

Champions for change Building momentum

Annual Report
2012–2013

camh
Centre for Addiction and Mental Health





Centre for Addiction and Mental Health
A Pan American Health Organization /
World Health Organization Collaborating Centre
Fully affiliated with the University of Toronto

CAMH VISION

Transforming Lives

PURPOSE

At CAMH, we Care,
Discover, Learn and
Build—to Transform Lives

OUR VALUES

- Courage
- Respect
- Excellence

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Message from the President and Chair

At CAMH we imagine a world where everyone believes that life is worth living. We know that our inspired staff will lead the way in solving the complex puzzle of mental illness—they will redefine prevention and care. We are confident that everyone who touches CAMH—in whatever way and for whatever reason—will become an advocate for mental health.

We have a vision, and an ambitious strategic plan to realize that vision: transforming lives, transforming society’s understanding of mental health, and creating a movement that will end prejudice and discrimination against those living with mental illness. Last year, we completed the groundwork for transformation; this year we have “lift off”:

- We joined with SickKids and the University of Toronto on a Child and Youth Mental Health Collaborative Program that will enhance service to children and youth and address issues of care co-ordination and continuity through life transitions.
- We launched a research program of personalized medicine for patients at the Tanenbaum Centre for Pharmacogenetics, which is part of the new Campbell Family Mental Health Research Institute. By looking at a patient’s genetic makeup we can predict which medications will improve symptoms, while causing the fewest side effects.
- We opened the Temerty Centre for Therapeutic Brain Intervention to provide a spectrum of brain stimulation treatments—including a new type of magnetic stimulation offered nowhere else in Canada—and to do research into neuroplasticity.
- We made strides toward our goal of creating a movement for social change. Bell Let’s Talk, TVO’s Mental Health Matters and our own Defeat Denial public awareness advertising campaign challenged prejudices and got results.
- We celebrated the grand opening of three new buildings and the integration of our Queen Street site with the surrounding community. We’re now hard at work planning the next phase of our redevelopment: modernized facilities and a recovery-oriented environment for patients with complex mental illness.

CAMH is making a positive difference, but we know there’s a long road ahead. We’re grateful to have you with us on our visionary journey.

Dr. Catherine Zahn
President and CEO, CAMH

Bud Purves
Board Chair, CAMH

As the home of Canada's only free-standing 24/7 mental health and addiction emergency department, CAMH is often the "front door" to those in crisis, and demand is skyrocketing. Registered nurse Jude Nzuonkwelle (r) works with these patients.

CARE

Patient care is at the heart of everything we do at CAMH. This year we served more than 28,000 people with mental illness, each at different stages of their lives and conditions. Our culturally informed care focuses on individual needs and strengths. We try to engage families as powerful partners in the recovery process. Beyond the walls of CAMH, our care partnerships with community organizations are central to the healing process.



TOP: The Temerty Centre for Therapeutic Brain Intervention is opened by the Temerty family.

BOTTOM: Dr. Jeff Daskalakis demonstrates a new type of brain stimulation: magnetic seizure therapy (MST).

New treatment options

CAMH provides specialized care not available in other health care facilities:

- The **Temerty Centre for Therapeutic Brain Intervention**, funded by a \$7.4-million donation from the Temerty Family Foundation, is at the forefront of providing alternative treatments for depression, schizophrenia and bipolar disorder. The centre is one of only a handful in the world that offers magnetic seizure therapy (MST)—a type of brain stimulation that uses magnetic pulses to activate specific regions of the brain.

Jane Weber, a client at the Temerty Centre, says the development of non-invasive treatments such as MST has given her a new lease on life. “I’ve been suffering with depression now for almost 20 years. MST is giving me new hope and encouragement, knowing there are new ways of handling treatment-resistant depression without the side effects I had previously experienced.”

- The Partial Hospital Program is a model of care for patients with complex mental illness. This program allows individuals with psychotic illness to live at home while receiving intensive medical treatment during the day at CAMH. This year, 121 people took part in this eight-week care program.
- Difficult-to-treat cognitive and behavioural changes often accompany complex mental illness. Researchers at CAMH have come up with a promising approach for addressing the cognitive impacts of schizophrenia. Led by **Dr. Sean Kidd**, a randomized trial of a cognitive enhancement program that involves the practice of tasks to improve attention, memory and problem-solving abilities in people with schizophrenia is taking place in the supported education program at George Brown College.
- Addressing self-harm and other behavioural issues in patients with a history of trauma is a tough challenge. Sensory modulation—sensory-based interventions using tools ranging from musical instruments to anti-stress balls—is being customized for maximum impact on a patient’s mood and well-being.

Offering healing beyond the hospital

CAMH is helping our patients manage their illnesses in the community:

- Our interprofessional care teams visit patients with complex mental illnesses in their homes, workplaces or nearby coffee shops. Peer support workers offer high-impact help from first-hand experience. Care partnerships with community agencies integrate services and make them available to a wider community.
- CAMH has important partnerships with supportive housing providers. This year, with Madison Community Services and Lansdowne Property Management, we provided a safe, supported and successful transition for 20 long-stay CAMH inpatients to their own independent bachelor units in the community. CAMH provides clinical outpatient services, and peer support workers help the clients participate successfully in daily living activities in their new homes.
- Mobile technology and the Internet enable us to provide care to patients in remote communities. The Northern Psychiatric Outreach Program at CAMH (NPOP-C) delivers treatment, education and support to rural, remote or under-served communities, including fly-in visits by psychiatrists. Telepsychiatry allows us to treat patients in northern and Aboriginal communities using video conferencing. These patients would otherwise not have access to specialized psychiatric care.

1,200 telepsychiatry sessions delivered by NPOP-C in 2012–13

- Improved access to acute mental health intervention for people within the criminal justice system is a priority issue for CAMH. The Forensic Early Intervention Service (FEIS) Initiative, a service model developed in collaboration with the Ontario government, is designed to address the mental health needs of remand inmates. FEIS targets the needs of inmates whose mental disorder may make them unfit to stand trial, or may qualify them for a defence of not criminally responsible.



TOP: John receives visits in the community from his CAMH social worker James Malaya (l).

BOTTOM: Dr. Susan MacKenzie uses video conferencing to provide psychiatric services to patients in rural and northern communities.



TOP: Clinician Leo Edwards works to help black LGBT youth as part of the SAPACCY service.

BOTTOM: At least 1 in 5 students is the victim of cyberbullying; CAMH's Fourth R Program promotes prevention.

Focus on children and youth

More than a million children in Canada are experiencing mental health problems that put their future at risk. Fewer than one in four young people receive the help they need. CAMH is committed to changing that.

Bold and collaborative leadership is required to meet the challenge. CAMH has joined forces with SickKids and U of T to create a new, combined position responsible for developing and leading an integrated Child and Youth Mental Health program. The internationally renowned child psychiatrist, researcher and educator **Dr. Peter Szatmari** has been chosen to lead the new collaborative program. He is focusing on integrating clinical care to enhance evidence-based treatments for young people, training future psychiatrists and mental health practitioners to help fill the gaps in service, and developing a specialized research program.

CAMH's Substance Abuse Program for African Canadian and Caribbean Youth (SAPACCY)—the first program of its kind in Canada—provides culturally informed clinical care for young patients with symptoms of mental illness as well as issues around identity and sexual orientation.

Dr. Tracey Skilling and her team in the CAMH Adolescent Service worked with 130 justice-involved youth and their families last year to provide comprehensive rehabilitation treatment plans. Youth who access treatment services are much less likely to have future involvement with the justice system.

In a year when youth suicide made headlines, CAMH's expertise in cyberbullying, resilience and suicide prevention was called upon. **Dr. David Wolfe's** pioneering Fourth R Program—adopted by more than 1,000 schools across Canada to prevent youth bullying and sexual violence—is being extended to include suicide prevention. **Dr. Joanna Henderson** is exploring the power of peer interventions to reach vulnerable youth at key moments of risk. The terrible epidemic of Aboriginal youth suicide is becoming better understood through mental health partnerships.

"All I can say is, thank you CAMH. You saved all our lives"

—Elaine, whose family members were treated by CAMH's Addictions Services



Registered nurse Jordan Chu (centre) and child youth worker Nicole Hayes (r) provide care for youth aged 14 to 18 with both substance use and mental health challenges in the new Irma Brydson Youth Inpatient Unit.



DISCOVER

At one of the world's top mental health and addiction research centres, CAMH scientists are discovering the biological and environmental causes of mental illness and addictions, and the treatments that optimize results. From the laboratory to the bedside to the community, CAMH research is focused on causes, prevention, treatment and recovery.

Dr. George Foussias (l) and Dr. Albert Wong are using novel technologies such as virtual reality and functional magnetic resonance imaging (fMRI) to better understand cognition and motivation in individuals with schizophrenia, and the challenges these patients can experience in everyday environments.



TOP: The family launches the new Campbell Family Mental Health Research Institute, which focuses on brain science.
 BOTTOM: CAMH is in a strong position to address challenges older Canadians will face with Alzheimer's disease.

Brain science: Unravelling causes

The Campbell Family Mental Health Research Institute officially opened its doors in October 2012 thanks to a landmark \$30-million donation—the largest ever for mental health research in Canada. Campbell research scientists are learning more about brain structure, function and disease development, as well as advancing new areas of clinical research.

CAMH brain science is giving hope, proving that recovery and prevention are possible:

- We've discovered that a single gene may explain some of the dramatic differences seen in patients with schizophrenia. A new study by **Dr. Aristotle Voineskos** revealed that people with schizophrenia who had a particular version of the microRNA-137 gene tended to develop the illness at a younger age and had distinct structural features in the brain—both associated with poorer outcomes. This discovery has therapeutic promise for the future.
- From brain imaging, to brain stimulation to enhance neuroplasticity, to the establishment of a brain bank dedicated to collecting and distributing donor tissue for research, CAMH is at the forefront of cutting-edge science that promises to advance treatment options for the more than half a million Canadians living with Alzheimer's disease.
- CAMH's life-course study of more than 500 mothers and children is examining gene-environment interactions and their impact on childhood brain development, mental health and resiliency. Early findings by **Dr. Robert Levitan** show genetic variants that make children more sensitive to their psychosocial environment.
- **Dr. Fang Liu** and her team of scientists have discovered a protein peptide that will disrupt the binding of two receptors in the brain responsible for smoking relapse. This discovery opens the door to the development of an anti-smoking medication that directly targets the relapse process, which leaves 80 per cent of quitters who used medication back smoking a year later.

Clinical research: Improving care

Improving our understanding of the brain mechanisms that underlie mental illness will lead to new interventions. The faster our discoveries can get out of the lab, the sooner more effective and safe therapies will become available to change and save lives:

- Research by **Dr. James Kennedy**, head of CAMH's Neuroscience Research, has made personalized medicine for psychiatric patients a reality. Physicians now use a patient's genetic makeup to predict which psychiatric medications are safe to prescribe and which may be ineffective or cause side effects.
- CAMH scientists **Drs. George Foussias** and **Albert Wong** are using technologies such as virtual reality to investigate motivation and spatial navigation in people with schizophrenia. They are also using functional magnetic resonance imaging (fMRI) to scan study participants' brains when completing tasks in the virtual environment in order to correlate brain function with task completion.

\$38,097,840
annual research
funding awarded

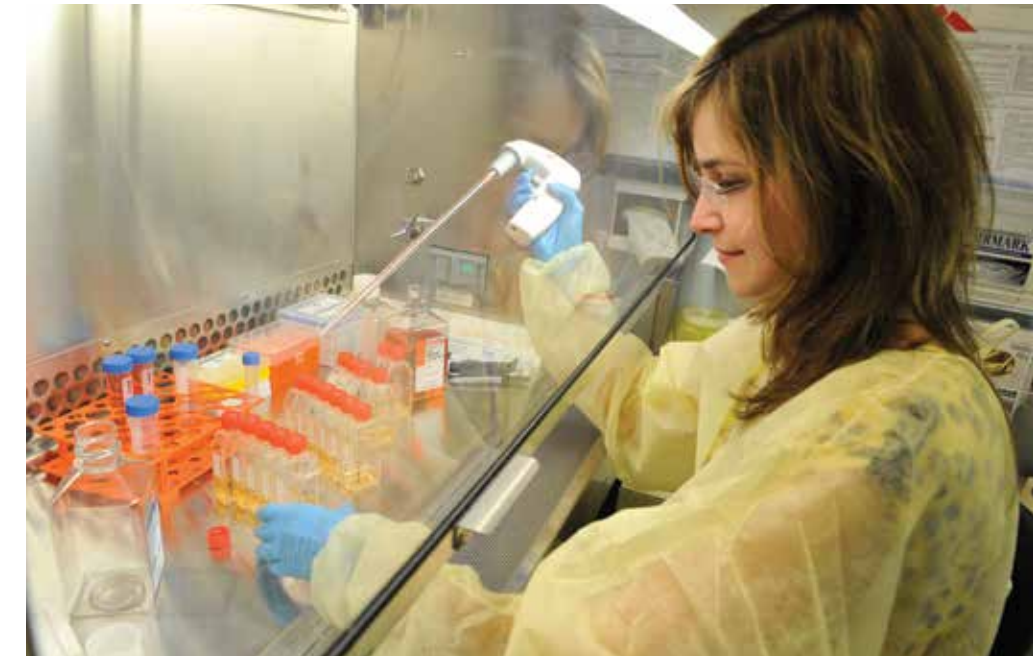
325
research grants/
contracts

486
scientific articles
published in peer-
reviewed journals

- Suicide prevention is an essential area of research at CAMH. Quality treatment programs with well-trained clinicians have a lasting effect on preventing suicide attempts in people with borderline personality disorder, according to research by **Dr. Shelley McMain**. Her CAMH colleague **Dr. Vincenzo De Luca** studies genetic, epigenetic and environmental factors linked to suicide with the goals of identifying patients at high risk, implementing prevention programs and adjusting treatment.

"We have learned more about the brain in the last five years than we have in all of human history"

—**Dr. Bruce Pollock**, VP Research, CAMH



TOP: Dr. James Kennedy uses a genetic sample to predict a patient's response to psychiatric medications.
 BOTTOM: Research analyst Anna Mikhailov conducts genetic research focusing on intellectual disability disorders.

“Only a minority of people with depression or alcohol use disorders are accessing health services. If such a low percentage of people with diabetes were receiving treatment, there would be a public outcry”

—Dr. Paul Kurdyak, CAMH chief of General and Health Systems Psychiatry



CAMH is advancing understanding of the risk factors and social costs associated with alcohol consumption.

50%

above the global average:
the alcohol consumption
rate of Canadians

1st

laboratory in Canada to
develop a test to detect
synthetic cannabis: CAMH

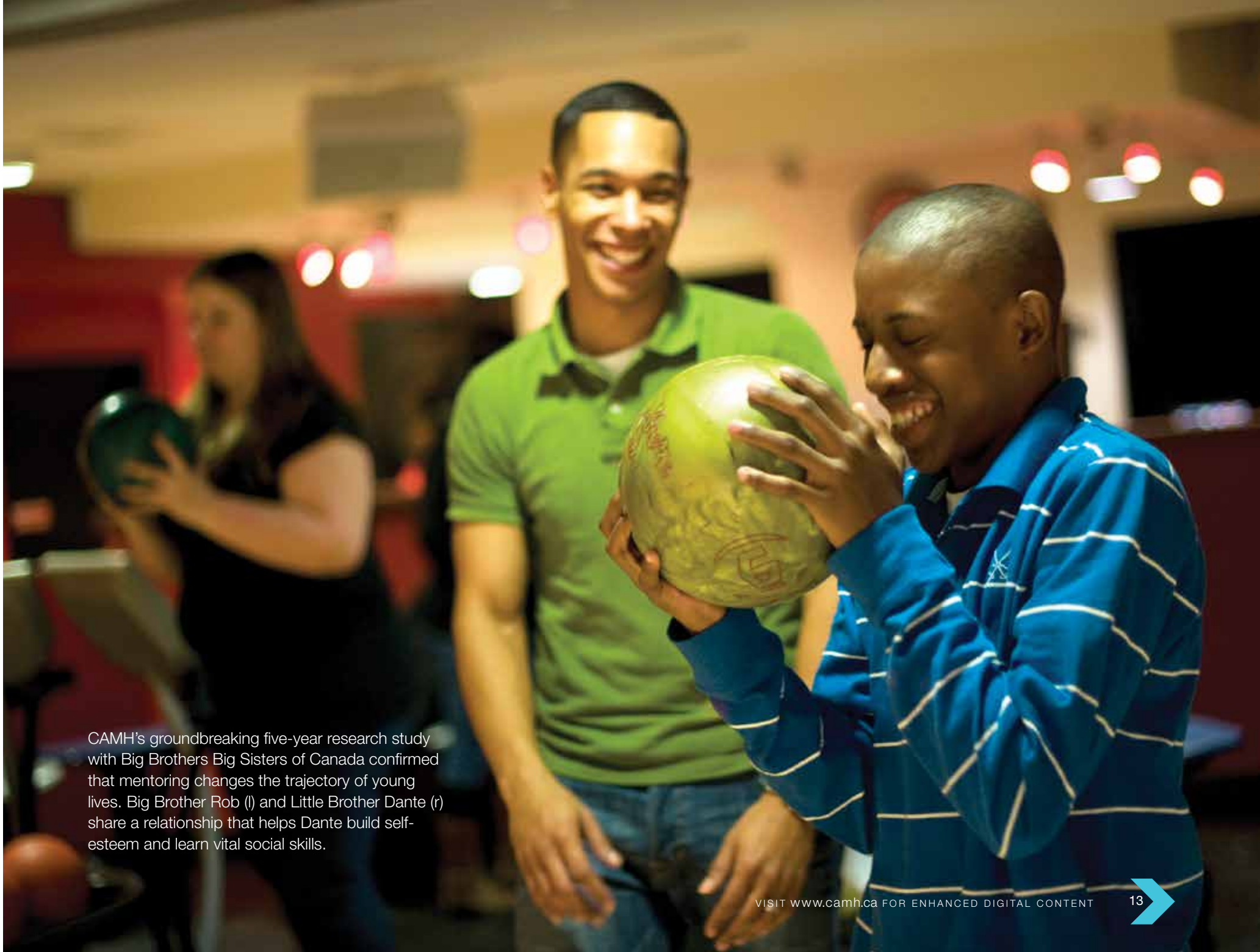
5

disorders with the highest impact on the life and
health of Ontarians: depression, bipolar, alcohol use,
social phobia and schizophrenia

Social research: Environmental factors

CAMH conducts science on the street, at home and in the community, doing innovative and integrative work to address health and social policy concerns in Canada and around the world. Our social and epidemiological research powers prevention strategies and health-services evaluation in the real world—science that serves people:

- The *Opening Eyes, Opening Minds* report, co-authored by CAMH's Dr. Paul Kurdyak and produced by Public Health Ontario with the Institute for Clinical Evaluative Sciences, revealed that the burden of mental illness and addictions in Ontario is more than 1.5 times that of all cancers and more than seven times that of infectious diseases. The message is clear: we must do a better job reaching the two in three people whose mental health problems remain untreated.
- To address at-risk youth, CAMH researcher Dr. David DeWit led a Canadian study of the impact of mentoring, working with Big Brothers Big Sisters of Canada. Children with a mentor were less likely to display behavioural problems and were more confident academically. The five-year study will help create a road map for successful mentoring.
- CAMH researchers are helping to reduce the global burden of alcohol. Dr. Jürgen Rehm, director of Social and Epidemiological Research, led research documenting the consequences of alcohol dependence worldwide. The study showed that alcohol is now the third leading cause of disease and injury after high blood pressure and smoking. The study will inform effective policy interventions to decrease the harms related to alcohol misuse.
- CAMH has embarked on an ambitious multi-country study of fetal alcohol spectrum disorders with the World Health Organization. The study, led by Dr. Lana Popova, will help address one of the leading causes of developmental disability and birth defects among Canadians.



CAMH's groundbreaking five-year research study with Big Brothers Big Sisters of Canada confirmed that mentoring changes the trajectory of young lives. Big Brother Rob (l) and Little Brother Dante (r) share a relationship that helps Dante build self-esteem and learn vital social skills.



Dr. Ash Bender, head of CAMH's Work, Stress and Health Clinic, speaks at the George Brown College Mental Health Conference about managing workplace mental health.

LEARN

CAMH is embarking on an ambitious journey to revolutionize mental health education by creating an inclusive learning organization where everyone teaches and learns. Fully affiliated with the University of Toronto, CAMH is committed to accelerating the academic advancement of our students, the professional development of our staff and the exchange of knowledge with our clients, families and community health practitioners.



A learning organization

Staff at CAMH are passionately committed to their patients and to continually improving their ability to provide the highest quality care. The hospital has increased capacity to develop the skills of faculty, create novel research-based approaches to knowledge exchange, and enhance client care and family support through education. One of our new hires is **Dr. Sophie Soklaridis**, an education scientist who is bringing a sociologist's lens to our understanding of CAMH as a learning organization.

CAMH has been selected to become a Best Practice Spotlight Organization by the Registered Nurses Association of Ontario. We are raising the bar on quality of patient care by implementing and evaluating comprehensive, best-evidence-based recommendations. Projects range from adolescent resilience to suicide prevention, from managing pain to preventing violence.

We are learning to recognize our patients and their families as teachers, a key step toward understanding how to better meet their needs. We are bringing former patients back to inpatient units to talk to staff, working with consumer advocacy groups on education programming through the formation of an Education Council, and providing staff with advanced training in collaborating with families.

317 nursing students, **473** psychiatric residents, fellows and medical students, and **300** other health care students were educated at CAMH in 2012–13

As a teaching hospital, CAMH is responsible for training the next generation of mental health care professionals. More than one thousand students come to us every year to learn from the academic leaders, interprofessional care teams and patients at CAMH. This year we started work on a new student centre that will enhance the experience of all students.

TOP: More than 1,000 health care students train at CAMH every year.

BOTTOM: Approximately 800 registered nurses and registered practical nurses practice at CAMH.

Helping the community provide supports

People with mental illness and addictions need services and supports to live their best lives. CAMH is sharing knowledge and best practices with the mental health community—around the corner and across the globe—to build this capacity where people live.

CAMH has a rich online, digital, classroom and community-based education program for health care and allied professionals, clients, families and the general public. Our experts teach everything from cognitive-behavioural therapy to smoking cessation counselling through a broad range of technologies. We partner with ethnocultural community partners to provide mental health education such as this year's Diálogo event with the Spanish-speaking community. We host high school groups at our Beyond the Cuckoo's Nest mental health presentations, in which students have the opportunity to interact with patients. This year we partnered with the MaRS Discovery District to host a series of live events on mental health innovation for the public.

More and more organizations are turning to CAMH to help address the mental health needs of refugees, immigrants and diverse communities. One of the education programs developed in response to the need for health equity resources is the CAMH Refugee Mental Health Project. This year we provided training to 500 health care professionals and settlement workers to increase their knowledge base and skill levels regarding refugee mental health.

CAMH Education is developing training packages for use in public and private organizations. The training will improve the capacity of front-line staff to provide sensitive service to members of the public with mental illness. CAMH recently launched a Customer Service Training pilot project with the City of Toronto to train staff on how to deal with diverse populations.



TOP: Scientist Sean Kidd works with entrepreneurs such as Maggie Griffin who help address mental health disparities through employment.

BOTTOM: Dr. David Wolfe addressing teen and youth mental health at a Café Scientifique held at Jarvis Collegiate Institute.

“Many health professionals feel they are ill-equipped to deal with the health and the mental health needs of refugee populations. We have the tools and the skills that can be taught to help produce better outcomes for refugees”

—Dr. Kwame McKenzie, CAMH medical director, Underserved Populations, and Access and Transitions



A CAMH research partnership examines how children's mental health issues can be prevented in Kenya.

3,095

professionals participated
in CAMH's
training sessions

48,281

visits were made to CAMH's
Mental Health & Addiction
101 online courses

78,456

people participated in
CAMH public events

Making a positive difference around the world

CAMH exchanges mental health knowledge and expertise with international partners, serving the people most at risk around the globe:

- Through our Office of Transformative Global Health, led by Akwatu Khenti, we develop, implement and sustain collaborative programs for health professionals in Latin America, the Caribbean, Asia and Africa. We focus on building capacity to meet local needs through education and health promotion training programs.
- CAMH recently joined efforts with the Pan American Health Organization (PAHO), the National Institute of Mental Health in Panama, and the Universidad Nacional Autónoma de Nicaragua-León, to launch the third annual Mental Health Services Management for Central America. This capacity-building initiative reflects our focus on equipping leaders with essential mental health and addiction competencies.
- CAMH's Dr. Kwame McKenzie was named co-principal investigator on a project that will reach more than 5,000 children in schools in rural Kenya. The Kenya Integrated Intervention Model for Dialogue and Screening to Promote Children's Mental Wellbeing (KIDS) examines how mental health issues can be prevented in rural Africa.
- This year two CAMH occupational therapists, Tara Laing and Natalie Quick, travelled to Ethiopia to participate in the Toronto Addis Ababa Academic Collaboration, designed to build capacity and sustainability in professional health programs. The Rehabilitation Medicine / OT program was initiated to help develop a psychiatric rehabilitation program at Amanuel Hospital and to provide teaching and staff mentoring.



Dev Chopra, Executive Vice-President Corporate Services and Redevelopment, hosting a group of executives and clinicians from a number of Japanese hospitals, who came to learn about CAMH's model of care.



BUILD

CAMH is in the middle of a multi-phase redevelopment of our Queen Street site, creating an environment that supports healing and recovery while integrating our hospital with the surrounding community.

Collaborating with our partners across Ontario, we're building a better mental health system—one that's more responsive to the needs of those with mental illness and addiction. We're building a movement for social change by transforming attitudes toward mental illness.



TOP: Ontario Ministers Eric Hoskins and Deb Matthews open CAMH's new buildings with CEO Catherine Zahn.
 BOTTOM: CBC Radio's Metro Morning host Matt Galloway broadcasted live from CAMH on Grand Opening day.

Building a new kind of hospital

CAMH made history in June 2012 with the grand opening of phase two of the bold redevelopment of our Queen Street West site—launching an open, inclusive treatment centre for mental illness and addiction woven into the surrounding neighbourhood. We are extremely proud of our redevelopment as a model for community integration, city building and an optimistic approach to client recovery.

A centrepiece is the new **Intergenerational Wellness Centre**. It includes 48 beds dedicated to seniors' mental health and a new 12-bed inpatient unit for youth aged 14 to 18 who are dealing with concurrent disorders of mental illness and addiction. These are the first dedicated beds of their kind in Canada and reflect CAMH's commitment to extending high-quality specialized care to the most vulnerable children and youth.

2019–20

projected completion of the third phase of the CAMH redevelopment, now in the initial planning stage

We welcomed the first non-CAMH building ever on our site, providing 179 new units of affordable housing for our community. We are now planning the next phase of our Queen Street redevelopment to provide recovery-oriented facilities for our clients with complex mental illness such as schizophrenia.

In the meantime, CAMH has started renovating the Emergency Department at our College Street site to meet the increased demand for urgent services. Our emergency visits were up 20 per cent over last year. The new space, to be completed in early 2014, will allow the Emergency Department staff to better serve more patients in crisis.

Building a better mental health system

CAMH has made important strides in the evolution of our provincial role. This year, our newly formed Provincial Systems Support Program joined forces with partners in 11 communities to establish Service Collaboratives that will address gaps across sectors serving children and youth with mental health and addiction problems.

The Service Collaboratives are a key part of Ontario's Mental Health and Addictions Strategy. The overall goal of the initiative is to support local systems in improving co-ordination of, and enhancing access to, services for young people and adults. Aboriginal peoples and francophones have been identified as priority populations. The focus of the Thunder Bay Service Collaborative, for example, is to provide support to First Nations youth who transition from remote First Nations communities to attend high school in an urban environment.

CAMH is leading the prevention and treatment of opioid addiction. This year more than 800 physicians, pharmacists and other service providers were trained in understanding, recognizing and treating opioid problems through the Opioid Awareness, Treatment and Education (OpiATE) Project. We played an important role in providing advice on the core challenges facing the addiction treatment system. We participated in Ontario's Expert Working Group on Narcotic Addiction and the national strategy on prescription drugs, and we helped Nova Scotia and Alberta establish capacity to treat opioid dependence.

“With the tremendous challenges we face in addressing mental health and addiction issues, strong partnerships are vital. Through our ongoing relationship with CAMH, we are working to address the health and wellness of First Nations in Ontario”

—Ontario Regional Chief Stan Beardy



TOP: CAMH co-funded a campaign with the Chiefs of Ontario to address the harmful use of prescription opioids.
 BOTTOM: CEO Dr. Catherine Zahn meets with Jonathan Kakegamic, principal at Dennis Franklin Cromarty High School, Thunder Bay.



TOP: Sample ads from CAMH's provocative Defeat Denial awareness campaign.

BOTTOM: CAMH partners with TVO for Mental Health Matters, a series exploring the state of mental health.

Building a movement for change

At CAMH, we are building a movement for social change: raising awareness, challenging prejudice, and advocating for public policies that support mental health.

In June 2012 we launched Defeat Denial, a provocative advertising campaign designed to shift public perceptions about mental health. Using a combination of media platforms—transit shelter ads, wild postings, TV spots, radio, cinema and online—the campaign challenged people to rethink how we react when faced with a potential mental health problem. A survey showed that our awareness campaign was successful in making a positive impact on attitudes.

74%

of Ontarians surveyed who saw CAMH's Defeat Denial awareness campaign reported changed attitudes toward mental health

This year CAMH collaborated with a number of media outlets on broad-reaching campaigns to build awareness and generate change. We teamed up with Bell Canada for Bell Let's Talk Day, TVO for Mental Health Matters and Hockey Night in Canada for Hockey Talks, an initiative to increase dialogue and awareness about mental health and effective treatments.

CAMH advocates with decision-makers for public policies that are responsive to the needs of people with mental illness. In the past year, CAMH advocated for changes to proposed legislation affecting those found not criminally responsible, and shared our evidence on the harms associated with increased alcohol availability, prescription opioids and gambling with governments and stakeholders across Ontario.



Children from the George Brown Day Care Centre at CAMH celebrate the Grand Opening of the second phase of the new Queen Street site.

LEADERSHIP

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Shekhar Prasad

Anne Ramsay

Robert Walsh

David Wilson

Ex-officio trustees

Dr. Catherine Zahn

Dr. Vincenzo De Luca

Ana Lopes

Dr. Benoit H. Mulsant

Dr. Rani Srivastava

Dr. Catharine Whiteside

SENIOR MANAGEMENT TEAM

(from left to right)

Dr. Bruce G. Pollock, *Vice-President, Research*

Lori Spadorcia, *Executive Director, Office of Strategy and Partnerships*

Kim Bellissimo, *Vice-President, Human Resources*

Kristin Taylor, *General Counsel*

Dr. Ivan Silver, *Vice-President, Education*

Dr. Catherine Zahn, *President and CEO*

Darrell Gregersen, *President and CEO, CAMH Foundation*

Susan Pigott, *Vice-President, Communications and Community Engagement*

Susan Mikulicic, *Vice-President, Finance and Support Services, CFO*

Dev Chopra, *Executive Vice-President, Corporate Services and Redevelopment*

Dr. Rani Srivastava, *Chief of Nursing and Professional Practice*

Dr. Benoit H. Mulsant, *Physician-in-Chief*

David Cunic, *Vice-President, Site Redevelopment*

Sarah Downey, *Executive Vice-President, Clinical Programs*

(absent from the photo)

Tracey MacArthur, *Vice-President, Information Management, CIO and CPO*





TOP: Dr. Aristotle Voineskos (l) receiving his 2012 Polanyi Prize from John Milloy, Minister of Training, Colleges and Universities, and Nobel Prize Laureate Dr. John Charles Polanyi (r).

BOTTOM: Dr. David Goldbloom receives the Queen's Diamond Jubilee Medal from Governor General David Anderson (r), accompanied by CEO Dr. Catherine Zahn.

CAMH kudos

- Psychiatrist **Dr. Aristotle Voineskos**, head of CAMH's **Kimel Family Translational Imaging-Genetics Research Laboratory** in the Campbell Family Mental Health Research Institute, won the prestigious **Polanyi Prize** for research in Ontario.
- **Dr. Romina Mizrahi** received the 2012 American Psychiatric Foundation Gralnick Award for Research in Schizophrenia and was profiled in the *Globe and Mail* series Women in Science.
- **Dr. David Goldbloom**, CAMH Senior Medical Advisor, was appointed Chair of the Mental Health Commission of Canada. Dr. Goldbloom was also awarded a Queen Elizabeth II Diamond Jubilee Medal for his contributions to mental health.
- Diamond Jubilee medals were also awarded to **Dr. Peter Collins** for his work with the Canadian Forces Health Services in Afghanistan, to Workman Arts founder **Lisa Brown** for providing working opportunities to individuals with mental illness, and to trustee **Betsy Little** for her outstanding community leadership.
- CAMH Foundation Chair **Ana Lopes** was named to the Order of Canada for her community service and philanthropy. **Dr. Harold Kalant** was also awarded the Order of Canada for his accomplishments as a pioneering researcher and expert on substance abuse.
- **Dr. Bruce Pollock** was designated a Fellow of the Canadian Psychiatric Association (CPA). This distinction rewards outstanding psychiatrists who have made exemplary contributions to their specialty. The inaugural honour of Distinguished Fellow of the CPA was bestowed on CAMH Drs. Joseph Joel Jeffries, George Voineskos, David Goldbloom and Ari Zaretsky.

- **Dr. James Kennedy** was elected to the Fellowship of the Royal Society of Canada for his innovative research in psychiatric and genetic predictors of medication side effects.
- CAMH Vice-President of Education **Dr. Ivan Silver** was awarded the prestigious President's Teaching Award from the University of Toronto, recognizing sustained excellence in teaching, research in teaching, and the integration of teaching and research.
- **Dr. Peter Selby**, chief, Addictions Division and **Rosa Dragonetti**, project director, Addiction Education and Research, accepted the inaugural Ivan Silver Innovation award in Continuing Educational and Professional Development on behalf of CAMH's Nicotine Dependence Service team for providing smoking cessation support and training to health professionals.
- **Bonnie Cheuk**, registered nurse, and **Cheryl Rolin Gilman**, advanced practice nurse, received Advanced Clinical Practice Fellowships for Best Practice Guideline Implementation from the Registered Nurses Association of Ontario.
- Addiction Medicine service manager **Shannon Greene** was awarded the Canadian Association of Drug Treatment Court Professionals' Justice Paul Bentley Memorial Award, the highest honour granted by the association.
- This year CAMH was a proud employer: named a Gold Quality Healthcare Workplace, one of Canada's Best Diversity Employers and Greater Toronto's Top Employers, as well as becoming the first hospital in Canada to adopt the new National Standard for Psychological Health and Safety in the Workplace.



TOP: Rosa Dragonetti and Dr. Peter Selby (r) receiving the first Ivan Silver (l) Innovation award.

BOTTOM: CAMH nurses Cheryl Rolin-Gilman and Bonnie Cheuk are accepted as Advanced Clinical Practice Fellows.

CAMH by the numbers 2012–2013

CLIENTS

Unique* clients	28,287
Unique clients by gender:	
Male	54.8%
Female	44.9%
Transgender, transexual, unknown	0.3%
Outpatient visits	476,467
Inpatient admissions	4,289
Visits to Emergency Services	6,958
Average length of stay in days	49.3

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

PRIMARY DIAGNOSIS OF UNIQUE* INPATIENT CLIENTS, 2012–2013



Schizophrenia and other psychotic disorders (31.2%)



Substance-related disorders (29.9%)



Mood disorders (29.4%)



Anxiety disorders (2.3%)



Personality disorders (2.1%)



Delirium, dementia and other cognitive disorders (2.0%)



Other (3.1%)

NOTE:
42.5% of inpatients had more than 1 diagnosis
31.16% of inpatients had 2 diagnoses
11.38% of inpatients had 3 diagnoses

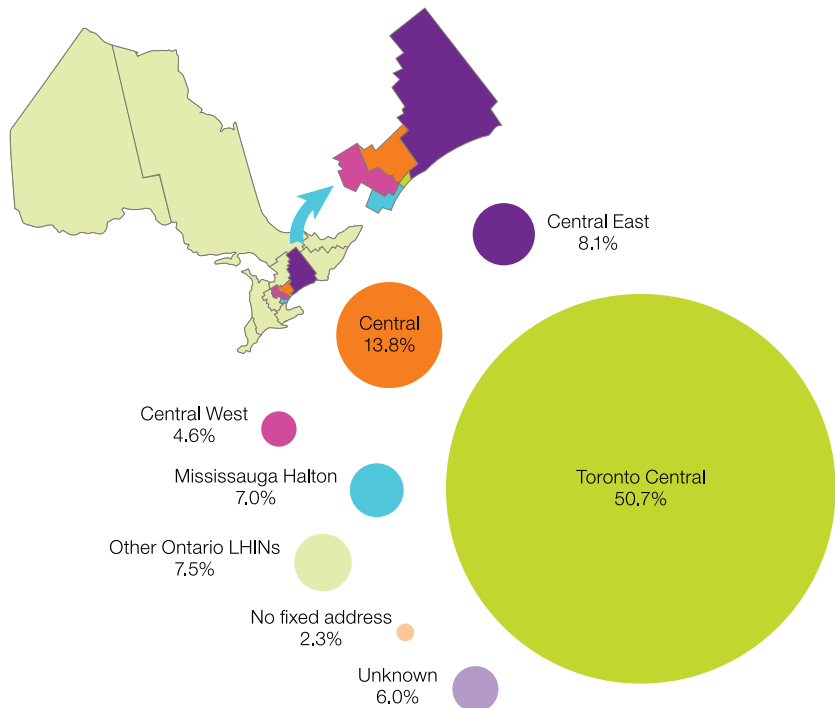
STAFF AND RESEARCH

CAMH staff	2,999
CAMH physicians	378 (includes 7 nurse practitioners)
Research grants/contracts	325
Annual research funding awarded	\$38,097,840

INFORMATION AND EDUCATION

Visits to www.camh.ca	2,314,856
Participants in professional training and public education events	78,456

DISTRIBUTION OF PATIENTS BY LHINS, 2012–2013



VOLUNTEERS

Volunteers	1,303
Hours contributed by volunteers	130,266

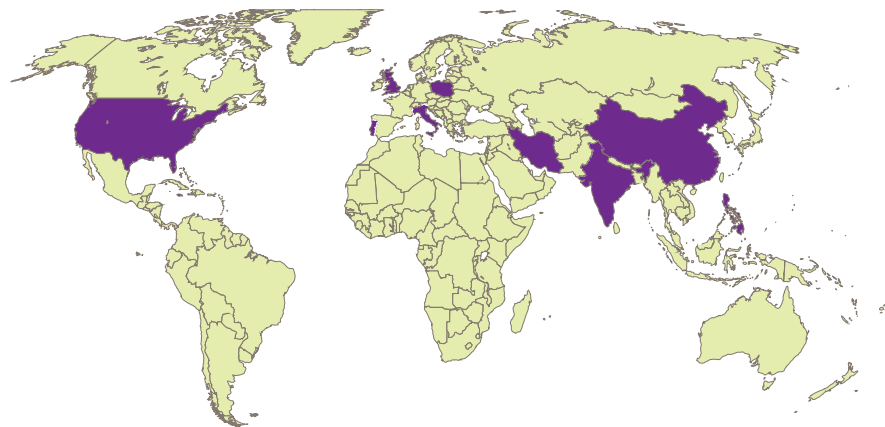
DONORS

Donors	11,180
Amount of donations	\$29,604,471

TOP 10 COUNTRIES OF BIRTH

Indicated by clients at time of admission, other than Canada:

United Kingdom, Jamaica, U.S.A., India, Portugal, Iran, Italy, Poland, China, the Philippines



TOP FOUR LANGUAGES

Indicated by clients at time of admission, other than English and French:

Spanish, Portuguese, Italian, Chinese

Financial snapshot Year ended March 31, 2013

REVENUE (in dollars)

Ministry of Health and Long-Term Care / Toronto Central	
Local Health Integration Network grants	298,183,223
Patient revenue	727,128
Other grants	36,203,372
Ancillary and other	24,485,783
Amortization of deferred capital contributions	12,554,923
Investment income	1,409,895
Total	373,574,324

EXPENSES

Salaries, wages and employee benefits	256,594,234
Supplies and other	84,067,817
Depreciation	16,770,753
Rent	3,469,959
Drugs and medical supplies	2,676,745
Medical and surgical	606,853
Total	364,186,361

Excess of revenue over expenses for the year 9,387,963

Unrestricted net assets, beginning of year —

Transfer to internally restricted net assets (9,387,963)

Unrestricted net assets, end of year —

For a copy of CAMH's audited financial statements, visit www.camh.ca, e-mail public.affairs@camh.ca or call 416 535-8501 ext. 34250.

CAMH's fiscal accountability under the Broader Public Sector Accountability Act, as well as our performance on quality of care, safety, and efficiency indicators, are measured and made available via the "Performance and Accountability" page of our website at: www.camh.ca/en/hospital/about_camh/performance_and_accountability/

How to reach CAMH

www.camh.ca

Switchboard

416 535-8501

General information

416 595-6111

1 800 463-6273

info@camh.ca

 Twitter: @CAMHnews

 Facebook: www.facebook.com/CentreforAddictionandMentalHealth

 YouTube: www.youtube.com/camhTV

 LinkedIn: www.linkedin.com/company/camh

To make a donation:

CAMH Foundation

416 979-6909

foundation@camh.ca

If you have concerns
or compliments about
CAMH services:

Client Relations

416 535-8501 ext. 32028

client.relations@camh.ca

For CAMH publications:

416 595-6059

1 800 661-1111

publications@camh.ca

Queen Street site

1001 Queen St. West

Toronto, Ontario

M6J 1H4

College Street site

250 College Street

Toronto, Ontario

M5T 1R8

Emergency

416 535-8501 ext. 6885

Russell Street site

33 Russell Street

Toronto, Ontario

M5S 2S1

CLINICAL SATELLITE OFFICES

Archway

1451 Queen St. West

Toronto, Ontario

M6R 1A1

416 535-8501 ext. 7500

CARE, Ventures, ProAct and Interact

Richmond Street Clinic

862 Richmond St. West, Suite 200

Toronto, Ontario

M6J 1C9

416 535-8501 ext. 2606

Central Link, Spectrum

393 King St. East

Toronto, Ontario

M5A 1L3

416 535-8501 ext. 7670

Community Support and Research Unit

Richmond Street Clinic

862 Richmond St. West, Suite 300

Toronto, Ontario

M6J 1C9

416 535-8501 ext. 2068

Dual Diagnosis Resource Service

501 Queen St. West

Toronto, Ontario

M5V 2B4

416 535-8501 ext. 77800

Dual Diagnosis Service–Peel

30 Eglinton Ave. West, Suite 801

Mississauga, Ontario

L5R 3E7

416 535-8501 ext. 77713

First Assessment Clinical Team (FACT)–Peel

30 Eglinton Ave. West, Suite 801

Mississauga, Ontario

L5R 3E7

416 535-8501 ext. 77700

Learning Employment Advocacy Recreation Network (LEARN)

1709 St. Clair Ave. West

Toronto, Ontario

M6N 1J2

416 535-8501 ext. 7300

Nicotine Dependence Clinic

175 College Street

Toronto, Ontario

M5T 1P7

416 535-8501 ext. 7400

PACE Peel

30 Eglinton Ave. West, Suite 801

Mississauga, Ontario

L5R 3E7

416 535-8501 ext. 77716

Wellness Centre

252 College Street

Toronto, Ontario

M5T 1R8

416 535-8501 ext. 33156

Work, Stress and Health Program

455 Spadina Ave., Suite 200

Toronto, Ontario

M5S 2G8

416 260-4147

PROVINCIAL SYSTEM SUPPORT PROGRAM REGIONAL OFFICES

Provincial System Support Program
serves the addiction and mental
health systems in Ontario through four
regions and offices in 10 communities.

GTA Region

Toronto Office

33 Russell Street

Toronto, Ontario

M5S 2S1

416 535-8501 ext. 30335

Mississauga Office

30 Eglinton Avenue W., Suite 801

Mississauga, Ontario

L5R 3E7

416 535-8501 ext. 77718

East Region

Kingston Office

27 Place d'Armes, Suite 200

Kingston, Ontario

K7K 6Z6

1-888-287-4439 or 613-546-4266

Ottawa Office

150 Isabella Street, Suite 205

Ottawa, Ontario

K1S 1V7

1 888 441-2892 or 613 569-6024

North Region

Penetanguishene Office

c/o Bayfield Building

500 Church Street

Penetanguishene, Ontario

L9M 1G3

705 549-9921

Sudbury Office

888 Regent Street, Suite 302

Sudbury, Ontario

P3E 6C6

1 888 880-7063 or 705 675-1195

Thunder Bay Office

325 South Archibald Street, Unit 104

Thunder Bay, Ontario

P7E 1G6

807 626-9145

Timmins Office

213 Ruth Street, PO Box 879

Timmins Ontario

P0N 1C0

705 235-1022

West Region

Hamilton Office

20 Hughson St. South, Suite 804

Hamilton, Ontario

L8N 2A1

1 888 857-2876 or 905 525-1250

London Office

100 Collip Circle, Suite 200

London, Ontario

N6G 4X8

1 888 495-2261 or 519 858-5110

For exclusive multimedia content,
visit our digital Annual Report at
www.camh.ca/AnnualReport2013



camh
Centre for Addiction and Mental Health

A Pan American Health Organization /
World Health Organization Collaborating Centre

Fully affiliated with the University of Toronto

Disponible en français.

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