

SPECIAL EDITION

camh: transforming lives

camhconnexions

Seasons change – and CAMH springs into history ...

BUILD ... a groundbreaking to make CAMH Queen Street Toronto's most life changing address

Think of it as breaking new ground on very old territory. It's also history in the making.

On April 6, 2010, CAMH embarks on the second phase of its landmark redevelopment project. The goal is to transform our outmoded Queen Street site into an 'urban village,' where being part of the community is part of

the treatment. It's a project that advances a progressive, modern approach to working with those with mental illness and addiction, community integration and city-building. And it's all happening on ground that has housed a psychiatric facility since 1850.

MORE GROUNDBREAKING, page 3



SEE ALSO:

Awareness campaign highlights Toronto's most life changing address

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DISCOVER



Dr. Bruce Pollock, VP Research and
Dr. Benoit Mulsant, Physician-in-Chief

... and a Research Renaissance takes root on College Street

The shovels also went in the ground on March 23 at CAMH's College Street Site, ushering in a project which will advance our understanding of mental illness and addictions ranging from the neuron to the neighbourhood level. Millions of lives will be affected by our continuously progressive research.

That's the scope and ambition of Discovery Lives Here: CAMH Research Renaissance Project, funded as a component of a \$38 million grant from the Canada Foundation for Innovation's Research Hospital Fund, and the CAMH Foundation – with the goal of building on our unique interdisciplinary approach to basic, clinical, social, and epidemiological research to the next level.

DISCOVER MORE ON PAGE 3



Groundbreaking on Queen Street West

CAMH's new facilities are designed on a residential scale to facilitate the recovery model of treatment, to support independence and to allow for self-directed care and empowerment. They're all about inclusiveness and community integration – featuring natural light, outdoor views, courtyards and social spaces.

In the new **CAMH Gateway Building**, the client-run **Out of this World Café** and its sidewalk patio (*right*) will add to the street life and create a neighbourhood atmosphere, as will a new gymnasium and green spaces to be shared with the community.

One new building, the 60-bed **Intergeneration Wellness Centre (IWC)** – *pictured on the cover* will place services for children and youth alongside those of CAMH's Geriatric Mental Health Program to foster the greatest possible degree of integration and collaboration to benefit our clients.

The IWC will feature Canada's first dedicated beds for youth aged 14-18 who are contending with both mental health and addictions issues (concurrent disorders), along with day-treatment programs to help at-risk youth before they require a hospital bed.

CAMH's Child, Youth and Family program will configure inpatient and outpatient services to give clients hope in their recovery, celebrate progress and help with transitioning.

Green is the colour. A new **Parking and Utilities Building** considerably reduces CAMH's environmental footprint by centralizing natural-gas heating and cooling for all of CAMH's new facilities and eliminating most surface parking. In fact it's one of several ways this redevelopment is 'green' (*see below*).



CAMH Gateway Building, featuring Out of this World Café



Parking and Utilities Building at night

CAMH is building the first hospital in Ontario to meet LEED Gold environmental certification

- **New buildings** will save nearly 33% of energy costs
- **Reduced greenhouse gas emissions** equivalent to 220 fewer cars on the road
- **White roofs** and a partial green roof
- **Underground bicycle racks** and showers to encourage cycling
- **Public transportation** will come into the site
- **Sustainable design** – building design is flexible rather than purpose-built, to ensure adaptability to future needs
- **Pedestrian-friendly streetscapes** and attention to landscaping and green spaces

DISCOVER

MORE GROUNDBREAKING, from page 1

Neighbours and visitors to Queen Street West will notice obvious changes – extending local streets like Ossington Ave onto CAMH’s 27-acre Queen Street site. They’ll also see pedestrian-friendly streetscapes and of course, new buildings – three new CAMH facilities and a new non-CAMH use building, right on Queen Street West (to be developed by Forum Verdiroc), with ground-level retail and much-needed affordable rental housing.



In many ways, it’s the less-obvious facets of this project that are the most transformative. CAMH is replacing its institutional campus with a community setting for care – one that allows for a truly client-centred, recovery-based model of treatment, as well as integration with the community to help break down stigma.

For more on the redevelopment, please visit www.camh.net



Dr. Joseph Beitchman, Child, Youth & Family Program

CAMH awarded two major national research grants

CAMH teams were awarded two of six major Emerging Team Grants in a strategic program targeting “Co-morbidity of brain disorders and other health problems.”

The Canadian Institutes of Health Research (CIHR) earmarked nearly \$2.6 million in groundbreaking mental health research at CAMH over the next five years. One grant allows staffed by CAMH’s Child, Youth & Family Program to do multifaceted work in child and youth concurrent disorders (co-occurring mental illness and addictions problems).

The other grant will allow scientists in our Social, Prevention and Health Policy Research unit to carry out community-based research using the new Mobile Lab that’s part of the Research Renaissance project.

MORE DISCOVERY, from page 1

Research Renaissance Team



Renovations to CAMH’s College Street Site will include new laboratories as well as enhanced neuroimaging capacity, adding a second cyclotron and our first MRI machine to CAMH’s Positron Emission Tomography (PET) Centre (the cyclotron part of the project is partially funded by the Ontario Ministry of Research and Innovation). Innovations range from a Work and Well-Being Lab for workplace mental health issues to a Mobile Community Lab that will literally bring science to local and underserved communities.

This tour-de-force project unfolds along six themes: Schizophrenia, Mood Disorders, Addictions, Community Health & Knowledge Exchange, Neuroimaging, and Pharmacogenetics & Neuroscience. It will address:

- Optimizing treatment across mental illness and substance use disorders, including the development of personalized medicine based on molecular genetics
- Translating discoveries into improved clinical practice, prevention and intervention strategies
- Reaching out to underserved and understudied communities such as First Nations, remote populations, the workplace, women, the elderly, and children
- Maximizing the impact of all six funded themes through effective knowledge transfer and exchange
- Reducing the health care costs and social burdens of mental health and addictions problems, while creating commercialization opportunities and specialized employment



RN Michael Bernard and Dr. Ofer Agid arrive at a client's family home – “Almost everything the hospital can provide, we can provide in the community.”

Schizophrenia Program advances a new approach to care

CAMH may be redeveloping its sites to embrace recovery and social inclusion, but transformation's also the watchword for our largest clinical service. The Schizophrenia Program is in the midst of a renaissance of its own – working to increase access to care, develop new services that treat people at home and creating alternatives to hospitalization.

It also means working more and more with community partners in housing and other areas to offer supported care – in the community. And CAMH providing Mobile Crisis Teams and more community-based care. A great example of this approach is CAMH's Home Intervention for Psychosis (HIP) Team —serving young people experiencing their first episode of psychosis and their families.

HIP brings together an interprofessional care team of nurses, a social worker and a psychiatrist who are passionate about delivering in-home specialized treatment, rehabilitation and education for young people and their families.



Schizophrenia Program Administrative Director April Collins and Clinical Director Dr. Tony George



KnowledgeX portal – pioneering expert resources for professionals

With the public launch of our KnowledgeX portal in February, CAMH provides the first electronic resource aimed directly at professionals working in mental health and addictions. The portal is intended to bridge the gap between evidence-based knowledge and practice among researchers, policy-makers and practitioners to improve client outcomes. Visit KnowledgeX at: <http://knowledgex.camh.net>



(L-R) Wayne Skinner, Deputy Director, Addictions Program; Nina Littman-Sharp, Manager, Problem Gambling Services; Robert Murray, Manager, Problem Gambling Project; Dr. Michael Bagby, Director, CAMH Clinical Research; (inset) CAMH President & CEO Dr. Catherine Zahn formally launches the PGIO in Ottawa

Problem Gambling Institute improves the odds of better integrated services

Canadians spend more on gambling than movies, reading, arts and sports combined.

That’s the need underlying CAMH’s launch of the Problem Gambling Institute of Ontario (PGIO), intended to support and collaborate with the province’s problem gambling treatment system and ultimately, to better serve people affected by problem gambling.

Located at CAMH, the PGIO will better integrate our leading work in clinical work, research, knowledge exchange and policy.

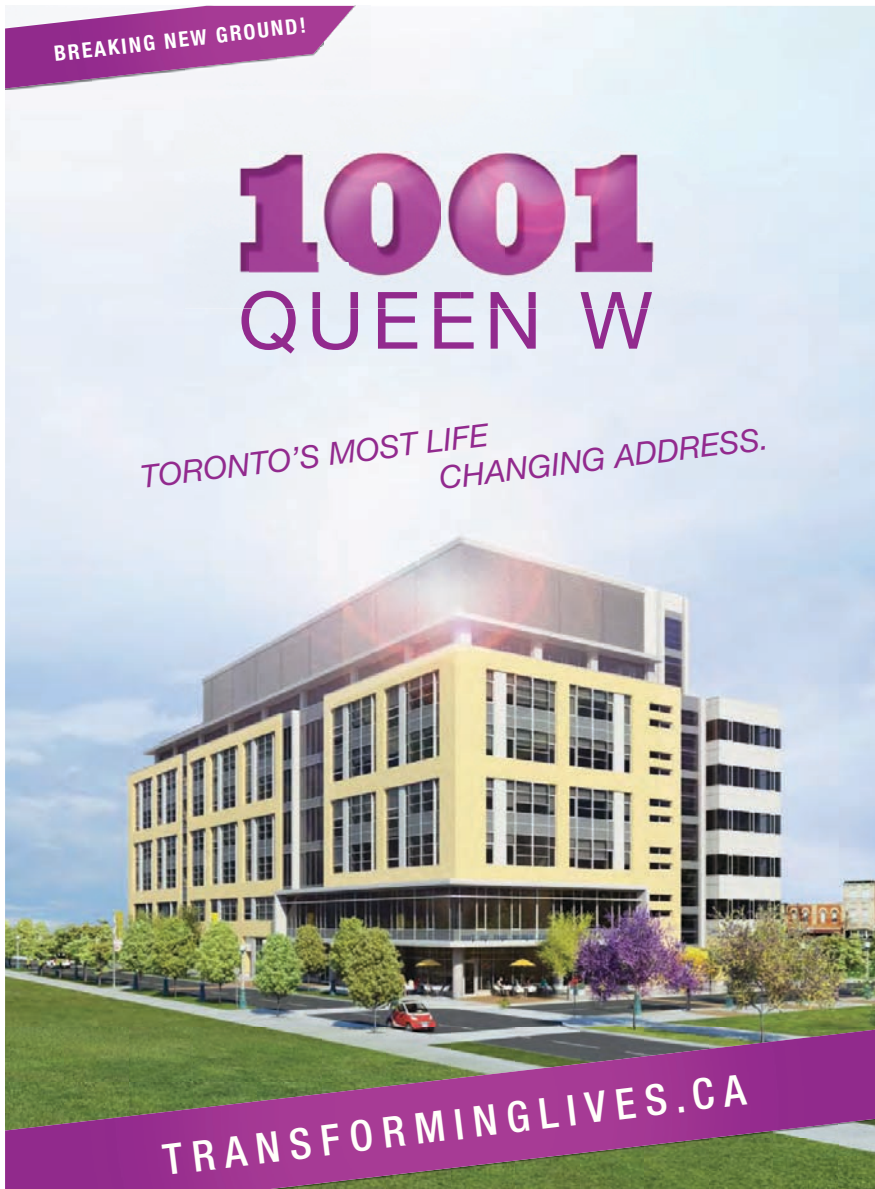
“With ProblemGambling.ca, we already have one of the most popular and comprehensive websites on problem gambling in the world,” says Robert Murray, manager of the Problem Gambling Project, adding that the PGIO will also have a global impact by sponsoring the Journal of Gambling Issues (JGI), the first online peer-reviewed journal focused on problem gambling.

CAMH in the Community still sharing after these two years

240 service providers braved what may have been Hamilton’s coldest day two years ago to hear Dr. David Wolfe (*right*) of CAMH’s London-based Centre for Prevention Science, talk about “Adolescent Risk Behaviour.” It was the inauguration of what’s turned out to be a successful series organized by our regional staff to bring in CAMH expertise on mental health and addictions. Topics in this continuing series range from tobacco and opioid dependence to aging to stigma to multicultural mental health.



Awareness campaign highlights Toronto's most life changing address



Building on the success of its previous awareness campaigns, the CAMH Foundation launched an exciting new campaign to build awareness and leverage philanthropic support for CAMH's redevelopment projects.

The ads carry a real-estate 'theme' and emphasize the new kind of hospital CAMH is building – where being part of the community is part of the treatment. A specially-designed 'Model Suite' (*below*) is also located on CAMH's Queen Street site to allow visitors to learn about our urban village vision of the redevelopment, and how our work improves the lives of our clients and the community.



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