

camh connexions



Celebrating over 20 years of Creative on Queen

This year, CAMH celebrated 22 years of participation in the Queen West Art Crawl through Creative on Queen, our annual art fair and key community engagement initiative within the CAMH community. The event showcased over 40 talented artists and artisans with lived experience in the mental health system, including representatives from CAMH, Workman Arts, Sistering Inspirations Studios, and Indigenous agencies. Attendees enjoyed live music, a delicious BBQ from Out of this World Cafe, and the opportunity to purchase unique artwork, such as greeting cards, handcrafted pottery, jewelry, and much more.



Get to know the artists



Laura Martin
Little Wiggly Art
@littlewigglyart

A member of the M'Chigeeng First Nation, Laura's creations include paintings, prints, beadwork, and handmade accessories. "My favourite part of Creative on Queen was seeing people attend with their support workers or family members," Laura shared. "As a support worker myself for my adult nephew, I understand how important it is for all people to feel welcome and part of a community."

Upcoming community events

Festival of Lights Taking place this November in TD Commons, The Festival of Lights marks the beginning of the holiday season. The event is patient-focused, although all community members are welcome, and is a celebration of various holidays such as Kwanzaa, Diwali, Christmas, and Hanukkah. There will be live music, community performances, arts and crafts, snacks, and a big tree-lighting moment. This event is made possible through CAMH's Gifts of Light program, funded entirely by donations and designed to address patients' wellness needs beyond clinical care. We collaborate with patients, families, and clinical staff to provide enriching activities, creating a safe space to foster supportive connections and help patients experience a sense of fulfillment.

This year's Festival of Lights will take place on Wednesday, November 13, from 4:30 PM to 6:00 PM.



Hippie Vintage Taking place May to October in TD Commons, Hippie Vintage Market is a family-friendly vendor market with a diverse set of offerings, including vintage, art, and small-batch goods, as well as food and beverage. Hippie Vintage Market also hosts interactive performances, fundraising, small business mentoring and sustainability efforts.

(Cont'd)

creative
on Queen

Emma Moore
@emmakmooreart



Emma is a freelance artist and mental health advocate who works across a range of digital and traditional mediums, including scenography, photography, site-specific drawing, and watercolor and acrylic painting. Her latest pieces focus on nature landscapes, still life, and botanicals. Drawing from her own experiences navigating the mental health system, Emma uses her art to support others with similar journeys. "Every year, I look forward to the art crawl," she shares. "It's such an inclusive event that uplifts everyone involved."



Quirk Society
@quirksociety

Quirk Society, a Canadian women-owned business, offers fun and unique housewares, including tableware, garden décor, stickers, jewelry, and custom urns. "Interacting with attendees made the event unforgettable," Quirk Society's owner, Tanja, shared, reflecting on the positive community atmosphere. "We're grateful to have contributed to Creative on Queen and look forward to future opportunities to engage with this wonderful community."

A percentage of proceeds from each market is donated to CAMH's Gifts of Light program.

This season's final Hippie Market is scheduled for Saturday, October 19, from 12:00 PM to 6:00 PM.

mental health is health



An update on 1D Redevelopment

In 2024, CAMH entered the fourth and final phase of our historic redevelopment! This last stage, known as Phase 1D, involves the construction of two new buildings at our Queen Street West site.

- **The Secure Care and Recovery Building** will replace our current facilities for patients with complex mental illnesses who have come into contact with the legal system.
- **The Temerty Discovery Centre**, a state-of-the-art facility, will be dedicated to housing all of our groundbreaking research.

The ultimate aim is to transform our Queen Street site into a more integrated space that brings together research and care, creating a welcoming environment for all that promotes recovery and compassionate attitudes toward mental health in our community.

Here are the upcoming construction activities scheduled for the fall:

- Demolition activities will continue, along with excavation and backfill, which may cause increased noise. We have installed noise and vibration monitors around the construction site to ensure we are complying with regulatory requirements.

- Volumes of dump trucks and concrete trucks will remain consistent, and heavy equipment deliveries will continue to enter and exit the site.
- An additional crane tower will be installed during this period. Safety exercises will take place, and while lights will be turned off at the end of the day, small red navigation warning lights on the cranes must remain on at all times for safety.
- Heritage restoration began in July on the south side of the campus and will continue throughout the fall.
- Environmental controls that adhere to Ministry of the Environment requirements are in place and regularly assessed to ensure compliance and minimize excessive dust.

All redevelopment construction work will adhere to the City of Toronto Bylaws, which permit operation Monday to Friday from 7 AM to 7 PM and Saturdays from 9 AM to 7 PM. No noise-generating work will be completed on Sundays or statutory holidays.

Feedback? Please email redvelopment.feedback@camh.ca.

We appreciate your understanding and patience during this exciting time of transformation at CAMH.

Building a greener and healthier future with the Temerty Discovery Centre

Once complete in 2027, the Temerty Discovery Centre will be one of the world's greenest research centres. Not only will this building house life-saving research for mental health and addiction care, but it will be uniquely sustainable, incorporating green features inside and out. Learn more below:

Beyond LEED Platinum: The Centre's **open, connected,** and **sustainable design** exceeds Tier 3 Toronto Green City Standards and LEED V4 Platinum, the highest green building certifications. Using international best practices, the Centre will reduce carbon emissions and energy use, targeting an ambitious **energy goal of 1.25 GJ/m² per year**.

Real-Time Climate Monitoring: An advanced weather monitoring system will track local temperature, humidity, precipitation, and solar rays and adjust the building's façade in **direct response** to real-time conditions. Motorized window vents and self-operating shading systems will optimize natural ventilation and regulate sunlight.

Innovating with Timber: As **Canada's first major research building constructed from wood**, the timber structure will store over **2,280 tons of carbon**, significantly reducing CO₂ emissions. Innovative concrete techniques will **further cut CO₂ emissions by 40%**.

GeoExchange Field: You won't see it, but you'll feel it. Over 75 boreholes installed 800 feet deep will provide heating and cooling for **65% of the year**, saving energy and costs.

New Green Spaces: The Centre will offer **new public outdoor green spaces** that seamlessly extend the building. These areas will feature seating, Indigenous landscaping, and horticulture, blending with the campus to create a welcoming, natural environment.





Gifts of Light Wellness Day empowers recovery and sparks joy

Gifts of Light hosted its annual Wellness Day for patients to enjoy personal care moments, including doing Tai Chi and getting haircuts, makeup and manicures. Gifts of Light is a 100% donor-funded CAMH program that supports wellness gaps in our system and service areas that do not receive ministry funding to improve the patient experience.

Ilona, a hairstylist and former patient, generously volunteered her skills for the day and said, "CAMH helped me when I needed it, so I want to give back doing what I love. I've done a lot of charity work and cut-a-thons. But this one is my favorite. I feel it from the heart. It's my passion."

Give with your celebration, and champion mental health

Looking for a new and meaningful way to celebrate an upcoming milestone? Whether you are celebrating a birthday or marking an anniversary, consider taking the opportunity to champion mental health as a gift to yourself and others.



In lieu of gifts, you can ask your community to donate to CAMH in your's or a loved one's honour. Your donation can create a lasting impact, offering a unique opportunity to support better mental health care for everyone.

Learn more or share a tribute today at camh.ca/en/get-involved/ways-to-donate/gifts-of-celebration.

NBA All-star DeMar DeRozan and Honourable Marci Ien discuss mental health and resilience with CAMH youth



On September 12, CAMH had the honour of hosting DeMar to talk candidly about his book, where he was joined by the Honourable Marci Ien, Federal Minister for Women and Gender Equality and Youth.

While his book tour featured several stops around Toronto, his visit to CAMH held special significance: the audience was largely made up of young people and their families - some receiving care at CAMH, others with lived experience, and many from equity-deserving communities. The Arrell Family Foundation Auditorium was packed with excited young people, eager to hear DeMar's perspective on life.

During the hour-long conversation, DeMar and Minister Ien spoke about his upbringing as a Black kid growing up in a loving and supportive household in Compton amidst overwhelming external pressures.

They talked about his early years in the NBA, his relationship with former teammate Kyle Lowry and coach Dwayne Casey, and shared how he arrived at success. Most poignantly, DeMar spoke about his growth from a talented teenager thrust into the spotlight, to a loving father who is using his platform to shine a light on mental health to influence the lives of youth.

Youth in the crowd listened in rapt attention as DeMar shared the mindset that brought him to the heights of NBA stardom and has given him strength as a father.

"As a young athlete of colour learning and having my own struggles, when I listened to DeMar, it made me realize that I wasn't alone and that I can always go for help in many places. No matter how alone I feel, there will always be help, and always somewhere I can go," said Joshua, one of the youths in attendance.

Continue the conversation online

camh.ca/neighbours
redvelopment.feedback@camh.ca

Please join our local community email list by emailing communityevents@camh.ca.



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