

Accelerating Change: Defining the Future

camh Canada's Leading Hospital
for Mental Health

Annual Report
2013–2014



CAMH VISION

Transforming Lives

PURPOSE

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

OUR VALUES

Courage
Respect
Excellence

Accelerating Change: Defining the Future

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MESSAGE FROM THE PRESIDENT AND CHAIR



The pace of change at CAMH is intense. Slowing down or turning back is not an option—there's still so much to do to Transform Lives—to ensure that people who live with mental illness receive the co-ordinated and comprehensive care and services that they deserve to support them on their path to recovery.

Mental illness is a common cause of premature death and disability in this country. As Canada's leading hospital for mental health, CAMH has the responsibility to address unmet need for services—locally and globally, today and tomorrow. We're doing this through the pillars of our mission: clinical care, research, education and advocacy.

This year, CAMH piloted Access CAMH, a one-number solution to accessing our services. We're expanding our Emergency Department to accommodate more visits and patients with more acute and complex needs than ever. We're improving the quality of care we provide through integrated care pathways and urgent care response teams.

We need partners to create sustainable change. Our Child and Youth Collaborative with SickKids and the University of Toronto targets the growing number of youth with serious mental illness, and our Medical Psychiatry Alliance addresses patients with both mental and physical illnesses. By collaborating with system partners such as the Toronto South Detention Centre, supportive housing providers and others, CAMH is helping to ensure that people with serious mental illness receive co-ordinated care and supports.

Through our academic mission, we're creating the hope necessary for true transformation. The Campbell Family Mental Health Research Institute is increasing understanding of the causes of mental illness, prevention strategies and novel treatments. CAMH Education is revolutionizing the way we educate mental health care professionals, working to engage patients and family members as teachers.

We continue to advocate positive changes in the mental health care system. CAMH is helping implement the province's mental health and addiction strategy, establishing 18 service collaboratives across Ontario to improve access and outcomes for children and youth. This year, CAMH's Understanding campaign challenged prejudices using advertising and social media. We're now planning further redevelopment of our Queen Street site to create an advanced healing environment for patients of the future.

CAMH is changing fast to meet the needs of our patients, to create a better future for those we serve and to shape a caring and just world for people with mental illness. No one else can do this. Our footing is firm, our vision is clear and our reach is high. There's no turning back—that's a promise.

Join us as we create hope.

Dr. Catherine Zahn
President and CEO, CAMH

Bud Purves
Board Chair, CAMH

A woman with long dark hair, wearing a grey cardigan over a black top and a lanyard, is smiling and looking towards a man whose back is to the camera. They are in a hospital room with a bed, pillows, and medical supplies in the background.

CARE

CAMH cares for more people with mental illness and addiction than any other hospital in Canada. Our interprofessional care teams specialize in treating the most seriously ill patients of all ages—from children to older adults—many of whom have multiple complex problems. By providing exemplary clinical care and a path to recovery, we transform lives.

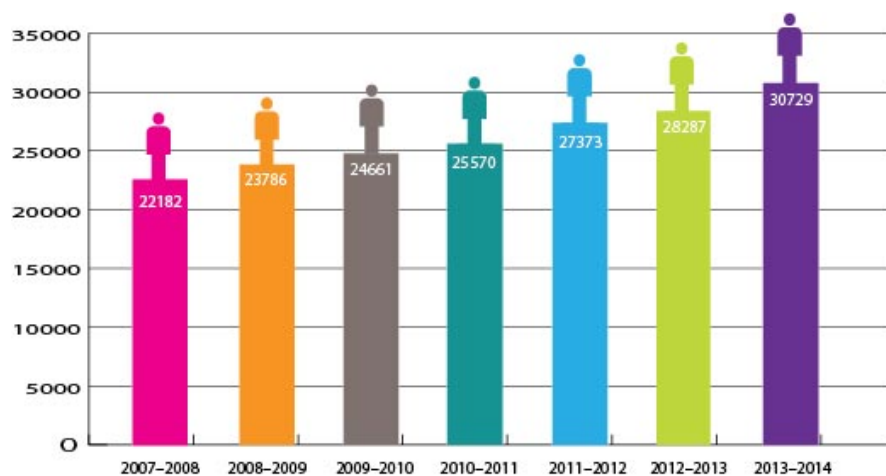
CARE

Improving access to mental health care

With one in five Canadians experiencing a mental illness or addiction, the need for clinical services has never been greater. CAMH has made improving access to care a priority. We have developed new care pathways that are easier to navigate, and that are patient-centred and family inclusive. We are working with our partners to improve access throughout the system, to help more people receive mental health services when and where they need it.

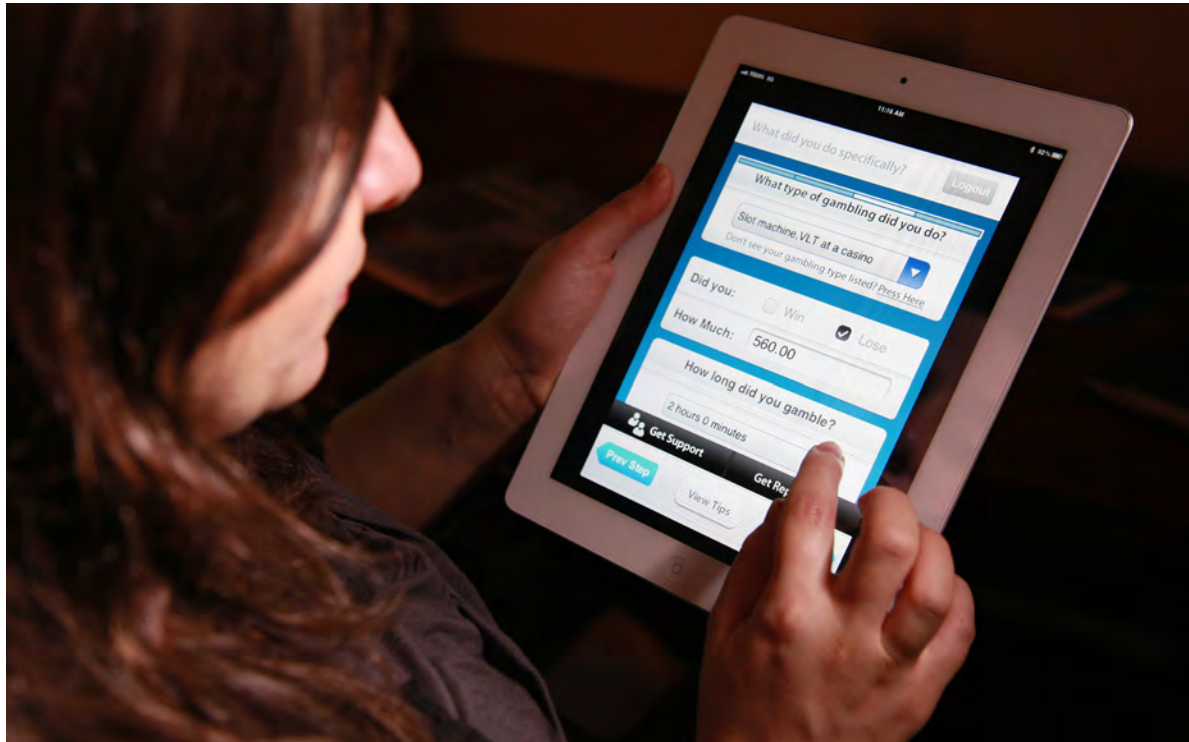
ONE FRONT DOOR: Through our **Access CAMH** initiative, we are simplifying the process for patients and families by creating one entry point to hospital services. This year, we centralized intake in five outpatient clinics, providing better access through one front door for some 12,000 outpatient referral clients. Supported by a simplified referral process, CAMH is now seeing more patients than ever before.

STREAMLINED SERVICES: This year, CAMH piloted **Integrated Care Pathways** for patients with several complex problems: geriatric patients with dementia who experience agitation and aggression, adults struggling with both major depression and alcohol dependence, and patients with schizophrenia. The pathways are enhancing recovery by creating treatment roadmaps that are personalized, optimized and sequenced to achieve faster resolution of symptoms and the best outcome possible for individual patients.



The number of CAMH patients is growing. CAMH is treating more patients, with more acute illnesses, than ever before.





URGENT CARE RESPONSE TEAMS: CAMH has created an urgent care response team to provide short-term outpatient intervention services (within 72 hours) for patients who have come to the Emergency Department for acute mood problems. The team includes a psychiatrist, nurse, social worker and occupational therapist. Urgent care response teams are reducing emergency room visits and improving outcomes for our patients.

PROVIDING ACCESS TO CARE ONLINE: Through the use of online technology, CAMH is improving access to care across the province. A pilot project integrating telepsychiatry within family health teams in northern Ontario is connecting CAMH psychiatrists with northern and remote residents who need specialized care. A new online community forum moderated by CAMH's **Problem Gambling Institute of Ontario** is providing a safe space for people affected by problem gambling to connect and share stories and strategies for change. [READ](#) [VIDEO](#)

REACHING THOSE IN JAIL: CAMH is improving access to mental health services in the criminal justice system through the delivery of the **Forensic Early Intervention Service** at the new Toronto South Detention Centre. The service is providing better access to voluntary forensic mental health services for inmates with acute mental illness, a growing population. This service builds on CAMH's existing role of providing treatment and rehabilitation to approximately 30 per cent of Ontario's forensic patient population. [READ](#)



CARE

Treating the whole person

Our patients are complicated. As well as having psychiatric illnesses, they often experience physical, developmental, behavioural and cognitive health problems. CAMH takes an integrative approach to care by addressing the full range of variables that affect mental health, including the social and environmental factors of housing, employment and social support.

REUNITING MIND AND BODY: People with mental illness face a greater burden of physical illness than the general population; yet they also experience more barriers to receiving the medical care they need. Through the newly created **Medical Psychiatry Alliance**, CAMH is working with SickKids, Trillium Health Partners and U of T to develop training, screening and diagnostic tools so that mental and physical symptoms can be identified and simultaneously treated. [READ](#)

Dr. Catherine Zahn with Deb Matthews,
Minister of Health and Long-Term Care.

“The lives of people with serious mental illness are 20 years shorter than those of people without mental illness. These individuals succumb to unrecognized or poorly managed diabetes, heart disease and cancer far more often than the rest of the population”

—Dr. Catherine Zahn, President and CEO, CAMH



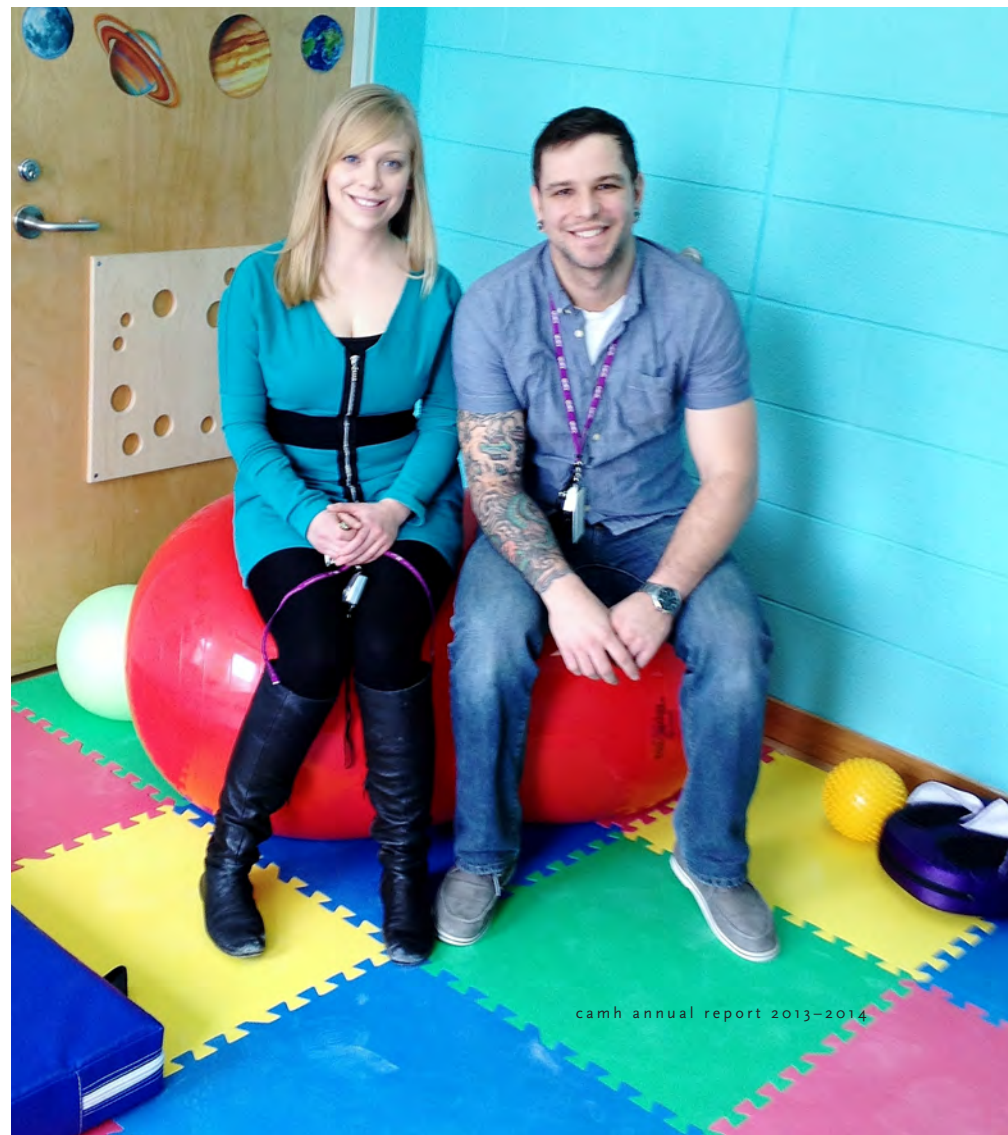
CARE

STORIES OF HEALING THROUGH ACTION:

Recreation therapy is playing an important role in helping patients like **Valynn** recover from anxiety and depression. Since adding physical activity and art to her treatment plan, the 35-year-old artist says she is reaping benefits that medication and medical support alone could not provide. **Mike** also testifies to the role that physical activity has played in his recovery.

[READ](#) [VIDEO](#) [READ](#)

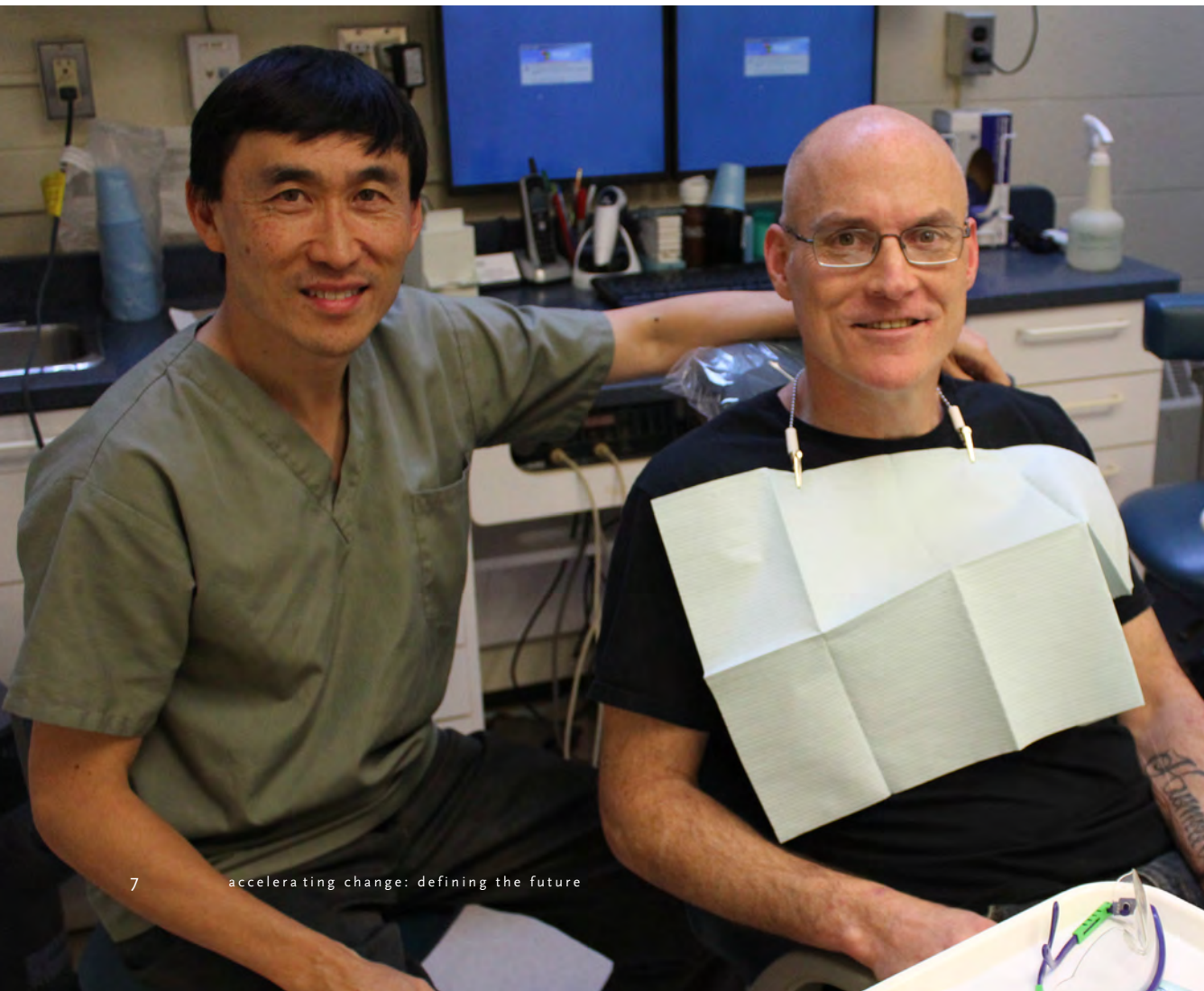
PROVIDING A SENSORY DIET: Occupational therapist **Denise Dubois** is prescribing a “sensory diet” to dual diagnosis patients—individuals who have both a mental illness and a developmental disability. The diet is a carefully designed activity plan that provides the sensory input these patients need to regulate their emotions and behaviours through sensory games and activities.



CARE

GIVING PATIENTS BACK THEIR SMILE: **Dr. Paul Zung**, senior dentist at CAMH's Dental Clinic, is transforming the lives of marginalized patients who often have difficulty finding dental treatment because of behavioural problems or the severity of their condition. **James Bennett** says Dr. Zung and his team have given him back his smile, his confidence and a part of himself that he thought had been lost. [READ](#)

MOVING PATIENTS INTO SUPPORTIVE HOUSING: Access to supportive housing is a critical component of recovery for patients like **Pierre**, who has lived with schizophrenia for most of his life. Last fall, Pierre moved into his new home at Pilot Place after living in hospital at CAMH for several years. Pilot Place is one of several sites piloting a high-support housing program developed by CAMH and 15 partners to provide individualized 24-hour care and support for adults with serious mental illness. [READ](#) [VIDEO](#)



CARE

Caring for children and youth

In Canada today, more than one million people under age 20 are living with mental illness. Identifying and treating young people who exhibit the early signs of mental illnesses is critical to their recovery—and their future.

ONE GLORIOUS GIFT: Thanks to a \$10-million gift from the Slaight family, CAMH is launching Canada's first centre dedicated to integrating clinical care, brain science research and supportive mental health programs for youth aged 18 to 25 with complex mental illness. The **Slaight Family Centre for Youth in Transition** will seek to understand the causes of mental illness, develop and evaluate leading-edge treatments best suited to this vulnerable population, and share knowledge and resources to support families and assist young people in improving social and intellectual function to maintain long-term recovery. [VIDEO](#)

[READ](#)

STAY IN SCHOOL—IN HOSPITAL: CAMH's Youth Day Hospital Program is allowing teens like 16-year-old **Austin** to stay in school. "The program is unique in that students don't have to give up their education to get treatment for anxiety, depression or addiction," says **Robyn Pape**, a teacher in the program for youth aged 14 to 18 who have concurrent mental illness and addiction. When asked how he feels about going to school while getting treatment, Austin says, "It's been good so far. Instead of escaping reality, which is what I was doing with the drugs and the drinking, I started dealing with issues head on. Now I have goals and plans for the future." [READ](#)

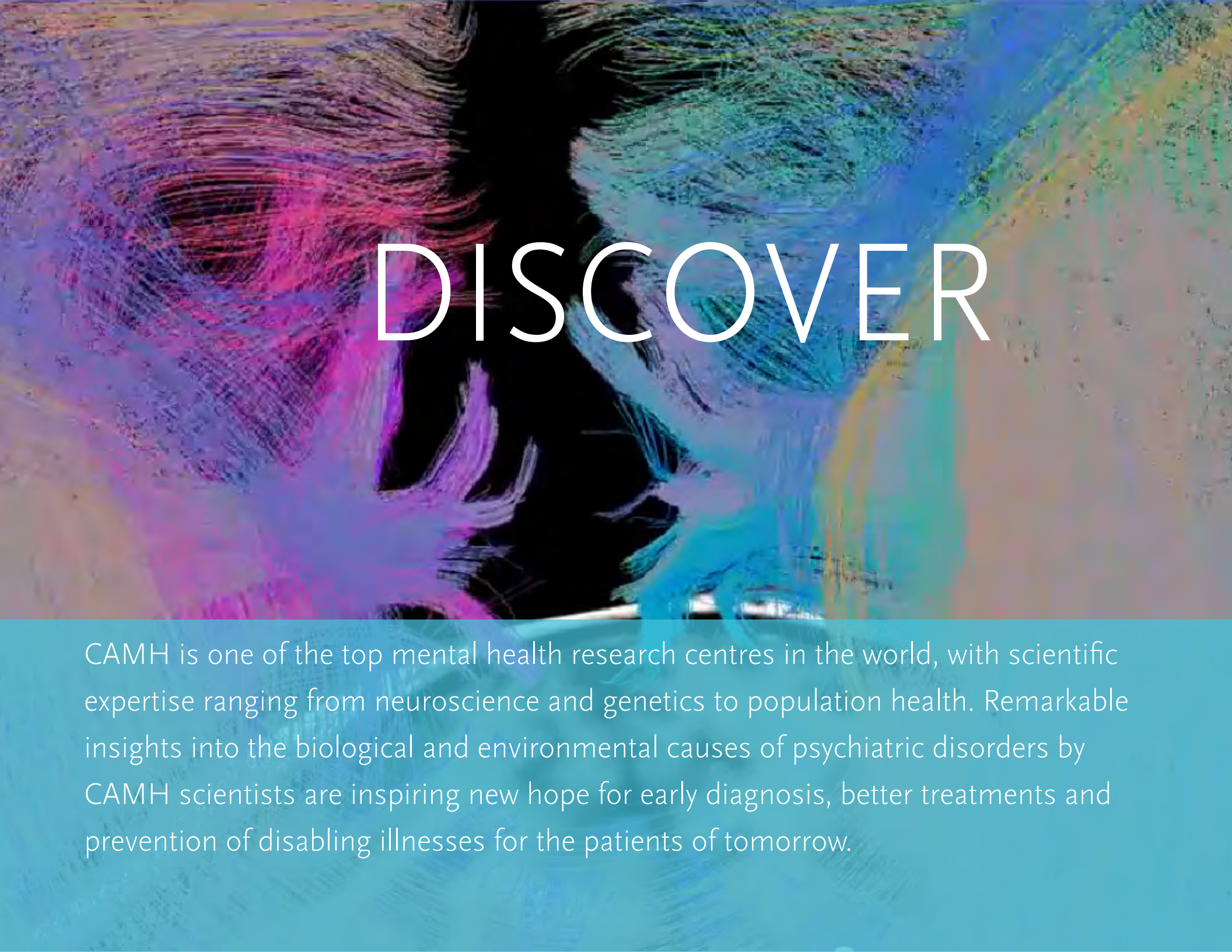
HELPING FAMILIES COPE WITH THE COMPLEX:

Dr. Pushpal Desarkar, a physician with the Dual Diagnosis Program, is helping patients like 20-year-old Daniel who have multiple diagnoses and very complex needs. Daniel has epilepsy and pica (which gives him a constant craving for non-food items like dirt or paper), as well as aggressive behaviour. Families like Daniel's reach out to CAMH for help because there are no appropriate community placements for their children.

[READ](#)

[VIDEO](#)





DISCOVER

CAMH is one of the top mental health research centres in the world, with scientific expertise ranging from neuroscience and genetics to population health. Remarkable insights into the biological and environmental causes of psychiatric disorders by CAMH scientists are inspiring new hope for early diagnosis, better treatments and prevention of disabling illnesses for the patients of tomorrow.

DISCOVER

Brain science at the leading edge

The **Campbell Family Mental Health Research Institute**, home to Canada's only brain imaging centre focused on mental illness, is advancing the frontiers of our understanding of brain science and translating scientific discoveries into innovative treatments that will revolutionize patient care worldwide.

NEWS ON ALZHEIMER'S RISK GENE: New research led by **Dr. Aristotle Voineskos**, head of the Kimel Family Translational Imaging Genetics Laboratory, shows that the Alzheimer's disease risk gene may begin to affect brains as early as childhood. Through this knowledge, CAMH researchers hope to begin to design interventions at the right time, for the right people. [READ](#)

NASAL SPRAY TO TREAT DEPRESSION? Senior scientist **Dr. Fang Liu** has found that a nasal spray delivering a protein peptide to a target in the brain may potentially treat depression in a whole new way. Since more than 50 per cent of people living with depression do not respond to first-line medication treatment, this research, while still at the laboratory stage, could one day relieve one of the leading causes of disability around the world. [READ](#)

STIMULATING THE BRAIN TO ENHANCE PLASTICITY: **Dr. Tarek Rajji**, chief of Geriatric Psychiatry, and researchers from CAMH's Temerty Centre for Therapeutic Brain Stimulation are studying the use of non-invasive magnetic and low-level electrical brain stimulation to improve mental health symptoms by enhancing brain plasticity—the brain's ability to rewire itself. [VIDEO](#) [VIDEO](#)

DISCOVERING NEW GENES: Senior scientist **Dr. John Vincent** has discovered two new genes linked to intellectual disability. This discovery adds to the increasing body of knowledge informing us which genes contribute to normal neural development and how they are involved in intellectual disabilities. Dr. Vincent is also helping find the genes linked to bipolar disorder. Once the knowledge of those biological targets is applied to treatment research, the outcome should improve the prognosis of people with bipolar disorder. [READ](#) [READ](#)



DISCOVER

Translating discovery into care

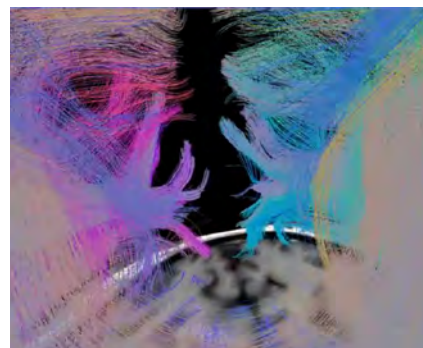
Building on the insights derived from our brain science, CAMH clinical researchers are improving care and treatment outcomes for people living with mental illness and addiction.

PERSONALIZED MEDICINE IS TRANSFORMING LIVES: CAMH is advancing the widespread use of personalized medicine in psychiatry through a partnership with Assurex Health, a global leader in this high-impact field. This partnership will enable CAMH to identify the right medication at the right dose for each patient, based on the person's genetic makeup, avoiding treatment failure and side-effects. **Dr. James Kennedy**, head of CAMH's Tanenbaum Centre for Pharmacogenetics, calls this approach a “game-changer” from the current trial-and-error approach to prescribing psychiatric medications. [READ](#)

DISCOVERING WHAT CAN LEAD TO PARKINSON'S: CAMH's **Dr. Anne Bassett** and scientists at the University Health Network have found a new link between early-onset Parkinson's disease and a piece of DNA missing from chromosome 22. The findings help shed new light on the molecular changes that lead to the disease. As a result, the researchers found that antipsychotic use delayed the diagnosis of Parkinson's disease—and the opportunity for treatment—by up to 10 years. [READ](#)

HOPE FOR ALZHEIMER'S FAMILIES: A glimmer of hope has emerged for families caring for a loved one with Alzheimer's disease, thanks to research at CAMH and seven other leading research centres across North America. The researchers under **Dr. Bruce Pollock** found that the antidepressant medication citalopram significantly relieved agitation in patients with Alzheimer's disease, without the risks of serious side-effects associated with the use of antipsychotic medications. Symptoms of agitation such as emotional distress, restlessness, aggression and irritability are a major reason why people go into long-term care prematurely. [READ](#)

DEVELOPMENTAL DISABILITIES—BREAKING DOWN BARRIERS: Eliminating the barriers faced by an estimated 66,000 Ontario adults with developmental disabilities when they navigate the health care system is the focus of research by clinician-scientist **Dr. Yona Lunskey**. Dr. Lunskey leads the Health Care Access Research in Developmental Disabilities Program, which is working directly with staff in emergency departments to ensure that the complex needs of adults with both an intellectual disability and mental illness are being met. [READ](#)



DISCOVER

Effecting social change

From the lab to the street, CAMH scientists are discovering how social factors affect the cause, course and outcomes of mental illness, and are translating those findings into better care locally, nationally and internationally.

ARE THE KIDS ALL RIGHT? Through the Ontario Student Drug Use and Health Survey (OSDUHS)—one of the longest-running surveys in the world—**Dr. Robert Mann** examines trends in alcohol, tobacco and other drug use and high-risk behaviours among students in grades 7–12 across Ontario. Highlights from the 2013 OSDUHS results reveal prescription drug misuse by youth, and an increase in incidents of driving after smoking cannabis. The survey results are widely used, including by school boards and public health units to guide their programs to target health promotion and prevention efforts. [VIDEO](#) [READ](#)

CONCUSSION CAN LEAD TO MENTAL HEALTH PROBLEMS: Using data from OSDUHS, a study by St. Michael's Hospital found that teenagers who have suffered a traumatic brain injury such as concussion are at significantly greater risk of attempting suicide, being bullied, and engaging in various high-risk behaviours. The study provides the first population-based evidence demonstrating the extent of the association between a traumatic brain injury and poor mental health outcomes among adolescents. [READ](#)

SEXUAL BOUNDARIES NOT BLURRED LINES: A new study co-authored by **Dr. Kate Graham** finds that sexual aggression has become a common experience in bars, and that women who have been drinking are being targeted. The study was part of an evaluation of the Safer Bars program, which Dr. Graham developed to reduce (primarily) male-to-male aggression in bars. The study includes suggestions for changes that could be made at the level of the bar itself, as well as by society in general. [READ](#)

MOBILE LAB VISITS FIRST NATIONS: Canada's **first mobile lab** dedicated to mental health research rolled into northern and First Nations communities this year. The lab on wheels visited Sudbury, Kettle and Stony Point First Nation and Aamjiwnaang First Nation to collect data on historical trauma, substance use problems, stress and depression. Understanding these issues will help identify ways to improve services in First Nations communities. [READ](#)



DISCOVER

International research: Global impact

Scientific advances have no boundaries. CAMH's Office of Transformative Global Health (OTGH) is making a positive difference around the world through innovative and impactful collaborations to build capacity to address mental illness and addiction.

PARTNERING AROUND THE WORLD: In Latin America and the Caribbean, where substance use poses a major challenge, CAMH director **Akwatu Khenti** and his OTGH team are working with regional partners to offer addiction training for health and allied professionals on the front lines. In Tanzania, CAMH is training health professionals who work in under-resourced primary health facilities and treat a large number of patients in a short period of time, to better assess readiness for treatment. In Sri Lanka, CAMH is supporting the building of a mental health rehabilitation and wellness centre in Killinochchi to serve the local population hard hit by civil war and natural disasters.

WORKING WITH THE WORLD HEALTH ORGANIZATION: CAMH partners with the **World Health Organization** (WHO) to address mental health on a global scale. **Dr. Jürgen Rehm** and his team are helping to reduce the burden of alcohol around the world. A study led by **Dr. Lana Popova** on the prevalence of fetal alcohol spectrum disorder, and a project to reduce underage drinking in Thailand, are two recent examples. [VIDEO](#) [READ](#)

FROM NICARAGUA TO INDIA, AND BEYOND: With funding from Grand Challenges Canada, CAMH is partnering with international agencies to improve mental health in vulnerable regions of the world. In Nicaragua, where the population struggles with posttraumatic stress disorder, depression, substance use problems and family violence, **Dr. Arun Ravindran** is helping to introduce mental health literacy in the school curriculum. In India, a partnership between the Indian Law Society and CAMH will support anti-stigmatizing hospital treatment and provide human rights training. A project by **Dr. Sean Kidd** will cultivate successful social entrepreneurship to address mental health in low-income countries. [READ](#)

CAMH RESEARCH STATS

\$40,496,876

research grants awarded

346

research grants/contracts

513

scientific articles published
in peer-reviewed journals

4

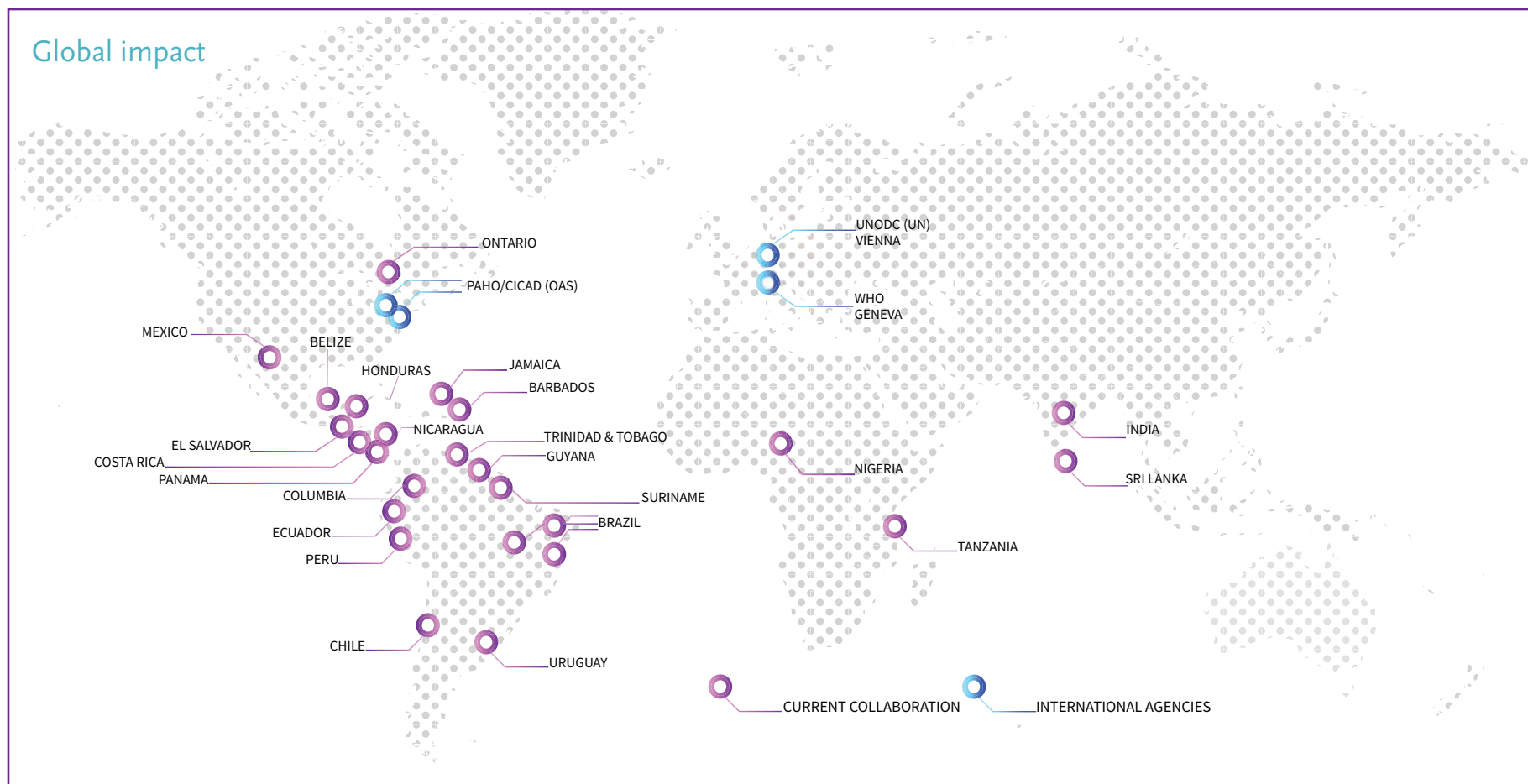
Canada Research Chairs

6

other research chairs



DISCOVER



We have the following research projects in partnership with CICAD involving universities in several different countries in the same project:

- Drug Use among Students and Its Relationship with Maltreatment during Childhood, in Seven Universities in Latin America and the Caribbean
- The Role of Family Relations, Spirituality and Entertainment in Moderating the Relationship between Peer Influence and Drug Use among University Students
- Knowledge of Consequences, Academic Performance and Drug Consumption among Undergraduate Students in Nine Universities from Six Latin American and Three Caribbean Countries
- Attitudes in Ten Urban Communities toward Persons Who Abuse Drugs in Latin America and the Caribbean



LEARN

As one of the largest training sites in North America for mental health care professionals, CAMH is taking the lead in revolutionizing education—generating new knowledge, innovating interprofessional practice and championing the role of patients and families.

LEARN

Patient and family as teacher

Transformed from patients into clinician advisers, our patients and their families are helping health care professionals develop a deeper understanding of how to meet their needs.

PATIENTS ARE THE REAL EXPERTS: A six-month pilot project led by psychiatrist **Dr. Sacha Agrawal** is pairing psychiatric residents-in-training with patients who act as their advisers, enabling young psychiatrists to learn more about the lived experience of people with mental illness and addiction and the issues they face.

FAMILY AS VIRTUAL TEACHER: Involving family members in the recovery process is improving the health outcome for individuals with co-occurring mental illness and addiction. A six-week online course for health care providers where family members play the role of virtual teacher is providing strategies to empower families and generate more positive results.

COMING BACK TO GIVE BACK: A research project in which former CAMH inpatients of the Complex Mental Illness Program return to hospital to share their personal experiences of treatment and recovery with inpatient unit staff is expanding. Project lead **Dr. Sean Kidd** says the program is bridging gaps between patients and staff and improving understanding of the diverse pathways and resources involved in recovery.



LEARNING FROM EXPERIENCE: **Borderline personality disorder** is difficult to live with and difficult to treat. Imagine if clinicians could learn how to treat it from someone who has lived with the disorder. At CAMH, practitioners who sign up to learn dialectical behavioural therapy, an evidence-based treatment for borderline personality disorder, can benefit from the particular expertise of a co-instructor who is both a community-based therapist and someone who has lived experience with this complex disorder.

LEARNING IN THEIR OWN LANGUAGE: CAMH's **LEARN** is a social, educational and vocational program for young people who have experienced a psychotic episode. When the Spanish-speaking family members of LEARN patients with psychosis were unable to access services in their own language, LEARN began offering support. For those family members, being part of a Spanish-speaking educational and support group and hearing how others deal with their loved one's illness has proven to be a great source of empowerment and support. [VIDEO](#)

[READ](#)



LEARN

Innovative professional education

CAMH educates the next generation of skilled and caring mental health professionals, providing a rich academic experience for psychiatric residents and hundreds of health care students in psychology, nursing, social work and other disciplines. By incorporating the latest evidence-based technologies and approaches to teaching, CAMH aims to revolutionize how students acquire new skills.

CONTINUOUS LEARNING AT CAMH: CAMH is opening its **Student Centre** this year. Located at our Queen Street site, the centre is a welcoming, state-of-the-art, learner-focused space that each year will host over 1,000 students and residents from all professions and disciplines to ensure an exceptional learning experience.

NEW SIMULATION TECHNOLOGY: This year, we began developing one of the first-ever simulation centres to train mental health practitioners in mental illness and addiction care. By providing opportunities for the simulation of real-life situations involving people with mental illness, the centre will enhance CAMH education of students, faculty and the community, and improve safe patient care practices.

CAMH EDUCATION FACTS

CAMH is fully affiliated with the U of T Department of Psychiatry, one of the largest academic training programs in North America.

CAMH educates 25 per cent of the psychiatrists in Canada and half of all psychiatrists in Ontario.

CAMH's addictions training program is the largest in Canada.

CAMH provides placements for more social work students than anywhere else in the country, responding to requests from all over the world.

Students from 26 diverse disciplines—from psychology to law, from nursing to spiritual care—receive their training at CAMH.



LEARN

Campus mental health

This year, mental health was recognized as a critically important health issue in schools and on college campuses across Canada. CAMH works closely with its partners to create healthy campuses where students are able to achieve their full potential.

CRISIS ON CAMPUS: Transitioning from high school to college or university can be an extremely stressful time. Some students feel overwhelmed by the change and may experience anxiety, depression or, in rare instances, an episode of psychosis. Through her work at CAMH's Early Intervention Clinic and the Health and Wellness Program at U of T, psychiatrist **Dr. Andrea Levinson** is helping students and parents manage mental health concerns that arise during this stressful time. [VIDEO](#)

[READ](#)

PREVENTING CYBERBULLYING: This year, the CAMH **Centre for Prevention Science** partnered with the University of Western Ontario to present Understanding the Links to Students' Mental Health and Well-Being, a conference about the role of social media in sexual violence. Keynote speaker **Carol Todd**, whose 15-year-old daughter Amanda died by suicide after enduring years of cyberbullying, spoke about prevention strategies for parents and schools. [VIDEO](#) [READ](#)



HELPING STUDENTS DIGITALLY: CAMH is helping to put the specialized mental health information that students need in the palm of their hand. The **Digital Gateway to Mental Health** is a new digital platform developed by CAMH in partnership with U of T, Ryerson University and OCAD University to allow users to pinpoint services in their own area using a mobile device or computer.

MENTAL HEALTH 2.0: This year, CAMH hosted the winners of Mental Health 2.0, a contest designed to improve campus mental health and de-stigmatize mental illness. The competition, run by the Council of Ontario Universities, asked students to use their social media prowess to create online campaigns that connect students with peers and promote mental health on campus. [READ](#)



"Mental health is an extremely significant part of a university student's life. Supporting mental health on campus will allow students to lead balanced, healthy lives"

—Kaitlyn Kerridge, Brock University student and Mental Health 2.0 Award winner

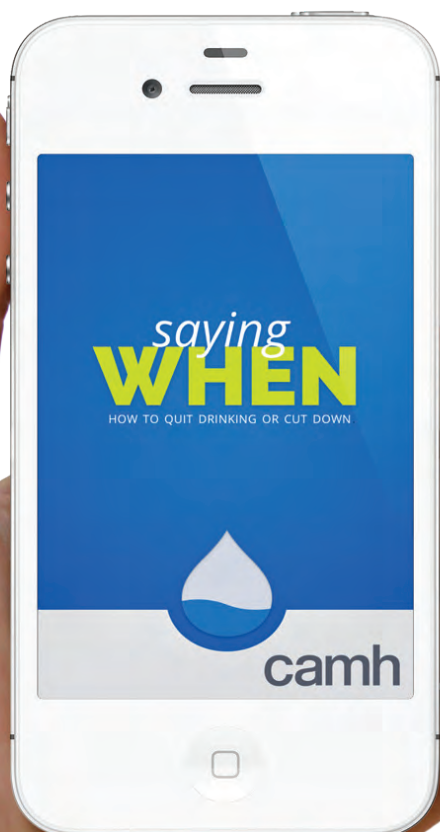
CAMH EDUCATION STATS

450 nursing students,
585 psychiatric residents, fellows and medical students and
423 other health care students were educated at
CAMH in 2013–2014

38,913 visits
were made to CAMH's Mental Health and
Addiction 101 online courses

2,565 professionals
participated in CAMH's training sessions

170,196 people
participated in CAMH public events



Helping the community provide supports

CAMH is improving the lives of people far beyond our walls. Through public education and knowledge exchange, we give people the tools to help prevent mental illness and addiction, and foster recovery.

PORTICO ARRIVES: **Portico** is CAMH's new national online portal dedicated to creative collaboration around mental health and substance use issues. Dynamic and interactive, the Portico network provides health care and allied health professionals with trusted content, as well as the opportunity to share their knowledge and experience through discussion—with the ultimate goal of improving practice.

THE APP FOR THAT: CAMH has developed the **Saying When app**, a mobile application based on self-assessment and monitoring tools to help people who want to cut back or quit alcohol conveniently monitor their drinking in real time.

TRAINING CITY STAFF: A training partnership between CAMH and the City of Toronto is helping 400 City staff deal with the public more effectively, by understanding the needs of people with mental illness and finding helpful ways to interact in difficult situations. Staff who have been trained say they have changed the way they approach, understand and assist people with mental illness or emotional problems.

TACKLING OPIOID ADDICTION: Through the **Opioid Awareness, Treatment and Education initiative**, CAMH is teaching communities about the dangers of prescription opioid misuse and the benefits of different treatments, including methadone maintenance. CAMH is also providing education and training for those who work with people with opioid misuse. This past year the initiative delivered a number of workshops across the province and partnered with the Mohawk Council of Akwesasne to deliver First Nations–focused training.

REFUGEE MENTAL HEALTH: CAMH's **Refugee Mental Health Project** is building the knowledge and skills needed by health care professionals and settlement workers to address trauma and other complex mental health problems experienced by refugees in a culturally competent manner. Over 1,000 participants have enrolled in CAMH's new self-directed courses to date. Enrolment is expected to double in 2014–2015 because the courses are now offered in French.

BUILD



CAMH is generating action and changing attitudes toward mental illness—from kitchen tables to Cabinet tables. Our public education programs, rigorous policy and systems research, and bold public awareness campaigns are helping to build a better future for people with mental illness and addiction.

BUILD

Building a new kind of hospital

The CAMH redevelopment is a model for the world, offering the highest quality mental health care in a new kind of hospital, fully integrated into a vibrant urban community in the heart of Canada's largest city. We are building a welcoming, light-filled, healing environment designed for recovery, where being part of the community is part of treatment.

EXPANDING EMERGENCY CARE: CAMH's **Emergency Department** is Canada's first dedicated 24/7 psychiatric emergency service, and patient volumes have doubled in recent years. CAMH is renovating the department to meet the growing demand, expanding its capacity to double its current size and transforming its cramped and outmoded quarters into a safe, therapeutic and efficient environment for treating people in crisis.



BUILD

DESIGNED TO HEAL: The **CAMH Archway Outpatient Clinic** for people with schizophrenia was transformed this year, thanks to design expertise generously donated by the Association of Registered Interior Designers of Ontario. Archway clients were consultants on the redesign project and provided input into creating the perfect healing environment. [VIDEO](#)

WHAT'S NEXT: Planning continued this year on the third phase of the **Queen Street Redevelopment Project**, in which innovative treatment centres and state-of-the-art research and teaching facilities will blend with public green space, arts spaces and the neighbouring community. Construction on two new hospital buildings for people with complex mental illness will begin in 2017; the buildings will be open and operational by late 2019. [VIDEO](#) [VIDEO](#)



BUILD

Building a better mental health care system

Collaborating with our partners across Ontario, CAMH continues to advocate positive changes to the mental health system and better access to and co-ordination of services.

PROVINCIAL SYSTEM SUPPORT: CAMH collaborates with partners all over Ontario to build a stronger mental health system through our **Provincial System Support Program**. We established 18 service collaboratives in communities across the province to improve the way children, youth and families access and move between services.

The **Simcoe Muskoka Service Collaborative**, for example, is building capacity in agencies across the region to help youth transition successfully to adulthood. In Ottawa, the focus is on improving the continuity of care for children and youth with complex needs that cannot be easily addressed by a single agency. In **Kenora-Rainy River**, the **Youth Justice Service Collaborative** is exploring the needs of youth at risk of re-offending, including how to support them spiritually and culturally as they reintegrate into their communities. **VIDEO**

MANAGING KNOWLEDGE AND BIG DATA: We're building better ways to manage and exchange knowledge in Ontario's mental health and addictions system. This past year, CAMH's **Evidence Exchange Network** launched EENet Connect, a thriving online community where a range of stakeholders—from youth with lived experience to school mental health leaders—share their knowledge and expertise. Meanwhile, the Drug and Alcohol Treatment Information System collects and analyzes data about people who receive support for substance use issues and problem gambling from 170 agencies, representing over one million unique individuals.



INFLUENCING PUBLIC POLICY: CAMH advocates public policies that respond to the needs of our patients. This year, CAMH influenced the province's **poverty reduction strategy**, successfully advocating increased investment in housing and supports for people with mental illness and the removal of barriers to employment for our clients. We also worked closely with the justice system to advocate ready access to mental health supports and enhanced education and **training for police officers** in order to improve police interactions with people with mental illness.

SAFER SCHOOLS: A child's ability to stay in school and achieve success is linked directly to mental health and well-being. CAMH is working with the Ministry of Education to build the next phase of **Ontario's education strategy** to ensure that programming, strategies and supports to address the mental health needs of students are in place across the province.

MAKING THE SYSTEM MORE ACCOUNTABLE: Tackling everything from barriers to access to a wait time strategy for psychiatric services, CAMH is at the forefront of a Canadian movement to improve accountability for the quality of mental health care that hospitals offer patients. The member hospitals have formed the **Mental Health and Addiction Quality Initiative** to work together and learn from one another, as well as from other sectors, such as cancer and cardiac care.



BUILD

Building a movement for change

The prejudice and stigma surrounding mental illness and addiction remain a pernicious and preventable barrier to treatment and recovery. At CAMH, we are committed to building a movement for social change, creating conversations that open minds, challenge stigma and transform society's understanding of mental illness.

FROM AWARENESS TO UNDERSTANDING: CAMH launched the **Understanding campaign**, a bold public awareness initiative that used advertising and social media to engage the public in catalytic conversations about mental health. The campaign explored the ripple effect of untreated mental illness and addiction on individuals and their communities, carefully linked with a message of hope—with the right care and supports, recovery is possible. [VIDEO](#) [VIDEO](#) [VIDEO](#)

BELL LET'S TALK: Whether by talking, texting or using social media, CAMH contributed to thousands of conversations about mental health on **Bell Let's Talk Day** this year, increasing awareness, changing attitudes and helping to support mental health initiatives across the country. Clara's Big Ride, with Olympian **Clara Hughes** riding across Canada to raise awareness about mental health in partnership with Bell, kicked off at the CAMH Queen Street site in March with a revved-up rally.

[VIDEO](#) [READ](#)

BRINGING THE COMMUNITY TO CAMH: Whether it's a barbeque with the Blue Jays, a floor hockey game with Maple Leafs alumni or activities with volunteers from corporations as diverse as TVO and TD Bank Group, CAMH patients and staff welcome the community to our hospital. We promise that everyone who touches CAMH will become an advocate for mental health. [VIDEO](#) [VIDEO](#)

[VIDEO](#)



SUSTAINABLE FOUNDATIONS: Building a better CAMH

At CAMH, excellence is our starting point.

CAMH is an **award-winning employer**, named once again as one of Greater Toronto's Top Employers, a winner of the Platinum Quality Healthcare Workplace Award and one of Canada's Best Diversity Employers.

This year, CAMH developed an **advanced electronic clinical documentation system** to replace our current medical record process with a health information system for the 21st century. Called **I-CARE**, the new system is designed to support high-quality, safe, consistent and integrated clinical care. I-CARE places CAMH in the top one per cent of Canadian hospitals with advanced clinical information technology—a very bold accomplishment!

CAMH is becoming a **Best Practice Spotlight Organization** (BPSO), a three-year candidacy process in partnership with the Registered Nurses' Association of Ontario. The ultimate goal is embedding best practice guidelines into daily practice in a

sustainable way that adds value for both patients and clinicians. Outcomes for our second year include developing 12 best practice guidelines education modules and three screening and assessment tools, as well as training 65 per cent of clinical staff through BPSO champions.

Like many other hospitals throughout Canada, the United States and around the world, CAMH has embarked on a journey to becoming **tobacco free**. Recent research clearly demonstrates a link between smoking cessation and improvements in patient mental health outcomes, including reduced rates of depressive symptoms and rehospitalization. [VIDEO](#)

Our commitment to providing a safe and healthy environment for all clients, staff and visitors was also reflected in this year's **influenza immunization campaign**. We increased our staff immunization rates from last year and came out on top in the flu shot challenge with the other mental health care facilities in Ontario.



CAMH KUDOS

Here are just a few examples of CAMH employees who helped us earn a reputation for excellence in care, research, education and system leadership this year.

CEO **Dr. Catherine Zahn** has been appointed to the new Ontario Health Innovation Council, established by the province to accelerate the adoption of new technologies in our health care system and support the growth and competitiveness of Ontario's health technology sector.



Dr. Paul Kurdyak, director of Health Systems Research, is leading the new Mental Health and Addictions Research Program at the Institute for Clinical Evaluative Sciences. The program's aim is to generate new knowledge and produce research in the area of mental health and addiction services.



Dr. Ivan Silver, vice-president of Education, was the recipient of the Royal College of Physicians and Surgeons of Canada 2014 Duncan Graham Award for his extensive contribution to medical education. Dr. Silver also received the 2014 Ian Hart Award from the Canadian Association of Medical Education in recognition of his exceptional contribution to medical education throughout his academic career.



Dr. David Wolfe, head of the CAMH Centre for Prevention Science in London, received a UNESCO Chair Award for his contribution to the promotion and expansion of the frontiers of human rights and to the elimination of violence against women. Dr. Wolfe's work with children and adolescents laid the foundation for the development of the Fourth R Program on relationships, which brought together psychologists, teachers and school administrators to educate high-school students on dealing with bullying, peer pressure and violence.



Education scientist **Dr. Sophie Soklaridis** received a Canadian Institute for Health Information planning grant—one of only seven awarded across the country—to support the development of a tool that health care teams can use to scientifically assess how well they are working together to achieve results.

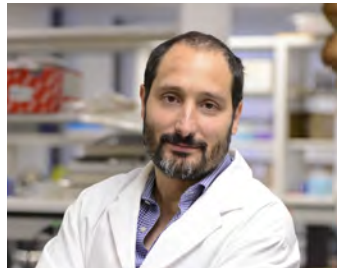


Dr. James Kennedy, director of Neuroscience Research, was awarded a one-year grant of \$100,000 from the Brain and Behavior Research Foundation (formerly known as NARSAD). The highly competitive grant provides support for experienced investigators conducting neurobiological and behavioural research. Dr. Kennedy's research looks to shed light on the causes of psychosis and address the urgent need for new therapeutic targets.

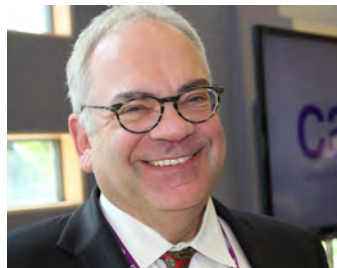


CAMH KUDOS

Dr. Vincenzo De Luca, a clinician-scientist and staff psychiatrist, has been awarded the 2013 Alexander Gralnick, M.D. Award for Research in Schizophrenia. Presented by the American Psychiatric Foundation, the award acknowledges Dr. De Luca's achievements in the treatment of schizophrenia, emphasizing early diagnosis and treatment and psychosocial aspects of the disease process.



Dr. Bruce Pollock, vice-president of Research, has been selected for the prestigious William B. Abrams Award in Geriatric Clinical Pharmacology from the American Society for Clinical Pharmacology and Therapeutics. Dr. Pollock was honoured for his substantial contributions to geriatric clinical pharmacology in psychiatry.



CAMH's general counsel, **Kristin Taylor**, was nominated in 2013 for *Canadian Lawyer* magazine's Top 25 Most Influential Lawyers in Canada. Kristin's nomination reflects growing recognition of the importance of CAMH's multidimensional legal work in health care, education and the criminal justice system.



Dr. Jeff Daskalakis, director of the Temerty Centre for Therapeutic Brain Intervention, received the Dr. Samarhji Lal Award for his brain stimulation research. The award recognizes a Canadian researcher in the area of psychiatry, with a focus on major mental disorders, who is mid-career and making an outstanding contribution to the field.



CAMH researcher **Dr. Christian Hendershot** is the recipient of the 2013 Peter Loughheed / CIHR New Investigator Salary Award in recognition of his work examining how genetic data could help treat and prevent addiction, particularly to alcohol. Through his research, Dr. Hendershot will improve our understanding of the genetic factors behind variable traits related to alcohol use. His findings could have major implications for how we treat addiction.



Lucy Costa of the Empowerment Council at CAMH received the prestigious Access, Equity and Human Rights Award from the City of Toronto. As a human rights champion, Lucy was recognized for her advocacy work on disability issues, specifically her work with survivors.



CAMH LEADERSHIP

BOARD OF TRUSTEES

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Bud Purves

Trustees

Gordon Bell
John Bowcott
Helen Burstyn
Mary Anne Chambers
Jim Griffiths

Christine Hart
Bill Hogarth
John Honderich
Mark Krembil
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Victor Willis
David Wilson

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Dr. Vincenzo De Luca
Ana Lopes
Dr. Benoit Mulsant
Dr. Rani Srivastava
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Legal Services & General
Counsel

David Cunic
Vice-President
Redevelopment and
Support Services

Darrell Gregersen
President and CEO
CAMH Foundation

Brian Edmonds
Interim Vice-President
Finance and Supply Chain

Dr. Ivan Silver
Vice-President
Education

Dr. Benoit Mulsant
Physician-in-Chief

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Tracey MacArthur
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Information Management
CIO and CPO

Dr. Rani Srivastava
Chief of Nursing and
Professional Practice

Dr. Bruce Pollock
Vice-President
Research

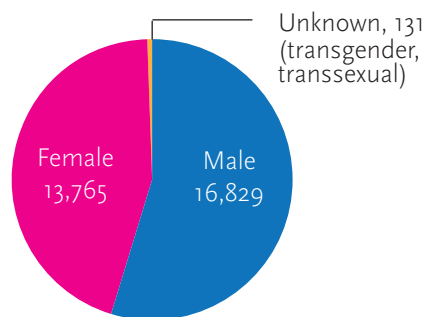
Kim Bellissimo
Vice-President
Human Resources

Lori Spadorcia
Vice-President
Communications
and Partnerships

CAMH BY THE NUMBERS 2013–2014

CLIENTS

Unique clients* 30,729
Unique clients by gender:



Inpatient admissions 4,476
Outpatient visits 482,574
Visits to Emergency Department 7,422
Average length of stay in days 50.1

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

STAFF AND RESEARCH

CAMH staff 3,052
CAMH physicians 389 (includes 5 nurse practitioners)
Research grants / contracts 346
Total \$ value of grants awarded \$40,496,876
Scientific articles published in peer-reviewed journals 513
Canada Research Chairs 4
Other research chairs 6

INFORMATION AND EDUCATION

Visits to camh.ca 3,172,355
Mentions in the media 5,082

VOLUNTEERS

Volunteers 1,505
Hours contributed by volunteers 156,589

DONORS

Donors: 13,666
Fundraising revenue: \$23,592,137

TOP FOUR LANGUAGES

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

Spanish, Portuguese, Chinese, Italian

0.46% of clients did not indicate their preferred language (missing/unknown)

98.89% and 0.06% of clients preferred English and French, respectively.

TOP 10 COUNTRIES OF BIRTH

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

United Kingdom	1
Jamaica	2
United States	3
India	4
Iran	5
Portugal	6
China	7
Poland	8
Italy	9
the Philippines	10

40.75% of clients did not indicate their birthplace (i.e. unknown/refused).

PRIMARY DIAGNOSIS OF UNIQUE* INPATIENT CLIENTS

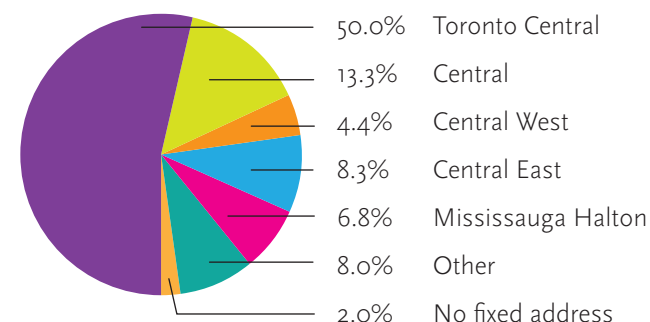
Schizophrenia and other psychotic disorders	31.0%
Substance-related disorders	29.9%
Mood disorders	29.2%
Anxiety disorders	2.6%
Personality disorders	2.6%
Delirium, dementia and amnestic and other cognitive disorders	2.3%
Other	2.4%

NOTE:

45.28% of inpatients had more than 1 diagnosis
33.67% of inpatients had 2 diagnoses
11.61% of inpatients had 3 diagnoses

*Unique client based on most recent assessment date

DISTRIBUTION OF PATIENTS BY LHINS



FINANCIAL SNAPSHOT YEAR ENDED MARCH 31, 2014

REVENUE (IN DOLLARS)

Ministry of Health and Long-Term Care/ Toronto Central Local Health Integration Network grants	295,268,862
Patient revenue	845,269
Other grants	41,056,494
Ancillary and other	25,524,454
Amortization of deferred capital contributions	12,473,726
Investment income	1,068,153
Total	376,236,958

EXPENSES

Salaries, wages and employee benefits	266,899,703
Supplies and other	82,077,164
Depreciation	17,254,080
Rent	3,099,881
Drugs and medical supplies	2,361,393
Medical and surgical	1,766,391
Total	373,458,612

Unrestricted net assets, beginning of year	—
Transfer to internally restricted net assets	(2,778,346)
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: 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



@CAMHnews



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MentalHealth](http://www.facebook.com/CentreforAddictionandMentalHealth)



[www.youtube.com/
camhTV](http://www.youtube.com/camhTV)



[www.linkedin.com/com-
pany/camh](http://www.linkedin.com/company/camh)

To make a donation:

CAMH Foundation
416 979-6909
supportcamh.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. 77500

Central Link, Spectrum

393 King St. East
Toronto, Ontario
M5A 1L3
416 535-8501 ext. 77670

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. 77300

Nicotine Dependence Clinic

175 College Street
Toronto, Ontario
M5T 1P7
416 535-8501 ext. 77400

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. 32555
Work, Stress and Health Program
455 Spadina Ave., Suite 200
Toronto, Ontario
M5S 2G8
416 260-4147

PROVINCIAL SYSTEM SUPPORT PROGRAM REGIONAL OFFICES

GTA Region

Toronto Office
33 Russell St., 4th floor
Toronto, Ontario
M5S 2S1
416 535-8501 ext. 30335

Mississauga Office
30 Eglinton Ave. West,
Suite 801
Mississauga, Ontario
L5R 3E7
416-535-8501 ext. 30335

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 St., Suite 1310,
Phase I
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 St., Suite 302
Sudbury, Ontario
P3E 6C6
1 888 880-7063 or 705 675-1195

Thunder Bay Office
325 South Archibald St.,
Suite 104
Thunder Bay, Ontario
P7E 1G6
807 626-9145

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
N6A 5J7
1 888 495-2261 or 519 858-5110

Learn more at camh.ca/AR2014

