



The future of mental health starts here.

CAMH & CAMH Foundation
Annual Report 2015/16



our vision

Transforming Lives

our purpose

At CAMH, we Care, Discover, Learn and Build

our values

Courage. Respect. Excellence.

The next breakthroughs in mental health will happen here at CAMH, Canada's leading hospital for mental health.

At CAMH and CAMH Foundation, we are changing the way the world thinks about mental health. We are creating better treatments for people who turn to us for care and inspiring hope through discovery — because everyone deserves to believe life is worth living. As we celebrate our successes over the past year, we are excited to share with you our plans for the future.

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A year of breakthroughs

CAMH, Canada's leading hospital for mental health, is at the forefront of the mental health movement, a cause that's never been more urgent.

This year, mental health drove the public agenda, and CAMH experts made an impact where it mattered most. We were at the table and on the ground addressing issues such as the police response to people in crisis; the tragedy of Aboriginal youth suicides; the epidemic of deaths from fentanyl overdoses; concerns about PTSD in Syrian refugees, veterans and first responders; and the ethics of medically assisted death.

As Canada's largest academic health science centre dedicated to mental health, CAMH cares for over 30,000 patients a year, including those with the most serious and complex mental illness. This year, our clinicians introduced new evidence-based treatment plans to standardize and improve care across a range of conditions. Along with our partners in the **Medical Psychiatry Alliance**, we're committed to the best physical and mental health care for our patients, and we're delivering it through our **Brain-Heart Service**.

The **Campbell Family Mental Health Research Institute** brings the latest brain research techniques together with experts in genetics, epigenetics and brain imaging. Our scientists are translating breakthroughs in the lab into options for patient care. CAMH researchers are creating excitement and optimism for discovering the biologic mechanisms of mental illness. We're sharing our knowledge broadly. This year, CAMH opened our **Simulation Centre** and launched **ECHO Ontario Mental Health**, a virtual community of practice that provides rural primary care clinicians with real-time video case consultation from mental health experts at CAMH.

Private philanthropy plays an important role in our work. The **Cundill Centre for Child and Youth Depression** — the first global centre dedicated to youth depression — was made possible through a \$15-million gift from The Peter Cundill Foundation. Our community's philanthropic leaders are vital to our future. Support from our \$200-million **Breakthrough Campaign** will help us build the hospital of tomorrow. Our patients will receive care in warm, welcoming spaces, as we improve care models and treatment to change the future for people with mental illness.

We're proud of our 2015/16 achievements, and anticipate a new year filled with the next breakthroughs in mental health.

Dr. Catherine Zahn
President & CEO,
CAMH

Darrell Louise Gregersen,
President & CEO,
CAMH Foundation

Tom Milroy,
Chair,
CAMH Foundation

Kelly E.D. Meighen,
Chair,
CAMH



From left, Dr. Catherine Zahn, Darrell Louise Gregersen, Tom Milroy, Kelly E.D. Meighen.

Photo credit: Kevin Van Paassen

New hope for young people

The promise of a future when everyone will believe life is worth living

CAMH is leading a global effort to improve treatments for young people with depression, thanks to a visionary \$15-million gift from **The Peter Cundill Foundation**.

The **Cundill Centre for Child and Youth Depression** will help young people reach their true potential.



“Peter Cundill was passionate about supporting children. Through the Cundill Centre for Child and Youth Depression at CAMH, Peter will continue to help young people around the world live healthier, more productive lives.”

- David Feather

“The medical field has been slow to recognize that depression can develop in children as young as five,” says **Dr. Peter Szatmari**, Chief of CAMH’s Child, Youth and Family Program and acting Director of the Cundill Centre. “This Centre will help mobilize an international network of experts and focus efforts on developing better care for this vulnerable population.”

CAMH is a global leader in child and youth mental health. Our experts are collaborating nationally and internationally.

With its official launch in May 2015, CAMH’s **Margaret and Wallace McCain Centre for Child, Youth & Family Mental Health** has a number of exciting projects underway, including three one-stop mental health care service centres for youth and their families.

“There is a real energy and excitement in our team about making a difference in the lives of kids and teens and their families, both here at CAMH and in partnership with mental health services throughout Canada,” says **Dr. Joanna Henderson**, Director of the McCain Centre.

At the **Slaight Family Centre for Youth in Transition**, CAMH is developing the tools young people with early



David Feather, Vice-Chair of The Peter Cundill Foundation.

psychosis or schizophrenia need for life beyond our walls, and repetitive transcranial magnetic stimulation is being tested for the first time in patients 16 to 24.

Established in 2012, The Peter Cundill Foundation honours the legacy of renowned Canadian investor and philanthropist, F. Peter Cundill (1938-2011). The Foundation has an emphasis on promoting the health, education and well-being of young people.



Photo credit: Roger Yipp

Dr. Faranak Farzan, a scientist with the Temerty Centre for Therapeutic Brain Intervention, leads a pioneering brain stimulation study focused on young people, with Fahad Alvi.

A warm welcome

New beginnings



Dr. Branka Agic, CAMH's Health Equity Manager.

CAMH is boosting mental health services for new Canadians as the country welcomes more than 25,000 Syrian refugees.

Located at CAMH, the **New Beginnings Clinic** — a partnership with Women's College Hospital's Crossroads Clinic — gives refugees the culturally sensitive care they need and connects primary care providers with psychiatrists and social workers.

"Refugees need opportunities and a sense of hope based on community support," says Dr. Branka Agic, CAMH's Health Equity Manager and a key player in CAMH refugee initiatives. "In turn, refugees have tremendous capacity to enrich our society."

The clinic is CAMH's latest initiative in ongoing local, national and global efforts in refugee mental health. This year, the **Refugee Mental Health Project** trained over 1,200 Ontario service providers to better support refugees. Funded by Immigration, Refugees and Citizenship Canada, the project is part of CAMH's Health Equity Department led by Dr. Kwame McKenzie.

Drs. McKenzie and Agic also lead a Mental Health Commission of Canada project, a joint initiative with the Wellesley Institute, to improve mental health care for immigrants, refugees, ethno-cultural and racialized groups. As well, CAMH is partnering with the Canadian Centre for Victims of Torture, George Brown College and the Wellesley Institute to develop a program to improve access to higher education for refugees.



"In turn, refugees have tremendous capacity to enrich our society."

- Dr. Branka Agic

The urge to help has spread throughout CAMH. In February, employees and Board members reached their goal of raising \$45,000 to sponsor a Syrian family. The **New Beginnings Campaign** was initiated by CAMH Board Chair Kelly Meighen.

"We know the CAMH community has a strong sense of social justice, a need to be involved, and a strategic goal to drive social change," says Kelly.

Listening, learning and leading

Improving care for vulnerable populations

CAMH is working closely with Aboriginal communities across the province to help reach the important mental health goals set out by Canada's historic Truth and Reconciliation Commission report.

Over the past 18 months, CAMH has engaged Aboriginal leaders, organizations, service providers and communities as well as Aboriginal and non-Aboriginal staff at CAMH to develop **Guiding Directions: A plan to strengthen our practices and partnerships with First Nations, Inuit and Métis peoples.**

"We have so many Aboriginal communities that are truly in crisis," says Dr. Renee Linklater, Director of CAMH's Aboriginal Engagement and Outreach.

"Engagement with these communities is such an important piece of our work — just meeting with and listening to people to find out how we can better support them in the mental health issues they're facing."

Dr. Linklater is leading efforts to provide better mental health and addiction training in remote Aboriginal communities through a project funded by the **Ministry of Child and Youth Services**. The CAMH team has already provided training and implementation support to more than 600 workers in Northern communities.

"It is really critical for us to work with elders and experts in these communities to provide access to training that is culturally appropriate in or near their home communities," Dr. Linklater explains. "In Northern Ontario, these opportunities are few and far between."



"We have so many Aboriginal communities that are truly in crisis."

- Dr. Renee Linklater

In March, CAMH's Aboriginal Service and the **TeleMental Health Services** received a transformational \$1-million gift from the **Geoffrey H. Wood Foundation**. This support enables CAMH to open a hospital-based sweat lodge; expand our outreach to include a focus on Aboriginal communities; and adapt a successful cognitive behaviour therapy model to be culturally appropriate for use with Aboriginal populations.

"Support from the Geoffrey H. Wood Foundation provides us with opportunities to develop programs and expand services to Aboriginal populations across the province," says Dr. Linklater. "These communities are so under-resourced and this gift will certainly support much-needed services."



Laura Thibeault, Aboriginal Knowledge Exchange Coordinator, and Dr. Renee Linklater, Director of Aboriginal Engagement and Outreach.



Blazing a path to better care

Helping more people recover, faster

CAMH is leading the mental health field in making sure patients see the right experts at the right time. **Integrated Care Pathways** or ICPs are new to mental health and they are already producing better outcomes.

“It was a long journey, but I’m convinced my mother would no longer be with us had she not been admitted to CAMH to experience the wonderful care there,” says **Linda Krisman**.

At 84, her mother **Yolanda** was struggling with dementia. She was disoriented, forgetful and experiencing paranoia; weak from significant weight loss, she could no longer look after herself. Using the new **Dementia: Management of Agitation and Aggression**

ICP, care providers from multiple disciplines tailored a structured treatment plan to meet Yolanda’s needs.

“This approach is very humane, and really brings down the barriers between the community and the hospital,” Linda says.

“It was very holistic; everyone had the same mission, and that alignment was very impressive.”

The Dementia pathway is indeed changing the way patients receive care. For example, while 50 per cent of similar patients are treated with two or more medications for neuropsychiatric symptoms in long-term care homes, the CAMH approach has been able to improve patients’



Linda Krisman, left, and her mother Yolanda.

lives with one medication or even without medication. In addition, patients enrolled in CAMH’s ICP have 40 per cent fewer falls.

“In the past few years, the number of new patients assessed in the memory clinic has increased by 500 per cent. And still, we can see patients within less than two weeks,” says **Dr. Tarek Rajji**, CAMH’s Chief of Geriatric Psychiatry.

More than 1,000 people have benefitted from CAMH’s ICP approach, including the Alcohol Use Disorder ICP created through generous support from **Lori McBurney**. Several ICPs are being rolled out in settings across the province.

Care for the most vulnerable

Expanding CAMH’s reach

Mental illness is two to three times more common in Canadian prisons than in the general population. Inmates with mental illness have an urgent need for quality mental health care. That is their right.

The **Forensic Early Intervention Service (FEIS)** is one way CAMH is meeting the mental health needs of this vulnerable population.



“We act flexibly in every effort to support these clients, enhancing the possibility of success once they are back in the community.”

- Dr. Kiran Patel

Located at the Toronto South Detention Centre, FEIS is a partnership between CAMH, the Ministry of Community Safety and Correctional Services and the Ministry of Health and Long-Term Care. Since launching in January 2015, the service has received over 1,200 referrals and provided mental health screening, triage, and interventions to 712 inmates.

“Correctional services staff have commented that their clients are engaging well with FEIS, noting an improvement in clients’ overall mood, including mental status and ability to manage their behaviours and engage with others,” says **Jim McNamee**, Executive Director of the Complex Mental Illness Program at CAMH.

CAMH’s **Dr. Kiran Patel**, Forensic Psychiatrist, credits FEIS’ success to the interdisciplinary team of psychiatrists, psychologists, occupational therapists, nurses, and social workers who work in innovative ways to help a vulnerable, stigmatized and disenfranchised population.

“We act flexibly in every effort to support these clients, enhancing the possibility of success once they are back in the community,” says Dr. Patel.

FEIS will expand to Milton’s Vanier Centre for Women in the fall. With an estimated 44 per cent of inmates in Ontario self-reporting a mental health or addiction issue, it’s hoped that FEIS, the only program of its kind in Ontario, will become a blueprint for many future programs.



Volunteer Coordinators **Michael Koly** and **Danielle Trost** at the Toronto South Detention Centre.

Simple pleasures

Through a \$1,000 grant from the **CAMH Gifts of Light Comfort Fund**, a library at the Toronto South Detention Centre is improving moods and helping patients recover through the simple pleasures of a good book.

“Reading is one thing our patients have control over, and literature can be such a powerful means of escape,” says Katy Konyk, a social worker with FEIS.

The library is just one of many projects made possible through the Comfort Fund. Created through the vision of an anonymous donor, the fund provides grants of up to \$5,000 each to support small but meaningful projects not funded by the hospital’s operating or capital budgets. Since it launched in 2013, 313 applications have been received and \$294,165 has been granted to projects to improve outcomes for patients.



Translating research into better care

Discovering the causes of mental illness

Dr. Romina Mizrahi is working toward the day when she can predict who will develop schizophrenia so she can prevent the disease completely.

Dr. Mizrahi, a Clinician-Scientist with CAMH's **Campbell Family Mental Health Research Institute**, is part of a global team of researchers zeroing in on the precise biological factors that could make this happen.

“Working together is the only way we can make fast progress in understanding the development of this illness, and prevent it from occurring in this high-risk group,” says Dr. Mizrahi, who heads CAMH’s Focus on Youth Psychosis Prevention Clinic and Research Program. Her work is supported in part by the **Meighen Family Directorate for High-Risk Youth**.

Studies suggest people from this high-risk group are among the highest cost users of the mental health system. **Dr. Claire de Oliveira**, a Scientist and Health Economist in the Institute for Mental Health Policy Research at CAMH, is one of the first researchers in Canada to look at heavy users of mental health care whose needs are complex. She has found they differ substantially from heavy users of physical health care. She’s now developing models to identify mental health care users at the highest risk of future hospitalization.

“If we can identify individuals at risk, this may present an opportunity to provide earlier preventive health care and social services, such as high-support housing units,” she says.



“Working together is the only way we can make fast progress in understanding the development of this illness, and prevent it from occurring in this high-risk group.”

- Dr. Romina Mizrahi

Research by **Dr. Lana Popova**, a Senior Scientist in CAMH’s Institute for Mental Health Policy Research, is furthering our understanding of the harms associated with drinking during pregnancy.

Her recent study identified 428 distinct disease conditions co-occurring with Fetal Alcohol Spectrum Disorders (FASD) — conditions that affect nearly every system of the body, including the brain, vision, hearing, cardiac, circulation, digestion, and musculoskeletal and respiratory systems.

“Improving the screening and diagnosis of FASD has numerous benefits that may prevent or reduce secondary outcomes that can occur among those with FASD, such as problems with relationships, schooling, employment, or with the law,” says Dr. Popova.

“It is important that the public receive a consistent and clear message — if you want to have a healthy child, stay away from alcohol when you’re planning a pregnancy and throughout your whole pregnancy.”



Clinical-Scientist **Dr. Romina Mizrahi**’s work is focused on preventing schizophrenia in young people.

Photo credit: Thomas Bollman



Master's student **Fenika Kapadia** with **Dr. Etienne Sibille**, Campbell Family Chair in Clinical Neuroscience.

Photo credit: Roger Yapp

Big data, big picture

Inspiring hope through discovery

CAMH researchers are focused on the big picture when it comes to groundbreaking discovery — and that means “big data.”

“We’re working on ways to manage the vast amounts of data generated by research through a bioinformatics or “big data” plan,” explains **Dr. Bruce Pollock**, Director of the **Campbell Family Mental Health Research Institute** and Vice-President of Research at CAMH. This is a new frontier in mental health research, and it’s helping researchers understand the molecular mechanisms behind psychiatric illnesses.

“We are mining data, understanding it and learning lessons from it,” says **Dr. Etienne Sibille**, the inaugural holder of CAMH’s Campbell Family Chair in Clinical Neuroscience.

Working with researchers in the U.S., Dr. Sibille used the power of big data to analyze thousands of genes from nearly 150 brains to determine that aging results in changes to day-night rhythms that could explain the changes in sleep patterns, cognition and mood seen in aging.

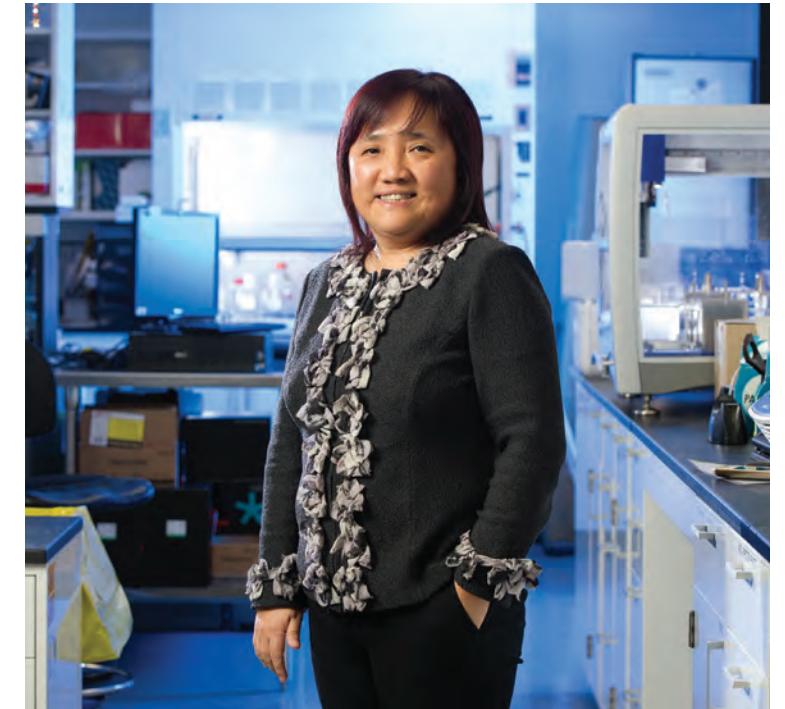


“We are mining data, understanding it and learning lessons from it.”

- Dr. Etienne Sibille

Big data is also key to an international research project focusing on the most challenging aspects of schizophrenia. The study is led by **Dr. Aristotle Voineskos**, head of the **Kimel Family Translational Imaging-Genetics Laboratory**. The ambitious five-year study combines brain scans and genetic information to identify and map genes associated with social impairments in schizophrenia.

“There are many millions of variables on each person,” says Dr. Voineskos, noting that bioinformatics will allow his team to extract meaning from large datasets faster than has ever been possible before.



Dr. Fang Liu, Head of Molecular Neuroscience.

New approach to depression

CAMH will advance a new approach effective in treating depression through a new licensing agreement.

A peptide developed by **Dr. Fang Liu** and her team shows promise in treating depression and other disorders, and is delivered through a nasal spray developed by **Impel NeuroPharma**. The agreement enables further research as the treatment is developed.

“This peptide is an entirely new approach to treating depression, and our work with Impel NeuroPharma has demonstrated a safe and effective way to provide this treatment in our research to date,” says Dr. Liu, Head of Molecular Neuroscience in the Campbell Family Mental Health Research Institute. “We’re excited that this licensing agreement brings us one step closer to clinical trials.”

A safe place to sleep

Translating evidence into action



Dr. Alex Abramovich, Independent Scientist in CAMH's Institute for Mental Health Policy Research.

Homeless LGBTQ youth finally have a safe place to sleep at night, thanks in part to CAMH's **Dr. Alex Abramovich**, an Independent Scientist in CAMH's Institute for Mental Health Policy Research.

YMCA Sprott House, Canada's first transitional housing for LGBTQ youth, will provide a safe and supportive environment for up to a year for 25 youth who identify as lesbian, gay, bisexual, transgender or queer between the ages of 16 and 24.

"I have never felt more proud of our city than I do this morning," Dr. Abramovich said at the shelter's opening in February, flanked by **Toronto Mayor John Tory** and **Councillor Joe Cressy**.

Through more than a decade of research, Dr. Abramovich demonstrated that, while LGBTQ youth account for up to 40 per cent of homeless youth and are particularly vulnerable to mental illness and substance use, their

needs weren't met being met in traditional shelters. His work convinced the City of Toronto to update its shelter standards last fall, and mandatory LGBTQ training for front-line staff in youth shelters began in February.

Dr. Abramovich will evaluate the shelter's impact on the lives of LGBTQ youth to build evidence that will inform the development of future LGBTQ housing services across Canada.



"With all my heart, I hope this is the beginning of a major shift in how we deal with youth homelessness."

- Dr. Alex Abramovich

Dr. Abramovich's research and advocacy work is an important part of CAMH's wider efforts toward improving health for LGBTQ youth and adults. In March, CAMH welcomed the province's decision to expand access to referrals for sex-reassignment surgery in Ontario.

The aging brain

Improving care for older adults



Canadians are living longer than ever, but we know very little about the aging brain or how age affects treatment for mental illness. **Dr. Bruce Pollock**, Vice-President of Research and Director of the **Campbell Family Mental Health Research Institute**, is internationally renowned for his research in geriatric mental health, with a focus on improving therapeutic care for depression and dementia in late life. His research — along with that of Campbell Institute scientists — will lead to a better understanding of how age affects the brain and how we can prevent and better treat age-related illnesses like Alzheimer's disease.

CAMH's Campbell Family Mental Health Research Institute

Our progress in identifying risks and improving treatment:

1 Understanding the cause

CAMH's Campbell Institute is combining both genetics and brain imaging to pinpoint cellular and structural changes that lead to dementia.

2 Improving treatment

Researchers are studying how age affects the metabolism of drugs. This work will protect seniors and reduce health-care costs.

3 Breakthrough

Our brain imaging research shows people with Alzheimer's have higher levels of brain inflammation. This discovery could lead to new treatment approaches.

4 Prevention

CAMH's Campbell Institute is leading Canada's largest Alzheimer's disease prevention study. The study combines cognitive exercises with brain stimulation therapy.



CAMH is the leading Canadian centre for innovative care, education and research on mental illness and aging.

People who are depressed in late life are up to four times more likely to develop dementia.

75 per cent of seniors living in long-term care homes suffer from psychiatric symptoms related to dementia.

Delaying Alzheimer's disease onset by two years could save the health-care system \$15 billion.

Sound body and mind

No health without mental health

CAMH is improving health for both the body and mind through two exciting new **Medical Psychiatry Alliance** initiatives: the CAMH **Brain-Heart Service** and CAMH's **Simulation Centre**.

People with mental illness have a life expectancy up to 15 years shorter than those without because their medical illnesses too often slip through cracks in the system. The Medical Psychiatry Alliance is a partnership with SickKids, Trillium Health Partners and the University of Toronto, in conjunction with the Ministry of Health and Long-Term Care and a **generous donor**.

“There is plenty of overlap between mental and physical illness, and we can greatly improve health across the board if we simply get better at managing physical and mental illness at the same time,” explains **Dr. Valerie Taylor**, lead for the CAMH Brain-Heart Service.

“Looking at it purely from a health systems perspective, the top one per cent of physical health resource users are twice as likely to have a psychiatric diagnosis.”

Through the CAMH Brain-Heart Service, physical illnesses will be better identified and managed in people with mental illness. With help managing weight and related metabolic issues, patients will be more likely to stick to their psychiatric care plans.

Dr. Taylor launched a series of Obesity Management Training workshops in April aimed at guiding health practitioners in obesity counseling and management. Further workshops are planned at Trillium Health Partners and SickKids.



“There is plenty of overlap between mental and physical illness, and we can greatly improve health across the board if we simply get better at managing physical and mental illness at the same time.”

- Dr. Valerie Taylor

“We don’t expect psychiatrists to treat diabetes or manage cardiovascular disease, but we can make them feel comfortable in recognizing when another health care professional needs to get involved,” says Dr. Taylor. “That will have a significant impact on patients.”



From left, CAMH Vice-President of Education **Dr. Ivan Silver** watches **Dr. Catherine Zahn** officially open the Simulation Centre while **Dr. Trevor Young**, Dean of the University of Toronto Faculty of Medicine, and **Dr. Benoit Mulsant**, Executive Director of the Medical Psychiatry Alliance, look on.

In November 2015, the Medical Psychiatry Alliance celebrated the launch of CAMH’s Simulation Centre. This new education hub provides a safe learning environment for students, trainees and health professionals in which to practice caring for people with combined physical and mental illness. While simulation training is well-established in

health specialties such as surgery and anesthesiology, CAMH’s centre is the first in Canada to offer a focus on mental health care.

“There’s not enough opportunity to rehearse aspects of learning before you actually confront it with your patients,” says **Dr. Ivan Silver**, Vice President, CAMH Education.

“It’s a missing ingredient in mental health — we do a lot of learning on the job, but we need better ways to prepare clinicians before they actually need to use a skill in practice.”



Online gateway to mental health

Sharing our knowledge with the world

As demand for specialized mental health services continues to outstrip supply, CAMH is helping close the gap. We are providing practical and effective ways to better equip primary care professionals to treat mental illness in their daily practice, and patients and families to find the support they need.

Through **ECHO Ontario Mental Health at CAMH** and University of Toronto, CAMH is virtually connecting rural and remote primary care sites across the province with Toronto-based mental health and addiction specialists. Using teleconferencing technology, mental health experts and frontline care providers discuss patients and learn new subject matter on a weekly basis.

“This is a really exciting project, with the opportunity for every health care provider at the table to learn together, which will translate into best practices that can help patients,” says **Dr. Allison Crawford**, who co-chairs the weekly, two-hour ECHO sessions. “It’s a very patient-centred approach — we’re bringing the experts to one table and mapping out a treatment plan together.”

The ECHO model uses multi-point live video conferencing to connect mental health experts at the hub to multiple primary care providers in the regions, allowing for real-time case consultation and feedback. Through this multi-directional learning structure, ECHO provides primary care providers with knowledge and support to manage complex needs within their own practices.



“Mental health is complicated, and primary care providers need help. That’s where Portico and the new app for primary care practitioners come in. With the right tools, resources and expert support — delivered with the latest technology — primary care providers can help close the gap.”

- Dr. Catherine Zahn

Based on a handbook co-edited by **Dr. David Goldbloom**, Senior Medical Advisor at CAMH, the **Psychiatry in Primary Care** app provides primary care providers with reliable assessment and intervention tools as they support Canadians with mental illness and addiction. Health care practitioners can run sessions with

patients using assessments, screening tools and interview guides, or search more in-depth information on Portico.

“Most Canadians access health care exclusively through a primary care setting, be it a physician’s office or a family health team,” said Dr. Goldbloom. “As demand for specialized mental health services continues to outstrip supply, we need practical and effective ways to better equip primary care professionals to treat mental illness in their daily practice.”

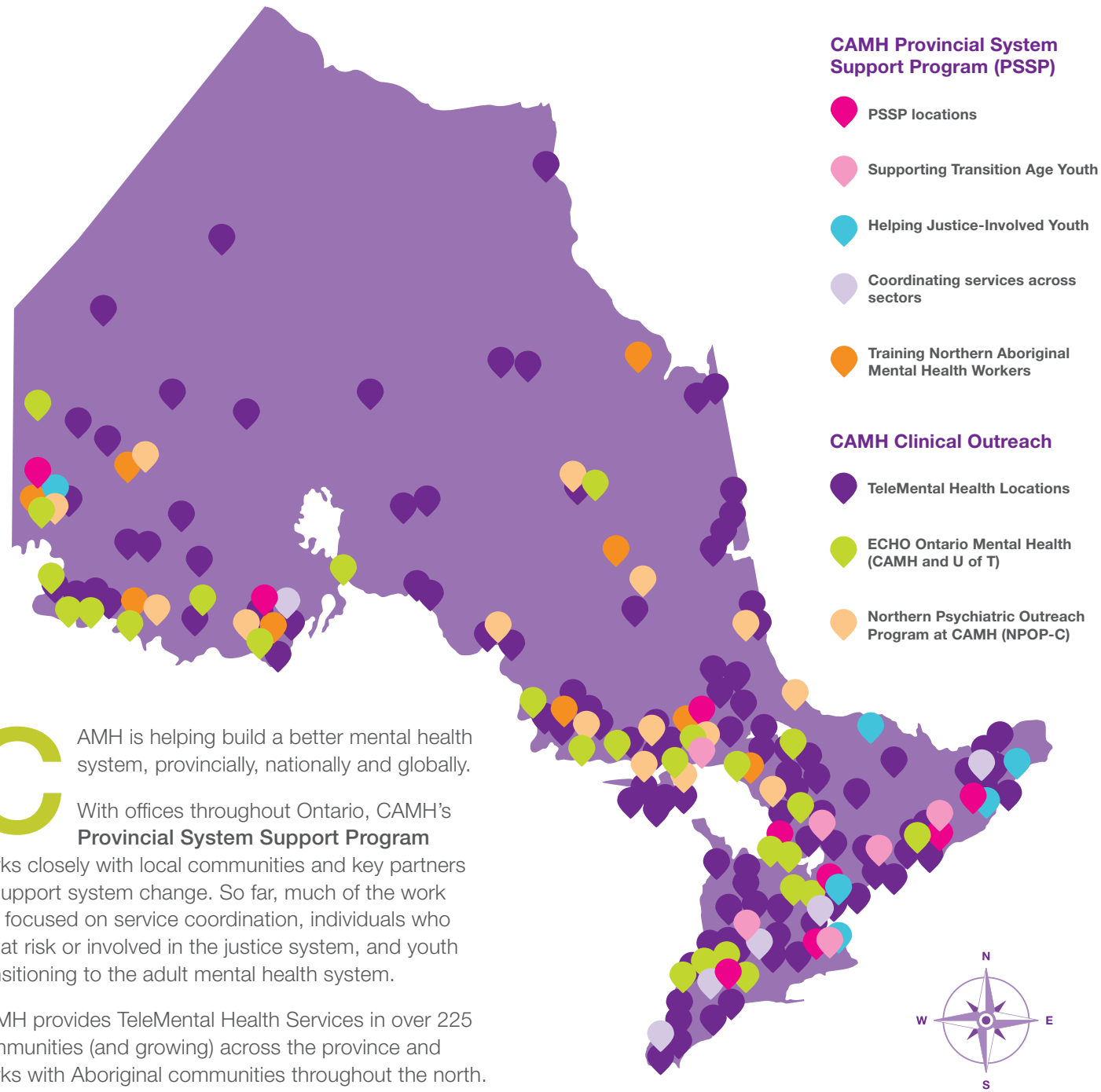
Created in partnership with **Bell Canada**, CAMH’s online interactive **Portico** network connects health and community service providers to the latest clinical tools, resources and information.

The **Slaight Family Centre for Youth in Transition** also continues to engage young people through My Thought Spot, a user-generated, crowd-sourced map of youth-focused mental health supports in the GTA. The project is made possible through a \$750,000 grant from Canadian Institutes of Health Research and matching funds from project partners.



From left: **Nancy McNaughton**, Senior Simulation Specialist, CAMH; **Dr. David Goldbloom**, Senior Medical Advisor, CAMH; **Mary Deacon**, Chair, Bell Let's Talk; **Amy Restoule**, Social Worker, Sudbury East Community Health Centre; **Dr. Catherine Zahn**, President and CEO, CAMH; **Ann Douglas**, Author, Patient, Family Member and Member of Portico's National Advisory Board ; and **Dr. Peter Selby**, Director of Medical Education at CAMH.

Building a better mental health system



CAMH is helping build a better mental health system, provincially, nationally and globally. With offices throughout Ontario, CAMH's **Provincial System Support Program** works closely with local communities and key partners to support system change. So far, much of the work has focused on service coordination, individuals who are at risk or involved in the justice system, and youth transitioning to the adult mental health system.

CAMH provides TeleMental Health Services in over 225 communities (and growing) across the province and works with Aboriginal communities throughout the north.

CAMH works collaboratively with partners from coast to coast on national mental health research, education and treatment initiatives.

Globally, CAMH is a World Health Organization/Pan-American Health Organization Collaborating Centre in

Addiction and Mental Health. CAMH's **Office of Transformative Global Health** jointly develops, implements, and sustains collaborative education programs for clinicians and allied professionals in Latin America and the Caribbean, Asia and Africa.

Advancing public policy

Driving social change

CAMH is driving social change and building a better mental health system for our patients, families and stakeholders. The issues vary from substance use to housing.

Toronto Mayor John Tory hosted a round table at CAMH on how the police handle encounters with people in crisis, and CAMH will be continuing to recommend improvements, as we have with the OPP.

With the recent rise in prescription opioid addiction and overdose deaths from fentanyl, particularly among young people, the federal government named CAMH as Ontario lead of the **Canadian Research Initiative on Substance Misuse (CRISM)**, a national network aimed at identifying and implementing effective treatments for the more than 400,000 Canadians who misuse prescription drugs.

It is estimated up to 80 per cent of people seeking addiction treatment have another mental illness diagnosis. In one of the largest clinical changes to Ontario's addiction system in more than two decades, CAMH is rolling out new screening and assessment tools that

will result in more comprehensive treatment for those accessing addiction services funded by the province.

The legalization of cannabis is on the public agenda. **CAMH's Cannabis Policy Framework** has been effective in making the case that, once legal, strict regulations on the drug are required from a public health perspective. CAMH is helping policy makers address the many emerging issues, from medical marijuana to preventing cannabis-impaired driving.

Proposed legislation governing physician-assisted death has provoked a deeply emotional debate among Canadians: should medically assisted death ever be extended to include a person with mental illness? CAMH psychiatric, bioethical and legal experts contributed to the issue at the Special Joint Committee and Senate Committee hearings in Ottawa.



Mayor **John Tory**, Councilors **James Pasternak** and **Kristyn Wong-Tam**, and **Dr. Catherine Zahn** tour CAMH's Queen Street site and chat with **Dakoda Bowen** from CAMH's *Out of This World Café*. "There's a lot being done and the dialogue surrounding mental illness is much more open than it was 10 years ago," says Mayor Tory. "I have to give credit to institutions like CAMH, which is a world leader."

Bright and early for a good cause

Everyone who touches CAMH will become an advocate for mental health



From left: **Christine Gresham**; **Dorothy Tennant** and **Annette Verschuren**; and **Ruth Draper** and **Eric Claus**.

CAMH is inspiring Canadians to join a movement for social change that will transform the future of mental health in Canada. This movement advocates for better access to mental health services for the one in three who don't receive the care they need — a groundswell that challenges stigma and calls for action to improve the lives of Canadians affected by mental illness.

As the flagship event in this movement, **CAMH One Brave Night for Mental Health** invites Canadians to join the cause and share one night to inspire hope for the one in five people who experience a mental illness in any given year.

How much is a good night's sleep worth? To **Annette Verschuren**, more than \$125,000.

That's how much Annette, a CAMH Foundation board member, raised by giving up sleep for a night as part of CAMH's all-night challenge to defeat mental illness.

"I'm a very action-oriented person, and that's what I love about CAMH One Brave Night for Mental Health — you have to do something," says Annette, top fundraiser for the all-night event for the second year in a row. "The challenge gets people involved, and gets them talking about mental health."

Participants create their own all-night challenge — a board game tournament or all-night dinner party, for example. For her part, Annette enjoyed a quiet movie night with her sister.

At dawn, participants post their #sunriseselfie to stand in support of those living with mental illness.

"It may not be so comfortable to stay up all night, but it's for a great cause and it's so important to be able to give back," Annette says.

The challenge attracted thousands of participants and support from corporate partners **CIBC** (Team Sponsor), **Sleep Country Canada** (Sleep Pass Sponsor), and **Boston Pizza** and **Cineplex** (Rewards). CAMH One Brave Night raised more than \$830,000 on May 13.

The event is just one way the community is supporting the highest priority needs of the hospital and spreading awareness about mental illness at the same time. Last year, CAMH welcomed more than 9,000 new **Change Agents**, who support the CAMH cause through our monthly donor program.

In October, CAMH launched **Stop Suicide**, a powerful awareness campaign aimed at preventing youth suicide. Through emotional images, the television and digital campaign shared the stories of real people who have lost family members to suicide and invited viewers to become Change Agents themselves.

A year to remember

Highlights from the past year at CAMH — and beyond!



Margaret Trudeau speaks at the *Going Glo-cal for Mental Health: Global Lessons for Local Benefit*, a conference co-hosted by CAMH and the University of Toronto Department of Psychiatry.



Former NHL star **Sheldon Kennedy** joins **Lisa Brown**, Director of Workman Arts, and **Rona Ambrose**, Interim Federal Conservative Leader, at the gala premiere of his documentary *Swift Current*, which kicked off the 23rd edition of the *Rendezvous with Madness* Film Festival.



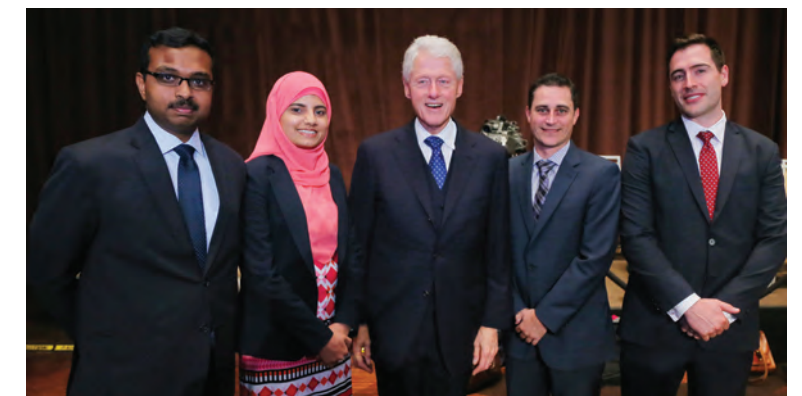
CAMH's welcomes Ontario Lieutenant Governor **Elizabeth Dowdeswell** for her first walkthrough of the Queen Street campus.



Dr. Catherine Zahn, official Pan Am torchbearer #41, brings the Pan Am torch to CAMH.



From left, **Dr. Catherine Zahn**, Minister of Environment and Climate Change **Glen Murray**, Finance Minister **Charles Sousa**, Transportation Minister **Steven Del Duca**, and Trinity Spadina MPP **Han Dong** announce a \$2 million investment in CAMH's Queen Street redevelopment project.



Lak Chinta, CAMH Finance (L) with former U.S. President **Bill Clinton** after being nominated for the prestigious Hult Prize for global social enterprise.

20 years of Transforming Lives

A celebration of recovery

Strength. Courage. Resilience. Hope — and a celebration. On May 25, 1,000 of CAMH's closest friends gathered at the **Transforming Lives Awards** to honour the extraordinary people who face mental illness and addiction with perseverance and dignity. It was a remarkable milestone — the 20th anniversary of a beloved signature event that celebrates the people who turn to us for care. The night also marked the last year the awards will be held on the grounds, as CAMH prepares to begin construction on our new Complex Care and Recovery and Crisis and Critical Care buildings in 2017.

And what a night it was! Set under a spectacular tent at CAMH's Queen Street campus, the evening brought the CAMH community together to listen to stories of triumph and inspiration. By sharing their stories, award recipients help break down the stigma that surrounds mental illness. By celebrating their courage and commitment to recovery, we join them in this commitment.

"The Transforming Lives Awards have always been such a special celebration — a beautiful evening in which we are inspired by powerful stories of courage and strength," says **Valerie Pringle**, who co-chairs the Transforming Lives Awards with **Dr. David Goldbloom**. "The 20th anniversary allowed us to take a moment to look back at how far we've come in mental health over the years, and to celebrate our progress in research, care and education. It also reminded us that we can't stop now because there is still so much to be done."

The dazzling evening raised more than \$1 million for CAMH.



2016 Transforming Lives Award recipients from left, **Orlando Da Silva**; **Emily Wright**; **Jobim Novak**; **Jamie Anderson** (on behalf of RBC); **Gail Bellissimo**; and **Sheldon Kennedy**.

The 2016 Transforming Lives recipients are:

Sheldon Kennedy
Gail Bellissimo
Orlando Da Silva
Emily Wright
Jobim Novak
RBC

The **Harry & Shirley Young Corporate Award** was presented to **RBC**, which has helped strengthen both **Transforming Lives Awards** and **UnMasked** as long-time presenting sponsors. RBC's generosity has also created the **RBC Patient and Family Resource Centre**.

Tomorrow's hospital — today

The next breakthroughs in mental health will come from CAMH



The Crisis and Critical Care Building.

The \$200-million **Breakthrough Campaign** is the largest-ever campaign for mental health in Canada because it has to be — our vision is that ambitious.

Faster, fuller recovery from even the most serious mental illness. A better understanding of what causes psychosis so that it can be prevented before it starts. Care for people who might otherwise fall through the cracks — like young people, older adults and those in Aboriginal communities. A leading-edge hospital with warm, welcoming spaces.

The vision of a world in which everyone believes life is worth living, and the next breakthroughs in mental health — here at CAMH.

"Together, we are building a hospital that contributes to the mental health of people in our neighbourhood, the city, the province and the world," says **Jamie Anderson**, Breakthrough Campaign Chair. "As a result of Breakthrough, CAMH will have the resources it needs to drive groundbreaking discovery, revolutionize care and actively engage with the community."

There is tremendous momentum behind Breakthrough; we have already reached \$160 million of our goal. In the last year, nearly 19,000 new donors have joined CAMH's efforts to help more people recover faster; inspire hope through discovery; and stop mental illness from destroying lives. From monthly donors to visionary donors to members of the **Michael Wilson Society**, the community is sending a clear message: the time is now to improve mental health. The world is counting on us.

Breakthrough Campaign Cabinet

Honourary Chair
 The Honourable Michael H. Wilson

Co-Chairs
 Jamie Anderson
 Michael McCain
 Tom Milroy

Stephen Dent
 Dr. David Goldbloom
 Nancy Lockhart
 Ana Lopes
 Doug McGregor
 Kelly Meighen
 Gail O'Brien
 Valerie Pringle
 Michael Roach
 Gerald Sheff
 Dr. Catherine Zahn

Advisors
 Jim Treiving
 Sandi Treiving
 Prem Watsa
 Mike Wekerle

Building the hospital of tomorrow

Building an environment to support recovery



The Complex Care and Recovery Building.

We are entering into the next phase of CAMH's transformational redevelopment project, which breaks ground in 2017. Two new buildings facing Queen Street West are critical for those most in need: people who are acutely ill as well as those experiencing the most complex forms of mental illness, especially patients with schizophrenia. These new facilities will also support our academic mission to advance mental health, and promote positive changes in social attitudes.

The **Crisis and Critical Care Building** will include the 24/7 **Gerald Sheff and Shanitha Kachan Emergency Department**, inpatient units and other programming. The Partial Hospital program will provide comprehensive care for people who do not need inpatient treatment, and CAMH will expand its reach to remote communities across Ontario through the TeleMental Health Services program.

The building will also feature the **Cope Family Patient Recovery Atrium**.

● ● ●
“This redevelopment is a metaphor for the transformation of our understanding and treatment of mental illness.”

- Dr. Catherine Zahn

“**George** and I are such strong believers in the need for new facilities at CAMH as the first step toward both recovery and a new, more dignified and respectful approach to caring for people in need,” says **Tami Cope**.

The **Complex Care and Recovery Building** will feature in- and outpatient services for people with complex mental illness, and will be home to CAMH's

Simulation Centre, Temerty Centre for Therapeutic Brain Intervention, and state-of-the-art auditorium.

“This redevelopment — from the new light-filled buildings, to the extension of city streets throughout the campus, to the beautiful green spaces — is a metaphor for the transformation of our understanding and treatment of mental illness,” says **Dr. Catherine Zahn**, CAMH President & CEO. “We are tearing down walls both literally and figuratively.”

The redevelopment has resonated with donors. **Richard Pilosof** received care from CAMH for just a few hours, but the experience left an impression on him that will last a lifetime.

“My experience was very minor in the big picture, but it moved me because I felt vulnerable and definitely out of my element,” says Richard, who turned to

CAMH's emergency department for help with anxiety in December 2010.

“While there, I saw a number of people who were dealing with much more significant issues, and I realized the importance of raising awareness about mental illness — to let people know that CAMH exists and that it needs support.”

After conversations with friends and long-time CAMH supporters **Valerie and Andy Pringle** and **Michael Wilson, Richard and Karen Pilosof** made a generous gift to support the Gerald Sheff and Shanitha Kachan Emergency Department as part of the next phase of CAMH's redevelopment.

“There have been a lot of brave people who have come forward to talk about mental illness,” Richard says. “I realized I needed to thank the hospital for my care, and I was fortunate to be able to give back.”

SUSTAINABLE FOUNDATIONS

Recovery-enhancing care

At CAMH, our view of health is holistic. By offering activities to help meet the cognitive, cultural, social, spiritual and emotional needs of our patients, we are empowering them to become actively involved in their recovery.



Rashida shines bright at the 12th annual Suits Me Fine Fashion Show, where patients walk the runway in celebration of recovery.



*Providing recovery-enhancing activity in a safe environment. Drug Treatment Court Addiction Therapist **David Lucas** (L) high fives NHL Alumni after a floor hockey challenge with patients.*



*Music therapy. Volunteer percussionist **Sean Dunal** leads CAMH's Drum Circle group.*



*The CAMH Downtown West Archway Clinic celebrates patient recovery. **Nelson**, with CAMH Registered Nurse **Seharish Jindani**, receives an Archie Award for Creativity.*

Awards and recognition

Our successes — both as a hospital and as individuals — were recognized in a number of areas over the past year. These are just a few of the many.



*Dr. **Catherine Zahn** is awarded an Honorary Doctorate from Ryerson University.*



CAMH is designated a Best Practice Spotlight Organization by the Registered Nurses Association of Ontario.



The team at I-CARE — CAMH's clinical information system — was recognized for innovation and leadership by I-Canada, a pan-Canadian movement dedicated to creating intelligent communities.



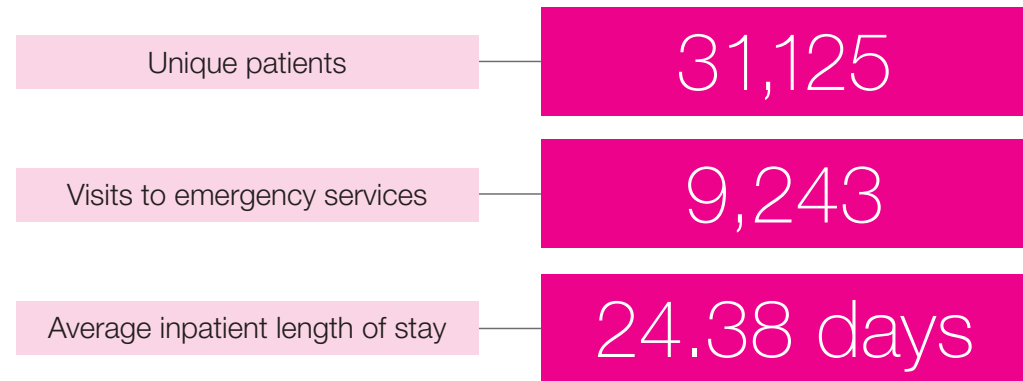
*The Governor General of Canada, His Excellency the Right Honourable **David Johnston**, and Officer of the Order of Canada recipient **Dr. David Goldbloom**. CAMH's **Lisa Brown** and **Dr. Catherine Zahn** were named Members of the Order of Canada.*



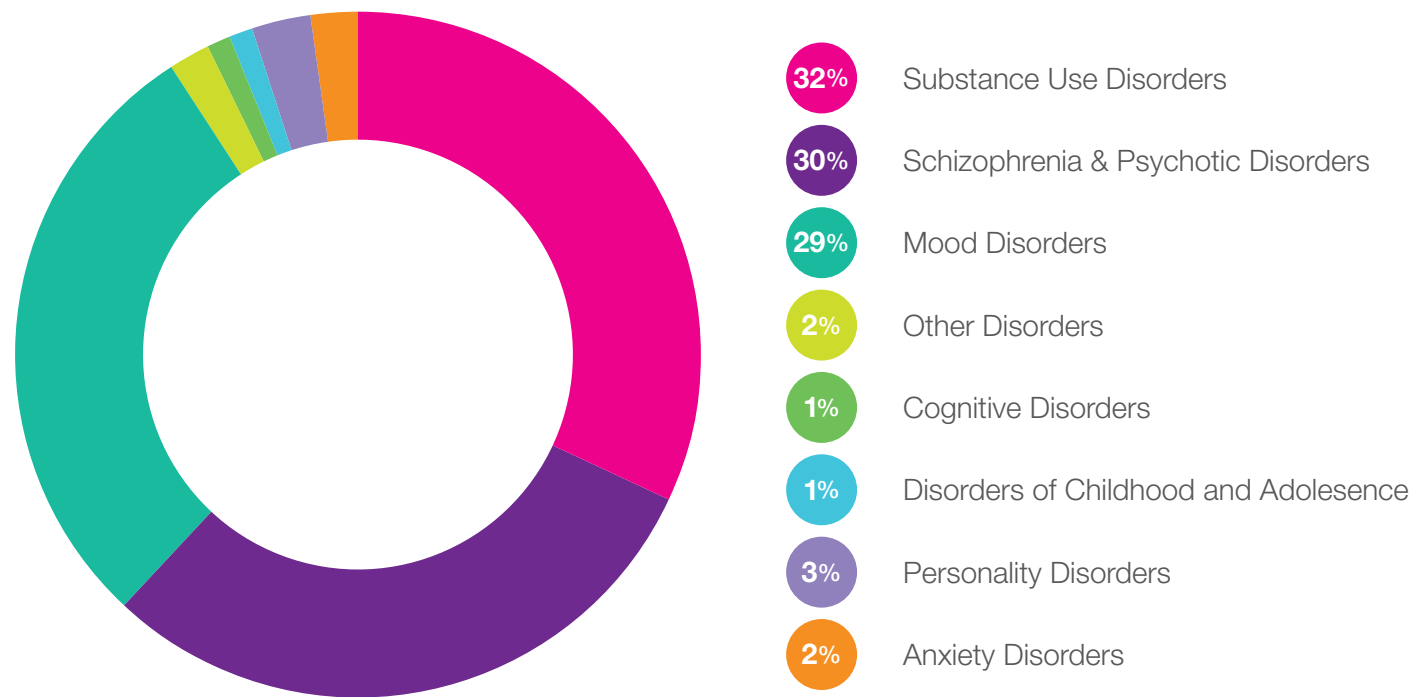
CAMH is Accredited with Exemplary Standing — the highest rating for a Canadian hospital.

CAMH by the numbers

Patients



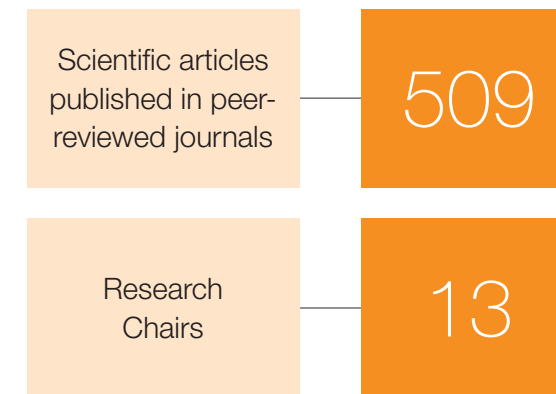
Primary Diagnosis of Inpatients on Admission



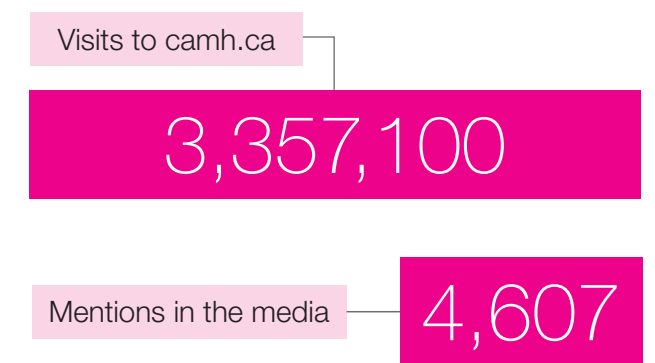
Staff and Physicians



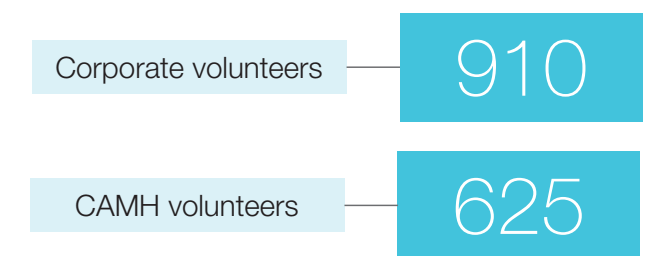
Research



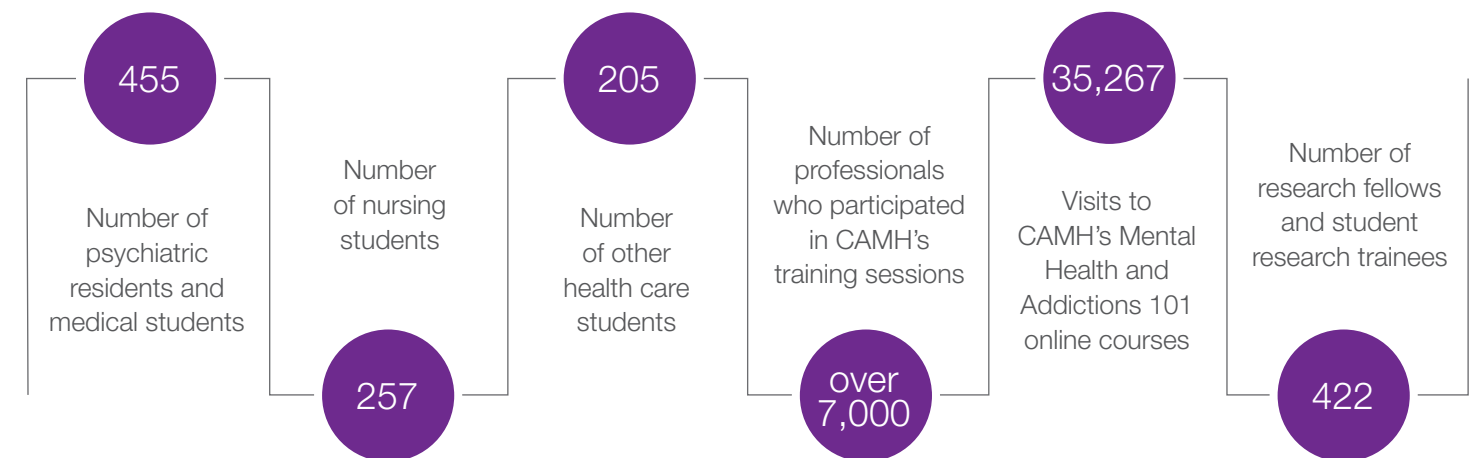
Information



Volunteers



Education



CAMH Hospital financial snapshot

Statement of Operations of the Year ended March 31, 2016

	2016
Revenue	\$
Ministry of Health and Long-Term Care/Toronto Central Local Health Integration Network grants	305,775,881
Patient revenue	1,618,251
Other grants	47,447,105
Ancillary and other	25,136,170
Amortization of deferred capital contributions	15,157,434
Investment income	496,079
Total Revenue	395,630,920
Expenses	\$
Salaries, wages and employee benefits	286,405,268
Supplies and other	76,689,397
Depreciation	22,064,218
Rent	2,474,980
Drugs and medical supplies	6,273,945
Total Expenses	393,907,808
Excess of revenue over expenses for the Year	1,723,112

CAMH Hospital Executive Leadership

Dr. Catherine Zahn, President & Chief Executive Officer
 Kim Bellissimo, Vice President, Human Resources and Organizational Development
 Dev Chopra, Executive Vice President, Clinical Programs (until January 29, 2016)
 David Cunic, Vice President, Redevelopment and Support Services
 Darrell Gregersen, President & CEO, CAMH Foundation
 Damian Jankowicz, Vice President, Information Management, Chief Information Officer and Chief Privacy Officer
 Tracey MacArthur, Senior Vice President and Chief Clinical officer
 Dr. Benoit Mulsant, Physician-in-Chief (until June 30, 2015)
 Dr. Bruce Pollock, Vice President, Research
 Dr. Arun Ravindran, Interim Physician-in-Chief
 Hilary Rodrigues, Vice President, Finance and Supply Chain
 Dr. Ivan Silver, Vice President, Education
 Dr. Stephen Sokolov, Vice President and Chief Medical Officer
 Lori Spadorcia, Vice President, Communications and Partnerships
 Dr. Rani Srivastava, Chief of Nursing and Professional Practice
 Kristin Taylor, Vice President, Legal Services and General Counsel

CAMH Hospital Board of Trustees 2015/16

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Betsy Little
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 Dr. Vincenzo De Luca, President, Medical Staff Association
 Tom Milroy, Chair, CAMH Foundation Board of Directors
 Dr. Arun Ravindran, Interim Physician-in-Chief
 Dr. Rani Srivastava, Chief of Nursing and Professional Practice
 Dr. Benoit Mulsant, University of Toronto, Chair of Department of Psychiatry



UNIVERSITY OF
TORONTO



**World Health
 Organization**



CAMH Foundation financial snapshot

Summary statement of revenue and expenses
Year ended March 31, 2016

	2016
Revenue	\$
Donations	35,930,369
Bequests	226,219
Special events	2,380,281
Investment income, net	(283,517)

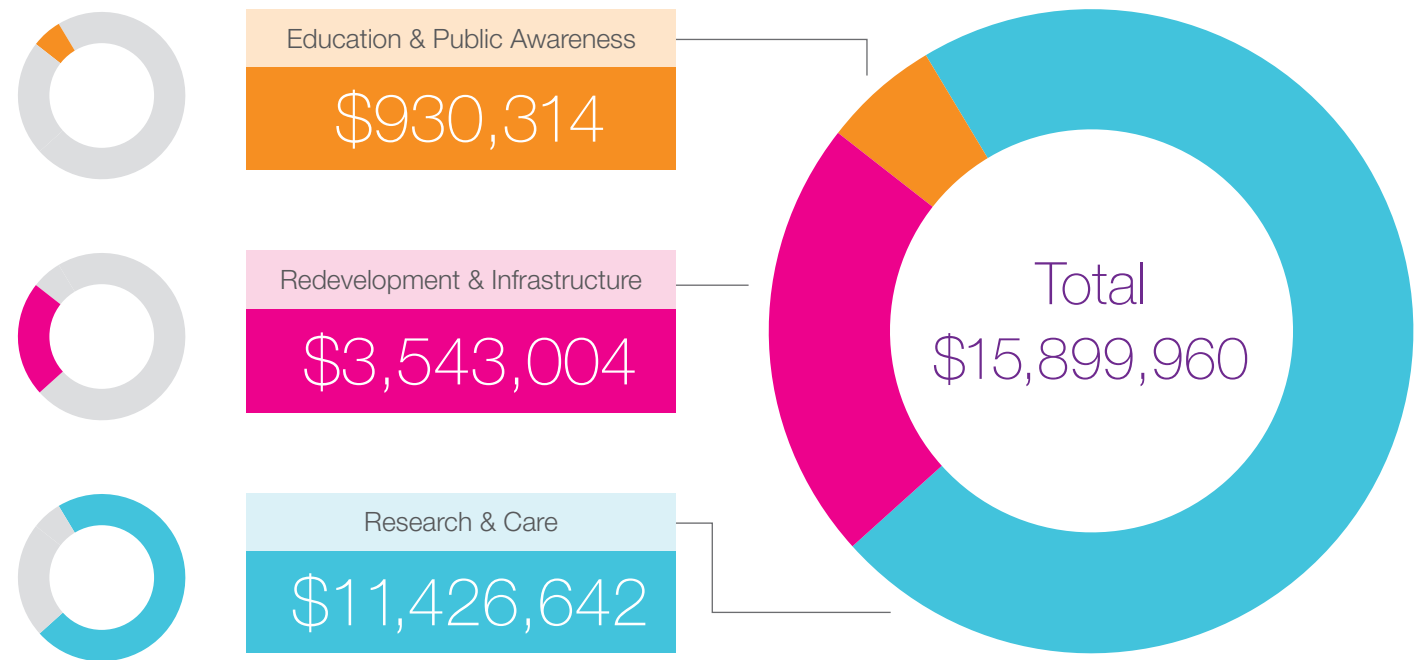
Total Revenue 38,253,352

	\$
Expenses	
Fundraising and administration	9,368,541
Special events	1,146,401

Total Expenses 10,514,942

Excess of revenue over expenses before grants 27,738,410

2015/16 Grants by type



CAMH Foundation Board of Directors 2015/16

Officers of the Board

Tom Milroy, Chair
Ana P. Lopes, C.M, Past-Chair
Peter W. Doyle, Vice-Chair, Treasurer

Michael H. McCain, Vice-Chair
Darrell Louise Gregersen, Corporate Secretary

Directors

Jamie Anderson
Heather Beamish
Bonnie Brooks
Linda Campbell
Susan Caskey
Tami Cope
Jill Denham
Maureen Dodig
Dr. David S. Goldbloom

John Gordon
John Hunkin
Shanitha Kachan
Dale Lastman
Nancy Lockhart
Dan O'Shaughnessy
Guy Pratte
Valerie Pringle
Michael E. Roach

Donna Slaight
Sandi Treliving
Annette Verschuren
The Honourable Michael Wilson
Kaan Yigit

Ex-Officio Directors

Kelly E. D. Meighen

Dr. Catherine Zahn

Dr. Bruce G. Pollock

CAMH Foundation Board Administrator

Michelle L. Christian

Thank you to our Donors

Lifetime Visionary Donors

(April 1, 1998 — March 31, 2016)

We are proud to recognize our most generous donors. These individuals and organizations have supported CAMH with cumulative gifts of \$1,000,000 or more.

\$30,000,000+

The Campbell Family

\$10,000,000+

Bell Let's Talk
The Peter Cundill Foundation
Margaret & Wallace McCain
Gary & Donna Slaight
Anonymous (1)

\$5,000,000+

G. Raymond Chang
Carlo Fidani Foundation
Sonia & Arthur Labatt
RBC Foundation
Temerty Family Foundation
Estate of Ken Thomson & Estate of Audrey Campbell
The WB Family Foundation *

\$2,500,000+

Jamie & Patsy Anderson
The Associates at CAMH
BMO Financial Group
FDC Foundation
Gerald Sheff and Shanitha Kachan Charitable Foundation

\$1,000,000+

Marilyn & Charles Baillie
Canadian Health Services Research Foundation
Susan Caskey & John Francis
CGI Group Inc.
CIBC
Element Financial Corporation
Eli Lilly Canada Inc.
The Faas Foundation
The Firkin Group of Pubs
Wayne & Isabel Fox
Shelagh & Peter Godsoe
Douglas & Ruth Grant *
Bill & Rennie Humphries
The Honourable Henry N.R. Jackman
The Warren and Debbie Kimel Family Foundation
Koerner Foundation
Estate of Norman N. Kotani
The Krembil Foundation
John & Gail MacNaughton
Manuilfe
Michael McCain Family
The R. Samuel McLaughlin Foundation
T.R. Meighen Family Foundation
Kelly & Michael Meighen *
Sarah & Tom Milroy
David & Gail O'Brien
Tim & Frances Price
The Schulich Foundation
Scotiabank

The Lawrence and Judith Tanenbaum Family Foundation
TD Bank Group
Sandi & Jim Treliving
Unifor
Kim & Pat Ward
Michael & Lea-Anne Wekerle
The W. Garfield Weston Foundation
Margie & Michael Wilson
David & Shelagh Wilson
The Geoffrey H. Wood Foundation
The Harry and Shirley Young Charitable Foundation
The Younger Family *
Anonymous (1)

Breakthrough Campaign Donors

We are proud to recognize donors to our Breakthrough Campaign. These individuals and organizations have supported CAMH with cumulative gifts and commitments of \$5,000 or more since the beginning of our campaign.

CAMH is grateful to have received many anonymous gifts from the United Way. We thank all these donors for their support.

*Denotes a Michael Wilson Society Member. CAMH deeply appreciates the commitment of those who have stepped forward as champions for mental health. With a minimum investment of \$10,000, these members joined prior to April 2016.

\$30,000,000+

The Campbell Family

\$10,000,000+

The Peter Cundill Foundation
Wallace & Margaret McCain
Gary & Donna Slaight
Anonymous (1)

\$5,000,000+

Temerty Family Foundation

\$1,000,000+

Jamie & Patsy Anderson
The Associates at CAMH
Marilyn & Charles Baillie
Kelly & Michael Meighen *
Sarah & Tom Milroy
David & Gail O'Brien
Tim & Frances Price
The Schulich Foundation
Scotiabank

The Faas Foundation
FDC Foundation
Wayne & Isabel Fox
Koerner Foundation
T.R. Meighen Family Foundation
Kelly & Michael Meighen *
Sarah & Tom Milroy
David & Gail O'Brien
Tim & Frances Price
RBC Foundation
Gerald Sheff and Shanitha Kachan Charitable Foundation
The Lawrence And Judith Tanenbaum Family Foundation
Sandi & Jim Treliving
The WB Family Foundation *
Margie & Michael Wilson
David & Shelagh Wilson
The Geoffrey H. Wood Foundation
The Younger Family *

\$500,000+

The Harold E. Ballard Foundation
Ralph M. Barford Foundation & John and Jocelyn Barford Foundation
Tim & Lesley Burrows
James & Mary Connacher
George & Kathy Dembroski
Janet MacLaren & Steve Dent
The Firkin Group of Pubs
Maxine Granovsky Gluskin & Ira Gluskin Janssen Inc.
Suzanne Labarge
Richard & Karen Pilosof
Andrew & Valerie Pringle
Anonymous (1)

\$250,000+

S.A. Armstrong Limited
Bell Let's Talk
Ronald & Barbara Besse
In Honour of Graeme Fletcher Bird
Ron & Jan Brennehan
Compass Construction Resources Ltd.
Deloitte
William & Barbara Etherington
Estate of Clarence B. Farrar, Joan Farrar Trust
Mark Feldman & Alix Hoy
Friends of the Centre for Addiction and Mental Health

David Goodman Youth Community Trust
Goodmans LLP
The Haynes-Connell Foundation
Susan Crocker & John Hunkin *
Donald K. Johnson & Anna McCowan Johnson
KPMG LLP
The Lewin Family - In honour of Ryan Frank & Azniv Lochan
Ana P. Lopes & Don Tapscott
Lori McBurney
Ministry of Children and Youth Services
Victoria Ross
Andrew Sheiner & Liza Mauer *
Ada Slaight
Annette Verschuren & Stan Shibinsky
The W. Garfield Weston Foundation

David Goodman Youth Community Trust
Goodmans LLP
The Haynes-Connell Foundation
Susan Crocker & John Hunkin *
Donald K. Johnson & Anna McCowan Johnson
KPMG LLP
The Lewin Family - In honour of Ryan Frank & Azniv Lochan
Ana P. Lopes & Don Tapscott
Lori McBurney
Ministry of Children and Youth Services
Victoria Ross
Andrew Sheiner & Liza Mauer *
Ada Slaight
Annette Verschuren & Stan Shibinsky
The W. Garfield Weston Foundation

\$100,000+

Accenture Charitable Foundation
Alva Foundation
Gail & Mark Appel *
Arrell Family Foundation
Ralph M. Barford Foundation and John and Jocelyn Barford Foundation
Gary & Josephine Barnes
The Graham Boeckh Foundation
Ted Cadsby on behalf of the Cadsby Foundation

Celestica Inc. *
CIBC
Sherway Gardens
Rick & Lynn Coriat
Barbara Crispo
James H. Cummings Foundation Inc.
Dialog
Ernst & Young LLP
The Murray Frum Foundation
La Fondation Emmanuelle Gattuso
Gift Funds Canada
Douglas & Ruth Grant
Shirley Granovsky
The Joan and Clifford Hatch Foundation
Ernie & Rivette Herzig
Hoffmann-La Roche
John Honderich
David & D. Elizabeth Howard
Howitt-Dunbar Foundation
Roland Keiper
LesLois Shaw Foundation
Robert & Margaret MacLellan Manuilfe
Roger L. Martin
Michael McCain Family
The McLean Foundation
Mental Wellness Network
Estate of Gloria Lorraine Mitchell
Lou & Jennifer Pagnutti
Red Apple Stores Inc.
Rotary Club of Toronto Charitable Foundation
The Schulich Foundation
Oskar T. Sigvaldason & Thor Sigvaldason
Nathan and Lily Silver Family Foundation
Howard Sokolowski & Linda Frum Sokolowski
Betty and Chris Wansbrough Family Foundation at the Toronto Community Foundation

Tremco Roofing and Building Maintenance
Eric Tripp & Maria Smith
University of Toronto
Chuck & Libby Winograd
The C. R. Younger Foundation
Anonymous (3)

\$50,000+

AGF Management Limited *
Aimia
James Baillie & Elizabeth Kocmur
The Bay
The Bedolfe Foundation
Paul & Kaye Beeston
J. P. Bickell Foundation
Boston Pizza International Inc.
In honour of Gibson Boyd
Derek & Joan Burney
Roland & Sandra Cardy
Centre For Movement Disorders
Chair-man Mills Inc.
Cisco Canada
Austin M. Cooper
Sharon Courier
DentsuBos
Bob Dorrance & Gail Drummond
Bryce & Nicki Douglas *
The John C. and Sally Horsfall Eaton Foundation *
Anthony & Shari Fell
The Harry E. Foster Charitable Foundation
Lynn Francis & Mark Lecker
Emmanuelle Gattuso
Kirby Gavelin & Louise Tymocko
David Goldbloom & Nancy Epstein *
Kenneth G. Gray Foundation
Estelle Grant Foundation
M. Elaine Hamilton
HBC Foundation
The William and Nona Heaslip Foundation
David & Susan Howard
Stephen & Ilda Howard
Joe Fresh
Mary Jane Kelley
Susan & Edward Keystone

Donald E. Langill
Lloyd M. Martin
Rick & Nancy Martin
Doug McGregor & Janet Leitch
The Catherine & Maxwell Meighen Foundation
Morguard Corporation
Benoit & Sharon Mulsant *
Peter & Melanie Munk *
Bruce G. Pollock & Judith I. Arluk *
Rexall Foundation
Rogers
The Ruby Family
John Sartz & Mallory Morris-Sartz *
Scotiabank
Henry Schein Canada Inc.
The Herb & Cece Schreiber Foundation
Shoppers Drug Mart Life Foundation
Skoll Foundation
The Slight Family Foundation
Stephen Thom
Wallenstein Feed Charitable Foundation
Catherine & David Wilkes
Anonymous (2)

\$25,000+

Altis Human Resources
Avison Young
Daniel Barclay
Karen & Bill Barnett
Max Bell Foundation
Gordon & Susan Bell
Bersenas Jacobsen Chouest Thomson Blackburn LLP
Birch Hill Equity Partners Management Inc.
The Sherry & Sean Bourne Family Charitable Foundation

Arnie & Penny Cader Family *
Sheena Macdonald & Phil Schmitt
Cerner Canada ULC
Virginia Cirocco
June & Ian Cockwell
Consumer - Response Marketing Ltd.
Estate of Karen Corbett
Crown Jewels
Xonkor Holding
The Estate of Alfredo De Gasperis
Andy & Suzanne Dickson *
Estate of Mildred Iona Dobbs
Maureen & Victor Dodig *
The Duboc Family
The E. & S Foundation
Nicole C. Eaton
Filion Wakely Thorup Angeletti LLP
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Goldman Sachs Canada
GRX Healthcare Inc.
Wade Hall
Stephen & Marion Hart
David & Lenore Hawkey
Francie Howard
IBM Canada
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The Krembil Foundation
Lee Hecht Harrison Knightsbridge Corp.
Mackenzie Financial Corporation
Majestic International
Lynda & Reay Mackay *
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Robin McLuskie
Myles Mindham
The Right Honourable Brian Mulroney *
National Bank Financial Group
Gordon & Janet Nixon *
Ontario Power Generation Inc.
PAL Insurance Services Limited
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Guy & Mary Pratte *
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Paul Rivett
Harry & Evelyn Rosen
RP Investment Advisors

Peter & Judy Russel *
Sheena Macdonald & Phil Schmitt
Rick & Nancy Martin
Doug McGregor & Janet Leitch
The Catherine & Maxwell Meighen Foundation
Morguard Corporation
Benoit & Sharon Mulsant *
Peter & Melanie Munk *
Bruce G. Pollock & Judith I. Arluk *
Rexall Foundation
Rogers
The Ruby Family
John Sartz & Mallory Morris-Sartz *
Scotiabank
Henry Schein Canada Inc.
The Herb & Cece Schreiber Foundation
Shoppers Drug Mart Life Foundation
Skoll Foundation
The Slight Family Foundation
Stephen Thom
Wallenstein Feed Charitable Foundation
Catherine & David Wilkes
Anonymous (2)

\$10,000+

2319863 Ontario Inc.
ACI Brands Inc.
Air Canada
Alphora Research Inc.
James R. Anderson, Architech Ltd.
Andy Kim Christmas Show
Anixter Canada Inc.
Aqueduct Foundation
Ashlar Urban Realty Inc.
Atlas-Apex Roofing Inc.
Annick Aubert
Karen Au-Yeung
Kuen Eric Au-Yeung
Mickey & Carol Baratz
Robert M. Barbara *
Craig Barnard & Marlene Bristol
Elizabeth Bates
Timothy Bates *
Bay Tree Foundation
Marlitia Beaton
Dany Beauchemin
Kim Bellissimo *
Neil Betteridge *
bhasin consulting inc.
Mr. & Mrs. Madan Bhayana *
William Birchall Foundation
Daniel Blumberger
The Boiler Inspection & Insurance Company of Canada
Borden Ladner Gervais LLP
Boston Pizza
Susan & Hans Brenninkmeyer
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Burgundy Asset Management
Camion Limited Partnership
Peter & Martha Campbell
Canaccord Genuity Foundation
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Centre for Addiction and Mental Health
Centura Brands Inc.
Raymond Chang Foundation
Geoffrey Chown & David Dunkley *
Valerie & David Christie
CIBC Asset Management Inc.
CIBC Wood Gundy
Salah Bachir, Cineplex Media
Fran & Edmund Clark
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Cobalt Pharmaceuticals
Mitchell Stuart Cohen
David & Joan Cole
Emily Cole & Family *
CompuCom
Cortel Services Ltd
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David Cynamon
Dominic D'Alessandro *
The Dalglish Family Foundation
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David Daniels & Kate Alexander Daniels
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Jim V. and Lina De Gasperis Foundation
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The Delaney Family Foundation
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Third-Party & Community Events

A special thank you to all hosts and organizers of third-party and community events.

100 Days — Alcohol Free Challenge
 A Lovely Spring Run Walk
 Adam Sherriff Scott's 40th Birthday
 Augustina Boutiques
 Babssocks
 Battle of the Paddles!
 Because Love
 Bell-Creekbank Office Fundraiser
 Bessborough Public School Holiday Fundraiser
 Bowl to Beat Stigma
 BRADY BOY Charity Golf Tournament
 Burlington Santa 5km Run
 Choir! Choir! Choir!
 Crown Jewels
 CYC Bake Sale
 David Ferretti Memorial Golf Tournament
 Dexterity Ventures-Mental Health Awareness
 Dialog Golf Classic
 Dialog Holiday Fundraiser
 DWPV Services Limited Casual Day
 East York Collegiate School BBQ
 Edge Walk
 Follow our Walk
 For the Love of Madness
 "From the Ashes" by the Mars Hotel Band
 Great Minds Challenge
 Green Ribbon for Mental Health
 Guardian Capital Group Fundraising
 Hand in Hand Fundraising
 Harry Bowes Public School Fundraiser
 Hats On Awareness
 CAMH Education
 CAMH HR
 CAMH Practice
 CAMH Research

Isabella Blows Fashion Show
 Jeremy Schillaci Fundraiser
 Kimberly Clattenburg's Birthday Fundraiser
 Kinross Gold Office 'Dress Down Days'
 Kick it Forward
 Life is Colourful — Art show
 Lift Weight or Donate Challenge
 Loose Leaf Theatre — Me With You
 Mental Health Awareness Club at MCI
 Montana's Patio Party
 Move for Mental Health
 Murray Abbott Invitational Golf Tournament
 NKPR 26 Hours of Kindness
 One Yoga Sanctuary Fundraiser
 Project CAMH 2015
 Put Up Your Dukes
 Rock for Research
 Sandy Casella Remax Fundraiser
 Sherway Gardens, The Front Row Fashion
 Show
 Shoppers Drug Mart — Growing Women's
 Health Program
 Shorinji Kempo Kickathon Toronto Branch
 Si Vous Play Sports Fundraiser
 St. Joseph's College School-Art's Night
 Stikeman Elliott Office Fundraiser
 Stretch the Soul
 Sweet Gifts of Light
 Tamil Cultural & Academic Society of Durham
 Gala
 The Fashion Gallery of Toronto
 Townson Fitness Charity Powerlifting Meet
 Tremco Golf Tournament
 Uncorked and Decanted: Wine for a Reason
 United with CAMH U of T team
 Uxbridge and Lion's Club Fundraiser
 Waterloo Police Dress Down Days
 WestCoast Swing Dance Tournament

Darkness to Light Teams

We are so thankful to the teams below that rallied around camh Darkness to Light (now known as CAMH One Brave Night for Mental Health). These teams accounted for almost 85% of our participants and raised an astounding 50% of the total revenue.

50 FRIENDS
 AKNK
 Alicia's Night Hawks
 The All Nighters
 The Almost Mighty Nurses
 Angels in Disguise
 atelier hair shop
 Aurora - Goddess of Dawn
 Auxo Management
 avengers
 The Avengers
 The Awakening
 Awesomesauce
 B and me
 The B's
 bald
 Barb and Corrie Burt
 BargainshopOutlook
 Bee's NightTerrors
 Bibliophile Extraordinaire
 The Big Family
 Black Widows
 Bly By Night...
 Bored Gamers & Board Games
 BOSCH
 Bouncing Bats
 The Breakfast Club
 Brighton's Best
 ByYourSide
 CAMH Education
 CAMH HR
 CAMH Practice
 CAMH Research

CAMH Foundation
 Chey's Team!
 The Chic Canuck
 CN Peer Mentors
 C-Negative
 The Coffee Beans
 Coming Out of the Dark
 CompuCom Service Desk
 The Conversationalists
 Creek Survivors
 Crown Jewels for Mental Health
 D2L
 D2L BA Crew
 Dara's Dark Knights
 Dave's Team
 DentsuBos
 DLDA Alummi
 Edith Nainby Havergal
 FEIS-ty
 Flow
 Fluffy Town
 Force Behind Menthal health
 Forest Bargain Shop
 Forever Young
 Fraser Valley A-TEAM
 Friday Night Lights
 Fuller Landau LLP
 The Game Changers
 The Gatehouse
 Girl's Night In
 GLACK
 Greg's Team
 gtown
 Hats On For Awareness
 Hideous Beatniks
 The Hips Crew
 Hopewell Capital
 Illuminate
 IMPACT
 In Memory of Alishia
 Institute of Medical Science Student
 Association
 Int'l Dev't & Relief Foundation (IDRF)
 Ivey Business School — MBA Class of 2016
 The Jedwards
 J.M.
 Kappa Alpha Society
 Kat & Company!
 Kids Awake and Aware
 Kill The Stigma
 Knights of Ni
 Lakefield College School
 light: to infinity and beyond
 LightSavers
 The lily pads
 Megan MacKay
 The Mallany-Stanley's
 Melville Bargain Shop
 Mental Chillness
 Mentallica
 Midnight Mavericks
 Mind Busters
 Moonlight Mavericks
 Multivitamin Media
 National Youth Advisory Committee — NYAC
 New Hamburg Ladies
 Night owls
 NightLight
 The NightLites
 The Night's Watch
 The Octodons
 Pharmacogenetics Research Clinic
 Philippians 4:13
 Pink Freud
 Potash Miners Daughters
 PRANA FITNESS
 Project Grey
 PwC#engaged
 Quickplay
 The Rays of Sunshine
 Red Apple Home Office
 Red apple osoyoos
 Red Rockets
 Redevelopment Pan Am Games
 The Right Mind Blog
 Rink Rash Rebels
 Rosenberg/Hum
 S.H.E
 Salt and Light
 Saved By A Stitch
 Second City

Serotonin Sistas
 Shoppers Drug Mart (Queen/Ossington)
 Sisters Stick Together!
 The Smalls
 Smashing Stigma
 Social Fifty Plus Group in MISSISSAUGA
 The Squad
 St.Paul Secondary School
 Starlight
 Starlight For Sara
 Step by Step
 Stonewall Stompers
 Strength in Numbers
 Strong Stigma Fighters
 Summer Sisters of GBC
 Super Heroes in Training
 The Support Services Platinum Team
 Supporting You
 Sutton Youth Shelter
 Team Abby
 Team Amazeballs!
 Team Coffee
 Team Courtney
 Team Daniel
 Team DuJa
 Team Hope
 Team Jim
 Team John Paul
 Team Kaine
 Team LIGHT (Susan's Team)
 Team Locke
 Team RAOP
 team strength
 Team Subarashi
 Team Super
 TEAM TRISHEE
 Team: Dream come true
 TeamWSH@camh
 TEMERTY
 Thunder Bay Lightning
 Tracey Podlowski
 TranQool
 Tri-Beauties
 TRo's Team
 Velvet Sunrise Coffee Roasters
 Vir Balator Aeturnum
 The Walking Dead
 While You Were Sleeping
 WhoGotSheep
 Winston
 Wonder Women
 Worry Is A Misuse Of Imagination
 Zenith Youth Group
 The Zoo

In Memory/In Honour

We are grateful to our donors whose 2015/2016 gifts of \$500 or more in honour or are in memory of the following individuals or organizations.

Murray Abbott
 Jonathan Adams
 The Anderson Family
 Anthony Andriano
 Jonathan Bruce Appel
 Mary Armata
 Kathie Baran
 Brooke Bell
 Colin Berkley
 Johnathan Bertram
 Johanna Brinklow
 Dawn E. Cantle
 James Cantor
 Clarissa Carvalho
 Phyllis Conforzi
 Rick Coniker
 Peter Czegledy
 Gord Dalziel
 Antonio Del Mastro
 Carolyn Dewa
 David Donnan
 Steven Drecic
 Bridget Eisen
 David Feather & Lily Chow
 Sami Finjan

Community support

CAMH is fortunate to have strong community support. Here are just three of the wonderful third-party events held in support of CAMH.



Dialog

This spring, **DIALOG** hosted its 10th annual charity fundraiser — a day of golf, pampering, networking and fun. The event has supported CAMH for seven years, raising more than \$200,000.

“It’s an opportunity for DIALOG to give back and really make a difference within our cities,” says Jim Anderson, Chair of DIALOG. “Addiction and mental illnesses touch the community at every level.”

Put Up Your Dukes

Now in its sixth year, **Put Up Your Dukes** celebrates the life of Ryan “Duke” Lewin while raising mental health awareness and funds for CAMH. After a long battle with mental illness, Ryan died by suicide at the age of 28.

Proceeds from the event created Duke’s Place at CAMH in 2011 and the **Lewin Family Living** and Learning Room, where patients can eat together as well as engage in conversation in a pleasant environment.



Bobbi & Harv Lewin

Lovely Spring Run

After running across Canada in 2009 to raise awareness about mental health — 8,200 km! — you might think Wayne Cho would want to enjoy a well-earned break. Not so! For the last two years, he’s organized **Lovely Spring Run** in April in support of CAMH.

“We choose to support CAMH because it is a wonderful organization that helps many affected by mental health challenges,” says Wayne. “We believe physical exercise is crucial to maintaining mental health.”



How to reach CAMH

Switchboard
416 535-8501

General Information
416 595-6111
1 800 463-6273
info@camh.ca

Queen Street site
1001 Queen St. West
Toronto, ON M6J 1H4

College Street site
(includes Emergency)
250 College St.
Toronto, ON M5T 1R8

Russell Street site
33 Russell St.
Toronto, ON M5S 2S1

CAMH Foundation
100 Stokes St., 5th Floor
Bell Gateway Building,
Toronto, ON M6J 1H4
416 979-6909

Clinical Satellite Offices

Downtown West
1451 Queen St. West
Toronto, ON M6R 1A1
416 535-8501 ext. 77500

Downtown East
393 King St. East
Toronto, ON M5A 1L3
416 535-8501 ext. 77670

Dual Diagnosis Service — Peel
30 Eglinton Ave. West, Suite 801
Mississauga, ON L5R 3E7
416 535-8501 ext. 77713

First Assessment Clinical
Team (FACT)-Peel
30 Eglinton Ave. West, Suite 801
Mississauga, ON L5R 3E7
416 535-8501 ext. 77700

Learning Employment Advocacy
Recreation Network (LEARN)
1709 St. Clair Ave. West
Toronto, ON M6N 1J2
416 535-8501 ext. 77300

Nicotine Dependence Clinic
175 College St.
Toronto, ON M5T 1P7
416 535-8501 ext. 77400

PACE Peel
30 Eglinton Ave. West, Suite 801
Mississauga, ON L5R 3E7
416 535-8501 ext. 77716

Work, Stress and Health
Program
455 Spadina Ave., Suite 200
Toronto, ON M5S 2G8
416 535-8501 ext. 77350

Provincial System Support Program Regional Offices

Toronto
33 Russell St., 4th Floor
Toronto, ON M5S 2S1
416 535-8501 ext. 30335

Mississauga
30 Eglinton Ave. West, Suite 801
Mississauga, ON L5R 3E7
416 535-8501 ext. 30335

Kingston
27 Place d’Armes, Suite 200
Kingston, ON K7K 6Z6
1 888 287-4439 or 613 546-4266

Ottawa
150 Isabella St.
Suite 1310, Phase I
Ottawa, ON K1S 1V7
1 888 441-2892 or 613 569-6024

Penetanguishene
c/o Bayfield Building
500 Church St.
Penetanguishene, ON L9M 1G3
705 549-9921

Sudbury
888 Regent St., Suite 302
Sudbury, ON P3E 6C6
1 888 880-7063 or 705 675-1195

Thunder Bay
325 South Archibald St., Suite 104
Thunder Bay, ON P7E 1G6
807 626-9145

Hamilton
20 Hughson St. South, Suite 804
Hamilton, ON L8N 2A1
1 888 857-2876 or 905 525-1250

London
100 Collip Circle, Suite 100
London, ON N6A 5J7
1 888 495-2261 or 519 858-5110

Kenora
c/o 227 2nd Street South
Kenora, ON, P9N 1G1
807 468-1429



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