

CAMH/CAMH Foundation Annual Report to the Community 2019-2020



A Message from our CEOs and Board Chairs

On behalf of CAMH and CAMH Foundation, thank you for your continued support of our hospital, our mission and the people we serve.

Typically at this time of year, you'd receive our annual report. During these difficult times, however, we've had to adapt, as our hospital focuses on keeping our patients and community safe. Even though our plans have changed, our commitment to being transparent and keeping you informed remains steadfast. With that, we're pleased to provide you with a financial update from [CAMH](#) and [CAMH Foundation](#) for the past fiscal year (*ended March 31, 2020*).

Since the COVID-19 pandemic began, the CAMH community has rallied together to support the public through these challenging times. From March to April 2020 alone, CAMH's virtual care visits increased from approximately 350 per month to almost 3,000 per month. Our experts quickly mobilized to develop evidence-based [tips, coping strategies and resources](#) for the public and health care workers, and we launched a new awareness campaign: *Apart. Not Alone.*, which you may have seen in *The Globe & Mail*, on social media and in television commercials.

As we look toward the future, CAMH is preparing for the opening of two new hospital buildings in the fall as part of our plan to build the mental health facility of the future.

In today's challenging times, and with important work still ahead of us, our shared mission has never been more critical: Mental health is health.

Take care,

Catherine Zahn
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President & CEO
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CAMH Top Ten of 2019-2020

Accreditation Canada designated CAMH as 'Accredited with Exemplary Standing,' meeting

100%

of all Required Organizational Practices, priority processes and standards, and recognized for **five new Leading Practices.**

CAMH has continued to increase access to care.

SINCE 2016-17

Increase in emergency department visits

26%

Increase in outpatient visits

10%

Increase in virtual consults

231%



CAMH received nearly **2,500** referrals through the Ontario Structured Psychotherapy program, providing treatment to **1,500** patients.

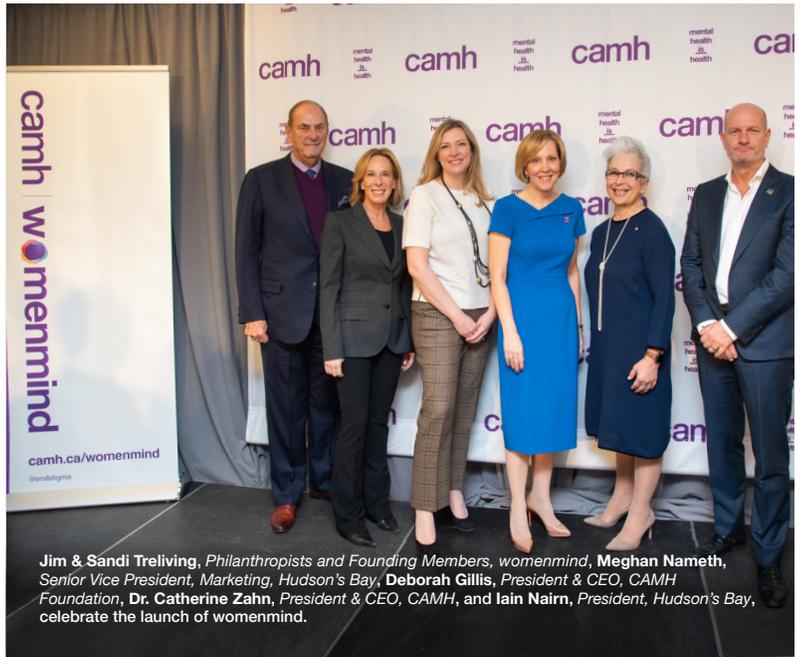


With a **\$1.02-million** Health Canada grant, CAMH created a culturally adapted form of Cognitive Behavioural Therapy (CBT) for Canadians of South Asian origin.



CAMH representatives join the Mental Health Commission of Canada and other community partners to formally launch a research project to develop a culturally adapted form of Cognitive Behavioral Therapy for Canadians of South Asian origin thanks to a grant from Health Canada.

We celebrated the creation of **womenmind™**, a community of philanthropists committed to closing the gender gap in mental health through supporting women researchers, and research on the mental health of women and girls.



Jim & Sandi Treliving, Philanthropists and Founding Members, **womenmind**, Meghan Nameth, Senior Vice President, Marketing, Hudson's Bay, Deborah Gillis, President & CEO, CAMH Foundation, Dr. Catherine Zahn, President & CEO, CAMH, and Iain Nairn, President, Hudson's Bay, celebrate the launch of **womenmind**.



The CAMH community gathered to provide input into CAMH's new Strategic Plan, One CAMH.



CAMH released a new **Alcohol Policy Framework**, highlighting a number of concerns around the unique impact alcohol policy has on women's health.



A suite of health equity initiatives was disseminated throughout the year in a series of educational and capacity building conversations led by teams such as Shkaabe Makwa and the Horizontal Violence, Anti-Racism, Anti-Oppression Working Group.

Our new Strategic Plan, One CAMH was created through deep staff and community engagement to guide the organization into 2023.



Kristen Yee, Chair of the Reconciliation Working Group and Implementation Specialist, GTA Region, PSSP, and Diane Longboat, Senior Project Manager, Guiding Directions Implementation, Shkaabe Makwa, perform a Blanketing Ceremony for Dr. Lisa Richardson from the University Health Network after an event put on by the Reconciliation Working Group entitled "Wise Practices Pathway for Reconciliation in Healthcare".



Our educational programs reached caregivers across Ontario through the CAMH/UofT ECHO program, which rapidly activated offerings during the early days of COVID-19.



Using videoconferencing, an ECHO team at CAMH provides virtual training and capacity building to support health care providers to deliver care in local communities.

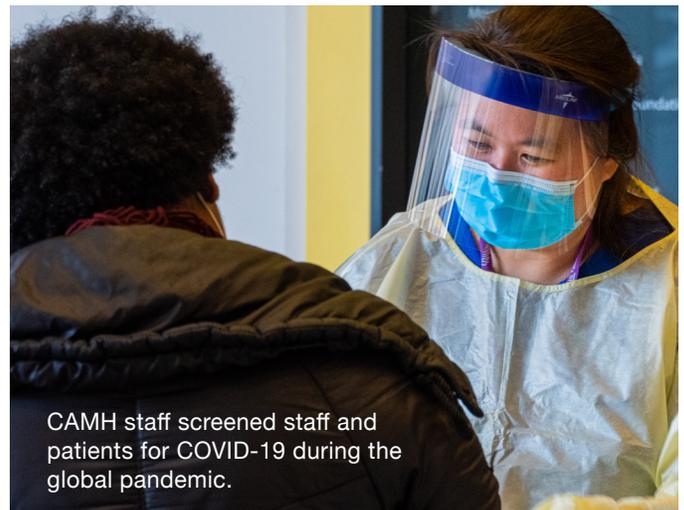


Angie Elliott, Mental Health Advocate and former CAMH patient, Deborah Gillis, President & CEO, CAMH Foundation, Tony Tsai, Assistant VP, Corporate Communications, CAA Group, Dr. Donna Ferguson, Clinical Psychologist, CAMH, and Cam Fowler, President, North American Person & Business Banking, BMO, at the launch of CAMH's Mental Health Playbook for Business Leaders.

CAMH launched our Mental Health Playbook for Business Leaders, a user-friendly resource that provides effective solutions and a path to better outcomes for employees and businesses.



Research Infosource acknowledged CAMH as one of Canada's Top 40 Research Hospitals, and the top mental health research hospital in the country.



CAMH staff screened staff and patients for COVID-19 during the global pandemic.

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Thank you to our donors

The movement to transform the way society thinks about mental health has never been more important.

Thank you to the many people who give their time, effort, passion and commitment to CAMH.

Because of supporters like you, it won't be long before we can all say "Mental Health is Health." Thank you!

Donors listed in purple are those who have kindly supported the **Gifts of Light program**.

This program provides practical, meaningful gifts that support the road to recovery for mental health and addiction patients at CAMH.

Visionary Donors

April 1, 1998 – March 31, 2020

Visionary Society members have committed \$1 million or more to lead change for mental health. Using the power of their philanthropy and influence, they are redefining the limits of what is possible in research and care to help people recover more quickly—and more fully. Their leadership and generosity fuel discovery and have the potential to inspire others, creating hope and understanding for a brighter future.

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We are proud to recognize donors who generously made cumulative contributions of \$25,000 or more to CAMH since 1998.

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

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We are honoured to recognize the following individuals who made a contribution to CAMH through their estate. Their legacy will help change the future of mental health care. We are grateful for their generosity.

Estate of Frank Adams
Mohammad and Najla Al Zaibak, Bay Tree Foundation
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Estate of Charlotte Angell
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Estate of Mrs. Bluma Appel
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Estate of Jeanette Bermingham
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Estate of Morris Brass
Arnie & Penny Cader

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Estate of Kenneth Crosby Legge
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Estate of Alice Leon, Sr.
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Estate of Gaetano Terzo
Estate of Ken Thomson & Estate of Audrey Campbell
Estate of Allan E. Tiffin
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Estate of Donald Jack Way
Estate of Ray Wiener
Estate of Zoe Woodside
Jennifer Woolley

Gift in Kind Donors to Gifts of Light

We are proud to recognize donors who supported the Gifts of Light program through donations of products and services. Because of them, the Gifts of Light program can provide practical, meaningful gifts that meet the unique needs of mental health and addiction patients at CAMH.

B Yoga
Bell Canada
Casper Sleep Inc.
Cineplex Entertainment LP

Hershey Canada Inc.
Indigo
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Junior League of Toronto
JustSocks
KOTN
Marca Hair College
PCNA Apparel - Trimark
Proctor & Gamble
ReelStyle
Slavin Rapheal
Stitchy Lizard
Unilever
Wolverine Worldwide Canada

Michael Wilson Society

The Michael Wilson Society brings together generous forward-thinking leaders committed to advancing mental health. We are proud to recognize the support of members to our Michael Wilson Society, which strives to continue Michael's dedication to CAMH, our vision and our mission.

AGF Management Limited
Gail & Mark Appel
Aubrey & Marsha Baillie
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Arnie & Penny Cader Family
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The WB Family Foundation
Judith Tompkins
George A. & Janet Wilson

Workplace and Community Giving

CAMH is fortunate to have strong community and workplace partnerships who rally behind CAMH. These groups raise funds on behalf of CAMH while raising awareness of mental health and helping to reduce stigma. A special thank you to all hosts and organizers in 2019/2020.

#DayLikeItsNightTour for Mental Health
7 Summits for Mental Health
Air Canada Class of 89 Reunion
An Evening of Art & Entertainment
Andy Kim Christmas Show
Auxilium Fundraising
The Awesome Music Project Inc.
BAC Blooms - A Tulip Picking Garden
Band of Players - Music for Mental Health
Blank Expressions Live Concert

Blessed Trinity School Fundraiser
Cadillac Fairview Golf Tournament
Caitlyn's Bridal Gathering
CAMH Engage Breakthrough Challenge
CIBC Charity Poker Challenge
CKO Kickboxing Toronto
Colours of Courage Fundraiser
Corey Cup Golf Tournament
CWD Charity Fundraiser
Dance like nobody is watching!
Daniel C. English Golf Tournament
DIALOG Charity Golf Tournament
Don Mills Collegiate Ignite Arts Showcase
École Secondaire Renaissance Fundraiser
Electronic Industry Golf Tournament
Elizabeth's Birthday
Emily Carr Champion for Mental Health
Epic Ride for Mental Health
Erin is Finally 40
Exclucity Fundraiser
F45 Ossfest Fundraiser
Flow in the Dark Yoga
Granite Club Fundraising Initiative
Harry Rosen Fundraiser
Hats On for Awareness
Holt Renfrew Shopping Night
Hudson's Bay Fundraiser
Huron Heights Secondary School Fundraiser
Ian Nairne Hockey Classic
IBI Group Holiday Fundraiser
iGita Yoga Studio
integrate.ai
Ironman Italy 2019
Jumbleberry
Laurier Boxing Club Fundraiser
LeafShack
Lindt Spin for Health
Manisha Sharma
Mental Health Cars
Milestone birthday
Millwrights Local 2309 Golf Tournament
Mind Over Grind Fundraiser
Mosaic Fundraiser
Mulligans fore Mental Health
Murray Abbott Golf Tournament
Muse Mustaches
OEN Ski Day for Mental Health

Office146
Ossington Chiropractic and Rehabilitation
O'Sullivan Annual Drive
Out of the Blues 2
Petra's Bridal Shower
PointClickCare
Rapha's 36th Birthday
RBC Centre 9th Floor Staff Fundraiser
Red Patch Boys Supporting Supporters in Mental Health
Remembering Bahareh Karami
Rise and Shine
Rock Harder IV: Freestyle Session
Schnizzfest
Scissoring Up Support
Scotiabank Toronto Waterfront Marathon
ScotiaMcLeod in support of CAMH
Set It Up Design Inc Fundraiser
Shorinji Kempo Kickathon
Sittu Group Food Truck Fundraiser
Spokehaus Sunset Ride
Spring into Action
St. Joseph's College School Fundraisers
St. Martin de Porres School Fundraiser
St. Sebastian School Civvies Day
Stamp Out Stigma
Stoke The Fire
Stretch the Soul
Swiss Reinsurance Office Fundraiser
Ted Rogers Students' Society - TRSS Cares
The Ace Holiday Fundraiser
The Roaring 2020's Fundraiser
The Woodlands School Prefects Fundraiser
Time's Up: End The Stigma!
Toronto Corporate Run
Toronto Half Marathon
Toronto Marathon
Tour de Bleu 2019
Tremco Charity Golf Tournament
Tudor Polar Team
U of T Charity Fashion Show
Universal Music Canada
UofT Faculty of Pharmacy Fundraiser
UR Enough
Ursula Franklin Academy Bake Sale
Vennix Integrated Health Fundraiser

Virtu ITG Canada Workplace Fundraiser
West Coast Swing Dance
York Heritage Office Fundraiser
ZOR Basketball Academy Fundraiser

womenmind

We are proud to recognize the Founding Members of womenmind, a community of philanthropists and thought leaders committed to closing the gender gap in mental health.

Sandi & Jim Treliving
Hudson's Bay Foundation

COVID-19 Mental Health & Resiliency Fund

We are grateful to those who are supporting CAMH's efforts to keep our communities safe during these unprecedented times. The COVID-19 Mental Health and Resiliency Fund supports the greatest emerging needs across CAMH and enables our experts to develop evidence-based resources that help Canadians take care of their mental health.

407 ETR
Karen Ahn
Ria Aikat
Jamie & Patsy Anderson
Anonymous (38)
Avison Young Commercial Real Estate
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Penny Bird Rudder
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Sandy Wishloff
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Kimberly Yeung

Volunteers

We are proud to recognize our dedicated and talented volunteers, without whom we truly could not accomplish our goals for CAMH.

Corporate Advisory Council

Nina Abdelmessih
Jim Anderson
Marilynne Madigan
James Novak
John Orr
Annette Verschuren

A Night of Now Gala

While our annual gala fundraiser was cancelled due to the COVID-19 pandemic, we are grateful to the volunteers who generously spent time and energy working with us to plan the event and raise awareness and funds for mental health.

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Deborah Belcourt
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Community Member

One CAMH

Vision

Health redefined.

Purpose

Position mental health at the centre of health care.

Mission

We are dedicated to patient, family and community well-being. We improve access to integrated care, answer the most difficult questions about mental illness and remove barriers to belonging. Together, we choose hope.

Belief

Mental health is health.

Values

Courage, respect and excellence.

Centre for Addiction and Mental Health
1001 Queen Street West, Toronto, ON M6J 1H4

camh.ca

camh
mental health is health