



Centre for Addiction and Mental Health  
Centre de toxicomanie et de santé mentale

## **CAMH Corporate Volunteer Opportunities 2011**

**At CAMH** we strive to work closely with corporations to create a culture of care and community through hands on involvement. Our Corporate Volunteer Program is designed to encourage employee volunteering, improving teamwork, collaboration between staff and leadership skills. We have a number of activities for volunteers to participate in:

### **2011 Year round Activities:**

#### **CAMH Corporate Sports Challenge (Basketball, Floor Hockey, Soccer)**

Providing CAMH clients with an opportunity to experience the fun and enjoyment of learning about and participating in organized sports - especially as team-mates with corporate volunteers. This event will afford clients a sense of belonging to a community and increase feelings of "normalization". In addition, the event will help decrease the stigma associated with mental illnesses and further develop the link between CAMH and the community. Day can be negotiated. Suitable for 10-15 volunteers.

#### **Integrated Rehabilitation Unit IRU Works-Card Making**

This program taps into the creativity of the clients as they create original cards such as seasonal, thank you and custom design cards to meet all occasions. Volunteers will assist and work alongside clients in the design and concept. These cards upon completion will be sold internally at CAMH and hope to sell them to the community.

Suitable for 6-8 volunteers. 9:30-12:00

**Cooking/Baking Day and Social Tea for the Geriatric Mental Health Program-** This volunteer activity is a fun, social way to teach CAMH clients healthy food habits and basic meal making skills. But most importantly, it encourages soc between CAMH clients and volunteers, which in turn helps reduce stigma related to mental illness.  
Suitable for 5-10 volunteers. Day can be negotiated.

**Adventure Based Program "Rise Up"-** The idea is to bring attention to this new and innovative program being offered in Schizophrenia. The event will take place on the grounds of CAMH.

Clients, volunteers and staff will be selected onto teams. We'll offer warm up games so that team members can get to know and become comfortable with each other. Later, each team will go through several survivor (TV show) type obstacle courses which will require each team to strategies and problem solve their way though the course.

This is an excellent opportunity for corporate volunteer team building and to learn about the clients and diverse programming offered at CAMH.  
Suitable for 10-15 volunteers. Day can be negotiated.

**Suits Me Fine Clothing Shop-** Suits Me Fine is open Mondays and Wednesdays from 1:00pm to 3:00pm and volunteers are needed to assist clients in finding suitable clothing for various needs including everyday life, a job interview, a special event or a court appearance. Volunteers will assist clients in finding appropriate sizes, choosing outfits, accessories, and shoes hat will meet their needs. Suit able for 4-5 volunteers M-W 12:00-3:30

**Suits Me Fine Fashion Show** -The Suits Me Fine program provides clothes and shoes and other essential items such as socks, undergarments and toiletries to our clients. This program is open every Monday and Wednesday Fashion. Every year the program is highlighted by the annual fashion show. The clients model the new clothes from sporting wear to elegant business and evening wear.  
Suitable for 10 volunteers. May 2011

### **Spring/Fall 2011 Gardening Activities: College/Russell Site/Queen**

Therapeutic Gardening Group—Adult and youth clients recovering from addiction and mental health issues participate in CAMH's Therapeutic Gardening Group programs along with Corporate Volunteers. Group members are taught gardening skills, nutrition, food preparation, and most importantly a sense of accomplishment and purpose. Volunteers are being sought to supply the physical labour and planting materials and supplies and to help expand and improve the program's garden beds. Day can be negotiated. Suitable for 10 volunteers

### **Gardening-Tulip Beds-Gardening with Mood and Anxiety and Addiction Programs**

Clients recovering from addiction and mental health issues participate in CAMH's therapeutic Gardening programs. The purpose of this program is to give group members an opportunity to model healthy behaviour and socialize in a safe, substance-free environment. They are taught gardening skills and most importantly a sense of accomplishment and purpose. Group members often report improved self-esteem, feeling good about learning new skills, being needed by the group and the plants, and having a reason to get up in the morning.

The client demand to join CAMH's therapeutic gardening programs is increasing, but unfortunately the program operates on limited resources. Therefore volunteers are being sought to supply the physical labour and some planting materials to help expand and improve the program's garden beds. The group will plant bulbs in the garden beds behind 30,40,50,60 White Squirrel Way. This is a great opportunity to learn about the programming at CAMH. These opportunities go along way in helping us remove the stigma associated with mental illness and addiction. Suitable for 10-15 volunteers

**Intergenerational Gardening Program-Spring 2011-Queen Site**-this unique gardening initiative provides the corporate volunteers an opportunity to engage clients from the Geriatric Mental Health Program. Suitable for 10 volunteers

**Gardening in the Sunshine Organic Garden** at CAMH as part of the “Growing People Growing Food” program. Located by the entrance to Unit 1, near White Squirrel Way The Sunshine Garden is Toronto’s first organic market garden where volunteer clients from CAMH and the Social Phobia Support Group of Toronto cultivate an organic vegetable garden and then sell the produce back to the community. All proceeds from the sale of the produce are re-invested in the program. This activity would involve weeding and mulching the organic vegetables grown in the Sunshine Garden, as well as composting. The program promotes wellness, healthy nutrition, recovery and enjoyment. Volunteers, along side CAMH clients and FoodShsare staff will weed and mulch garden beds and compost. The encouragement of social interaction with clients and volunteers will help reduce the stigma related to mental illness.

Suitable for 10-15 volunteers

**CAMH Annual Fall Fling-** The Fall Fling is a special event hosted by CAMH's Recreation Therapists for clients to have an opportunity to participate in a social event with activities. Volunteers will assist clients with a variety of activities (e.g. pumpkin design, scarecrow building, apple bobbing, football toss, passive activities and three legged races). Suitable for 5-10 volunteers. Oct 2011

**St. Patrick’s Day Party** – provides CAMH clients an opportunity to experience the fun and festivities of the holiday with focus on promoting dancing, socialization, fun and laughter. This annual event is a way to escape their everyday routines and relax with good music and fun activities.

Suitable for 5-10 volunteers

**Aurigen Reinsurance Corporate Volunteer Gardening Day with the Addiction Medicine Clinic May 22 2009/2010**

"For some individuals in our group, the CAMH event was the first time they heard of the organization and its services so the overview was an excellent means of introduction," said Sherry.

“The opportunity to meet the clients and work with them helped people understand that individuals can appear ‘normal’ but still battle an illness or disease. Also, the overview reassured people that mental illness and addictions touch everyone in some way. Our experience was great - we are still talking about it.”

## **June 21 2011-National Aboriginal Day-**

National Aboriginal Day (June 21, 2010) will be marked at CAMH by an innovative therapeutic simulation, combined with a cultural celebration. Volunteers will have the chance to act as clients in a mock therapeutic session. It will be held in the same room that any Aboriginal Service client would use as part of their group healing.

**The ceremony:** An Elder will lead volunteers, through a spiritual ceremony, as he would clients in the treatment program. A mock therapeutic session, derived from modalities such as Cognitive Behavioural Therapy and Aboriginal forms of healing, will be held. As a result, participants will have an increased understanding of how Western and Aboriginal therapies are integrated to meet the needs of Aboriginal clients 21st century.

Following the ceremony, a small feast and drumming circle will be held to honour Aboriginal people residing in Canada.

This will offer Corporate Volunteers the chance to appreciate first-hand the unique culture and the challenges faced by our Aboriginal clients. Volunteers will join the therapy simulation in the morning. Other tasks will include setting up and organizing lunch. Volunteers will take part in crafting and drumming in the afternoon and take part in other ceremonial traditions.

Suitable for 10-15 volunteers

## **OMERS (Ontario Municipal Retirement Systems) Heritage Wall Gardening Day June 2010**

Clients and staff from the Mood and Anxiety and Addiction Programs at White Squirrel Way spent the day planting flower beds alongside CAMH's Heritage Wall on White Squirrel Way with OMERS Corporate Volunteers.

"I had the privilege of being one of the OMERS volunteers at CAMH that helped build a memorial garden in front of the original heritage wall that was built by former clients. This garden was to honour past clients and CAMH's long service and commitment to the Community. I had a wonderful day working with various staff and clients at CAMH. We learned about their programs, toured their new facilities and met and worked with clients to build a beautiful garden," notes Gail, an OMERS volunteer.

**July/August 2011**

**Activities:**

**First Episode Program Client Picnic at Centre Island**

Clients in the First Episode program will be able to socialize with volunteers, staff and other clients in a non-clinical atmosphere

This event helps decrease social isolation -Increase physical activity and provides an opportunity for inpatients to get to know outpatient staff and clients before being discharged

Decrease stigma by having the corporate volunteers socialize with 1<sup>st</sup> Episode patients. Activities include Get to know you games, water balloon other picnic games and ice breakers. Sports activities, baseball, volley ball and soccer. Arts and crafts. Suitable for 10-`5 volunteers. Day can be negotiated.

**Spectrum Picnic-** Spectrum is an off-site service at CAMH that provides a coordinated and comprehensive treatment program for people who have chronic schizophrenia or related disorders and are living in the community. The Spectrum Picnic provides an opportunity for clients to engage in fun physical activity and participate in games with volunteers to help decrease social isolation and increase physical activity. This a great opportunity for volunteers to learn about the program offered at CAMH and help reduce the stigma associated with mental illness. Suitable for 5 volunteers.

**Canadian Institute of Chartered Accountants-Gardening Day Schizophrenia Program Integrated Rehabilitation Unit (IRU).June 11<sup>th</sup> 2008**

“I learned that mentally ill people are just people and not different from the rest of us - and a real appreciation for the work that the staff have done”

**PricewaterhouseCoopers Canada Rise Up Adventure Program April 30 and August 20 2010**

“Getting a better understanding of the mental health and addiction problems people face everyday. Also, breaking down the stigma that these people live with. Great program. Very important to volunteer for both the organization we are volunteering for and PwC as well. Also, listening to the patients reflecting after the program and you can clearly tell how much you can make a difference.” “Learning about CAMH, the stigma associated with mental health and addictions issues, and how we personally can help to change this. Amazing opportunity! I This was an incredibly fulfilling session. The clients spoke at the end about how much they valued our time commitment, and what our time meant to them - it was very moving, and really made me want to help further.”

**Direct Energy Corporate volunteers energize client party Queen Site December 2008/2009**

For a second year in a row, Direct Energy (DE) Corporate Volunteers descended on CAMH’s Annual Client Holiday party in December to help decorate, serve punch, play games, and serve the dinner to clients.

“This is our holiday party,” said Janice Thomson, Direct Energy Executive Vice President of Human Resources and Communications. The corporate volunteers from DE understand the importance of connecting with the CAMH Community and in fact forego their own holiday party to help out CAMH’s client party!



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**For more information on these events please contact:**

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