

camh Connexions

1D Redevelopment: Discovery & Recovery

CAMH's redevelopment project is part of our master plan to bring together programs, services and research at our Queen Street site and create a place that is integrated with our community. The end goal is to have a safe, comfortable and welcoming environment where patients can recover with dignity and change social attitudes toward mental illness. The final phase of CAMH's redevelopment project includes:

The Discovery Centre: the new home of CAMH's state-of-the-art research enterprise. Construction began in January 2024.

The Secure Care and Recovery Building: the forensic mental health service's new home. Construction will begin in March 2024.

We have a special web page dedicated to the local community to give you updates on upcoming events, as well as information about our final phase of redevelopment and upcoming community meetings. You can check it out at camh.ca/neighbours.

We'd like to share the work that is planned for the first few months of the project so you know what to expect to see and hear onsite:

- **As of February 5:** Additional trailers will arrive on Stokes Street. Backfill and compaction will continue. Final gates around the site will be installed. Stone will be delivered to the site. The caisson drill platform will be installed ahead of that work commencing.



(Cont'd) 1D Redevelopment: Discovery & Recovery

- **As of February 20:** Trailers will be completely installed. Shoring drilling will continue followed by caisson drilling. This work includes digging and starting to create a strong structural foundation for the building. This work will involve noise and vibration. They will complete the site service removals and backfill. They will also begin removing soil to prepare for geothermal well drilling.
 - Additionally, fencing and hoarding will be going up around the construction zone for the Secure Care & Recovery Building. Learn more on camh.ca/neighbours. Soil testing and additional tree removal will begin in this area.
- **As of February 26:** Geothermal Well Drilling is anticipated to begin. Shoring and caisson drilling will continue. This work will involve noise and vibration.

All redevelopment construction work will adhere to City of Toronto Noise Bylaws, which permits operation of construction equipment Monday to Friday from 7am to 7pm, and Saturdays from 9am to 7pm. Noise and vibration monitors have been installed within and around the construction site to ensure we are working within bylaw requirements.

If you have questions, we invite you to reach out to us at redemption.feedback@camh.ca. Thanks for your support and understanding as we complete this historic redevelopment that will impact mental health care in Canada and beyond.

9-8-8

Suicide Crisis Helpline

**Ligne d'aide en cas de
crise de suicide**

CAMH and Government launch 9-8-8 Suicide Crisis Helpline

As of November 30, 2023, people across Canada gained access to a new and important source of support: 9-8-8: Suicide Crisis Helpline. 9-8-8 is available nationwide in English and French, 24 hours a day, seven days a week.

Approximately 12 people die by suicide per day across Canada. Led and coordinated by CAMH and funded by the Government of Canada, this simple three-digit number makes it easier for people to call or text to get the help they need, when they need it most.

“9-8-8 is the result of collaboration across geographies, industries and cultures,” said CAMH CEO Sarah Downey. *“CAMH is honoured to build this life-saving service that*

extends into every corner of our country. 9-8-8’s launch is a crucial step in making sure that everyone in Canada has quick and easy access to suicide prevention support.”

While the focus of 9-8-8 is on suicide prevention, no one who reaches out to the service will be turned away. Whoever you are, wherever you are located in Canada, by calling or texting 9-8-8 you can connect with a trained responder who’s ready to listen without judgment.

For more information about 9-8-8: Suicide Crisis Helpline, visit <https://988.ca>.

**9-8-8:
Suicide Crisis
Helpline is now
available across Canada.
Help when you need it.**



Toll-free 24/7.

9-8-8

**Suicide Crisis
Helpline**



CAMH Tops list of Mental Health Research Hospital Rankings

In December 2023, Research Infosource released its 2023 rankings for Canada's Top 40 Research Hospitals.

CAMH once again topped the list as the country's leading mental health research hospital. During the 2021-22 fiscal year, CAMH reached \$86.6 million in research spending, a new record high and an 8.7 percent increase over the prior year, reflecting the continued importance of mental health and addictions research to CAMH's overall mandate. Looking forward, CAMH anticipates additional growth and productivity, with its research-related spending for 2022-23 reaching \$100 million.



"Research is a core part of our mandate at CAMH to move forward our understanding of the causes of mental illness and addictions and to improve care for patients now and in the future. This is a very exciting time for research at CAMH. We look forward in 2024 to the groundbreaking for the new Discovery Centre. This transformative space will unite our research programs under one roof while potentially increasing the number of research scientists, staff, students and trainees by more than 40 percent".

**-Dr. Aristotle Voineskos,
Vice President of Research**



Free Community Resources and Education

Did you know CAMH offers lots of different opportunities for FREE education and resource sharing?

The RBC Patient & Family Learning Space (PFLS) is an interactive hub for patients, families and the community to access reliable information about mental health, substance use and recovery. It is located on the ground floor of the McCain Complex Care & Recovery Building. It is a safe and welcoming space, with a child-friendly area. Through the PFLS you can attend interactive workshops and webinars, and discover a variety of community-based services.

Designed with the patient and family experience at its core, visitors to the RBC Patient and Family Learning Space can:

- Access mental health-related websites, apps and other online resources.
- Attend interactive workshops, webinars and clinics related to mental health and substance use.
- Discover community-based resources.
- Receive support with navigating the health care and social support systems.
- Visit the Family Resource Centre for support and education services for friends and family of CAMH patients.

Located on the ground floor of the McCain Complex Care & Recovery building (1025 Queen Street West),

the RBC Patient and Family Learning Space is open **Monday through Friday from 11:00am. to 5:00pm.**

The PFLS sends out a monthly newsletter highlighting upcoming events, CAMH programs and resources and helpful links that are relevant to our patients, families, and the general public. If you would like to join the mailing list, email: PFLS@camh.ca.

The Collaborative Learning College (CLC) offers education and training programs to people who have had experience with mental health, substance use and/ or addiction challenges, and who feel ready to set goals, develop skills and make social connections as part of their personal wellness.

As an inclusive learning space, courses at the CLC are co-created and co-facilitated by people with lived experience of mental health, substance use and/ or addiction challenges, and offers an inclusive and nonjudgmental community for students that meet their educational needs. Going beyond the academic, the CLC's summer course calendar includes stand up comedy, creative writing, comic creation, facilitation training, and music appreciation.

Courses are offered on a rolling basis and are free. To learn more about the Collaborative Learning College and to register for courses visit clc.camh.ca



Save Lives with this Free Online Course

It is estimated that six million Canadians experience addiction in their lifetime and an average of 20 die from opioid toxicity every day. CAMH has launched **free online education** to teach you how to use a naloxone kit to help save lives.

The new Opioid Overdose Response Training is an engaging gamified experience for you to practice responding to an opioid overdose in four steps:

- 1) quickly **identify** an overdose;
- 2) **call** for help;
- 3) use a naloxone kit to administer treatment and;
- 4) **support** a person as they are revived.

Naloxone is a medication that can save lives by quickly reversing the effects of an opioid overdose. As you go through this training course, you'll get personalized feedback on how you respond in different situations and learn how to better assist someone while waiting for help to arrive.

Visit <http://www.camh.ca/Opioid-Response-Training> to try the online course yourself and learn how to save lives.

Take-home naloxone kits are available for free at most pharmacies in Ontario, call your local pharmacy for more information.

Mental Health Resources & Training

On our website, we share resources and offer trainings about **mental health, addictions, and mental illness**. If you are interested in learning more, please visit www.camh.ca/en/health-info/mental-health-101.

Continue the conversation online

camh.ca/neighbours

redvelopment.feedback@camh.ca

Please join our local community email list by emailing communityevents@camh.ca.



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