

CORPORATE VOLUNTEER PROGRAM

EXPERIENTIAL LEARNING OPPORTUNITIES IN ADDICTION & MENTAL HEALTH

OPPORTUNITIES CATALOGUE

“Everyone that comes into contact with CAMH will become an advocate for the work of CAMH”

Volunteer Resources
Center for Addiction & Mental Health

Effective January 2017

ABOUT THE PROGRAM

Over the past 12 years this has been a highly successful program providing opportunities for CAMH patients to interact with employees of various private and public sector organizations. Many employers have participated on a repeat basis as a result of the successful engagement and value experienced by their employees.

The Program has been updated to reflect the increased demand aligned with available hospital resources. The budget for these opportunities will reflect the actual costs of designing, planning and implementing these events. Employers will be afforded the opportunity to apply to the Program to participate in a variety of structured programs based on the shared needs of the company employer and CAMH. Additionally, a limited number of custom designed programs may be developed for employers tailored to address specific needs.

In some cases, companies may have already established or are developing a partnership with the CAMH Foundation. In such cases, companies may wish to consider such experiential opportunities for their employees that are aligned with their employee wellness and strategic business objectives.

PROGRAM OBJECTIVES

The experiences shared by your employees and our patients are about wellness, creating awareness and stigma busting.

Employers

For the employer, employee participation enhances awareness about mental health and addiction conditions, treatment and research. Participation improves employee engagement, increases assurance and acceptance, enhances understanding and may enable those experiencing mental health and addictions challenges to seek out help. Employee wellness is a significant factor in reducing health care costs, absenteeism and suicide risk reduction.

Many employers have praised their program participation in terms of enhancing their employee experience and team building, being viewed by employees as socially responsible and good corporate citizens.

CAMH Patients

For the CAMH patient, participation in these experiences provides therapeutic opportunities to enhance recovery. It engages patients while on their treatment plan and focuses on positive life experiences rather than the underlying health challenges. In many cases CAMH patients are able to rebuild self-confidence and reestablish self-esteem. Patient participation is carefully evaluated to consider physical abilities and treatment status and goals.

APPLICATION PROCESS

A predetermined number of events will be offered monthly. Employers will need to submit an application to participate in one of the experiential opportunities.

Through the application process, consideration will be given to:

- Employer objectives based on the type of event requested from our catalogue;
- Number of events requested;
- Number of participants involved; and,
- Creation of enhanced awareness and understanding about mental health and addiction in their workplaces beyond participation in the event.

EVENT BUDGET

A budget for the event will be developed and recommended based on the costs associated with the requested opportunity.

Cost may include the review and evaluation of company requests, clinical care team consultation, planning, organizing and coordination of the event, staff support for patients where required, facilities set-up, purchase of supplies, equipment and/or food and refreshments, and clean up.

A portion of the budget collected is returned to the clinical care team to further acquire supplies and equipment for patient events or to organize and host patient seasonal parties and events.

BENEFITS THROUGH CORPORATE INVOLVEMENT

As Canada's leading mental health hospital, CAMH is leading the way in addiction and mental health awareness. Your organization's participation in these experiential learning opportunities provides great learning opportunities for the participants.

In addition to providing a great learning opportunity for those participants, one of the objectives of this program is to share the experiences and the learnings beyond CAMH to your workplace. This may take many forms. For example:

- You may wish to recommend this program to other departments within your organization or other organizations with whom you conduct business (partners, suppliers, customers);
- You may wish to host information sessions or lunch & learns within your workplaces to enhance understanding of and treatment of addiction and mental health challenges (we have many community partners that can assist in this regard);
- CAMH offers a variety of services and training that is available for purchase; and,
- Some organizations may have already built a relationship with our CAMH Foundation. Establishing a closer partnership with CAMH in this way may align with your organizational employee engagement or wellness strategies or other strategic objectives.

Our application form provides you with an opportunity to tell us how you can help us achieve our goal of building awareness and reducing stigma.

CATALOGUE OF OPPORTUNITIES

1. CAMH Corporate Sports Challenge

Objective

Provides CAMH patients with an opportunity to experience the fun and enjoyment of participating in organized sporting events, especially as team-mates with corporate volunteers.

Participating Programs

Various Inpatient Units including Acute, Rehabilitation, Forensic Units and several out-patient programs including Addictions and Complex Mental Illness

Types of Sporting Events

- Basketball
- Floor Hockey
- Soccer
- Volley Ball
- Badminton

Materials and Supplies

Basketballs, hockey sticks, nets, goalie equipment, soccer balls, volleyballs, badminton racquets and birdies

Seasonality

Sports challenges are available year round, held indoors at various CAMH facilities.

Suitability

- Suitable for up to 10 volunteers
- Moderate physical exertion required.

Duration/Agenda (3-4 hours)

- Pre-Event Orientation
- Sporting Challenge
- Refreshments
- Evaluation & Debrief

2. CAMH Cooking/Baking Day

Objective

Provides CAMH patients with an opportunity to experience and participate in organized cooking or baking events with corporate volunteers. This event enables clients to participate in the preparation of food that may no longer be part of their daily life skills.

Participating Programs

Geriatric Mental Health Units

Types of Events

- Baking
- Food preparation
- Instruction
- Nutrition information

Materials and Supplies

Ingredients for baked goods, baking supplies (i.e. pans, sheets, spatulas)

Seasonality

Baking /cooking events are available year round, held indoors at 80 Workman Way at the CAMH Queen Street location.

Suitability

- Suitable for up to 10 volunteers
- Limited physical exertion required

Duration/Agenda (3-4 hours)

- Pre-Event Orientation
- Baking Event
- Refreshments
- Evaluation & Debrief

3. CAMH “Rise-Up” Adventure Programs

Objective

These programs are cooperative team based experiences. CAMH patients, corporate volunteers and CAMH staff will form teams. Each team works closely together on graduated activities such as team building, problem solving and team challenges. All activities are designed to have only positive outcomes for all participants. Meaningful involvement enables participants to develop a greater capacity for understanding themselves/others and to exercise effective leadership skills within a diverse environment. Rise Up events help decrease stigma associated with mental illnesses. Corporate volunteers and CAMH clients work together by sharing ideas and having dialogue about common goals and desired outcomes.

Types of Events

- Scavenger hunts
- Team based activities
- Problem solving activities
- Strategy formulation activities

Materials and Supplies

Prizes (e.g. tote bags, pens, lanyards), beverages, hula hoops, Frisbees, water balloons, eggs, Nalgene bottles

Seasonality

Rise-Up Events are best held outdoors during spring through fall, but are available year round, being held indoors at various CAMH facilities during the winter.

Suitability

- Suitable for 10 to 15 volunteers
- Light to Moderate physical exertion required

Duration/Agenda (4-5 hours)

- Pre-Event Orientation
- Rise Up Event
- Refreshments
- Evaluation & Debrief

4. CAMH “Amazing Race” and “Unit Fun Fair” Events

Objective

These events are team based experiences. CAMH patients, corporate volunteers and CAMH staff will form teams. Warm-up games will be used to introduce team members to each other and establish comfort levels. This event aims to emphasize the value of recreation, community and shared experience in relation to breaking down social barriers, dismantling stigma, providing a level playing field and promoting opportunities to have fun in a group setting. Volunteers may team up with a unit. This event is smaller scale than the ‘Amazing Race’ style event but offers a similar leisure profile: stations would be set up across the unit, teams comprised of volunteers and clients would take turns visiting each station where they would have to complete mini-challenges. Upon successful completion of each mini-challenge, the team will acquire a stamp in their “passport”. Each team is challenged to gather as many stamps as possible in the given timeframe.

These events provide CAMH patients with an opportunity to experience the fun and enjoyment of participating in team events, especially as team-mates with corporate volunteers. For corporate participants this is an excellent team building opportunity.

Types of Events

- Team based
- Light preparation, orientation
- Volunteers can pair with staff to run mini-stations
- Additional volunteers can join blended teams with clients
- Light work post-event to dismantle stations

Materials and Supplies

Various

Seasonality

Amazing Race and Unit Fun Fair Events are best held outdoors during spring through fall, but are available year round, being held indoors at various CAMH facilities during the winter.

Suitability

- Suitable for 10 volunteers
- Light to moderate physical exertion required

Duration/Agenda (4-5 hours)

- Pre-Event Orientation
- Amazing Race/Unit Fun Fair activities
- Refreshments
- Evaluation & Debrief

5. CAMH Gardening Event

Objective

Youth, emerging adult and adults participate in gardening events at CAMH. These programs are therapeutic-based events for patients recovering from addiction and mental health conditions. Corporate volunteers and CAMH staff partner with CAMH patients in a variety of gardening experiences and activities. Participants are taught gardening skills, nutrition and food preparation as part of the event.

These events provide CAMH patients with a sense of accomplishment and purpose while teaching basic skills. Corporate volunteers are provided with an opportunity to experience the enjoyment of gardening and participating in in small groups in the preparation of flower and vegetable bed, planting of seeds, plants and flowers and learning techniques. This event enables clients to experience a sense of achievement of results as the gardens grow over time. For corporate participants this is an excellent team building opportunity. The event will help decrease the stigma associated with mental illnesses and further develop the link between CAMH and the community.

Types of Events

- Working in establish flower and vegetable gardens on CAMH grounds
- Preparation, digging, planting and clean-up
- Group based
- Instruction and teaching included

Materials and Supplies

Vegetable plants, flowers, soil, mulch, gardening equipment (i.e. hoses, trowels, shovels), potters

Seasonality

Gardening events are held outdoors during spring and fall. Gardening events are held at the Queen Street, College Street and Russell Street sites.

Suitability

- Suitable for up to 10 volunteers
- Moderate physical labour required

Duration/Agenda (4-5 hours)

- Pre-Event Orientation
- Gardening activities
- Refreshments
- Evaluation & Debrief

6. CAMH Picnic-Barbeque

Objective

Provides CAMH patients with an opportunity to participate in outings, including picnics and barbeques. These are social fun events for our patients and provide them with an opportunity to interact with corporate volunteers. The event may be held at CAMH or offsite such as the Toronto Island. The event involves interacting with patients with a variety of activities such as bike rides, baseball games, badminton, card games and music groups. The activities often start off with a variety of ice-breaker activities to create comfort between the patients and volunteers.

Participating Programs

Variety of CAMH Units at Queen Street and College Street sites.

Types of Events

- Games and fun events
- Sport activities
- Social interaction/group activities

Materials and Supplies

Food and beverages, BBQ & BBQ tools, food supplies, decorating supplies, prizes, plates and cutlery.

Seasonality

BBQ's and picnics are typically held outdoors during the summer. Events are held offsite (e.g. Toronto Island) or onsite at the Queen Street, College Street and Russell Street sites.

Suitability

- Suitable for 15 volunteers
- Moderate physical exertion required

Duration/Agenda (5-6 hours)

- Pre-Event Orientation
- Games and activities
- BBQ and food preparation
- Evaluation & Debrief

7. CAMH Seasonal/Holiday Parties

Objective

To provide CAMH patients with an opportunity to participate in holiday parties and enjoying the fun and festivities of the season. These are social fun events for our patients and provides them with an opportunity enjoy dancing, music, socializing, and laughter while interacting with corporate volunteers. These parties are highly anticipated by CAMH clients. It provides our patients with the opportunity to focus on fun events unrelated to their treatment routines.

Participating Programs

Variety of CAMH Inpatient and Outpatient Units, typically for Geriatric Mental Health

Types of Events

- Music, baking, crafts, meals
- Seasonal events (Valentine's Day, Easter, Halloween, Thanksgiving etc.)
- Social interaction/socializing

Materials and Supplies

Food and beverages, decorating/craft supplies, prizes, plates and cutlery

Seasonality

Special themed events are typically held indoors during the holiday season. Events are held at the Queen Street, College Street and Russell Street sites and offsite also.

Suitability

- Suitable for up to 8 volunteers
- Limited physical exertion required

Duration/Agenda (3-4 hours)

- Pre-Event Orientation
- Party and meal event
- Refreshments
- Evaluation & Debrief

8. CAMH Custom Experiential Learning Opportunities

Objective

To develop a custom experiential learning opportunity for corporate and public sector organizations designed to align with their organizational strategic goals and objectives based on a shared value model. Typically these custom programs are developed as part of a broader discussion that may be aligned with your organizational employee engagement or wellness strategies or other strategic objectives.

These programs provide CAMH patients with an opportunity to participate in interactive events and activities of a social, athletic, instructional or relaxation nature, unrelated to their treatment routines.

Participating Programs

Variety of CAMH Inpatient and Outpatient Units

Types of Events

- Music, dancing, meals
- BBQs/gardening
- Seasonal events
- Social interaction/socializing
- Sporting challenges
- Tours or visits to host organization

Seasonality

Custom events can be held indoors or outdoors at the Queen Street, College Street and Russell Street sites and offsite also based on the event design.

Suitability

- Suitable for 10-20 volunteers depending on the nature of event developed

Duration/Agenda (variable)

- Pre-Event Orientation
- Event
- Evaluation & Debrief

9. CAMH Corporate Program Speaker Engagement

Objective

Organizations may request our Corporate Volunteer Program Coordinator to speak about how program works the objectives and the various experiential learning opportunities that are available.

This talk includes a review of possible activities, guidance on engaging CAMH patients and invites questions and answers related to these events. Sometimes unspoken fears or concerns may be addressed around patient interaction.

These speaking engagements often provides staff an opportunity to better understand how they can participate in these interactive corporate volunteer events and activities - be they social, athletic, instructional or relaxed in nature and how their participation helps create a sense of community.

From time to time these conversations spark new and interesting opportunities between organizations and CAMH or personal interest in volunteer placements.

Participating Program

CAMH Corporate Volunteer Program

Types of Events

- Speaking engagements
- Participation in company wellness fairs
- Tours or visits to host organization or CAMH

Location

Queen Street site and offsite, based on event design

Suitability

- Typically for 10-50 volunteers depending on the nature of event

Duration/Agenda (variable)

- Pre-Event Planning
- Event
- Evaluation & Debrief

For more information on these events please contact:

Jim Davey

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Coordinator
Volunteer Resources-Corporate Volunteer Program
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To arrange participation in an event:

Please complete the attached 'Corporate Volunteer Application Form' and submit to Jim Davey by email for review and discussion.

All events are arranged on a first come, first served basis. We do our best to accommodate all interested organizations.