

# camh Connexions for our neighbours



## Ready for redevelopment

The countdown to care is on, as the current phase of CAMH's Queen Street redevelopment project is set to be completed in less than a year. Two new buildings will open in 2020: the McCain Complex Care and Recovery Building and the Crisis and Critical Care Building.

This stage of redevelopment brings us closer to the overall creation of one CAMH site on Queen West. These new buildings will include shared green spaces, retail and service spaces, and will create multiple opportunities for engagement between the public and CAMH.

The McCain Complex Care and Recovery Building will house 110 inpatient beds, the Temerty Centre for Brain Stimulation, a learning

centre for staff and the Tour de Bleu Therapeutic Neighbourhood, which supports skill building and patient recovery. It will also house a mental health library and a 290-seat auditorium that will be a shared space between CAMH and the public.

The Crisis and Critical Care Building will be the new home of the Gerald Sheff and Shanitha Kachan Emergency Department, as well as complex mental illness units with 125 inpatient beds. This innovative building will promote recovery-oriented care, allowing for more independence through access to more common and green spaces.

For more information about our redevelopment, please contact us: [redvelopment.feedback@camh.ca](mailto:redvelopment.feedback@camh.ca).

## Welcome to CAMH connexions: for our neighbours

As you may know, CAMH is undergoing significant changes, and we can't thank our neighbours enough for their ongoing support of the organization and our patients. We will continue to grow and learn together with the community.

In this newsletter, we will keep the community up to date about the great work we're doing locally, provincially and internationally for people with mental illness.

To find out more about what's happening at CAMH, please visit us at [camh.ca/neighbours](http://camh.ca/neighbours) and on our social channels. Also, please keep in touch and let us know what else you'd like to see in these pages.

camh

mental health is health

# Housing First program reduces homelessness

A recent study by scientists at CAMH and St. Michael's Hospital, published in *The Lancet Psychiatry*, has found a link between stable housing and improved mental health.

This study, which followed participants over a six-year period, is the first to show that "Housing First" continues to be significantly more effective than treatment as usual in the longer term, especially for people with high needs for mental health support services.

The Housing First program provides immediate access to rent supplements and mental health support services, for people who are homeless and have a mental illness. Traditional models require homeless people to stop using substances or receive psychiatric treatment before being eligible for housing support services.

"We now have evidence that we can offer to policy-makers, clinicians and other stakeholders about solutions to chronic homelessness for people with mental illness," says Dr. Vicky Stergiopoulos, CAMH's Physician-in-Chief and lead author of the study.

Housing First began in 2008 as a research demonstration project with \$110 million in funding from the Mental Health Commission of Canada, to implement the model in five Canadian cities. This made it the largest research study in the world targeting homelessness and mental health. It is now being widely implemented in the United States, and parts of Australia and Europe.

Dr. Vicky Stergiopoulos chats with a former patient who credits her for his recovery.



## Next stop: CAMH

Knowing what stop to get off at when travelling to CAMH's Queen Street site via public transit just got a lot easier.

TTC passengers on both the 63 Ossington bus and 501 Queen streetcar now hear and read "CAMH" as they approach the Queen and Ossington intersection.

"It signifies an incredible shift in attitudes toward mental illness," says Lori Spadorcia, Vice-President,

Communications and Partnerships, CAMH. "Often, designated TTC stops include significant and important attractions and services. Having CAMH included as one of these locations of interest really helps to normalize and destigmatize mental illness."

CAMH joins local hospitals such as St. Joseph's Health Centre and Toronto Western Hospital as named landmarks on Toronto's public transit network.



# CAMH receives Exemplary Standing

Accreditation Canada awarded CAMH Exemplary Standing—the highest level—following a week-long on-site visit by surveyors in June.

CAMH was also only one of three organizations in Ontario to meet 100 per cent of Accreditation Canada's standards and required organizational practices.

"We are thrilled to receive this designation in recognition of our organizational promise to continually improve the quality of care we provide for our patients," says Dr. Catherine Zahn, President and CEO, CAMH.

Accreditation Canada's evaluation program focuses on quality and safety throughout a hospital, from governance and leadership to direct care and infrastructure. This is the third time CAMH has received the "exemplary" designation.

## By the numbers 2018/19

**37,065** unique patients

**50%** of patients with multiple diagnoses

**12,999** emergency room visits

**2,766** telepsychiatry appointments

**3,461** staff

**1,426** volunteers

**426** physicians





## Going green with TD Commons

CAMH has named the 7,100 square metre open space at the corner of Queen and Ossington “TD Commons” in recognition of TD’s recent \$20 million donation.

TD Commons is a key part of CAMH’s redevelopment project. It will incorporate mixed-use green space, diverse trees, shrubs and plants, beautifully lit walking paths, benches, a pavilion, a children’s play zone, a wet play area and misting station, as well as an outdoor art installation.

“TD has been an exceptional corporate partner to CAMH. They have raised the bar for corporate giving

in Canada and we are grateful to them for helping us capitalize on this exciting time for mental health,” says Dr. Catherine Zahn, President and CEO, CAMH.

TD has been a part of the CAMH community for many years by providing direct financial support to CAMH, operating a neighbouring branch that meets the needs of both employees and patients, and leading initiatives such as TD Tree Days and supporting the Sunshine Market Garden—Canada’s first hospital organic garden.

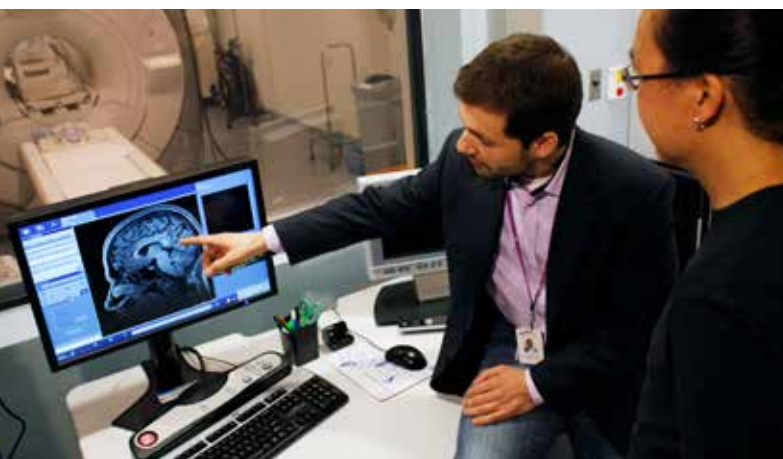
## CAMH named top mental health research hospital

CAMH is the leading mental health research hospital in Canada, according to Research Infosource’s 2019 rankings of Canada’s top 40 research hospitals.

Home to world-class research ranging from innovations in personalized medicine, to brain stimulation, to

geriatric mental health, CAMH was also recognized as one of the country’s highest-ranked research-intensive hospitals overall.

“We know mental illness is the leading cause of disability in Canada, and that one in five Canadians will experience a mental illness including addiction in any given year. The research we undertake at CAMH is crucial to improving health outcomes now and into the future,” says Dr. Bruce Pollock, Vice-President of Research and Director of the Campbell Family Mental Health Research Institute at CAMH.





## Best in show

A total of 20 pet therapy dogs strutted their stuff down the red carpet at the 2019 CAMH Dog Fair.

Featuring a classic fair theme, including popcorn and cotton candy, the event offered patients and staff a chance to spend some quality time with their furry friends from CAMH's pawpular pet therapy program.

Patients who attended were also treated to a 2020 calendar starring CAMH's pet therapy dogs.

"This event is so meaningful," said Eva Katz, graphic designer, CAMH.

Eva and Toulouse, her 10-year-old mixed Pomeranian, volunteer in CAMH's pet therapy program. Every Wednesday, they visit units at CAMH's College Street site.

"It was great to see so many of the patients I have met on the units at the Dog Fair," she said.

CAMH's pet therapy program recently expanded from 55 to 68 dogs (and humans), including nine staff members. Last year, our canine friends provided more than 2,600 hours of therapeutic time with patients.





## Faces of CAMH

CAMH's First Impressions team are often the first people who patients and visitors see when they walk into CAMH. They provide important information, and help to set the tone for people who may be going through difficult circumstances or are feeling anxious about their care.

“What I truly enjoy the most about working here is being able to engage with our patients and the CAMH community. In the short time I have been here, I have developed a rapport and built positive relationships with a number of clients. I can't help but be proud and happy for these patients once they've accomplished something of importance in their lives. Whether it's

staff, patients or volunteers, I look forward every day to meeting new faces within the community.”

“The best part of my job is connecting with people on a daily basis. It energizes me and brings me a huge sense of fulfilment. My goal each day is to engage with others on a level deeper than simple pleasantries. I had a great conversation once with a patient who told me, ‘I really like the way you talk to me.’ He said he could tell that I belong here and this place needs me. It made me feel very proud to work at CAMH.”

—Francis Miranda and Paula Nawrocki, Community Ambassadors, First Impressions

**Stay tuned to [camh.ca/events](https://camh.ca/events) in the new year for a CAMH showing of the film *Not Criminally Responsible*, which looks at both sides of the NCR debate.**

Continue the conversation online

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