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TOMORROW AWAITS!

CAMH has released our **Annual Report to Community** and our new Strategic Plan, **VISION 2020: tomorrow.today**. Our Annual Report describes the progress that CAMH has made over the past year, culminating with the Grand Opening of our new Queen Street facilities. We've established a strong foundation for our Strategic Plan, which will guide us as we unlock CAMH's enormous potential—offering hope to individuals and shaping a better future for all. Please take a look at the online versions of these documents with their exclusive multimedia content. Be sure to take the Vision2020 stakeholder survey and let us know what you think!

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WHY WE DO WHAT WE DO: CAMH AND BILL C-31

In her first CAMHblog post, **CAMH President and CEO Dr. Catherine Zahn** discusses Bill C-31 and the issues surrounding cutting temporary health coverage and medications to refugees: "An announcement from the federal government has galvanized the health community in a tour de force that we don't see very often. Why? I think it's because the issue speaks to the heart of our purpose. We care."

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COMMUNITY CELEBRATES GRAND OPENING OF NEW CAMH!

Thank you to the 700 supporters who came out to celebrate the historic Grand Opening of the second phase of the new CAMH—where being part of the community is part of the treatment. During the event showcasing the opening of three new buildings on three newly created streets, we set up a “Speaker’s Corner” and invited guests to share their thoughts about the vision of the CAMH Queen Street Redevelopment Project. This four-part video series will appear on the CAMHblog over the next few weeks.

[Watch Videos](#)

WHAT'S THE BEST WAY TO TREAT PROBLEM ALCOHOL USE?

Almost 40 per cent of people with an alcohol use problem also have a concurrent mental illness, particularly schizophrenia, mood or anxiety disorders. CAMH scientists, including **Dr. Jürgen Rehm**, recently released comprehensive reviews of the most effective treatments for alcohol dependence, one of the most prevalent addictions in Canada.



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**“DON'T
WORRY.
IT'S JUST
A PHASE.”**

**BUT FOR SOME,
IT CAN LAST A LIFETIME.**

Defeat denial.
Help defeat mental illness.

camh
Centre for Addiction and Mental Health



DEFEAT DENIAL. THE
CHALLENGE OF OUR TIME.

Since the launch of our *Defeat denial. Help defeat mental illness* awareness campaign in June, we've received many messages of support and insightful feedback from people across the province. At CAMH, we see mental illness as the challenge of our time, requiring a bold and definitive public response. A shift in attitude can make a critical difference on an individual level; it can also help advance mental health issues in society at large and lead to a healthier and more inclusive community.

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