

# camh connexions



## No One Left Behind

On February 7, CAMH launched the **No One Left Behind** campaign. With a \$500M fundraising goal, No One Left Behind is the world's largest fundraising campaign in support of hospital-based mental health research. The campaign will support life-saving research and help build the new Research & Discovery Centre to change mental health care forever.

The creation of the Research & Discovery Centre will lead to the co-location of innovative patient care environments and cutting-edge research facilities. This proximity will enable new discoveries to be seamlessly and rapidly put into practice to improve care and outcomes. The CAMH Research & Discovery Centre is

the place where we will develop new ways of detecting, treating and preventing mental illness across the lifespan, and we plan to break ground in 2024.

“No one left behind” is a rallying cry. To stand together, to bring one another strength and to search for answers that don't yet exist. As Canada's largest mental health hospital and one of the world's leading research centres, CAMH is prepared to go further than ever before to support those facing mental illness. Our goal of a world where no one is left behind—where everyone gets the mental health care and support they need—means that we live in a world where mental health is health.



## CAMH consults with community through the Constituency Council

The CAMH Constituency Council is a volunteer provincial advisory council made up of 50-70 stakeholders tasked with providing advice, insight, and feedback to the organization, its strategic plan and its Board of Trustees. Council members also transfer knowledge about CAMH services and programs to their local communities and partners.

Council members are engaged in mental health and addictions from a variety of standpoints which allows them to respectfully engage with other Council members and Board members on a variety of issues

related to the mental health system. While CAMH and its programs have a range of advisory groups and engagement activities, the Council is unique in its provincial membership and scope.

CAMH President and CEO **Sarah Downey** was able to meet with the Council recently for the first time in her new role. The Council was eager to welcome Sarah in November 2022 to discuss topics including a project affiliated with Youth Wellness Hubs Ontario and the development of CAMH's next strategic plan.



## Redevelopment update

We're now entering the fourth and final phase of our historic redevelopment. This phase, also known as 1D, will include two new CAMH buildings at our Queen Street West site, the Secure Care and Recovery building and the Research & Discovery Centre. We currently are working on the design, planning, and municipal approvals, and are renovating existing spaces in various buildings to prepare for the build.

In preparation for the next phase of work, we are relocating some of our services within our campus. You may notice some fencing around construction work areas within the campus and in some of our buildings if you are visiting, walking your dog or strolling through

the campus. These are small scale projects that mainly impact internal CAMH patients and staff.

In the last newsletter, we shared information about this work which began at the end of 2022 and will be completed by the end of summer 2023. Here are the estimated timelines for the remaining projects as part of this preparation of the campus.

- **100 Stokes Street, room 2131** – The Health & Wellness Centre will be moving to this space. Work will include renovations to the room to transform it into a new gym with equipment and proper flooring.  
**Duration: February - April 2023**



- **101 Stokes Street, old Student Centre** – The Psychiatric Patient Advocate Office (PPAO) will be moving to this space. Work will include renovations of the space to transform it into a new office.  
**Duration: March - May 2023**

- **1025 Queen Street West, fourth floor** – This space will be used as temporary furniture storage.  
**Duration: January - March 2023**

The high level timelines for our redevelopment are posted on [camh.ca/neighbours](https://camh.ca/neighbours). As this process moves forward, we are committed to consulting and engaging with the community, as we have throughout each phase of our redevelopment. If you have any questions about the next phase of redevelopment, please send them to [redemption.feedback@camh.ca](mailto:redemption.feedback@camh.ca).

# CAMH partnership with CBC Music strikes a chord on youth mental health

CBC Music and CAMH have partnered to launch the 2023 CBC Music Playlist Challenge and ask students across Canada, “What music moves your mood?”

“With the help of CAMH, this year’s Playlist Challenge uses music to help address growing concerns around youth mental health and delivers useful mental health resources straight to classrooms across the country,” said Kai Black, Executive Producer, CBC Music Special Projects.

The CBC Music Playlist Challenge encourages students to discover music by Canadian artists and reinforces the importance of music as part of a well-rounded education. This year the Playlist Challenge invites youth to build a 15-song playlist based on music that impacts or ‘moves’ their mood to bring the topic of mental health to classrooms in a way that’s accessible to young people, especially for those unsure where to get started.

“The involvement of music in a student’s daily life can help them reconnect to their feelings and emotions,” said Dr. Amy Gajaria, Child, Youth and Family Program Psychiatrist, CAMH. “Music can help shift mood and how they’re feeling, to help improve overall mental health and emotional wellbeing.”

Through a series of guided discussions and activities, students participating in the Playlist Challenge will learn how music can impact mood, explore their understanding of emotional wellbeing and mental health, how it impacts how they feel and what to do about it.

For more information on the 2023 CBC Music Playlist Challenge, please visit [cbc.ca/music](https://cbc.ca/music).





## Join our Lunchtime Peer Support Group with the Collaborative Learning College at CAMH

Our Lunchtime Peer Support Group has returned for winter and spring sessions! Join us every Tuesday from 12:00 p.m. to 1:00 p.m. for a one-hour interactive and informal session with other people looking for connection in a supportive space. Each session is virtual, so show up as you are and bring your lunch, your worries, your support and your experience to our judgment-free community.

The Lunchtime Peer Support Group at the Collaborative Learning College is brought to you by Health Out Loud, a non-profit and socially motivated grassroots

movement that aims to improve health by making it fun, relatable and understandable through community, high school and university programs.

The Collaborative Learning College at CAMH is a free and inclusive learning community where people with lived experience of mental health, substance use, and/or addiction challenges can find an educational path that meets their needs. Please visit [clc.camh.ca](http://clc.camh.ca) to register, or contact us at [clc@camh.ca](mailto:clc@camh.ca) or 416-524-2137 for more information.

## Continue the conversation online

[camh.ca/neighbours](http://camh.ca/neighbours)

[redevelopment.feedback@camh.ca](mailto:redevelopment.feedback@camh.ca)

Please join our local community email list by emailing [communityevents@camh.ca](mailto:communityevents@camh.ca).



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