

camhconnexions



Prescription pain relievers a concern: OSDUHS

*CAMH Advance Practice Pharmacist
Beth Sproule at the OSDUHS press conference.*

While illicit drug use among Ontario teens has remained stable or decreased, the misuse of prescription opioid drugs may be a cause for concern according to CAMH's 2007 Ontario Student Drug Use and Health Survey (OSDUHS). These surprising data are the first comprehensive Canadian survey results on non-medical use of prescription opioid pain relievers.

During the 2006-2007 school year, 6,323 Ontario students in grades 7 - 12 participated in OSDUHS, the longest running survey of its kind in Canada.

The survey provides a wealth of reliable, current information about the health behaviour, attitudes and beliefs of Ontario children and adolescents.

CAMH's Acting Chief of Research Dr. Louis Gliksman said that OSDUHS found 21% of students surveyed report using prescription opioid pain relievers such as Tylenol® No. 3 and Percocet® for non-medical purposes; and almost 72% report obtaining the drugs from home. Among all drugs surveyed, OxyContin® was the only drug to show a significant, but small, increase in non-medical

OSDUHS, continued on page 2

OSDUHS highlights

- 21% of students surveyed report using prescription opioid pain relievers such as Tylenol® No. 3 and Percocet® for non-medical purposes; and almost 72% report obtaining the drugs from home.
- About 15% of students report getting drunk or high at school at least once during the past year, and one-in-five (21%) were sold, given or offered a drug at school.

For more details, visit: http://www.camh.net/News_events/Media_centre/osduhs_2007_main.html



Recycling Council of Ontario recognizes CAMH's green efforts with a platinum award

Diane Blackburn of the Recycling Council of Ontario presents a Waste Minimization Award to CAMH Manager of Housekeeping Services Peter Ritchie. With an 82% waste diversion rate, CAMH was the only health care provider to win a platinum award for exemplary results in minimizing waste and reducing water and energy use. Last year CAMH successfully diverted 305 tonnes of organic waste and saved 13,765 trees through paper recycling efforts.

More CAMH awards and appointments on page 4.



Community partnership forum addresses PPMD

Approximately 20% of mothers experience a Postpartum Mood Disorder (PPMD) after childbirth. In the Peel region, that translates into 3,000 families affected every year.

A group of 11 community healthcare providers and support groups, the Peel Postpartum Mood Disorders Committee, banded together to organize a forum to address the issues surrounding clients and caregivers dealing with PPMD. "It's important to know community partners and what they can do to complete the circle of care. Hospitals can't do



Amy Sky, left, CAMH Courage to Come Back Award winner, shared her own experiences with PPMD at the forum. CAMH's Mary Quaterone thanks her.

everything. I like knowing how my clients can be supported in the community by other agencies," said Ramneet Gadi, a Health Care Interpreter at Trillium Health Centre who often meets clients in the ER while they are in crisis.

"A small team of agency representatives, we also involved several community residents through the Women's Leadership program, organized by the Multicultural Inter-Agency Group of Peel (MIAG)," said Mary Quaterone, a Program Consultant at CAMH Peel.

OSDUHS, continued from page 1

use since the last survey (2% of students reported using it in 2007, representing about 18,100 students, versus 1% in 2005).

While the study shows a general decline in illicit drug use over the past decade, cannabis use is not going down: 26% of students reported using it at least once in the past year. Among all students,

14% reported using cannabis six times or more in the past year.

Alcohol is still the most prevalent drug used by students at 61% reporting drinking in the last year. Binge drinking remains a real concern, with just over 26% reporting bingeing.

Only a small minority (5%) of all students report smoking tobacco

daily, and 72% report never having tried a cigarette in their lifetime. The prevalence of daily smoking has been declining since the late 1990s, and the 2007 rate is the lowest since monitoring began in 1977. However, a significant percentage of students (12% or about 119,900 students) smoke either occasionally or daily.



CAMH educates bar staff on safer serving

More than 100 Ottawa-area bar owners, managers and servers attended information sessions on the importance of keeping patrons and the public safe, and complying with restaurant and bar laws. The meetings were organized by CAMH in partnership with the Alcohol Gaming Commission of Ontario, Ottawa Police, York Entertainment and the City of Ottawa Bylaws Department. Larry Grand, CAMH Program Consultant, said organizers hope to follow these sessions with a workshop that gives bar owners and managers the tools to draft their own bar policies for both patrons and staff.

Research funding available to community partners

Ontario community mental health and addictions agencies may be eligible for research funding from CAMH. The Community Research Capacity Enhancement Program (CRCEP) enhances CAMH's research interactions with community partners to help build research capacity among organizations addressing addiction and mental health issues. Each year, CAMH supports up to three grants with maximum funding of \$10,000 for a single project. Funding goes to projects that are dedicated to issues that build relationships and capacity in diversity. Some examples of funded CAMH partnership projects include Understanding the Context of Bisexual Mental Health, with Sherbourne Health Centre and the First Nations Drug Use Survey, with the Northwestern Health Unit in Kenora.

For more detailed information about CRCEP, please visit the CAMH website: www.camh.net/Research/Grants_and_Contracts/crcep_rescommgrantto8.html

CAMH experts shed light on pedophilia

Last fall RTÉ, Ireland's National Television Broadcaster, visited Toronto to film part of *Science Friction*, a four-part science series examining how scientific evidence collides with ingrained public opinion. As leaders in research and treatment of pedophiles, CAMH experts were featured in an episode about pedophilia.

Dr. Ray Blanchard, Dr. James Cantor and Dr. Michael Seto, scientists in the Sexual Behaviours Clinic in CAMH's Law and Mental Health Program, were interviewed on their research about the behavioural and neurobiological factors contributing to pedophilia and to discuss future clinical implications. Their work aims to better understand the root causes of pedophilia, a highly sensitive and emotionally charged topic.

Dr. Blanchard's work on paraphilias, which covers a wide variety of atypical sexual interests, has shown that pedophiles have lower mean IQs and higher rates of left-handedness than other groups of sexology patients. These findings suggest that biological

factors play a role, and these and other characteristics of pedophilia may reflect a defect associated with neurodevelopment during prenatal life or early childhood.

Adding to CAMH's research of biological links to pedophilia are Dr. James Cantor's studies which found that pedophiles tend to be shorter in height and also have less white-brain matter. For the show Dr. Cantor demonstrated how an MRI detects these differences. His clinical work focuses primarily on the assessment of people dealing with illegal or clinically-significant sexual behaviours and interests.

THE SERIES—LIKE CAMH'S SCIENTISTS—HOPES TO GIVE PEOPLE A BETTER UNDERSTANDING OF THE ROOTS OF THIS ILLNESS.

Dr. Seto's research focuses on pedophilia and sexual offending against children. He examines the factors that help explain sexual offences against children and child pornography offences and



Liz Bonnin, host of *Science Friction*, interviewing Dr. James Cantor on camera.

develops tools for risk assessment and evaluating treatment methods. His research has shown that possession of child pornography is a diagnostic indicator of pedophilia.

Pedophilia is a subject that's not often discussed impartially. It elicits strong emotions and opinions about whether it is a choice or biological, an issue that *Science Friction* addresses. While CAMH research has shown biological links, Dr. Cantor stresses that although no one chooses to be a pedophile, such individuals are still in control of their actions and should still be held responsible for their actions.

The series airs in the UK in February.

Alcohol and cancer: is drinking the new smoking?

CAMH researchers clarified the link between alcohol consumption and the risk of head and neck cancers, showing that people who stop drinking can significantly reduce their cancer risk.

According to CAMH Senior Scientist and Principal Investigator Dr. Jürgen Rehm, existing research consistently shows a relationship between alcohol consumption and an increased risk for cancer of the esophagus, larynx and oral cavity. Dr. Rehm and his team analyzed epidemiological literature from 1966 to 2006 to further investigate this association and their results showed that the risk of head and neck cancer only reduced significantly after 10 years of alcohol cessation.

After more than 20 years of alcohol cessation, the risks for both cancers were similar to those seen in people who never drank alcohol. These results have important implications for tailoring alcohol policies and prevention strategies, especially for people with a family risk of cancer.

"Alcohol cessation has very similar effects on risk

for head and neck cancers as smoking cessation has on lung cancer," said Dr. Rehm; "it takes about two decades before the risk is back to the risk of those who were never drinkers or never smokers."

Alcohol is the 'drug of choice' for Canadians, with 60% of Ontario adults consuming alcohol on at least a monthly basis. The direct and indirect costs to society of alcohol abuse are substantial: \$5.3 billion in Ontario alone, second only to the social burden of tobacco. This burden takes into account the cardioprotective effects of alcohol, which, unlike its link to cancer, has received a great deal of public attention.

Dr. Rehm notes that more research is needed on the effects of alcohol cessation on other types of cancer—especially breast, liver and colorectal cancers, for which the International Agency for Research on Cancer has also classified alcohol as carcinogenic—and on the effects of alcohol type, drinking patterns, and the joint effects of smoking and alcohol cessation on the risk of cancer.

CAMH staff awards and appointments

Dr. Rohan Ganguli, an internationally renowned psychiatrist, researcher, teacher and patient advocate, joined CAMH's Executive Leadership Team on January 1, 2008 as **Executive Vice President, Programs**.

Over the last 29 years, Dr. Ganguli's research has focused on the etiology and treatment of schizophrenia and related psychotic illnesses. He was



Dr. Rohan Ganguli joins CAMH Leadership Team

attracted to CAMH from his role as the Professor of Psychiatry, Pathology and Health and Community Systems at the University of Pittsburgh School of Medicine, and Chief, Services and Research for Recovery in Serious Mental Illness, Western Psychiatric Institute and Clinic.

Dr. Ganguli is a distinguished and well-published researcher

who has been recognized by the National Institutes of Mental Health (NIMH) and other bodies with several prestigious awards and appointments.

Dr. Ganguli continues to treat patients and has been continuously listed in "America's Top Doctors" and in "Best Doctors in America" for several years. CAMH is proud to welcome Dr. Ganguli to our staff.

A selection of recent CAMH award winners:

Dr. Norman Giesbrecht received the 2007 Lifetime Achievement Award from the American Public Health Association in recognition of his leadership and distinguished service in substance abuse research and application

Dr. Rachel Tyndale was awarded the 22nd Annual Alton Ochsner Award Relating Smoking and Health, recognizing her exemplary, original scientific investigations into the use of genetic information to personalize treatment for people who want to quit smoking.

Dr. John Cairney was nominated a second time for Canada's Top 40 Under 40 award.

CAMH scientists received more than one quarter of the 2007 Research Awards presented by the University of Toronto's Faculty of Medicine.

Resident Elder **Vern Harper** of CAMH's Aboriginal Services program, a pioneer in promoting the role of First Nations spirituality in the treatment of mental health and addictions, received a City of Toronto 2007 Access, Equity and Human Rights Award.

Regent Park Focus Youth Media Arts Centre (Sponsored by CAMH) won a City of Toronto Mayor's Community Safety Award for Regent Park TV.



Dr. Peter Selby, Clinical Director, CAMH Addictions Program and Minister of Health Promotion Margaret Best urge smokers to pick a day to butt out!

Weedless Wednesday brings more help for smokers wanting to quit

CAMH research indicates that smokers may have up to four times the typical quit rates if they have access to counselling and nicotine replacement therapies (NRT). Minister of Health Promotion Margaret Best announced at a press conference held on Weedless Wednesday that Ontario will provide an additional \$2 million to add 15,000 more smokers to CAMH's STOP (Smoking Treatment for Ontario Patients) Study.



Addictions stakeholders launch new project at CAMH

A group of 45 consumers, service providers and other community partners from across Ontario gathered at CAMH to launch OpiATE (Opioid Awareness, Treatment and Education). This new initiative, funded by the Ministry of Health and Long-Term Care, improves access to Methadone Maintenance Treatment (MMT) services for those with opioid dependence.

Addiction to prescription opioids like OxyContin® and Percocet® is one of Ontario's fastest growing drug problems, replacing the more traditional opioids like heroin. The government's Methadone Maintenance Task Force found there were issues with the availability and quality of treatment, and it provided funds for the initiative.

OpiATE will work to strengthen three elements critical to increasing and sustaining access to MMT and other treatments: professional training and supports; greater awareness of opioid dependence and appropriate treatments; and community acceptance of treatment as part of the continuum of health services.

"It's important that we collaborate with our partners to address the many complexities of this issue, including the stigma attached to opioid dependence," Christine Bois, Interim Project Coordinator with CAMH Provincial Services said. "Our work must be done with an interprofessional approach."



The first four buildings of Transforming Lives Here, the CAMH redevelopment project, are nearly complete and will open in April 2008. The buildings feature ample natural light, a decidedly non-institutional look, and outdoor courtyards. This is the first step in the redevelopment of the 27-acre Queen Street site into a mixed-use urban village, where CAMH's new facilities will sit side-by-side with new shops, cafes, residences and offices.



The opening of the new minimum-secure LTRU at College Street was a culmination of effort by the MOHLTC and CAMH to result in better, client-centred care. Pictured above (l-r) Mike MacNeil; Jim McNamee and Judith Tompkins of CAMH; Diana Schell and Chris Higgins, MOHLTC.

Enhanced Law and Mental Health unit opens

CAMH's Law and Mental Health (LAMH) Program began 2008 by opening its new minimum-secure LAMH Transitional Rehabilitation Unit (LTRU) at the College Street site.

The opening represents efforts to help clients under the jurisdiction of the Ontario Review Board (ORB) make an eventual transition from minimum-secure inpatient service to outpatient services in the community. This truly multidisciplinary unit's staff includes a recreational therapist, a psychomotrist and an occupational therapist.

For Jim McNamee, Administrative Director of the LAMH Program, an expanded and multidisciplinary LTRU represents CAMH's commitment to provide comprehensive and integrated forensic psychiatric service consistent with our values.

"LAMH staff worked hard creating a new unit which encourages recovery and healing in a safe environment," Jim said. "It's another step in our commitment to work with the Province to help people in the forensic system successfully reintegrate into the community."

Twelve client beds and staff were transferred from their temporary location at the Queen Street site, and 10 new beds were added thanks to funding from the Ministry of Health and Long-Term Care (MOHLTC).

Three of the unit beds are available for women if needed. Clients will be housed in state-of-the-art minimum secure facilities, with amenities such as a large bright, common area and spacious bedrooms.

Chris Higgins, Senior Program Analyst, Mental Health Program and Legal Counsel Diana Schell from the Ministry of Health and Long-Term Care attended the open house and passed on the following message from Carrie Hayward, Director of the Ministry's LHIN Liaison Branch: "I want to thank CAMH staff for all the hard work that went into making this opening a reality. Congratulations on this important addition to Ontario's forensic system."


Coming events

George Brown College's Centre for Preparatory & Liberal Studies and CAMH present "Youth Violence: Mental health issue or criminal behaviour?" the 9th annual Mental Health Conference at George Brown College on February 27, 2008. This educational forum will explore an emerging frame of reference for youth violence that will be useful to individuals, agencies and the broader social service system.

Visit www.camh.net for more information.

CAMH Annual General Meeting

June 26, 2008 at 1001 Queen Street West.



free
quick
easy-to-use

Mental Health and Addiction 101

online tutorials www.camh.net/mha101



After 14 years, the Courage to Come Back Awards has a new format and a new name: The CAMH Transforming Lives Awards, incorporating exciting new elements with

CAMH's bold vision of transforming the lives of people with mental illness and addictions.

The CAMH Transforming Lives Awards will be held May 8, 2008, at the Sheraton Centre Hotel in Toronto. In addition to honouring those who have overcome the challenges of living with mental illness and addiction and now use their experiences to help others, the event will feature a special tribute to The Honourable Michael Kirby, Chair of Mental Health Commission of Canada.

To find out how to become a sponsor, to nominate someone you admire, or to attend the event, please call 416-535-8501 ext. 4220, or visit www.supportcamh.ca.

ProblemGambling.ca

ProblemGambling.ca is Ontario's bilingual online destination for information and resources on gambling and problem gambling. Supported by CAMH, the site contains information and resources about gambling for people experiencing problems with gambling and resources for families and friends. Visit and explore ProblemGambling.ca to discover:

- Facts about gambling that you should know
- How to keep your gambling safe, a quiz to evaluate your gambling, a self-help workbook and more
- Information about counselling and getting help
- Tools and strategies for use by professionals (such as doctors, financial counsellors and teachers) to help identify and support people with gambling problems

For more information about counselling, contact toll-free in Ontario 1 888 647-4414 or in Toronto at 416 599-1322.

Being Scene 2008: A call for art

Workman Arts puts out its annual call to artists who have received services from CAMH to have their works considered for exhibition in the Being Scene 2008 exhibition.

Specifications for submissions:

- maximum size 94 inches x 46 inches
- two dimensional
- for submissions of works on paper you are encouraged to frame at least 1 work

Exhibited work will be selected by a jury.

Submit 1 to 4 works, Monday to Friday, 10:00 am to 4:30 pm, by March 13, 2008 to:

Cheryl Saracini

Workman Arts Office

1001 Queen Street West, Toronto ON M6J 1H4

Tel. 416 583-4339

Receive *Connexions* by e-mail

Subscribe now and get your next issue as a PDF attachment.

E-mail public_affairs@camh.net to request an electronic subscription.

Published by: CAMH Public Affairs
Editor: Margaret Goulding

Centre for Addiction and Mental Health (CAMH),
33 Russell Street, Toronto, ON M5S 2S1
www.camh.net

Disponible en français

How to reach CAMH

TELEPHONE
416 535-8501, ext. 4250

COMMUNITY INFO LINE
416 535-8501, ext. 1650
(to leave us a message with
your questions or concerns)

EXECUTIVE OFFICE
1001 Queen Street West
Toronto, ON M6J 1H4

WEBSITE
www.camh.net

DISPONIBLE
EN FRANÇAIS

HIGHLIGHTS
DISPONÍVEL EM
PORTUGUÊS