

camhconnexions

New art shows the way at CAMH

Directional signage created by Workman Artists



Konstantin Nikov produces original art with the theme of "Transitional Space."

With occupancy of Phase 1A of our Queen Street site redevelopment scheduled for early 2008, work is well underway to improve how clients, families, staff and the community find their way through the new facilities. CAMH, with the help of Workman Arts, has launched an exciting new project combining fine art and design.

Four artists—Peter Smith, Henry Benvenuti, Konstantin Nikov, and Alan Parker—all current or former Workman Artists-in-Residence, were commissioned to produce original works of art with the theme of "Transitional Space." Elements of these works will be combined with specially designed graphics to produce new directional and informational signs for the Phase 1A roads, pedestrian walkways, buildings, program and

New art, continued on page 4

Picture perfect way to reduce stigma

Five photonovellas in Spanish and Portuguese launched



Amidst a meal of Portuguese and Latin-American delicacies, health care professionals and community members gathered at CAMH to celebrate the launch of a series of Portuguese and Spanish photonovellas dealing with mental illness and addiction.

A photonovella is a popular print medium in which photographs are combined with dialogue boxes like those in comic books. CAMH partnered with COSTI Immigrant Services to translate and culturally interpret the photonovellas, which cover depression, post-traumatic stress disorder, drugs, alcohol and gambling. The booklets foster understanding and acceptance of individuals dealing

with substance use and mental health problems, as well as offer basic information about prevention and treatment.

Vince Pietropaolo, General Manager of COSTI, describes the photonovellas as an "engaging format that will resonate for immigrant

communities. Resources that are culturally competent and accessible are needed. We know that, and CAMH knows that very well."

At the launch, Dr. Carolina Vidal, Northeast Mental Health Centre, presented research indicating that the process of acculturation, or integration into a new culture, increases the risk of developing mental health and addictions issues for immigrants.

Dr. Jose Silveira, Portuguese Mental Health and Addiction Services, University Health Network, spoke about the importance of social networks for immigrants. The lack of social support and engagement during the acculturation process leads to isolation and limits the amount and type

Picture perfect, continued on page 4



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

A Pan American Health Organization / World Health Organization Collaborating Centre
Affiliated with the University of Toronto

‘Transforming Lives Here’ progressing on all fronts

It has been nearly a year since CAMH broke ground on the first phase of Transforming Lives Here, the Queen Street redevelopment project. Since then, the four buildings in this first phase (called Phase 1A) have risen from muddy excavations to nearly complete four-storey structures. Planning and design work for the much larger next phase has moved ahead. Ultimately, Transforming Lives Here will create a new hub for CAMH within a revitalized



and mixed-use urban village on CAMH’s Queen Street site.

Phase 1A will house our Addictions and Mood & Anxiety programs in more home-like settings in three new ‘Alternate Milieu’ buildings. The fourth building will house ambulatory care for CAMH’s Addictions Program. Our new buildings will be occupied and operational by the end of March 2008.

The next phase of the redevelopment project (Phase 1B) represents a very significant step towards achieving the vision of improved care in an urban village. Our Geriatric Mental Health Program and a new program for Youth with Concurrent Disorders will be delivered in a new core client care building. This phase of construction, scheduled to begin in late 2009, will also deliver a new central Administrative and Outpatient building as well as a combined Central Plant / Parking Garage / Gymnasium structure.

Phase 1B will define the emerging urban village through the



construction of new public roads, generous tree-lined boulevards and sidewalks, as well as mixed uses at street level – the highlight of which will be the location of the client-run Out of This World Café and outdoor patio at a key street corner.

When the redevelopment is complete, care will be provided in an open and welcoming setting rather than the foreboding and isolating presence our current architecture creates. Our new CAMH buildings will be side-by-side with shops, housing and businesses, helping lift the stigma surrounding mental illness and the old asylum site by integrating with the neighbourhood.

TEACH Program trains smoking cessation counselling

New CAMH provincial facility opens in Toronto

With the opening of CAMH’s new TEACH facility, health care providers from all over Ontario now have a state-of-the-art training facility for learning the most effective techniques to counsel people who want to quit smoking.

The TEACH (Training Enhancement in Applied Cessation Counselling and Health) project is a university-accredited certificate program in which participants learn empirically valid tools and protocols for use in diverse clinical settings, with diverse client populations.

While comparable programs exist in a few elite American hospitals, TEACH is the first of its kind in Canada designed to offer specialized, intensive training to counsellors working on the front line of smoking cessation.

The new facility’s multimedia capabilities enable training to be provided through clinical simulations, video- and web-conferencing, telepsychiatry, as well as classroom-based instruction.

CAMH has built the program as a partnership with other agencies and hospitals and the focus is on training healthcare providers so they can pass on their expertise locally. Participants come from the public, private and non-profit sectors and include addiction therapists, registered nurses, respiratory/asthma therapists, physicians, public health and social workers.

“Research tells us that counsellors who have specialized training of the kind we provide in the TEACH Program are far more likely to provide smoking cessation interventions and to have greater success

teach program, continued on page 6

Facilitating bioethics at CAMH

“Ethics Everyday and Everyday Ethics”

Since Spring 2006, Bioethicist **Barbara Russell**, has spent her time here expanding and evolving our clinical and organizational ethics infrastructure, as well as representing CAMH in its affiliation with University of Toronto’s Joint Centre for Bioethics (JCB).

Barbara and Deborah Pape, a consulting bioethicist at Toronto Rehab and Bloorview Kids Rehab, worked with other bioethicists at the JCB to develop specialized training for local ethics facilitators. Their sessions resonate with CAMH’s Bioethics Service motto of ‘ethics everyday and everyday ethics.’ The sessions focus on foundational ethics-related knowledge and skills that physicians and staff use in their daily work and interactions with clients, families, colleagues, and the community.

Now there are ethics facilitators in place in several CAMH clinical programs and more are being trained.

Susan Wnuk, a psychometrist in CAMH’s Borderline Personality Disorder Clinic within the Concurrent Disorders Service, completed the training and is now a facilitator. Clinic staff often wrestled with issues of the length of their wait list and the length of the course of treatment they offer.

“An ongoing issue in the clinic has been how best to allocate our resources. Balancing treating as many clients as possible with providing the best quality treatment possible for each client is a challenge. The ethics service has helped us to clarify the pros and cons of different decisions so that we treat every person who approaches us for treatment as fairly as possible,” Susan says.

Maria McDonald chose CAMH for one of her three-



Bioethicist Barbara Russell leads the discussion at a facilitator session.

month rotations while completing her Fellowship in Clinical Ethics at the Joint Centre for Bioethics. While here, Maria helped with the facilitator training, as well as worked on policy development, clinical consultations, and research for projects concerning consent and capacity, compensation in research studies, and boundaries in staff and client relationships.

“It’s exciting that CAMH is committed to building capacity amongst its staff in order for them to put ethics on the daily agenda. I was impressed by the facilitators’ willingness to become involved,” said Maria.

In addition to approving the Ethics Strategic Plan, CAMH’s Board of Trustees has had its own Ethics Committee since the merger of CAMH, which is very unique in healthcare. The Board subsequently struck an ethics subcommittee with client and family representatives. “The Board’s attention to the area of ethics demonstrates the significance with which they hold ethics in practice and client-centered care,” added **Judith Tompkins**, Executive Vice President, Programs and Chief of Nursing and Professional Services.

Making it work

Understanding mental health at work

Working nine to five. What a way to make a living—when you consider that working can contribute positively to mental health, promote recovery or contribute to the development of problems like stress, depression and anxiety. We don’t need research to tell us that mental health and workplace issues are complex and multifaceted. But research can help answer the many questions we still have, and help develop useful and cost-effective prevention and treatment programs.

CAMH’s new research program Work and Well-being Research and Evaluation Program is focussed on transforming our understanding of work and life.

Led by **Dr. Carolyn Dewa**, the program takes a trans-disciplinary approach to research. Projects will look at the impact of work on people with mental illness, and investigate the workplace’s impact on mental health.

The program is built around four research streams: epidemiology, prevention and promotion, diagnosis and treatment, and disability management of mental disorders at the workplace. It has a strong emphasis on applied research including developing interventions and policy recommendations.

Dr. Dewa and her team will share information with CAMH stakeholders as well as with external partners such as employers, unions, workers, occupational health, clinicians, providers and insurers. “We’re excited about working with stakeholders in different sectors. It’s important to share information so we can work together to create healthier workplaces,” said Dr. Dewa.

CAMH Projects

New art, continued from page 1

service areas, and individual rooms. Each artist was assigned a different colour scheme to work with and submitted four sketches for consideration.

By integrating fine art into the Phase 1A signage project, CAMH reaffirms its recognition of the important role art plays in recovery from mental illness and addiction.

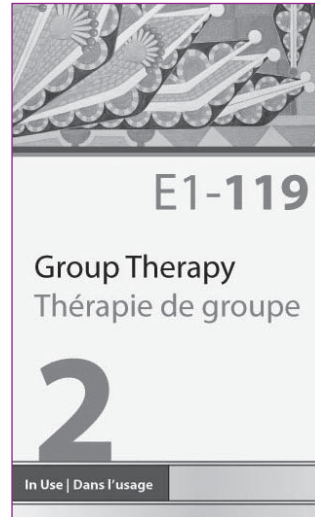
“CAMH is making a commitment to supporting artists, and in particular to supporting artists who have been through the system,” says artist Peter Smith. “And that’s a really big thing. It doesn’t matter what kind of facil-

ity it is, it just makes a big difference in the energy of the place. You’re adding something of the people who have come through, or are still there.”

The international design firm of Gottschalk+Ash selected details from each work to create a new series of images to anchor the design of dozens of directional and informational signs.

The original works will hang in the designated buildings which display the signs matching their colour schemes—a celebration of both the beauty and usefulness of art. Next year,

people will move through Phase 1A of the redeveloped site using vibrant images specifically created to give life and meaning to their experience.



Workman Arts is a not-for-profit professional arts company partnered with, and located at, camh. Its mission is to support artists with mental illness and addiction issues and to promote a greater understanding of mental illness and addiction through film, theatre, visual arts, music and literary arts.

Workman Arts recently launched a new website at www.workmanarts.com. A new feature, a Virtual Art Gallery enables artists to show and sell their works to a worldwide audience.

CAMH JOINS in to provide jobs for clients

CAMH is proud of its membership in the Job Opportunity Information Network (JOIN), for Persons with Disabilities, an initiative of agencies that deliver Ontario Disability Support Program (ODSP) Employment Supports services in Toronto.

Members of JOIN offer outreach to employers and share job leads to help persons with disabilities find, and maintain, employment. They also assist employers to recruit qualified candidates to meet their hiring needs. JOIN launched its Hireability Campaign earlier this year using public transit ads to encourage employers to be more open to hiring persons with disabilities, and to encourage persons with disabilities, to make use of the employment support services available to them through JOIN agencies. Watch for the second phase of the campaign to be launched this fall.

Employment Support and Development (ESD), part of CAMH’s Community Support and Research Unit (CSRU), is an ODSP Service Provider for CAMH clients. The program is located at the Queen Street and College Street sites. For more information about ESD call 416 535-8501, ext. 2525 or e-mail esd_info@camh.net. To learn about JOIN visit www.joininfo.ca or call 416 241-5646.

Who let the dogs out?

CAMH is now offering its own pet therapy program for the benefit of its clients. Medical studies have shown that stroking and patting a dog has a calming effect that can lower blood pressure and ease tension. Theresa Conforti, Coordinator, Inpatient Program, Volunteer Resources started the program with the support of Occupational Health and Safety. For more information please e-mail Theresa_Conforti@camh.net or call 416 535-8501, ext. 2995.



Volunteer Kelley and her Goldie Poo George make their rounds.

Picture perfect, continued from page 1

of information available to immigrant communities about mental health and addictions. “CAMH is to be highly commended for its attention to the diversity of the community,” Dr. Silveira said.

Funding for this project was provided by the Ontario Region Settlement branch of Citizenship and Immigration Canada.

Appointments and awards

Dr. David Goldbloom, CAMH's Senior Medical Advisor, Education and Public Affairs, was appointed to the new Mental Health Commission of Canada Chaired by Senator Michael Kirby in August.

CAMH shares the Commission's emphasis on combating the stigma that still surrounds mental illness and addictions.

"Stigma makes people ashamed of their illness and reluctant to seek help—fewer than half of people with depression are ever diagnosed with it, and fewer than half of that group receive proper treatment. That has got to change," CAMH's President and CEO **Dr. Paul Garfinkel** said.

Through his work on this new national body, Dr. Goldbloom is poised to help make a real difference on CAMH's issues of stigma, knowledge exchange, aboriginal mental health, affordable housing, employment and the other social determinants of health.



Dr. Kwame McKenzie (left) is the newest addition to the CAMH leadership team. Coming to us from England, Dr. McKenzie is an internationally-renowned expert in transcultural psychiatry and his roles at CAMH will include Senior Scientist in Social Equity and Health, Medical Director of Diversity and Mental Health, and Senior Clinician in the Schizophrenia Program.

Dr. McKenzie's areas of research include cross-cultural factors in diagnosis, social capital and mental illness and ethnic minority mental health.

In July, **Dr. Louis Gliksman** assumed responsibility as CAMH's Acting Chief of Research.

Dr. Ray Blanchard has received CAMH's first **Research Training Award**, which recognizes excellence in research supervision and teaching. It honours supervisory/teaching quality, service to the broader community and educational leadership. An expert in gender identity disorders, sexual orientation and sexual offending, Dr. Blanchard started mentoring young scientists when he became the head of Clinical Sexology Services. This unit only started research training activities when Dr. Blanchard introduced his talents as a teacher, supervisor, and role model. His commitment and enthusiasm for research has been the foundation for many successful scientists.

Dr. Bernard Le Foll, Clinician Scientist and Head of the Translational Addiction Research Laboratory in the Neuroscience Department, is the recipient of \$100,000 from the **Early Researcher Award** program, sponsored

by the Ontario Ministry of Research and Innovation. The Early Researcher Award program helps promising, recently appointed Ontario researchers undertake cutting-edge research and build their research teams of graduate students, post-doctoral fellows and research associates. Dr. Le Foll's work building on recent evidence showing that antagonists to the D₃ type of dopamine receptors is potentially useful in the treatment of nicotine addiction.

Dr. Peter Selby, Clinical Director of Addictions at CAMH and Executive Director of the TEACH Program, is one of the first 17 family physicians in Ontario who will receive an **Award of Excellence** from the Canadian Family Physician College (CFPC). This award recognizes family physicians who have made an outstanding contribution within the past two years in areas pertaining to their field.

Dr. Jan Malat of the CAMH Addictions Program received the **Allan B. Tennen Award for Excellence in Psychotherapy** teaching and supervision from the department of Psychiatry of the University of Toronto in June.

Dr. Bruce Ballon is the recipient of the Association for Academic Psychiatry, regional **Teaching Award for Region XI** in 2007.

Dr. Paula Goering, Section Head for the Health Systems Research and Consulting Unit in CAMH's Social, Prevention and Health Policy Research department received the **Distinguished Nursing Alumnus for the University of Kansas Medical Center Award**, for demonstrating the highest principles of the health care profession and for serving as a role model for current and future health care professionals.

Dr. Laura Simich's *Study of Sudanese Settlement in Ontario* project was the first major Canadian investigation of the settlement and integration of Sudanese immigrants and refugees. In recognition of her exemplary leadership in community-based research, Dr. Simich and her project team received an **honourable mention** of the second annual **Community Based Research Award of Merit** sponsored in partnership by the Centre for Urban Health Initiatives, the Wellesley Institute, and University College at the University of Toronto. Also honoured were Co-Investigators, **Dr. Hayley Hamilton**, **Dr. Haile Fenta**, and members of the Association of Sudanese Women in Research and Development.

PhD student **Carolyn Wilson** received the **2007 Trainee Award for Thought in Research Ethics**. Recognizing trainee excellence in identifying and analyzing research ethics dilemmas, Carolyn received the award for her essay that examined whether or not psychologists have an ethical obligation to intervene among research participants who have suicidal thoughts. Congratulations to all.

“Stigma makes people ashamed of their illness and reluctant to seek help”

TEACH program, continued from page 2



Dr. Peter Selby demonstrates the state of the art multimedia system at the teach Learning Centre opening to Jean Lam, Acting Deputy Minister of Health Promotion. The Ministry funds teach, which trains clinicians to be better smoking cessation counsellors.

with their clients,” said Dr. Peter Selby, Clinical Director of Addictions at CAMH and Executive Director of the TEACH Program.

“This program helped me to explore and revamp my whole approach to working with and communicating with smokers,” said Sharon Lawler, Manager of Leave the Pack Behind, a Brock University campus program for helping smokers quit. “I have a new appreciation for how complex it can be for health care workers to establish a dialogue with their patients about smoking.”

Bonnie Quinlan, an advanced practice nurse at the University of Ottawa Heart Institute, said TEACH was by far the best tobacco training program she had attended. “It provides novice counsellors with the necessary skills and confidence to begin practice and it integrates clinical experience and theory in more experienced treatment counsellors,” she said.

Clients like Anna Prezament are a testament to the effectiveness of the TEACH program. “I appreciated the holistic approach to my treatment as well as the insight and awareness I gained about my addiction. The smoking cessation groups were well facilitated, client-focussed, and I learned a lot,” she said at the TEACH facility launch.

For more information about CAMH’s TEACH Program, e-mail teach@camh.net, or call 416 535-8501, extension 1600.

Coming events

Voices from the Wall

An exhibition of photographs by Tom Lackey
Featuring pictures of CAMH’s historic brick wall
Lennox Gallery
12 Ossington Avenue • 416 924-7964
October 25 to 28 • 12:00 pm to 5:00 pm

Post Partum Mood Disorders in Focus

A Forum for Knowledge, Discussion and Action
Holiday Inn Select, Brampton
November 2 • 8:30 am to 4:30 pm
E-mail: Monica.Irwin@peelregion.ca

Rendezvous With Madness Film Festival

Workman Theatre
CAMH Queen Street site
November 8 to 17
For more information go to
www.rendezvouswithmadness.com
or call 416 583-4339

Quitting smoking now less taxing

camh welcomed Minister of Health Promotion Jim Watson’s summer announcement of a new Provincial Sales Tax (pst) exemption for tobacco cessation aids.

The pst exemption applies to over-the-counter nicotine replacement therapy (nrt) products including gum, lozenges, nicotine patches, inhalers, sprays and patches at point-of-sale.

“Statistics indicate that at any given time there are as many as 600,000 people in Ontario who want to try to quit smoking, and incentives like this have the potential of tipping the balance for thousands of them,” said Dr. Peter Selby.

camh’s highly successful stop Study has demonstrated significant success in helping groups of smokers quit. With funding from the Ministry of Health Promotion, the stop Study has helped approximately 31,000 Ontarians quit smoking successfully for a period of six months or greater.

Published by: camh Public Affairs
Editor: Margaret Goulding
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3587 / 10-07

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