

**mental
health
is
health**





An advocate, a statesman and a friend

In February, we lost one of our first and most vocal advocates for mental health with the passing of the Honourable Michael Wilson, Vice-Chair of CAMH Foundation's Board of Directors.

For more than two decades, Michael had bravely and openly shared the story of his son's death by suicide. He made it one of his life's missions to bring mental illness out of the shadows and to eliminate prejudice and discrimination. He was one of a kind. He led our earliest fundraising efforts and worked to increase awareness and understanding of mental illness.

Michael cared deeply for his community and his country; his humanity and integrity were a beacon for us all. It's impossible to overstate his contribution to Canada, to the cause of mental health, and to all of the lives he touched.

With his passing, Canada has lost a statesman, an advocate and a dear friend, but the conversations he ignited will continue. His message is echoed in the simple but powerful statement that "Mental Health is Health."

His vision will continue to live on through the Michael Wilson Society, a group of forward-thinking leaders and champions of mental health committed to advancing research and treatment while addressing the stigma associated with mental illness.

“People should be as comfortable talking about mental illness as they are talking about heart disease or diabetes.”

**Michael Wilson, Vice-Chair,
CAMH Foundation's Board of Directors**



A call to action

A message from our CEOs and Board Chairs

In 2018, CAMH celebrated 20 years of progress with a call to action: **#MentalHealthisHealth**.

Since we launched the campaign, Canadians have shared their stories: the barriers to care and supports they've experienced; the wait lists faced by youth; the frustrations of family members who work to navigate a disjointed system for their loved ones.

We've opened the conversation and built awareness and understanding of mental disorders, but we are just getting started. Mental illness is the leading cause of disability worldwide. In Canada, 11 people die by suicide each day.

Our health care system must have mental health care at its centre. Funding in the sector falls short of the burden of illness. For too long, we've cobbled together a spectrum of care venues and providers that lacks coordination, continuity or collaboration.

Fundamental to our academic mission, we are committed to research and innovation, education and knowledge transfer

– toward transforming the lives of patients today and tomorrow, locally and globally. Toward social change, we are promoting mental health as the next frontier of inclusion and creating health care system capacity to build healthy families, communities and cities.

During our campaign, we asked provocative questions to encourage conversation. Why do some illnesses get treatment while others get judgment? Is universal health care really universal if it doesn't include mental health? Is a sick day really a sick day if no one believes you're sick?

The CAMH response to these questions is a demand for equity. We call for parity when it comes to mental illness. It's only right that our patients have access to integrated care in our publicly funded health care system. People with mental illness deserve a clear pathway to care and hope for recovery. That's the change that will lead to a world where everyone believes that life is worth living.

Join us.

Dr. Catherine Zahn
President & CEO
CAMH

Deborah Gillis
President & CEO
CAMH Foundation

David Wilson
Chair, Board of Trustees
CAMH

Jamie Anderson
Chair, Board of Directors
CAMH Foundation

CAMH by the numbers



- 31.6% Schizophrenia and related disorders with psychosis
- 31.5% Substance-use disorders
- 13.5% Depressive disorders
- 11.1% Bipolar and related disorders
- 3.7% Personality disorders
- 2.4% Trauma and stressor-related disorders
- 1.7% Anxiety disorders
- 4.5% Other

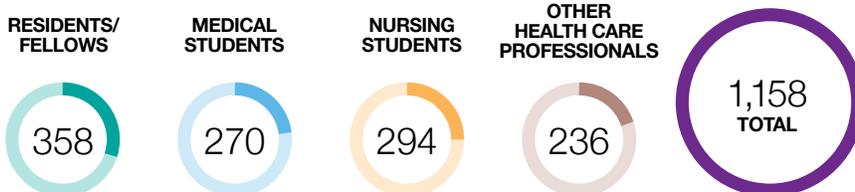
50%
INPATIENTS WITH MORE THAN ONE DIAGNOSIS

37,065 TOTAL NUMBER OF UNIQUE PATIENTS

More than **10,375** professionals participated in CAMH training sessions

Education

Educating the next generation of mental health professionals



CAMH staff 3,461

Volunteers 1,426

Physicians 426

2018-2019

Telepsychiatry
APPOINTMENTS

2,766

a 27% increase
over the previous year

RESEARCH

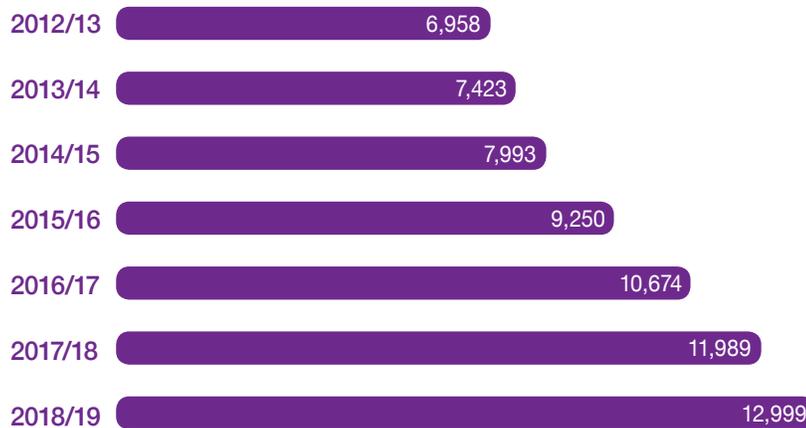
Canada's **number 1**
MENTAL HEALTH RESEARCH HOSPITAL

\$71,134,064
TOTAL VALUE OF NEW RESEARCH
GRANTS AWARDED

630 ARTICLES PUBLISHED
in peer-reviewed journals (2018)

15 RESEARCH CHAIRS

EMERGENCY Department visits



ED visits have increased **87%** since 2012

MEDIA

2,661,287
visits to CAMH.ca

&

OVER **300K**
ENGAGEMENTS ON
TWITTER & FACEBOOK

DIGITAL



Karleigh Darnay, a CAMH Youth Engagement Coordinator, speaks to the media at the Game Changers launch.

The power of advocacy

The people who turn to us for mental health care need us to speak out. We can't be silent. They are counting on us.

Working with patients, families, philanthropists and our partners in government and workplaces, we are advocating for a world where mental health is treated the same as physical health. As Canada's largest provider of mental health care, we're committed to eliminating the gap between mental and physical health. We have accomplished so much but we're nowhere near finished. There is so much more to do.

Through our new Game Changers program, we're working with the HBC Foundation and youth advisors to spread a powerful message of hope to students across Canada.

The program is bringing resources for students right into schools to help young people feel more comfortable talking about mental health, seeking help for themselves and supporting friends in need.

"One goal is to reduce stigma through outreach in schools," explains Karleigh Darnay, who co-ordinated a team of 14 Youth Advisors to ensure the program included the voices of young people. "We want to encourage young people to reach out for support if they need it and also to help them understand how to have these conversations."

Game Changers is supported by a \$1.25-million grant from the HBC Foundation.



Meshach Harvey — aka MC Shackalacka — performs at the Gifts of Light Holiday Kick-Off in November 2018 as part of the Mindful MCs. The hip hop group formed after meeting at CAMH.

For over a decade, Gifts of Light has helped CAMH patients develop the skills and confidence they need for life in the community beyond CAMH.

Last year, Gifts of Light supported more than 13,000 patients through 4,500 gifts, 48 special events and 4,000 hours of activities — art classes, drum groups, cooking classes and more.

The program is a shining example of how kindness can transform lives.

“When you come to CAMH, it’s a very safe feeling — a place of caring and giving.”

“Gifts of Light helped me out a lot,” says Brian Robert, a CAMH patient who benefitted from the program. “When you come to CAMH, it’s a very safe feeling — a place of caring and giving.”

Thanks to a partnership between Shoppers Drug Mart and CAMH Foundation, CAMH’s Provincial Systems Support Program has created an interactive toolkit to help address the unique mental health needs of women.

“We know gender is a key determinant of mental health,” says Dr. Branka Agic, Director of Knowledge Exchange with PSSP. “Women have higher rates of depression and generalized anxiety disorder than men.”

PSSP promoted the toolkit — the first of a number of initiatives as part of the partnership — at a number of public SHOPPERS LOVE.YOU. events across the province, including the Run for Women, which promotes physical and mental health.

On Bell Let’s Talk Day, CAMH welcomed Premier Doug Ford, Minister of Health and Long-Term Care Christine Elliott and Minister of Infrastructure Monte McNaughton — along with over 100 CAMH staff and volunteers — as the provincial government reconfirmed its commitment to CAMH’s redevelopment project.

“Twenty years ago, the restructuring commission made a decision to integrate mental illness and addiction services under one roof and to transform the Queen Street site, leading to the creation of CAMH. We’re very grateful for that vision — it has enabled a revolution in mental health care,” says Dr. Catherine Zahn.

Leading research

CAMH is set to revolutionize mental health care.

We are supporting our experts to advance new preventions and treatments for mental illness.

We're working together – across disciplines and centres within CAMH; with patients, their families and the community; with experts across the globe – to revolutionize our understanding of the brain and close the gap in mental health research.

“Through the Discovery Fund, we aim to lower suicide rates, reduce disability and create improved outcomes for people with serious mental illness.”

Dr. Vicky Stergiopoulos, Co-Chair of the Discovery Fund steering committee and CAMH's Physician-in-Chief

Created through a \$100-million anonymous gift, CAMH's Discovery Fund is supporting the next generation of leading scientists, driving discovery, and investing in the data platforms, infrastructure and analytics needed to leverage research findings and translate them into practice. We're embedding research into virtually everything we do, empowering all staff and patients to participate in our leading-edge studies. The Discovery Fund is helping us improve engagement, capacity and alignment to maximize our impact.

We're showing promise in reversing the cognitive problems linked to depression and aging with new therapeutic molecules developed at CAMH, ultimately setting the stage for targeting these symptoms in depression for the first time and potentially delaying the onset of such illnesses as Alzheimer's disease.

“The aged cells regrew to appear the same as young brain cells, showing that our novel molecules can modify the brain in addition to improving symptoms,” says Dr. Etienne Sibille, Deputy Director of CAMH's Campbell Family Mental Health Research Institute.



Drs. Yani Hamdani and Meng-Chuan Lai are studying girls and women with autism.

Modern “big data” and artificial intelligence techniques have the potential to truly transform mental health. The BrainHealth Databank initiative is working collaboratively with teams across CAMH to ensure high-quality, standardized research and clinical data are integrated and accessible to drive life-changing research at CAMH and beyond.

This searchable knowledge base of integrated data will enable the application of modern large-scale data analytics, visualization and machine learning techniques with the potential for major impacts on mental health care, research, education and policy.

“The BrainHealth Databank empowers interdisciplinary teamwork, which engages patients, clinicians, data engineers, neuroinformaticians, analysts, privacy, ethics and researchers to accelerate discovery and innovation, transform care, clinical practice, and ultimately, improve mental health outcomes,” says Dr. Sean Hill, Director of the Krembil Centre for Neuroinformatics.

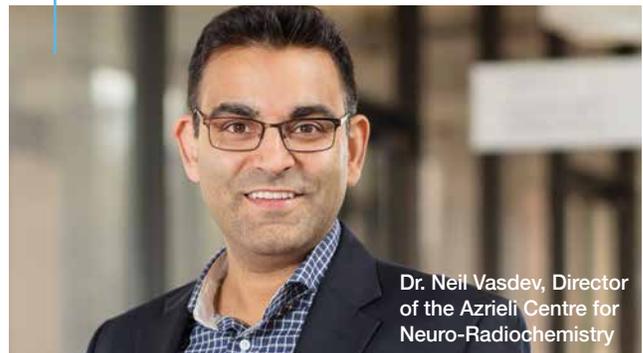
We’re developing innovative natural dietary supplements to prevent post-partum depression by targeting specific brain cells.

“We believe ours is the first study to show such a strong, beneficial effect in reducing the baby blues at a time when postpartum sadness peaks,” says Dr. Jeffrey Meyer, who holds a Canada Research Chair in the Neurochemistry of Major Depression.

Working with CAMH’s Wallace and Margaret McCain Centre for Child, Youth & Family Mental Health and the Azrieli Adult Neurodevelopmental Centre, Drs. Yani Hamdani and Meng-Chuan Lai are examining the health care experiences of girls and women with autism to improve their diagnosis and treatment.

At the Azrieli Centre for Neuro-Radiochemistry, we are developing the radiotracers crucial to showing nerve interactions in the human brain with brain imaging. New and longer living tracers will allow us to better understand the mechanics of degenerative disorders.

The work is funded by the Michael J. Fox Foundation for Parkinson’s Research, and sees the Azrieli Centre working with the Yale PET Centre in the U.S.



Dr. Neil Vasdev, Director of the Azrieli Centre for Neuro-Radiochemistry

The best care for patients today — and tomorrow

A CAMH-developed model to treat the agitation and aggression experienced by more than

80%

of people with Alzheimer's disease is being tested at

7

sites across Canada



Dr. Lena Quilty

Supported by CAMH's Discovery Fund, Dr. Lena Quilty is testing what she hopes is a more accessible, cost-effective way to treat people with substance use disorder online.

"This study is a crucial step in bringing computer-based cognitive behaviour therapy to the patients who urgently need treatments for substance use disorder," she says.

Set in North America's fourth-largest city with a diverse population, CAMH is the best place to develop the mental health care of tomorrow while caring for the patients of today. We support people across the lifespan, from children to older adults with a wide range of illnesses. Through clinical research, we provide access to the latest treatments while building the evidence needed to make these treatments standard.

A CAMH team led by Dr. Nigel Turner is developing an Internet-based intervention for problem gambling. The project is a joint effort between the Institute of Mental Health Policy Research and the Gambling, Gaming, and Technology Use teams at CAMH, and could help eliminate barriers — geographic and otherwise — to treatment access.

A CAMH-developed model to treat the agitation and aggression experienced by more than 80 per cent of people with Alzheimer's disease is being tested at seven sites across Canada, thanks to support from Brain Canada and the Centre for Aging and Brain Health Innovation.

"There's been an improvement in the management of aggression and agitation in our patients," says Dr. Peter Derkach, Medical Director at the Ukrainian Canadian Care Centre, which participated in the pilot study.

“ Findings could lead to the development of a new safe and effective treatment. ”

In related efforts, a CAMH team is using brain stimulation to better understand why some people with Alzheimer's disease experience agitation. The findings could lead to the development of a new, safe and effective treatment for this population.

In a collaboration led by the Slaight Family Centre for Youth in Transition, we are working with service users, family members, policy makers, researchers, clinicians and administrators across the province to launch NAVIGATE, a new early psychosis intervention program, in four communities across Ontario.

The project is supported by a \$1.5-million grant from the Canadian Institutes of Health Research Strategy for Patient-Oriented Research, with matching funds from CAMH's PSSP, Project ECHO Ontario Mental Health and CAMH Foundation.

"With its focus on recovery, this coordinated care model is so important," said Lillian Duda, a Family Advisory Committee member whose son was hospitalized twice with psychosis in his teens.



Connecting people with care

Recovery from mental illness is achievable when people have access to the best evidence-based treatments when they need them.

We are committed to streamlining the way people access mental health care by developing programs and services that address the growing demand for acute services. We are quickly connecting people with care that meets their needs; driving research aimed at preventing people from falling through the cracks and we are developing and testing new models that will improve access across the province and beyond.



We have opened a new 23-bed inpatient unit to help relieve pressures on CAMH's Gerald Sheff & Shanitha Kachan Emergency Department while meeting the growing need for acute care. The unit emphasizes treatment for patients with both mental illness and addiction, and engages patients in therapeutic programming.

"This new unit is going to transform patients' lives," says Joselin Lai, a CAMH social worker and the first person hired for the unit.

We have launched a streamlined outpatient service for addiction and other psychiatric disorders called COMPASS that connects people with the best services for them in as quickly as one day.

Personalized medical and psychosocial interventions are delivered by a multi-disciplinary team that includes addiction medicine specialists, psychiatrists, nurses, psychologists, social workers, psychotherapists and occupational therapists.

"By streaming patients through COMPASS, we are helping create a better experience for patients that minimizes duplication and standardizes care for addiction and concurrent disorders," says COMPASS Manager Shannon Greene.



CAMH and partners are testing an integrated youth services model of care.

Dr. Kristin Cleverley is working to transform the way young people with mental illness transition into and out of adult services.

“Young people are falling through the cracks,” says Dr. Cleverley, a senior scientist with the McCain Centre.

Her work — the first studies of their kind in Canada — is supported by the Canadian Institutes of Health Research and involves two hospitals (CAMH and SickKids) and two community mental health agencies (George Hull Centre and SickKids Centre for Community Mental Health).



Dr. Kristin Cleverley

CAMH continues to build on its success in collaborating with community partners to provide mental health care to young people in community hubs. Backed by the Canadian Institutes of Health Research (CIHR) and other donors, CAMH is working with other organizations in Toronto to study the effectiveness of the community hub model as provincial, national and international efforts to build such service hubs are underway.

Helping people reach their full potential

We have made tremendous progress in our efforts to improve the lives of people with a wide range of illnesses. We are developing and testing new techniques in brain stimulation that are giving hope to people with the most difficult-to-treat depression. We are exploring the use of wearable technology to predict and ultimately prevent relapse, and we're developing apps to help young people regain control of their lives.



rTMS is demonstrated on an arm while treatment participant Shelley Hofer looks on.

Dr. Daniel Blumberger, Co-Director of the Temerty Centre for Therapeutic Brain Intervention, worked with researchers at the University Health Network and the University of British Columbia to complete the largest brain stimulation study of its kind. The team found that a three-minute version of repetitive transcranial magnetic stimulation (rTMS) was as effective as the standard 37-minute version for hard-to-treat depression. This could allow more than triple the number of people to be treated.

“rTMS has changed my life in so many ways,” says study participant Shelley Hofer. “Because of CAMH and this treatment, I know what my future looks like now.”

CAMH is working with Trillium Health Partners and SickKids to provide young people experiencing first-episode psychosis with the holistic care they need.

Technology-Enabled Collaborative Care for Youth brings together an interprofessional team — a psychiatrist, an occupational therapist, a dietician and social worker — to provide resources through a web-based platform funded by the Medical Psychiatry Alliance.

“No single hospital has all the resources young people need. This project helps break down geographical barriers,” says Dr. Peter Selby, CAMH’s Director of Medical Education.

We are leading the creation of evidence-based, standardized – yet flexible – care pathways for depression so every patient has the greatest hope for recovery.

“We would like this integrated care pathway to become a standard treatment model for all patients with depression,” says Dr. Stefan Kloiber, a clinician scientist and Medical Head of General Psychiatry Ambulatory Services at CAMH.

For adults, the pathway could suggest cognitive behavioural therapy, medications and even brain stimulation. And through the Cundill Centre for Child and Youth Depression’s CARIBOU project, young people are guided through a detailed plan that starts with family education.



Dr. Nicole Kozloff

Early intervention is key to recovery, yet 30 per cent of young people with first-episode psychosis drop out of care.

Working in CAMH’s Slight Centre, Dr. Nicole Kozloff is working to strengthen youth and family engagement so young people can stay on track in their recovery.

“This study will help identify young people likely to slip through the cracks — and why — so we can ensure all young people with psychosis have access to early and ongoing treatment,” says Dr. Kozloff.

“ We are leading the creation of evidence-based, standardized — yet flexible — care pathways for depression. ”

Dr. Stefan Kloiber, Clinician Scientist and Medical Head of General Psychiatry Ambulatory Services, CAMH

Mental Health is Health

Mental Health is Health is grounded in the principles of health equity and the belief we should all have equal access to opportunities to attain a higher level of health through timely, appropriate and high-quality care independent of social, economic and demographic status.

At CAMH, we are working to reduce disparities in mental illness and treatment through advocacy, data collection, policy-related activities, research and training programs.



Last June, CAMH hosted a Pow Wow and Inter-Tribal Social.

In a unique collaboration with Saugeen First Nation in Southampton, Ont., CAMH is taking its mobile research lab on the road to gather the knowledge needed to help develop a community wellness strategy.

The mobile unit hosts community interviews and surveys in an approach known as participatory action research, in which members of the community share their experiences and perspectives to determine what is best for the community.

“We want Saugeen First Nation to be a safe, healthy and happy place for us all. We are taking an important step by participating in this CAMH project.”

Ningwakwe George, Field Coordinator on the participatory action research project and member of Saugeen First Nations

We are helping primary care providers in remote and rural areas across Ontario build a better understanding of how to deliver transgender and gender diverse health care.

ECHO Ontario Trans and Gender Diverse Healthcare uses video conferencing to connect primary care providers at sites across Ontario with experts in the Toronto hub.

“ECHO offers such a great opportunity to share knowledge and let that excellence of care trickle into places that normally wouldn’t have those resources,” says Kristen Patrick, an ECHO participant and member of the Sunset Country Family Health Team in Kenora.



Dr. Alex Abramovich (centre) is recognized by York Regional Police for his work with youth homelessness and issues regarding trans health and inclusion.

In the first study of its kind, Dr. Alex Abramovich, an Independent Scientist with the Institute for Mental Health Policy Research, is collecting health care data from up to eight clinics across Ontario in hopes of better understanding how transgender people are accessing mental health care, and their overall health care use, through links to International Credential Evaluation Service data repository, for the first time.

“This study aims to identify, recognize and value trans lives, and create new knowledge that will lead to safe and competent health care for the trans population,” says Dr. Abramovich.

He is also using CAMH’s mobile research lab to collect data across nine municipalities in York region to better understand youth homelessness among LGBTQ2S youth in a study funded by the Social Sciences and Humanities Research Council.



Our mobile lab helps us take our research to remote communities.

CAMH’s Dr. Sean Kidd spent a year with young people who had recently exited homelessness. What he learned concerned him; 25 per cent were soon street homeless again, with the majority of others stalled with unstable lives, major mental illness and trauma.

That’s why he is leading the Toronto Housing Outreach Program Collaborative, a project with a number of youth-focused organizations that has led to improvements in housing, education and employment in this population. This intervention supports young people as they transition from homelessness to housing in hopes they’ll escape homelessness permanently and flourish.

“We very deeply listened to what young people said, and they told us they needed a combination of outreach case management, peer support and mental health support – offered in community settings rather than shelters.” says Dr. Kidd.

The resulting model is now being tested with Indigenous youth in Thunder Bay through a collaboration with Indigenous services, and a “for youth, by youth” guide for exiting homelessness is being tested in Thunder Bay and Managua, Nicaragua.

25%

who had recently exited homelessness were soon street homeless again

CAMH hosted open and honest conversations about reconciliation at its June 19 events to celebrate National Indigenous Peoples Day.

The day featured an opening welcome on CAMH’s Ceremony Grounds; a panel discussion featuring Dr. Wilton Littlechild, past Commissioner of the Truth and Reconciliation Commission; and a Pow Wow and Inter-Tribal Social.

“At CAMH, we have colleagues working together around reconciliation. It’s not easy all the time but it’s important and rewarding work,” says Dr. Renee Linklater, Director of CAMH’s Aboriginal Engagement and Outreach.

We are committed to reducing suicide rates in Canada.

This means changing the conversation by generating a better understanding of the causes through research, and by developing new interventions for diverse populations.

Changing attitudes and beliefs about mental health

We are influencing the way Canadians think about mental health, gathering the evidence needed to inform policy and system change, and leading the conversations needed to bring mental health into a new era.

Through the CAMH Monitor, the longest ongoing study of adult mental health and substance use in Canada, we know poor mental health among adults is on the rise.

Young people are struggling, too. The CAMH Ontario Student Drug Use and Health Survey — the longest-running continuous survey of its kind in the world — found more than half of girls are facing an elevated level of psychological distress. A third of young people want to talk to someone about their mental health but don't know where to turn.

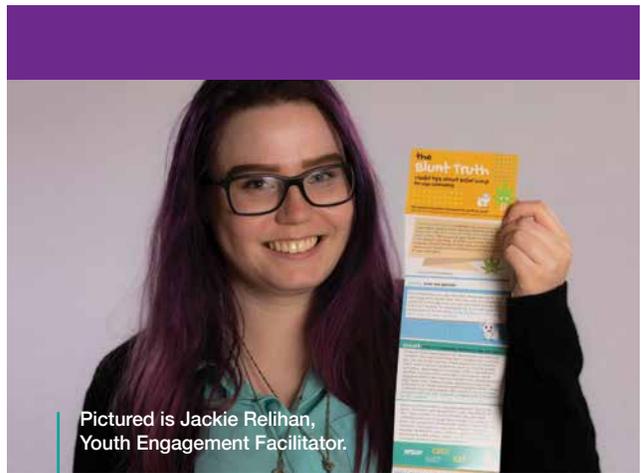
“We must improve resilience and reduce the burden of mental illness on individuals and their families,” says Dr. Hayley Hamilton, co-principal investigator on both surveys.

In a CAMH and Sunnybrook collaboration, Dr. Juveria Zaheer hopes her study of hundreds of suicide notes will help clinicians prevent further tragedies.

“We have an opportunity to improve our understanding of the mindset of people in the moments prior to their suicide deaths,” says Dr. Zaheer, a Clinician Scientist in CAMH’s Institute for Mental Health Policy Research.

Dr. Zaheer also worked with the Canadian Armed Forces (CAF) as lead author of the CAF Clinician Handbook on Suicide Prevention.

“Suicide is a deeply complex, multi-dimensional phenomenon with no single cause and no simple solution,” says Minister of Defence Harjit S. Sajjan.



Pictured is Jackie Relihan, Youth Engagement Facilitator.

CAMH has long advocated for reform of Canada’s system of cannabis control. Our Cannabis Policy Framework, released in 2014, informed decisions around October 2018’s legalization of cannabis in Canada, and we have developed guidelines for its use.

CAMH led the creation of Canada’s Lower-Risk Cannabis Use Guidelines to help people make choices that reduce their long-term risks.

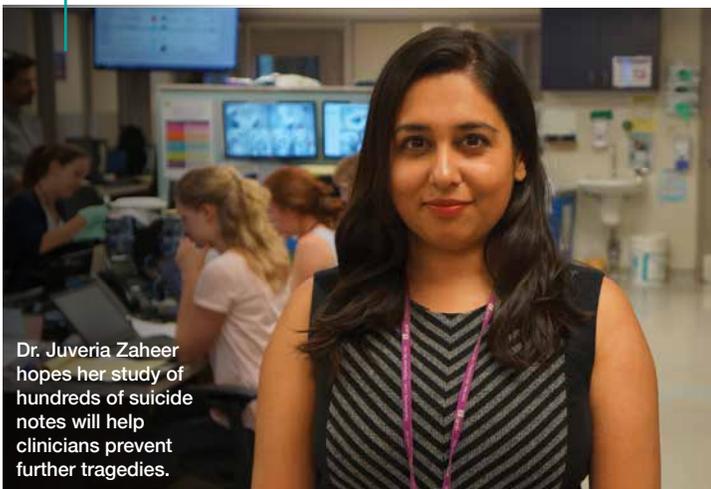
CAMH Education worked with Canadian Research Initiative in Substance Misuse Research (CRISM) to create and share “10 Ways to Reduce Risks to Your Health When Using Cannabis,” a plain-language adaptation of CRISM’s important lower-risk cannabis use guidelines.

12,000

copies of “The Blunt Truth”
have been distributed so far

The same team also worked with the Youth Engagement Initiative and National Youth Action Council to create “The Blunt Truth,” a guideline for young people. More than 9,100 copies of “10 Ways” and nearly 12,000 copies of “The Blunt Truth” have been distributed so far.

Education’s Digital Innovation team produced an 11-minute podcast, “What all physicians need to know about cannabis legalization,” the first of an exciting new podcast by physicians for physicians. The podcast has been downloaded nearly 500 times.



Dr. Juveria Zaheer hopes her study of hundreds of suicide notes will help clinicians prevent further tragedies.

In a study jointly funded by the Cundill Centre and the Centre for Brain and Mental Health at SickKids, we are testing an intervention in which young people who visit the emergency department with acute suicidality receive six weeks of individual and family-based psychotherapy developed specifically for youth.

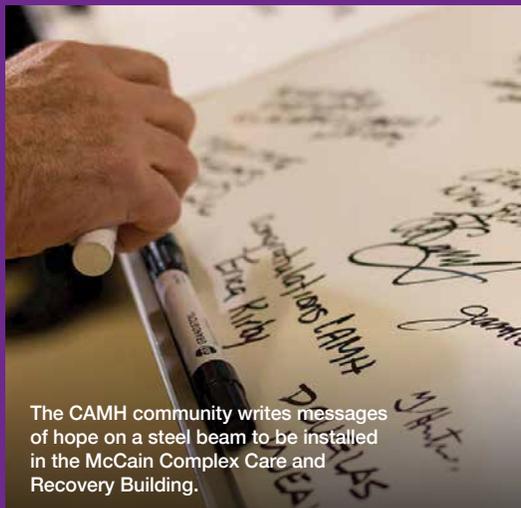
“There are very few interventions for suicidal youth that include a family component,” explains Dr. Daphne Korczak.

CAMH’s Temerty Centre has shown repetitive transcranial magnetic stimulation shown rTMS reduces suicidal thinking in a significant portion of people with hard-to-treat depression.

“This is one of the first large studies showing rTMS is effective in treating suicidal ideation,” says Dr. Jeff Daskalakis, Co-Director of the Temerty Centre.

Building a future

As we move ever closer to completing our vision of a modern, warm and welcoming mental health hospital — one in which people receive care with respect and dignity — we've reached an important construction milestone.



The CAMH community writes messages of hope on a steel beam to be installed in the McCain Complex Care and Recovery Building.

“Our new buildings will be so much more than walls, floors and ceilings. They will be respectful and dignified places that promote healing and recovery.”

Dr. Catherine Zahn, CAMH President & CEO

In mid-December, CAMH and our redevelopment partners — Plenary Health, PCL and Infrastructure Ontario — poured the last concrete roof slabs on the McCain Complex Care and Recovery Building and the Crisis and Critical Care Building. Known in the construction world as the “topping off,” this event marked the completion of the outer structure of our buildings. We are on track to welcome patients into these buildings in mid-2020.

With this milestone now behind us, our focus has shifted to the “countdown to care,” ensuring our care models and approaches to patient care match this new hospital.

“With every concrete slab poured...our vision to transform patient care has come more in focus.”

“With every concrete slab poured, steel reinforcement bar hoisted or wall panel installed, our vision to transform patient care and challenge stigma has come more in focus,” says David Cunic, CAMH’s Vice-President Redevelopment and Support Services.



The next phase of our redevelopment has reached an important milestone: the topping off.

The new buildings will feature a 300-seat auditorium for conferences and community events, our Gerald Sheff & Shanitha Kachan Emergency Department, and 235 inpatient beds. Within the McCain Complex Care and Recovery Building, people with mental illness will learn the skills they need to succeed beyond CAMH, thanks to \$3.75 million in support from Tour de Bleu, a 160-kilometre private cycling event hosted by the Peter Gilgan Foundation and Mattamy Homes.

The Tour de Bleu Therapeutic Neighbourhood will provide shared spaces for sports, exercise activities, a teaching kitchen, music and art spaces, and mental health and recovery educational spaces for patients and their families.

“Knowing that the Tour de Bleu Therapeutic Neighbourhood will be there for people as they transition out of their time at CAMH brings me, and all our riders, an immense sense of pride,” says Peter Gilgan, Founder and CEO of Mattamy Homes.



The Tour de Bleu Therapeutic Neighbourhood is being made possible thanks to a \$3.75-million gift from Tour de Bleu, a 160-kilometre private cycling event hosted by the Peter Gilgan Foundation and Mattamy Homes.

\$3.75 million
Thanks to support from Tour de Bleu



From right, CAMH President & CEO Dr. Catherine Zahn speaks with Ontario Premier Doug Ford and Christine Elliott, Minister of Health and Long-Term Care, on Bell Let's Talk Day at CAMH.



The Royal Canadian Mint released a special silver collector coin at CAMH in honour of the wedding of Prince Harry and Meghan Markle. A \$25,000 donation was made to CAMH at their request.



CAMH celebrated a new state-of-the-art greenhouse for patient and community programming alongside longtime partners FoodShare and Parkdale Green Thumb Enterprises.



Claudia Fieder, Chair of UnMasked 2019, centre, is joined by Co-Chairs Susan Baxter, left, and Sandi Treliving at this year's UnMasked. Photo credit: Tom Sandler



CAMH presented its first CAMH Pet Therapy Dog Show in December 2018.



Quinn Kirby, left, Manager of CAMH's Gifts of Light, speaks with Danielle Emanuele, Leafs Nation Network host, about mental health as part of Hockey Talks in January.



Rami Wehbe, Technology Strategist, CompuCom, demonstrates how to use a service robot at the CAMH Innovation Expo.



Apanaki Temitayo is CAMH's first Artist-in-Wellness and facilitates therapeutic art experiences and programming for CAMH patients.

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as of June 14, 2018

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2018/2019

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CAMH Hospital Financial Snapshot

Statement of Operations for the Year ended March 31, 2019

REVENUE \$ (in thousands of dollars)	2019
Ministry of Health and Long-Term Care/Toronto Central Local	
Health Integration Network grants	345,393
Patient revenue	3,218
Research and other grants	63,791
Ancillary and other	25,350
Amortization of deferred capital contributions	18,284
Investment income	1,428
TOTAL REVENUE	457,464
EXPENSES	
Compensation	319,205
Supplies and other	91,684
Depreciation	26,452
Rent	3,715
Drugs and medical supplies	6,191
Interest	7,594
TOTAL EXPENSES	454,841
EXCESS OF REVENUE OVER EXPENSES FOR THE YEAR	2,623

CAMH Foundation Financial Snapshot

Summary Statement of Revenue and Expenses
Year Ended March 31, 2019

REVENUE \$	2019	2018
Donations	68,100,782	51,347,285
Bequests	148,256	69,032
Special events	6,676,621	2,628,500
Investment income	9,149,468	2,949,941
TOTAL REVENUE	84,075,127	56,994,758
EXPENSES		
Fundraising and administration	13,053,104	13,034,962
Special events	1,060,074	588,550
TOTAL EXPENSES	14,113,178	13,623,512
EXCESS OF REVENUE OVER EXPENSES BEFORE GRANTS	69,961,949	43,371,246

2018/19
GRANTS BY TYPE

\$16,245,636
RESEARCH & CARE

\$2,874,304
EDUCATION &
PUBLIC AWARENESS

\$1,638,368
REDEVELOPMENT
& INFRASTRUCTURE

Thank you to our donors

The movement to transform the way society thinks about mental health has never been more important. Thank you to the many people who gave their time, effort, passion and commitment to CAMH.

Because of supporters like you, it won't be long before we can all say "Mental Health is Health." Thank you!

Donors listed in purple are those who have kindly supported the Gifts of Light program.

This program provides practical, meaningful gifts that support the road to recovery for mental health and addiction patients at CAMH. To learn more about the Gifts of Light program, please visit www.camh.ca/giftsoflight.

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The Michael Wilson Society brings together generous forward-thinking leaders committed to advancing mental health. We are proud to recognize the support of members of our Michael Wilson Society, which strives to continue Michael's dedication to CAMH, our vision and our mission. This year's recognition carries with it significant importance as we mourn Michael's passing in February 2019.

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Robert Dowsett & Anne Folger
Lawrence Enkin
Jim & Jacquie Estey
John & Sarah Gleeson Family
Gerald and Naomi Goldenberg
Jolene and John Gordon
Bill Wright & Julia Gorman
John & Gail Gorman
Katherine Govier
Brian H. Greenspan & Marla Berger
S. Mary Hatch
Gail D. Hendrie
Lisanne Hill & Robert Dowler
Rennie & Bill Humphries
Eui Sook & Yun Back Kim
Spencer Lanthier & Diana Bennett
Brian & Joanna Lawson
Greta Liebel
Phil Lind
Robert & Patricia Lord
Tracey MacArthur
Bartlett H. MacDougall

Tom & Sandy MacMillan
Christopher & Deborah Martin
The Right Honourable Brian Mulroney
Benoit & Sharon Mulsant
Gordon & Janet Nixon
Mary Ann Pathy
The Pickford-Henderson Family Foundation
Bruce G. Pollock & Judith I. Arluk
The Pottruff Family Foundation
Guy & Mary Pratte
James Prevett
Gordon E. Pugh & N. J. Teeter
Bruce & Lisa Rothney
Peter & Judy Russel
John Sartz & Mallory Morris-Sartz
Ivan & Lynda Silver
Lori Spadorcia
Jan J. Stewart
Bob & Mona Stupart
Heather M. Thomson
Judith Tompkins
W. Ross Walker
The WB Family Foundation
George A. & Janet Wilson
Greg Woynarski
Joe & Betsy Wright
Steven A. Zakem & M. Crisell

CAMH ONE BRAVE NIGHT FOR MENTAL HEALTH™

We are so thankful to the thousands that rallied around CAMH One Brave Night for Mental Health. This important fundraiser challenged participants to step into the spotlight to raise funds and took place on May 10, 2019. Below are the top fundraisers of 2019.

Top 15 Individuals

Annette Verschuren
Shael Risman
Deborah Gillis
Sandeep Joshi
John Walker
Tim Whittaker
Heather Kaine
Marie-France Cardin
Sacha Michna
Shari Tallon
Jamie Dew
Taylor Wigle
Mitzi Newman
Nicholas Curry
Lisa Hartt

Top 10 corporate teams

Team CIBC
PointClickCare
CAMH Foundation
CAMH Engage
Team G4S
UC Angels
Creative Outlet
OurRunningTribe
Triple A - Azrieli Advocates and Allies
Team RACH

WORKPLACE AND COMMUNITY GIVING

CAMH is fortunate to have strong community and workplace partnerships who rally behind CAMH. These groups raise funds on behalf of CAMH while raising awareness of mental health and helping to reduce stigma. A special thank you to all hosts and organizers in 2018/19.

#Move for Mental Health
4th Annual Earl Street Block Party
7 Summits for Mental Health
A Night to Remember - Richard Robbins International
Agellan Mad Hatter Party
[Andy Kim Concert](#)
B.Suite Salon & Spa Fundraiser
BioConnect Christmas Party
Blackberry Office Fundraiser
Blessed Trinity School Fundraiser
Brady Boy Memorial Golf Tournament
Bubble Against Troubles Fundraiser for Mental Health
Cadillac Fairview Golf Tournament
Centennial College Transform Dance Performance
Cisco Canada Bowling Fundraiser
Conservatory Chambers Players - Beethoven Concert
[Cookies for a Cause](#)
CreateBeing
Comedy Girl
Corey Cup Golf Classic
Credit Suisse Charity Fundraiser
David Ferretti Memorial Golf Tournament
DIALOG Golf Classic
[Downtown Camera](#)
Dream Maker - Real Estate
Speaker Series 2
DWPV Casual Day Fundraiser
E.T. Crowle School Grade 5 Fundraiser

Edithvale Seniors Snooker Club Fundraiser
être by Priya Pandya - South Hill Home Wellness Edition
Fall Bike Ride
Flow in the Dark Yoga
Fogler, Rubinoff Office Fundraiser
Gerdau AmeriSteel US
Get Ryffed - South Hill Home Wellness Edition
Go(Go) Goes Mental Fundraiser
The Great Hall Christmas Party
Green Shield Canada Dress Down Day
Ground Glass Media Fundraiser
Hats On for Awareness
[Holt Renfrew Shopping Night](#)
[House of Jack Fundraiser](#)
Huron Heights Secondary School Fundraiser
Ian Nairne Hockey Classic
Info Tech Research Group Fundraiser
Inspire and Move
Jeremy Dobski 5k Spartan Race
Kelsi's Inspirational Song Fundraiser
Kido Comedy Fundraiser
LCBO - Mississauga Branch Fundraiser
LeafShack Fundraiser
Lesley Hampton FW18 LITHIUM
Leslieville Flea Market Fundraiser
MacTSA Let's Talk Fundraiser
Men's Room at Crow's Theatre
Mint Agency Holiday Fundraiser
Mississauga Marathon
Moksha Yoga - Modo Yoga Bloor West
Monarch Park
Mug Designs for Healthy Minds
Murray Abbott Invitational Golf Tournament
OMD Canada Volunteer Day
[Out of the Blue](#)
Performing Dance Arts - 'The Project'
Peyton School Fundraiser
Pre-Med Society U of T Fundraiser
PWC Office Fundraiser
Quality Allied Elevator Golf Tournament
Queen's University Fundraiser
Red Tree Hot Yoga
Rock Harder IV: Freestyle Session
Royal Mint Coin
Ruth Thompson Middle School Fundraiser
Scarborough Theatre - Next to Normal Fundraiser
Scotiabank Toronto Waterfront Marathon
Shoppers #1162 - SHOPPERS. LOVE.YOU Fundraiser
Shorinji Kempo Kickathon Toronto Branch
Silverthorn Collegiate Swim for Mental Health

CAMH took over Toronto's busy Dundas Square in January to spread the message that Mental Health is Health.



- Sittu Group Food Truck Fundraiser
- Spin Away the Stigma Fundraiser
- Spring into Action Run/Walk
- St. Brother Andre Catholic High School Fundraiser
- St. Elizabeth Catholic School Fundraiser
- St. Luke's "Be Well, Get Well" Fundraiser
- St. Maximilian Kolbe School Market Fair
- St. Sebastian School Civvies Day
- Stella Maris School Pink Shirt Fundraiser
- Stoke the Fire Fundraiser
- Stretch the Soul
- Strike Out Mental Illness
- Swiss Reinsurance Office Fundraiser 2018-19
- TMX Group Art Fundraiser
- TO West Coast Swing Dance
- Toronto Corporate Run
- Tour de Bleu
- Transformational Arts Holiday Fundraiser
- Tremco Charity Golf Tournament
- U of T Faculty of Pharmacy Fundraiser
- Vinyasa for Vern
- Voice Fundraiser
- Waterloo Region School Cupcake Fundraiser
- WestCoast Swing Dance
- You Will Be Found Benefit Concert

VOLUNTEERS

We are proud to recognize our dedicated and talented volunteers, without whom we truly could not accomplish our goals for CAMH.

Corporate Cabinet

- Nina Abdelmessih
- Jim Anderson
- Ungad Chadda
- Marilynne Madigan
- John Orr
- Annette Verschuren, O.C.

UnMasked

- Claudia Fieder, Chair
- Susan Baxter, Co-Chair, Sales & Sponsorship
- Sandi Treliving, Co-Chair, Sales & Sponsorship
- Deborah Belcourt, Committee Member
- Susan Caskey, Committee Member
- Virginia Cirocco, Committee Member
- Ana P. Lopes, C.M., Committee Member
- Marilynne Madigan, Committee Member
- Kelly E.D. Meighen, Committee Member
- Tom Milroy, Committee Member
- Greg Moore, Committee Member
- Valerie Pringle, C.M., Committee Member
- Martha Tredgett-Bender, Committee Member

CAMH Engage

- Mike Ackland
- Mark Adelson
- Colin Aubrey
- Sarah Denham
- James Gibson
- Alexander McLissac
- Katie Milos
- Meghann O'Hara Fraser
- Zachary Schwartz
- Brittany Smith
- Erin Taylor
- Cale Weinberg

Gifts of Light Committee & Volunteers

- Erin Agnew
- Fionna Blair
- Steve Campion
- Janey Chapman
- Claudia Fieder
- Tassy Guitard
- Heather Johnston
- Robert Johnstone
- Merri Louise Jones
- Kaye Beeston
- Lorraine Langlois
- Erin Ledrew
- Allan Lever
- Nancy Lockhart
- Marilynne Madigan
- Charlotte McConnell
- Sharron Mollenhauer
- Donna Slaight, Chair
- Lesley Soldat
- Kim Taylor

CAMH Executive Committee

- Jamie Anderson, Board Chair
- Tom Milroy, Past-Chair
- John Gordon, Treasurer
- Michael McCain, Vice-Chair
- The Honourable Michael Wilson, Vice-Chair
- Maureen Dodig, Co-Chair Governance/Nominating Committee
- Dale Lastman, Co-Chair Governance/Nominating Committee
- Jill Pepall, Chair, Investment Committee
- Catherine Zahn, President & CEO, CAMH

CAMH Finance/Audit

- John Gordon, Chair
- Jim Bantis, Community Member
- Maureen Dodig
- Brian Edmonds, CAMH Executive Leadership
- Heather Kaine, Community Member
- Frank Lochan, Community Member
- Benjie Thomas, Community Member

CAMH Governance/Nominating

- Maureen Dodig, Co-Chair Governance
- Dale Lastman, Co-Chair Governance/Nominating Committee
- Shanitha Kachan
- Dan O'Shaughnessy
- Valerie Pringle

CAMH Investment

- Jill Pepall, Chair
- Noel Archard, Community Member
- Rob Barbara, Community Member
- Ted Cadsby, Community Member
- Tim Price, Community Member
- Keith Sjögren, Community Member
- Kevin Doyle
- John Gordon

How to reach us



CAMH

416 535 8501
camh.ca

ACCESS CAMH: press '2'
for information about accessing
CAMH services

CAMH Foundation

416 979 6909
foundation@camh.ca

100 Stokes Street,
5th Floor Bell Gateway Building
Toronto, ON M6J 1H4

Toronto Sites

Queen Street

1001 Queen Street West
Toronto, ON M6J 1H4

College Street

(including CAMH's
Emergency Department)
250 College Street
Toronto, ON M5T 1R8

Russell Street

33 Russell Street
Toronto, ON M5S 2S1

Provincial System Support Program Regional Offices

GTA Region

Toronto Community Office
416 535 8501 Ext. 30335

East Region

Ottawa
TF 888 441 2892
or 613 569 6024

Kingston

TF 888 287 4439
or 613 546 4266

West Region

London

TF 888 495 2261
or 519 858 5110

Hamilton

TF 888 857 2876
or 905 525 1250

North East Region Sudbury

TF 1 888 880 7063
or 705 675 1195

Barrie

TF 1 888 880 7063
or 705 675 1195

North West Region Kenora

807 468 1429

Thunder Bay

807 626 9145



Our Vision

—
Transforming Lives

Our Purpose

—
At CAMH, we care, discover, learn
and build — to transform lives

Our Values

—
Courage. Respect. Excellence.



**Centre for Addiction
and Mental Health**

1001 Queen Street West
Toronto, ON M6J 1H4

camh.ca