



camh
Centre for Addiction and Mental Health
Foundation

Annual Report

2005–2006





Grande, the image on the cover of this report, was created by Toronto artist [JAN SWINBURNE](#). It was selected from the works featured in *Being Scene 2006*, an exhibition by Workman Arts, which showcases works by artists who have received services from CAMH.

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What is CAMH?

CAMH is Canada's leading mental health and addiction teaching hospital, and is fully affiliated with the University of Toronto.

CAMH:

- provides **outstanding clinical care** for people with mental health and substance use problems
- conducts **groundbreaking research**, leading to new understanding and better addiction and mental health treatments
- provides **expert training** to today's and tomorrow's health care professionals and scientists
- develops **innovative health promotion** strategies
- influences **public policy** at all levels of government.

Exceptional quality has won CAMH national and international recognition. We are proud to have earned Canada's highest-level hospital accreditation and be a **World Health Organization Collaborating Centre**.

For information about CAMH services, call 1 800 463-6273.

Each year, CAMH treats over **20,000 people**, responds to over **400,000 hospital visits**, trains thousands of health professionals including **25 per cent of Canada's psychiatrists**, and responds to over **60,000 requests for information**. Partnering with local and global organizations, such as the United Nations, and with projects in close to **20 countries**, CAMH plays an important role in advancing the understanding and treatment of mental illness and addiction worldwide.

As this year's annual report shows, CAMH is making a difference. Whether it is a young person experiencing a first episode of psychosis, a senior with deteriorating memory or dementia, an adult with a substance use problem and depression, a child with a learning disability or anger management issue, or a person with a gambling problem or with schizophrenia—**CAMH is transforming lives.**

The CAMH Foundation's mission is to raise funds in support of CAMH.



We're Breaking Ground!

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Alternative Milieu (AM) Building: Rendering by C3 (Community Care Consortium): Kuwabara Payne McKenna Blumberg Architects, Montgomery

Message from the Chair and the President and CEO

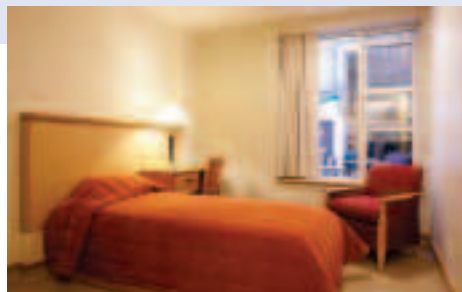
Artist Jan Swinburne was inspired to create *Grande*, the painting on the cover of this report, during a camping trip to the American Southwest. Jan recalls how, sitting by the Rio Grande and gazing at the mountains, she and her companions were awed by the vastness of the land and the beauty surrounding them.

At the CAMH Foundation, we too are looking ahead to a vast landscape of inspiration and possibility. To give some examples:

- Scientific advancements made by CAMH researchers are helping people all over the

world lead fuller lives today. And with the advent of novel treatments and new fields such as epigenetics, extraordinary possibilities are on the horizon.

- As we go to print, we are poised to break ground for the first stage of our visionary redevelopment, heralding a wonderful new kind of hospital for people with mental illness and addiction: one that offers welcoming and dignified surroundings, and that will allow us to provide even better care for those who seek our help.



Model of the new Aternate Milieu client room



Sisam Architects Inc., Kearns Mancini Architects Inc.

To realize this vision, the CAMH Foundation has embarked on the **Transforming Lives Capital Campaign**, the most ambitious fundraising campaign ever undertaken in Canada for mental illness and addiction. **Our goal is \$100 million.**

We're not there yet, but early support has been tremendous. Outstanding volunteer leaders have come forward, and you are demonstrating your belief that ours is a cause whose time has come, by giving in unprecedented amounts. This year we raised more money than ever before, and we received the largest gifts in our history. All of this means better care for the people who seek our help.

We invite you to meet a few of these women and men in this report. Alongside the profiles, we consulted with our experts for a glimpse of how the future will be brighter, of what advancements in research could bring, and of how care will improve when our new hospital is ready.

The courage of our clients; the dedication and expertise of our staff; your generosity and volunteer leadership—together we transform lives, and together we are creating a future filled with inspiration, possibility and promise.

Thank you for your support.



Timothy R. Price
Chair
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CAH Mary Deacon

2006

Courage to

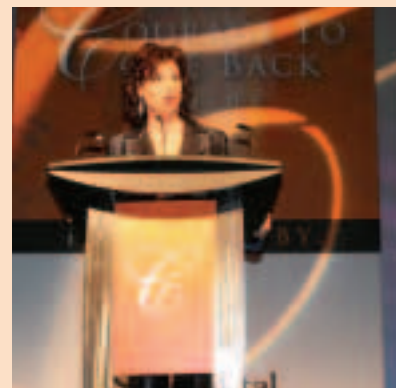
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2006 Courage to Come Back Award recipients: (l-r) Cheryl Peever, Jay Fewkes, Jessica Weihrich, Doug Cridland, Hope McCron, Amy Sky and Robin Harvey.



Singer-songwriter **Amy Sky** was honoured for her candour about her struggle with postpartum depression. Guests were treated to a moving rendition of her song "I Will Take Care of You."



On May 9, 2006, the CAMH Foundation hosted the 13th annual Courage to Come Back Awards Dinner. Guests were touched and inspired by the award recipients' humbling stories of courage and triumph in the face of their illnesses and associated stigma. The awards are presented to seven Ontarians who have overcome mental illness or addiction and now use their experiences to help others. The stories of our 2006 Courage recipients appear on page 8 and pages 21 to 31.

Come Back Awards



Close to 800 people attended the event to honour our award recipients.



This year's Courage to Come Back Awards ceremony stage featured Transforming Lives awareness campaign ads, recorded commentary by award recipients and digital imaging of the evening's events.



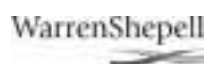
The Honourable **George Smitherman**, Ontario's Minister of Health and Long-Term Care, surprised the audience by choosing the occasion to share publicly his personal struggle with addiction for the first time, in an effort to break down stigma and encourage people to seek help.

A special thanks to all contributors to the 2006 Courage to Come Back Awards. See the complete listing of our donors on pages 20 and 21.

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“Cheryl is a strong advocate for individual client care. She’s very dynamic and self-reflective; if she doesn’t feel she has a full understanding of something, she’ll dig deeper. It comes across in all areas of her work. I know we’re going to see big things from Cheryl Peever—we are lucky to have her here at CAMH!”

Jamie Amaral, RN, BScN
Manager, Acute Care Unit and General Psychiatry Unit
General Psychiatry Program
CAMH

your gifts

HELPING PEOPLE REALIZE THEIR POTENTIAL AND HELP OTHERS

Cheryl Peever, Acting Manager of CAMH’s Acute Care Unit and General Psychiatry Unit, and a 2006 Courage to Come Back Award recipient, strives to let the world know that addiction and mental illness can affect anyone regardless of age, gender, race or social status. Formerly addicted to cocaine, and having struggled with alcohol and depression for nearly 10 years, Cheryl understands the importance of putting aside stereotypes. “People need not only to be more aware, but also to be more tolerant of the fact that this sort of thing can happen to anyone,” she says. “Addiction and mental illness don’t discriminate.”

Cheryl took her first drink at the age of 13, and remembers drinking and smoking marijuana regularly during her teens. At 21, Cheryl tried cocaine, and by 27 she had developed an addiction that had her using every day, often freebasing and injecting. Over the next three years, Cheryl’s relationship with cocaine would strip her of self-confidence, self-esteem and hope. At her lowest point, Cheryl says, she was paranoid, suicidal and desperately wanted to get help.

Trying and failing many times to quit, Cheryl found that becoming clean was the hardest thing she would ever do. However, she managed to succeed and eventually celebrated her first year substance-free, which she considers her greatest achievement. Cheryl decided to go back to school, and completed an undergraduate degree and a master’s degree at the University of Toronto.

She began her career at CAMH as a social worker in the Child, Youth and Family Program, where she started an anger management group for young offenders. In 2003, she moved to the General Psychiatry Unit, and made it a priority to increase CAMH staff education about the challenges that clients face when dealing with substance use and mental health problems. “Cheryl was very passionate about educating fellow staff members,” says Jamie Amaral, Manager of the Acute Care Unit and the General Psychiatry Unit, and Cheryl’s nominator for the Courage award. “I saw a quality in her that was both professional and compassionate. When she accepted the position as Acting Manager I knew that our clients and staff were in good hands.”

In September 2006, Cheryl will begin a new position as Acting Manager of the Women’s Inpatient Unit.

“CAMH’s greatest strength is all those here who want to make a difference. I have seen so many people go out of their way to make clients feel comfortable and at ease—it makes me feel good to be part of this environment.”

Cheryl Peever



TRANSFORMING LIVES TOMORROW

Research shows that a significant percentage of people with a substance use problem also have a mental illness—this combination is known as concurrent disorders. Concurrent disorders are difficult to treat, and CAMH is a leader in this highly specialized area. As CAMH improves its understanding of how these two types of problem interact, continues its commitment to developing unique programs for specific populations, and builds the capacity of professionals in every clinical setting to recognize and treat concurrent disorders, people such as Cheryl will benefit from improved diagnosis and rates of recovery.



“When teenagers experience an episode of psychosis, they have to grow up very quickly. Marie has taken responsibility and made changes in her life to successfully accommodate her illness—she is a testament to how much life can improve with proper treatment and care.”

Dr. Irvin Epstein, MD, FRCPC
Staff Psychiatrist

PRIME Clinic, First Episode Psychosis Clinic, FACT—Peel, CAMH
Assistant Professor of Psychiatry, University of Toronto

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your gifts

CREATING MORE HOPE THAN EVER FOR YOUNG PEOPLE WITH PSYCHOSIS

Just before her 16th birthday—when most teenage girls are hanging out with friends, going out on dates and dreaming of life after high school—Marie Asuncion was experiencing paranoia, feeling anxious and hearing voices. After several weeks of increasing symptoms, Marie had a full-blown episode of psychosis and was rushed to the hospital for assessment. At the time, Marie and her family were not aware that this was only the first of many changes to come.

Shortly after, Marie was referred to CAMH, where she was diagnosed with first episode psychosis and learned that she had an imbalance of dopamine, an essential chemical transmitter in the brain. Marie was constantly praying that this “thing” would just go away, and hid her illness from teachers and friends for fear of stigma. Once an “A” student, Marie remembers becoming disorganized at school, losing her friends, and feeling afraid and isolated. “I was clinging to the hope that I would get better soon—but it never happened until I started visiting CAMH regularly and taking my medication daily.”

Marie was treated at the First Episode Psychosis Clinic, one of five elements that comprise CAMH’s First Episode Psychosis Program (FEPP). The FEPP is a comprehensive program designed to meet the needs of young people experiencing a first episode of psychosis, helping them and their families with the initial period of recovery and adjustment. The program’s other services are the PRIME Clinic (Prevention through Risk Identification, Management and Education); the LEARN Clinic (Learning Employment Advocacy Recreation Network); FACT—Peel (First Assessment Clinical Team) and HIP (Home Intervention for Psychosis). Through the FEPP, families like the Asuncions receive the support they need to get their health and their lives back on track.

Over the years, Marie has learned to recognize her symptoms and to act quickly to get help when they begin to re-emerge. She continues to see her therapist, Allison Schneider, every two weeks, and her psychiatrist, Dr. Irvin Epstein, once a month to help manage her illness and maintain a positive balance in all areas of her life.

This fall, Marie will enter her fourth year at the University of Toronto. In addition to numerous extracurricular activities and leadership initiatives, Marie is a regular speaker for Beyond the Cuckoo’s Nest, a CAMH public education program that aims to increase high school students’ awareness and understanding of mental illness. Marie also acts as a spokesperson for the PRIME Clinic, encouraging young people who may be at risk of psychosis to seek help early in an effort to prevent or delay the development of the illness.

An accomplished harpist, Marie finds a comforting outlet in her music. When she graduates from university, she plans to become a music teacher; she currently gives private piano lessons as well as teaching group music lessons at a children’s camp. Thanks to her passion for music, faith in God, and support from friends, family and CAMH, Marie is able to live a life full of possibility.

“Even though I will be battling this illness for the rest of my life, I know that I have the power to turn it around by becoming stronger each day. I strive hard and never miss a moment’s glance of how beautiful life is when you keep hanging on—there is a purpose for everything.”

Marie Asuncion



TRANSFORMING LIVES TOMORROW

Recent advances in early detection and intervention for a range of mental illnesses have dramatically improved the trajectory of these conditions for many patients and clients. In the future, genetics, imaging, and cognitive neuroscience will help individualize medication and therapy for each person, further improving the long-term prognosis for clients such as Marie.



“Every time I meet a client I am curious and energized. Earla inspires me because she is not living her life in regret—she is a vibrant person who takes pleasure in each day!”

Naomi Mitchell, MSW, RSW
Social Worker

Mood Disorder and Anxiety Disorder Outpatient Clinics,
Day Treatment Mood and Anxiety Program, CAMH

your gifts

HELPING PEOPLE WITH MOOD AND ANXIETY DISORDERS THRIVE

A mental health advocate sought after for television interviews; a co-facilitator of a support group with over 90 members; and a public educator about mental illness often featured in national publications—not what you would typically expect of someone with social phobia.

Eight years ago, Earla Dunbar would never have dreamed that she would be where she is today.

At the age of four, Earla can remember feeling different, and experiencing physical and psychological symptoms of what would later be diagnosed as severe social phobia. When she was 10, her father died, and Earla’s shyness developed into social isolation and depression that would continue well into her adulthood. The stigma of mental illness led Earla to avoid seeking treatment for many years, and she maintained the facade of just being “OK.”

In 1992, Earla was laid off from her job and for six months her condition worsened. Often her anxiety was so overwhelming that she was reduced to tears at the thought of going to the store for groceries, and would lock the door and hide when people came to her home. With the loss of her work routine—the only symbol of stability in her life—Earla knew that she could no longer go on and that if she did not get help, she would die. She chose to live.

Earla saw a doctor who diagnosed her with chronic fatigue syndrome. However, again because of stigma, she did not disclose all her symptoms, and she continued to experience the crippling effects of social phobia. Finally, in 1998, she revealed her true fears and anxiety to her doctor, and she was referred to CAMH.

Two years ago, Earla began seeing CAMH therapist Naomi Mitchell in the Mood and Anxiety Program. Earla credits Naomi, along with Dr. Martin Katzman and others at CAMH, with her successful recovery. Naomi continues to help Earla develop self-confidence and create a healthy balance in her life, which includes the transition of a recent divorce.

As part of her therapy at CAMH, Earla volunteered for three years at a seniors’ home and then in the General Psychiatry Unit at CAMH. The social interaction prompted her to start a support group. Only three members attended the first meeting in High Park. But the group, now called the Social Phobia Support Group of Toronto, now meets regularly at CAMH and is one of the largest of its kind in North America.

Reflecting on her experiences, Earla says, “I now consider the day I first came to CAMH to be the first day of my life.”

“I was terrified to walk through that door, because I knew that there was no turning back. I know now that going to CAMH was the best thing I’ve ever done in my life.”

Earla Dunbar



TRANSFORMING LIVES TOMORROW

For anyone, let alone a person with clinically significant anxiety, the act of walking into a mental health and addiction facility could be frightening. The new CAMH, to be developed on the Queen Street site, has been designed with considerable input from clients, families, volunteers and professionals. For people like Earla, the door to CAMH will always be open and welcoming, and will lead to a diverse group of compassionate health care professionals addressing the range of people’s needs and promoting recovery using best practices.



"I love the people I work with. The fact that clients keep coming back for treatment, no matter how hard it gets, shows me how courageous people can be and that they truly want to change."

Mair D. Ellis, RSW
Addiction Therapist, Drug Treatment Court
CAMH

your gifts

SUPPORTING EFFECTIVE NEW WAYS TO TREAT ADDICTION

Before she came to CAMH, Ruth Dagg lived in an environment where drugs were readily available, but prided herself on maintaining a stable and loving home for her family. When her only daughter was diagnosed with cancer at age 15, it tore Ruth's world apart, and her occasional alcohol and marijuana use escalated as a way to cope with her grief.

When Ruth suffered an accident shortly after her daughter's diagnosis, she was prescribed OxyContin, a powerful pain medication. She became severely addicted, and began using illegal OxyContin and crack cocaine. Her substance use was soon costing her \$200 a day.

In fall 2004, Ruth was arrested for drug-related crimes, and her house and belongings were confiscated. Because of Ruth's severe addiction, the authorities knew there was little hope of her rehabilitating in prison, and she was offered the alternative of Drug Treatment Court (DTC).

Drug treatment courts provide court-supervised treatment as an alternative to incarceration for people who are involved in criminal behaviour because of their substance dependence. The Toronto DTC is offered by CAMH in collaboration with the Ontario Court of Justice, the Federal Department of Justice and many community partners. It was the first of its kind outside the United States, and has inspired the creation of similar programs throughout Canada, and in Australia, the Caribbean and the United Kingdom. Since its creation in 1998, it has served over 600 people.

Ruth began DTC in December 2004 and embarked on what would be a difficult journey to break her addiction. In January 2005, her daughter succumbed to her illness and in April, more tragedy struck when Ruth's ex-husband took his life in the aftermath of their daughter's death. Those working with Ruth expected a devastating setback in her progress in the program. However, Ruth pushed on and in May 2005, she started the intense 21-day detox program offered at CAMH's Brentcliffe Road site.

Ruth graduated from DTC in November 2005 and continues to see her CAMH addiction therapist, Mair Ellis, every two weeks. "Despite her hardships, Ruth was very successful," says Mair. "She often counsels others who are considering trying the program—she is a role model for those who are in the same position she once was in."

Today Ruth works part-time and is happy to have her relationship back with her three sons. "I've rebuilt my life and am being the mom I used to be. I did it for them, myself and my daughter."

“It’s a lot of hard work, but you can do it! Everyone has something they want to get better for, and my incentive was my kids. The people at CAMH and the Drug Treatment Court provided the support I needed. Without them I would be lost.”

Ruth Dagg



TRANSFORMING LIVES TOMORROW

As an internationally known academic health sciences centre for mental illness and addiction, CAMH delivers excellent care and conducts world-class research. As a result of the redevelopment, the new Centre for Discovery and Knowledge Exchange will enhance CAMH’s research capacity, help to attract and retain the best clinician-scientists, and build upon our commitment to knowledge exchange and health promotion—resulting in benefits that extend far beyond our walls. In this way, CAMH helps not only those, like Ruth, who come through CAMH, but Ontarians, Canadians and people worldwide struggling with mental health and substance use issues.

your gifts **HELPING TO CREATE
A CIVIL SOCIETY**

Those who fight addiction and mental illness face their problems in a world that is more complicated and unaccommodating than ever before.

When first asked to become involved, I toured CAMH's existing Queen Street site. I asked myself how it was possible that we allow some of the most vulnerable and ill people among us to be cared for in such depressing and outdated facilities.

It occurred to me as I walked through the Queen Street buildings that if the facility were treating the physically ill, there would have been a revolt by patient advocates and concerned citizens long ago.

The new facility is long overdue, and when built will be among the most innovative and progressive treatment facilities in the world. Just as importantly, it will be an example of how far we have come as a society in recognizing the legitimate rights of those fighting addiction and mental illness to live and get treatment "among us."

The CAMH redevelopment shows great progress in our assertion that we live in a civil society.

It is a privilege to be able to support this project.

The T.R. Meighen Family Foundation made an early and significant campaign gift of \$1 million to CAMH's Youth and Family Program, in support of the site redevelopment project. Currently, the program offers various services and treatments at different CAMH sites. This can make it confusing and difficult for young people and their families to seamlessly access services, and can limit the interaction between researchers, clinicians and clients. This gift will improve the lives of at-risk youth with mental health and addiction problems by delivering state-of-the-art centralized care at the new redeveloped site.

“When we talk about civil societies, have we always included people with addiction and mental illness? I don’t think we have. I don’t think that we can have a civil society if we don’t treat people with these problems with the same respect, and give them the same investment that we give to other illnesses.”

Kelly Meighen
President,
The T.R. Meighen
Family Foundation

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TRANSFORMING LIVES TOMORROW

Because of stigma, mental illness and addiction seldom benefit from the philanthropic and volunteer leadership shown to other health-related causes. In addition to the transformative benefits of the T.R. Meighen Family Foundation’s gift to young people treated at CAMH, the Foundation’s strong public leadership will encourage others to provide support in the future—to minimize the long-term personal, economic and societal impacts of these disorders and to help demonstrate that mental illness and addiction are issues whose time has come.

Kelly Meighen understands fully that the CAMH redevelopment is not simply about the new buildings that our clients, families, students, volunteers and staff all know we need—it is a demonstration of social justice.



CAMH accreditation



DR. SHITIJ KAPUR, Chair in Imaging Technologies in Human Disease and Preclinical Models, and CAMH's Chief of Research; DR. JOHN CAIRNEY, Research Chair in Psychiatric Epidemiology



Representatives of 20 treatment centres around the world that are part of a global initiative of the United Nations Office on Drugs and Crime.

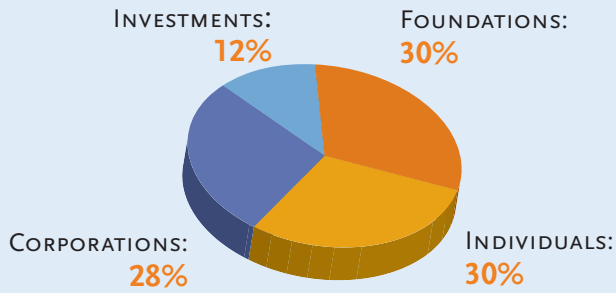
CAMH YEAR IN REVIEW

In 2005–2006, CAMH served a record number of people, with about four per cent more unique clients and nearly five per cent more outpatient visits than in the last fiscal year. Here are some highlights from the 2005–2006 CAMH Annual Report and CAMH Research Annual Report. To receive a copy of these reports, please call 416 535-8501 ext. 4250.

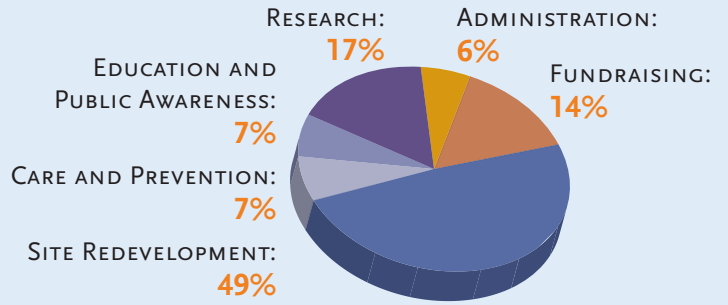
In 2005–2006:

- CAMH received the highest hospital accreditation standing possible in its assessment by the Canadian Council for Health Services Accreditation.
- In the client satisfaction survey, CAMH received good to excellent performance ratings from more than three-quarters of clients on the overall quality of care and services.
- CAMH researchers discovered a new variant of the gene that causes Rett syndrome, a debilitating disease that leaves people severely disabled and needing help with everyday living. The discovery has now been licensed as a test for the disorder and made available to the public.
- CAMH was awarded two prestigious Canada Research Chairs, bringing the total to six. Dr. John Cairney received his first award as a Canada Research Chair in Psychiatric Epidemiology, while Dr. Shitij Kapur's Chair in Imaging Technologies in Human Disease and Preclinical Models was renewed for five years.
- CAMH researchers showed that antipsychotic drugs begin to improve the symptoms of psychosis within hours or days, rather than two or three weeks as generally assumed. This discovery, made possible by brain imaging and clinical data, is improving treatment and medication practices.
- CAMH opened the Centre for Prevention Science, which is pioneering approaches to prevent societal youth problems such as bullying.
- CAMH received a Green Toronto Award for its Sunshine Market Garden, located at the Queen Street site and operated in partnership with FoodShare. It involves clients in every aspect, from cultivation to sales.
- CAMH was selected for a global initiative of the United Nations Office on Drugs and Crime, along with 19 other treatment centres around the world. The initiative is designed to build capacity in treatment and rehabilitation in under-resourced countries.

SOURCES OF FUNDS



YOUR DONATION DOLLARS AT WORK



CAMH FOUNDATION YEAR IN REVIEW

Helping CAMH transform lives

CAMH CLIENTS BENEFIT FROM DONORS' UNMATCHED GENEROSITY

We were overwhelmed by your generosity in 2005–2006. Your gifts totalled \$7,376,702, more than we have ever raised before. We exceeded our fundraising target by more than 32 per cent.

The pie charts above show where the money came from and how it was distributed to the different programs at CAMH. If a copy of the complete CAMH Foundation Financial Statements are not included with this report, please call 416 979-6909 to request a copy.

Your gifts transform lives. Thank you.

PUBLIC AWARENESS CAMPAIGN PROMPTS THOUSANDS TO SEEK HELP

In partnership with CAMH, we launched the Transforming Lives public awareness campaign, which focuses on personal stories of peoples' experiences with addiction and mental illness. Celebrities and non-celebrities came forward to share their stories in support of our efforts to educate the public about these challenges, break down stigma, and improve access to the information and services available at CAMH. Public figures featured in print, radio and television ads include the **Honourable James K. Bartleman**, former Toronto Maple Leaf **Ron Ellis** and the **Honourable Michael H. Wilson**.

The campaign, which received top honours in strategic communications from the Health Care Public Relations Association, has prompted thousands of people to seek help: calls to CAMH's McLaughlin Information Centre have increased by 70 per cent.



Thank you to all our donors for supporting the work of the CAMH Foundation between April 1, 2005, and March 31, 2006. Donors are recognized in this report for gifts of \$250 or more. We thank the donors listed below and 27 anonymous donors.

our donors COURAGE TO COME BACK

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COURAGE TO COME BACK AWARD RECIPIENT

Robin Harvey, Toronto, is an award-winning journalist with the Toronto Star, and has been motivated, driven and hard-working throughout her life. She also lived with undiagnosed bipolar disorder for many years. Robin has learned to manage her illness, and helps others by speaking out about her challenges, volunteering with numerous organizations and writing about mental illness with powerful conviction.

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IN FOND MEMORY OF EDWARD W.H. TREMAIN (1935–2005)

Last year, CAMH lost a true leader in the fight against addiction and mental illness. During his 15 years of volunteer service, first to the Clarke Institute of Psychiatry, then to the Clarke's Foundation, and in recent years as Chair of the CAMH Foundation Board, Ted Tremain embodied integrity, leadership and passion.

Ted was a rare person, who through the clarity of his thinking and judgement, and the quiet force of his personality, fundamentally influenced the perspective and paths of those fortunate enough to know him. His style was characterized by unstinting generosity to those whom he gave his time, wisdom and interest.

To honour him, the CAMH Foundation created the Edward W.H. Tremain Awards of Excellence, which are presented each year to CAMH employees who are shining examples of the values Ted cherished.

CAMH, its Foundation and the clients we serve have benefited—and will continue to benefit—from Ted's outstanding commitment and leadership. We feel proud and privileged to have known Ted and will remember him with great fondness as an outstanding leader, philanthropist and friend.

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COURAGE TO COME BACK AWARD RECIPIENT

Jay Fewkes, Baden—Jay's addiction to crystal meth and heroin was triggered by the tragic loss of his beloved sister and cousin when Jay was a teenager. Jay survived a near-fatal car accident at 23; given another chance at life, he overcame his substance use problems and now works as a carpenter. He uses his experience to speak to young people about the dangers of substance use, and how they can avoid making the same mistakes that he made.

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Singer-songwriter Amy Sky is a three-time Juno Award nominee and a winner of three SOCAN awards. She has written songs for artists such as Olivia Newton-John, Reba McEntire and Diana Ross. Since experiencing and overcoming a harrowing case of postpartum depression, she uses her unique voice to generate awareness about the illness, and stresses the importance of getting help.

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Jessica Wehrich, Smith Falls, struggled with unmanageable addictions to morphine, heroin and crack before she turned 16. At her lowest point, she weighed 80 pounds, her teeth were rotting and her body was a canvas of black and blue. Jessica decided to fight back and has emerged stronger than ever. She now works with many organizations to speak to youth about her past, in the hope that it will deter those who may be thinking about trying drugs.

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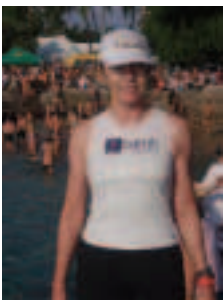
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Doug Cridland, Fort Frances—Before he was diagnosed with bipolar disorder at 18, Doug’s erratic behaviour was alarming to his family. Doug has managed not only to meet the challenges of living with his illness but to thrive. He is a devoted husband, a loving father and a dedicated community worker who continually inspires others with bipolar disorder to take control of their lives.

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TRIATHLETE TRIUMPHS

In 2005, Pamela Fralick, former Chair of the CAMH Board of Directors and now Trustee, competed in four triathlons—a total of 555 km—to raise funds and awareness for CAMH.

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- Jonathan Brett Art Show
- Bunkhouse Romeo: 10th Annual Classic Rock Benefit
- Cara Charity Golf Classic Tournament
- Don River Run
- Eden Ants: Pop with Brains
- Pamela Fralick Triathlons
- Hockley Valley Resort & Verdi Hospitality Centre Summer Charity Golf and Spa Day

- Renée Marier Art and Card Sale
- Men in Suits: “Rock for the Brain” Event
- Jeremy Morgan Annual Golf Tournament
- Omo Dance Company: Diary of an Exile—The Trilogy
- Power Workers’ Union Annual Golf Tournament
- Shorinji Kempo Toronto Branch Kick-a-thon
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SHORINJI KEMPO KICK-A-THON

Shorinji Kempo Toronto Branch, our longest-standing special events donor, has held a kick-a-thon each year since 1997 in support of substance use programs at CAMH. Their 2006 kick-a-thon raised \$8,000, bringing their total raised to \$61,000.



PUTTING CLIENTS IN MOTION

The Beltrano family and friends charity fundraiser, together with proceeds from the Hockley Valley Resort and Verdi Hospitality Centre Golf Tournament, donated a brand new minivan to CAMH for client use.

To learn more about holding a special event to benefit the CAMH Foundation, please contact Bonnie Perry, 416 535-8501 ext. 4220.



COURAGE TO COME BACK AWARD RECIPIENT

Hope McCron, MacTier, is a mother of four who, when faced with the possibility of losing her family, overcame her addiction to alcohol. Her determination to stay sober and her courage to confront her grim past have served to make her a role model to others facing similar problems.

CHAMPION TEAM *our donors*

Thanks to our Champion Team, whose regular monthly contributions ensure that CAMH is able to respond to its most urgent needs in a timely manner.

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For more information about the Champion Team, please contact Lee Gounden, 416 535-8501 ext. 4093.

The CAMH Foundation makes every effort to assure accuracy in its listing of donors. Should an error or omission occur, however, please advise the Foundation office.

Making the Impossible, Inevitable

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Message from the President and CEO, CAMH

Great change is not happenstance. Indeed, lasting and significant transformation requires an entire constellation of people and circumstances to align in such a way to make the impossible inevitable.

Thanks in no small part to you, our donors, and those who work tirelessly to advance the mission of both CAMH and the CAMH Foundation, our organization is on the precipice of an inevitable transformation.

We have spent much of the past several years preparing for this moment: involving clients and families in improving the care we deliver, building collaborative relationships with our communities and our stakeholders, recruiting staff of unparalleled skill and repute, and ensuring we have sound and balanced financial systems. Our goal is nothing short of bold: transforming the deepest mythologies about mental health and addiction problems to create

a world in which stigma against those we serve can no longer take hold. Your contribution is a critical ingredient to our success.

Many years ago, it was nearly impossible to find anyone willing to associate with our cause, let alone support it. But as awareness grows, and more of us are willing to fend for the most vulnerable members of our society, we are increasingly graced with the generosity of donors, volunteers and board members listed in this report. We are extremely grateful.

I am privileged to lead an organization peopled by staff who are deeply committed to serving our clients and to doing what it takes to ensure mental health and addiction issues matter in the same way that other types of human suffering matter. On behalf of our staff, our clients and their families, please accept my sincere thanks for your generosity, your compassion and your leadership.



Paul Garfinkel
President and CEO
CAMH

Paul Garfinkel

CENTRE FOR ADDICTION AND MENTAL HEALTH FOUNDATION

33 Russell Street, 2nd Floor
Toronto, Ontario M5S 2S1

Telephone 416 979-6909
Fax 416 979-6910
E-mail foundation@camh.net

www.camh.net/foundation

Charitable Registration Number: 106932320RR0001

VISIT OUR WEBSITE

www.camh.net/foundation

The CAMH Foundation website has news and information about special events, our donors and what they have made possible, and provides access to our publications.

www.camh.net

The CAMH website is an excellent resource for information on mental health and addiction, CAMH programs, events, educational opportunities, employment opportunities and much more.



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