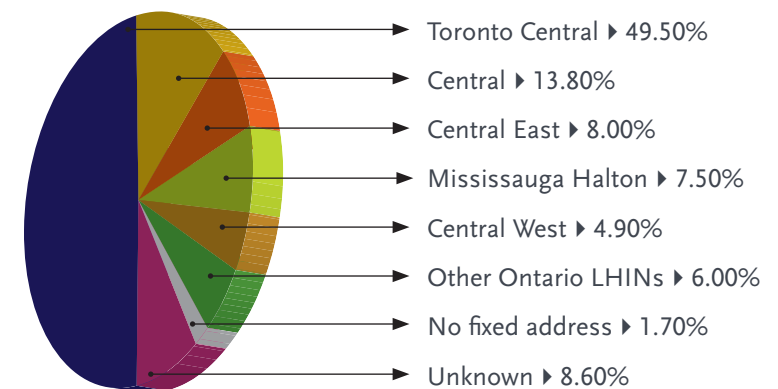


INPATIENTS' PRIMARY DIAGNOSIS, 2010-2011



Note: 50% of patients who were in hospital in 2010-2011 had more than one diagnosis. 33% had two diagnoses and 17% had three diagnoses.

DISTRIBUTION OF PATIENTS BY LHINS, 2010-2011



HOW TO REACH CAMH

CAMH MAIN SWITCHBOARD (FOR ALL SITES)

416 535-8501

Website: www.camh.net

EXECUTIVE OFFICE

901 King Street West
Toronto, Ontario
M5V 3H5

SITES

College Street site

250 College St.
Toronto, Ontario
M5T 1R8

Emergency

416 535-8501 ext. 6885

Queen Street site

1001 Queen St. West
Toronto, Ontario
M6J 1H4

Russell Street site

33 Russell St.
Toronto, Ontario
M5S 2S1

COMMUNITY OFFICES

Hamilton

905 525-1250

Kingston

613 546-4266

London

519 858-5110

Ottawa

613 569-6024

Sault Ste. Marie

705 256-2226

Sudbury

705 675-1181

Toronto

416 535-8501 ext. 6028

CLINICAL SATELLITE OFFICES

Archway

1451 Queen St. West
Toronto, Ontario
416 535-8501 ext. 7500

CARE, Ventures, ProAct and Interact

Richmond St. Clinic
862 Richmond St. West
Suite 200
Toronto, Ontario
416 535-8501 ext. 2606

Central Link

393 King St. East
Toronto, Ontario
416 535-8501 ext. 7670

Community Support and Research Unit

862 Richmond St. West
Suite 301
Toronto, Ontario
416 535-8501 ext. 2068

Dual Diagnosis Resource Service

501 Queen St. West
Toronto, Ontario
416 535-8501 ext. 7800

Dual Diagnosis Service–Peel

30 Eglinton Ave. West
Suite 801
Mississauga, Ontario
416 535-8501 ext. 7713

First Assessment Clinical Team (FACT)–Peel

30 Eglinton Ave. West
Suite 801
Mississauga, Ontario
416 535-8501 ext. 7700

Learning Employment Advocacy Recreation Network (LEARN)

1709 St. Clair Ave. West
Toronto, Ontario
416 535-8501 ext. 7300

Nicotine Dependence Clinic

175 College St.
Suite 203
Toronto, Ontario
416 535-8501 ext. 7400

PACE Peel

30 Eglinton Ave. West
Suite 801
Mississauga, Ontario
416 535-8501 ext. 7716

PACE West (located within Lakeshore Lodge long-term care home)

3197 Lakeshore Blvd. West
Toronto, ON
416 535-8501 ext. 3448

Spectrum

658 Danforth Ave.
Suite 402
Toronto, Ontario
416 535-8501 ext. 7450

Work, Stress and Health Program

455 Spadina Ave.
Suite 200
Toronto, Ontario
416 260-4147

CAMH LEADERSHIP

as of March 31, 2011

BOARD OF TRUSTEES

OFFICERS OF THE BOARD

T. Daniel Burns, *Chair*
Gordon Bell, *Vice-Chair*
Helen Burstyn, *Vice-Chair*
Catherine Zahn, *President and CEO,*
Corporate Secretary

TRUSTEES

John Bowcott	Tom MacMillan
Mary Anne Chambers	Andrew Murie
Raymond Cheng	Brian Parris
Theresa Claxton	Shekhar Prasad
Jim Griffiths	Bud Purves
John Hunkin	Anne Ramsay
Pam Jolliffe	Pat Sanagan
Betsy Little	

EX-OFFICIO TRUSTEES

Dr. Catherine Zahn, *President and CEO*
Dr. Lisa Lefebvre, *President, Medical Staff Association, CAMH*
Kelly Meighen, *Chair, CAMH Foundation Board of Directors*
Dr. Benoit H. Mulsant, *Physician-in-Chief and Clinical Director, Geriatric Mental Health Program*
Dr. Rani Srivastava, *Chief of Nursing and Professional Practice*
Dr. Catharine Whiteside, *University of Toronto Representative on the Board, Dean, Faculty of Medicine, and Vice-Provost, Relations with Health Care Institutions*



SENIOR MANAGEMENT MEMBERS (L–R):

Susan Mikulicic, *Vice-President, Finance and Support, and Chief Financial Officer*
Colin Stairs, *Acting Vice-President, Information Management, Chief Information Officer and Chief Privacy Officer*
Darrell Gregersen, *President and CEO, CAMH Foundation*
Susan Pigott, *Vice-President, Communications and Community Engagement*
Dr. Bruce G. Pollock, *Vice-President, Research*
Dr. Catherine Zahn, *President and CEO*
David Cunic, *Vice-President, Site Redevelopment*
Eric Preston, *Vice-President, Human Resources and Organizational Development*
Dr. Rani Srivastava, *Chief of Nursing and Professional Practice*
Dr. Benoit H. Mulsant, *Physician-in-Chief and Clinical Director, Geriatric Mental Health Program*
Kristin Taylor, *General Counsel*
Lori Spadorcia, *Executive Director, CAMH Office of Strategy and Partnerships*



Absent from the group photo:

Dr. Rohan Ganguli (I), *Executive Vice-President, Strategic Transformation Initiatives and Clinical Quality Improvement*
Dev Chopra, *Executive Vice President, Corporate Services and Redevelopment*

Retired from their position during the fiscal year:

Gail Czucar, *Executive Vice-President, Policy, Education and Health Promotion and Legal Services*
Mary McKeen, *Vice-President, Information Management, Chief Information Officer and Chief Privacy Officer*
Judith Tompkins, *Executive Vice-President, Clinical Programs*

MEET THE FACES OF CAMH



Care (p. 2)

Amanda Degoeas – Addiction Therapist, SAPACCY
Renford Jeffrey – RN, Schizophrenia Program
Hricha Rakshit – Occupational Therapist, Mood and Anxiety Program
Dr. Paul Kurdyak – Head, Emergency Crisis Services & Research
Tenzing Banigan – RN, Law and Mental Health Program



Discover (p. 7)

Dr. Daniel Mueller – Head, Pharmacogenetics Research Clinic
Dr. Brendan Andrade – Clinician-Scientist, Child, Youth and Family Program
Dr. Lori Ross – Research Scientist, Health Systems & Health Equity Research Group
Dr. Sylvain Houle – Director, Research Imaging
Dr. James Cantor – Head, CAMH Law and Mental Health Research Section



Build (p. 12)

Janine Luce – Manager, Public Policy
David Cunic – Vice President, Site Redevelopment
Dr. David Goldbloom – Senior Medical Advisor
Lance Hermanstyne – Manager, Geriatric Mental Health Program
Alison Watson – RN, Child, Youth and Family Program



Share (p. 17)

Linda Yoo – Health Promotion Consultant
Dr. Tony Cohn – Psychiatrist, Schizophrenia Program
Akwatu Khenti – Director, Office of International Health
Heather Bullock – Manager, Knowledge Exchange
Robert Dunne – RN, Law and Mental Health Program



CAMH people (p. 23)

Mahreen Hasan – Education Specialist
Richard Brown – Housekeeping Services
Alan Tang – Webmaster, Information Management Group
Sonia Thomas – Pharmacist
Andrew Aris – Manager, Security

FOR INFORMATION ABOUT CAMH, PLEASE CONTACT:

Public Affairs

Tel.: 416 535-8501 ext. 4250
E-mail: public_affairs@camh.net

For information about alternate formats or other CAMH publications, please contact Sales and Distribution:
Toll-free: 1 800 661-1111
Toronto: 416 595-6059
E-mail: publications@camh.net

To make a donation, please contact the CAMH Foundation:
Tel.: 416 979-6909
E-mail: foundation@camh.net

If you have questions, concerns or compliments about services at CAMH, please contact the Client Relations Service:
Tel.: 416 535-8501 ext. 2028 or 2078

For information on addiction and mental health issues, or to keep in touch with CAMH, please visit:

www.camh.net



CamhMediaUpdate



CAMH—Centre for Addiction and Mental Health



youtube.com/camhtv

COVER, SECTION PHOTOGRAPHS AND OTHERS BY RICK CHARD, rickchard@bmts.com



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

Disponible en français.
4425 / 05-2011