

camh

difference makers



OUR VISION
TRANSFORMING LIVES

OUR PURPOSE
AT CAMH, WE CARE, DISCOVER, LEARN
AND BUILD — TO TRANSFORM LIVES

OUR VALUES
COURAGE. RESPECT. EXCELLENCE.

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CAMH 416-535-8501. **ACCESS CAMH** press '2' for information about accessing CAMH services.

Queen Street site
1001 Queen Street West
Toronto, Ontario M6J 1H4

College Street site
(including CAMH's Emergency Department)
250 College Street
Toronto, Ontario M5T 1R8

Russell Street site
33 Russell Street
Toronto, Ontario M5S 2S1

CAMH Foundation
416-979-6909
100 Stokes Street, 5th Floor
Bell Gateway Building
Toronto, Ontario M6J 1H4
supportcamh.ca
foundation@camh.ca

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On the cover: CAMH difference makers—Nurses providing care across the organization. PHOTOGRAPHY: KATHERINE HOLLAND



LEADERSHIP | BUILDING THE MOVEMENT

Using our voice to inspire change

This year, CAMH made remarkable progress in pursuit of helping people with mental illness believe life is worth living. To close the care gap, we are advocating for a bold response to the national opioid crisis, for a greater supply of affordable housing and for a reversal of decades-long underfunding of mental health. All levels of government, including Prime Minister Justin Trudeau, heard our call to make mental health a priority in funding agreements that were negotiated between the federal and provincial governments this year.

Throughout Canada's sesquicentennial year, CAMH will continue to inspire a movement for change. Our commemorative 150 Leading Canadians for Mental Health initiative, co-chaired by Sandi and Jim Treliving, will honour mental health champions in communities across the country and will build on the momentum of our national One Brave Night for Mental Health™.

CAMH's efforts to ensure mental health remains at the top of the public policy agenda are possible because of our clinical, research and educational excellence and evidence-based approach to advocacy. We are improving access to mental health care for young people at walk-in YouthCan IMPACT clinics. Adults who live with treatment-resistant

mental illnesses are finding hope through new forms of brain stimulation available at our **Temerty Centre for Therapeutic Brain Intervention**. Our leading researchers and scientists are uncovering the biological underpinnings of illnesses like Alzheimer's disease, dementia and depression to create innovative treatments. New mobile applications developed by our educators are facilitating patient-centred care in novel ways.

Thanks to support from more than 40,000 Canadians, our \$200-million Breakthrough Campaign will help us break ground on the next phase of our ongoing redevelopment — an exciting milestone as we build a recovery-oriented hospital, inspiring hope for people living with mental illness. The following pages will demonstrate how CAMH is making its voice heard — and leading change — across the country and into the future.

DR. CATHERINE ZAHN

DARRELL LOUISE GREGERSEN

KELLY E.D. MEIGHEN

THOMAS V. MILROY

As a leader in the mental health movement, CAMH has a mandate to drive social change by raising awareness and influencing public policy based on scientific evidence. This year we used our leadership position to encourage an appropriate response to the opioid crisis, strong cannabis regulations and improved access to mental health services.



CAMH Difference Makers: 150 Leading Canadians for Mental Health

To help commemorate Canada's 150th Birthday, CAMH has launched 150 Leading Canadians for Mental Health, an initiative to recognize Canadians who are making a difference. A national committee co-chaired by **Sandi and Jim Treiving** has invited Canadians to nominate people with lived experience, family members, health care professionals, advocates and volunteers who are making change across the country, in communities and internationally. "We want to hear about the inspirational Canadians beyond our hospital. This initiative is our way of surfacing and celebrating difference makers from coast to coast," said Darrell Louise Gregersen.



One Brave Night for Mental Health™

CAMH challenged Canadians to step up and stay up during the annual One Brave Night for Mental Health. This year the campaign rallied over 3,000 participants from across the country and more than 9,500 donors who raised more than \$1 million to help improve access to care and support others on their journey to recovery. "This year One Brave Night united even more Canadians to shine a light on mental illness," said **Darrell Louise Gregersen**, CAMH Foundation President & CEO.

Combating Canada's opioid crisis

CAMH is helping Canada combat the opioid crisis by issuing a timely Prescription Opioid Policy Framework with recommendations for government policy makers. "Misuse of prescription opioids has had serious consequences in communities nationwide," says **Dr. Peter Selby**, one of many CAMH researchers, scientists and policy specialists who contributed to the blueprint document. "This policy framework is one of the many ways CAMH is using its position as a leading mental health research centre to contribute to meaningful policy change."

Guiding the future of cannabis regulation

Dr. Catherine Zahn, CAMH President & CEO, was appointed to the federal government's Task Force on Cannabis Legalization and Regulation in June. CAMH has long advocated for the reform of Canada's system of cannabis control, and our voice is well represented among the recommendations that will help shape a new public-health focused regulatory framework for the consumption of cannabis.



"A FAILURE OF THE CURRENT NEGOTIATIONS TO INCLUDE SUBSTANTIVE AND PRACTICAL ACTION FOR MENTAL HEALTH CARE WOULD BE A SERIOUS MISS ON A ONCE-IN-A-GENERATION OPPORTUNITY."

Making mental health a Canadian priority

Dr. Catherine Zahn made a passionate plea for federal-provincial health care agreements to include mental health funding. "People with mental illness still fight every day to have their human rights, their civil rights and their health care rights respected and protected," Dr. Zahn told a November meeting of the Economic Club in Ottawa. "A failure of the current negotiations to include substantive and practical action for mental health care would be a serious miss on a once-in-a-generation opportunity." During recent Health Accord negotiations, CAMH joined other national organizations to publicly advocate for earmarked mental health funding. Nearly every province secured funding for mental health from the federal government, including \$1.9 billion to be invested in Ontario over the next decade. "Make mental health a priority," was also the message delivered by Dr. Zahn during a productive meeting with **Prime Minister Justin Trudeau** in his office on Parliament Hill in November. CAMH is encouraged by the Prime Minister's commitment to improving mental health care across the country.



Young people playing basketball in the Sandi and Jim Treiving Gymnasium as part of their overall recovery from mental illness.

CHILDREN & YOUTH | APPLYING CARE EARLIER

Creating the best mental health care — for everyone

In Canada today, more than a million young people live with mental illness. Without timely, specialized care, many of these young people will encounter a lifelong path of disability. CAMH’s Child, Youth and Emerging Adult centres of innovation are delivering life-saving care and conducting groundbreaking

research to transform the lives of young people living with mental illness.

The **Slaight Family Centre for Youth in Transition** is dedicated to understanding and treating severe mental illness in youth from the late teens through early adulthood. The Slaight Centre integrates research and clinical



“WE EXPECT TO SEE BETTER OUTCOMES FOR YOUTH, INCLUDING IMPROVED FUNCTIONING, DECREASED SYMPTOMS AND BETTER SATISFACTION WITH THE SERVICES.”

—DR. JOANNA HENDERSON,
DIRECTOR OF THE MCCAIN CENTRE

care to advance new approaches for early intervention and recovery for young people experiencing psychosis.

To this end, we’ve developed standardized Integrated Care Pathways — evidence-based models of care to improve treatment and outcomes of the patients they serve. We’ve also reduced wait times dramatically — 75 per cent over the last year. Patient files are reviewed by the Slaight Centre intake team in 48 hours, and patients are seen by a psychiatrist in one week.

“Structured, standardized care works best the earlier it is applied for people experiencing psychosis,” says **Dr. Aristotle Voineskos**, Director of the Slaight Centre. “How quickly you see a patient is a key part of how well we deliver care.”

The **Margaret and Wallace McCain Centre for Child, Youth & Family Mental Health** is a hub for clinical research and community partnerships focused on improving the lives of children, youth and families affected by mental health concerns.

An example of a McCain Centre-led community partnership, YouthCan IMPACT is a collaborative initiative of youth, families, community agencies, primary care partners and hospitals that works together to improve youth mental health. As part of this, services of the partner agencies, hospitals and primary care providers have been co-located in three youth-friendly walk-in clinics as a “one-stop shop” approach to intervention. Services include brief solution-focused therapy, dialectical behaviour therapy skills groups, care navigation,

peer support, family/caregiver interventions and onsite access to psychiatric services. These new services will be compared to the usual treatment youth 14 to 18 receive in hospital-based, outpatient mental health clinics in Toronto in a randomized controlled trial led by the McCain Centre.

“We expect to see better outcomes for youth, including improved functioning, decreased symptoms and better satisfaction with services,” says **Dr. Joanna Henderson**, Director of the McCain Centre.

The **Cundill Centre for Child and Youth Depression** mobilizes a global network of scientists, clinicians and experts. In collaboration with youth and families with lived experience, it focuses on developing best practices for the screening, prevention and treatment of child and youth depression; by revolutionizing research, care and knowledge exchange.

The Centre is led by an international advisory board that provides key direction on important research and solutions that can be implemented by service providers. Recently, the Centre was invited to share its knowledge on an international stage with youth service providers in London, U.K. “The more of us that get together to create a fuss, the better the chance that people will listen,” explained **Dr. Ian Goodyer**, a Child and Adolescent Psychiatrist at the University of Cambridge, U.K., and Chair of the Cundill International Advisory Panel. “We need to create the right context to advocate because there are pressure points that a group like us can influence.”

“STRUCTURED, STANDARDIZED CARE WORKS BEST THE EARLIER IT IS APPLIED ... HOW QUICKLY YOU SEE A PATIENT IS A KEY PART OF HOW WELL WE DELIVER CARE.”

—DR. ARISTOTLE VOINESKOS,
DIRECTOR OF THE SLAIGHT CENTRE



Left to right, Geriatric Mental Health Services Research Analysts Melinda Kinney, Nicole Gough, Allie DePetrillo, and Lea Brkan.



GERIATRICS | A UNIQUE APPROACH

A world without dementia is within our sight

CAMH is making tremendous breakthroughs at the intersection between mental illness, the aging process and neurodegenerative diseases — and we have a unique approach to thank for these breakthroughs. CAMH has the largest geriatric mental health program in Ontario and provides a full range of inpatient and outpatient services. “CAMH’s expertise in Geriatrics is in exploring that intersection,” explains **Dr. Tarek Rajji**, Chief of CAMH’s Geriatric Psychiatry Division, through which hundreds of people participated in geriatric research projects in 2016. “We’re working to understand the link between these different aspects of aging, and how we can intervene in high-risk populations.”

For example, early results from CAMH’s PACT-MD study suggest a painless form of brain stimulation combined with memory and problem-solving exercises to prevent Alzheimer’s dementia is very well received and tolerated in some people. The study is funded by Brain Canada and the Chagnon Family in the largest grant ever for Alzheimer’s prevention in Canada.

“Being optimistic, by 2020 we could have an intervention that prevents



Research Analyst Allie DePetrillo works with PACT-MD participant Richard Chartash

Alzheimer’s dementia in two high-risk populations, people with either mild cognitive impairment or depression,” says Dr. Rajji.

CAMH researchers have also shown promising early results in a study aimed at enhancing neuroplasticity — the brain’s ability to reorganize itself — in patients with early Alzheimer’s disease. Funded by the Weston Brain Institute, the researchers are using brain stimulation in hopes of slowing disease progression.

Our extensive collaboration is also having a tremendous impact. As a participating site in the OPTIMUM Study, CAMH is testing the effectiveness of addressing late-life treatment-resistant depression using different medications trials. “These are the powerhouse studies that will have real global impact, and change the way we treat treatment-resistant depression in older adults,” Dr. Rajji says.

And CAMH continues to lead the field in developing Integrated Care Pathways — standardized care plans that ensure everyone receives the right care at the right time. Our successful inpatient care pathway in Dementia: Management of Agitation and Aggression has been recognized by Health Quality Ontario, and long-term care homes and hospitals through the province have shown interest in adopting it. Hundreds of people have already benefited from CAMH’s care pathways, including in Late-Life Schizophrenia and the Memory Clinic pathways.

“We are optimistic that we’ll discover new mechanisms and links that will help us understand complicated relationships — and some of this exciting work is already happening,” says Dr. Rajji.

The key will be harnessing and improving our already highly efficient integration between CAMH’s clinical and research services. By creating increased synergy across all projects, they’ll become greater than the sum of their parts.

“We need an investment in clinical research to create a global Centre for Innovation in Geriatric Mental Health Care to bridge the great work happening in translational and clinical science, and our work in developing novel treatments and translating and implementing them in clinical care — actually bringing these life-saving treatments to patients on a wider scale. Through clinical research, the 34,380 patients we see at CAMH help us make exciting new discoveries — and that’s how we’ll discover the treatments of tomorrow.”



“BEING OPTIMISTIC, BY 2020 WE COULD HAVE AN INTERVENTION THAT PREVENTS ALZHEIMER’S DEMENTIA IN TWO HIGH-RISK POPULATIONS, PEOPLE WITH EITHER MILD COGNITIVE IMPAIRMENT OR DEPRESSION.”

—DR. TAREK RAJJI, CHIEF OF THE CAMH GERIATRIC DIVISION



ABORIGINAL SERVICES | REDUCING BARRIERS

Making history in the mental health care system

From left, Elder Diane Longboat, Rob Wemigwans, MPP David Zimmer, MP Adam Vaughan, Dr. Renee Linklater, Councillor Mike Layton, MPP Han Dong, and Dr. Catherine Zahn.

“When men heal, they become kind men. When women heal, they become strong women. Families change, children change—the world changes,” says **Diane Longboat**, Elder with CAMH Aboriginal Services.

With those powerful words, CAMH opened its **Ceremony Grounds** in June 2016 and became the first Ontario hospital to operate an **Aboriginal Sweat Lodge**.

Made possible by a generous \$1-million gift from the **Geoffrey H. Wood Foundation**, the Ceremony Grounds also include a Sacred Fire and medicine garden, and enable patients to engage in therapy based on the values, beliefs and traditions of Aboriginal peoples. “We are making history in the health care system,” says **Dr. Renee Linklater**, Director of Aboriginal Engagement and Outreach at CAMH. “What we are doing here today will touch many, many lives for years to come.”

It’s just one of the ways CAMH is improving care for Aboriginal people. In March, CAMH expanded Project ECHO to include a focus on Indigenous people in remote areas of the province. Closely affiliated with the Medical Psychiatry Alliance, Project ECHO connects a multi-disciplinary team at CAMH with health professionals in remote communities using telepsychiatry

technology. Through bi-weekly virtual meetings, best practices are shared with the remote communities that need them.

“It can be very isolating to work in those communities and the knowledge-sharing made possible through ECHO can be very helpful,” says **Dr. Allison Crawford**, Co-Chair of ECHO Ontario First Nations, Inuit and Métis Wellness at CAMH.

The team brings its expertise to remote communities in person, too. In August 2016, Dr. Catherine Zahn, CAMH President & CEO; **Lori Spadorcia**, Vice-President of Communications & Partnerships; Dr. Linklater, and **Caroline Recollet**, Aboriginal Engagement Lead for the Northeast of CAMH’s Provincial System Support Program, visited communities as far north as the James Bay Coast to learn first-hand how CAMH could better serve them.

“This trip was critical to understanding the pertinent issues these communities face on a daily basis,” says Dr. Linklater.

CAMH is working with Indigenous experts across Ontario to create screening and assessment tools that are grounded in culture. To develop the Trauma-Informed Substance Use Screening and Assessment Tool, CAMH engaged with 14 development sites as well as the Métis Nation of Ontario, and received input on the tool structure and content from 200 participants across Ontario.

REFUGEE SERVICES | LEAVING NO ONE BEHIND

Ensuring a stronger start for new Canadians

As Canada accepts a surge of 25,000-plus refugees from Syria, the complex issue of refugee mental health has become a priority. We continue to step up our efforts locally and globally to provide care, research, education and expert advice to benefit refugees from around the world. “This is a very resilient group — some require help for mental health issues while also addressing basic necessities and getting established,” says CAMH’s **Stephanie Carter**, who managed the launch of the **CAMH New Beginnings Clinic**. Since early 2016, the clinic has provided care to refugees from countries including Afghanistan, the Czech Republic, Ethiopia, Hungary, Iran, Iraq, Jordan, Nigeria, Syria, Turkey, Albania, Eritrea, Pakistan, Somalia and Caribbean countries. Up to 30 per cent are from Syria.

Post-traumatic stress disorder (PTSD), depression and anxiety form the largest cluster of mental health challenges faced by patients to date, Carter says. “Key factors may include trauma, torture, human trafficking and sexual assault.” Launched in partnership with Women’s College Hospital Crossroads Clinic, **New Beginnings**



offers direct treatment services to patients as well as consultation to their caregivers.

Dr. Lisa Andermann, the clinic’s consulting psychiatrist, recently assisted a patient from Africa. “She’s dealing with insomnia and other symptoms of PTSD,” notes Dr. Andermann. “We assessed the medication she was prescribed by her family doctor but have also assisted her with community connections and language services. It’s helped her feel like she is on the right track and fully supported.”

CAMH’s **Dr. Branka Agic** is a researcher on three of the first studies on the health of Syrian refugees in Canada. She’s been tracking immediate health needs to help local decision-makers. Now, she’s extending this research to understand how needs change after arrival.

“In the first year, refugees often experience a honeymoon period” but outlooks can change as the realities of living in a new country set in, she says. The research is probing factors including changes in financial security and social determinants of health such as access to housing and jobs, and discrimination.

Across Canada, CAMH continues to expand its training for caregivers under the Refugee Mental Health Project. Thousands of health-care, settlement and social service providers serving refugees have benefited from this evidence-based online course. Meanwhile, CAMH and its partners are making the case for better services to meet the unique mental health needs of refugees. The Case for Diversity Report is the result of a multi-year research project lead by **Dr. Kwame McKenzie**, Director of Health Equity at CAMH, and Dr. Agic, CAMH’s Manager of Health Equity.

Released by the Mental Health Commission of Canada, the report provides policy makers and system planners with empirical evidence about current mental health disparities, and the cost savings associated with closing the gap.

“As a country with a diverse population and an increasingly knowledge-based economy, the mental health of all of Canada’s residents is an important investment — and we cannot afford to leave anyone behind,” says Dr. McKenzie.



New Beginnings Clinic team members, left to right, Stephanie Carter, Dr. Thuriya Balhaj and Iman Hussain.

TECHNOLOGY | DECODING THE BRAIN

CAMH imagines the future of mental health

The relationship between a patient and clinician is an essential part of treatment and one we are committed to ensuring will be strengthened by new high-tech tools and technologies under development. These will provide more effective care in the clinic, which can be extended seamlessly into patients' daily lives through digital supports.

"We're committed to research that will modernize mental health care so that one day we will be able to offer diagnostic tests and therapeutic care based on a person's biology as well as their symptoms — an approach that anyone with a physical illness would expect and even demand today," says **Dr. Bruce G. Pollock**, Vice-President of Research and Director of the **Campbell Family Mental Health Research Institute** at CAMH. "Through brain science and big data initiatives, we are laying the groundwork for these changes and starting to see results that provide hope for patients."

Within CAMH's Campbell Institute, brain science is translating into new and innovative clinical therapeutics. This past year, a nutritional supplement kit, taken by women days after giving birth, reduced the "baby blues," a precursor to clinical post-partum depression. Unlike most current therapeutics or medications discovered by chance, the kit was purposefully developed by **Dr. Jeffrey Meyer**, the Canada Research Chair in the Neurochemistry of Major Depression and a CAMH Senior Scientist, based on past research on brain chemistry. It shows a direct line from brain discovery to clinical impact.

At the **Temerty Centre for Therapeutic Brain Intervention**, novel brain stimulation treatments based on brain physiology and neuroplasticity (the brain's ability to adapt to changing circumstances) are making a difference for those who have not responded to other treatments. Studies in repetitive transcranial magnetic stimulation (rTMS) have demonstrated improved depression symptoms for patients. Different types of brain stimulation are now being investigated in large multi-site studies on obsessive compulsive disorder and dementia prevention, as well as in innovative pilot studies for autism and youth with depression.

THE SMARTPHONE REVOLUTION has led to opportunities for empowering and engaging patients in their recovery. At CAMH, app development takes an evidence-based approach, which is essential to



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show if an app is actually effective. A4i, one of several apps under study at CAMH, was designed to help people with schizophrenia manage their care.

"A4i takes an individualized approach that addresses social isolation, engagement in both psychosocial and medical treatments, and fosters psychological resilience," says Clinician Scientist **Dr. Sean Kidd**. "We hope this leads to improved outcomes for patients." Other apps under study include a cognitive-behaviour app for youth, the Thought Spot app for locating mental health resources for students, and an app designed to boost motivation in people with schizophrenia.

Data science — the collection, curation, retrieval and analysis of scientific data — is another priority at CAMH. In the summer of 2017, a new database platform will be available to CAMH scientists that will integrate terabytes of data generated through brain imaging, genetics and clinical research to advance discoveries in mental health. This new neuroinformatics platform

uses the Brain-CODE platform developed through a partnership with the Ontario Brain Institute. With CAMH's large and diverse patient population, the platform will be a rich source of data, which can be quickly mined to answer questions that might otherwise take years through conventional studies. "This could be a unique and powerful resource for Ontario, Canada and internationally," says **David Rotenberg**, Manager of Scientific Computing.

CAMH experts are taking a leadership role in adopting as well as training others in novel tools and technologies that support patient care. CAMH's **Simulation Centre**, funded by an anonymous donation to the Medical Psychiatry Alliance, collaborated with Maudsley Simulation from London, U.K., to offer two simulation-focused training courses at CAMH on the intersection of mental and physical health. These will be adapted and offered by CAMH in the coming year. In another example, Temerty Centre scientists routinely offer a course to train other physicians in rTMS. "There's growing interest in patients and providers regarding rTMS, as it offers a new therapeutic option for patients who have not responded to other depression treatments," says **Dr. Daniel Blumberg**, Co-Director of the Temerty Centre.

Dr. Jeffrey Meyer and **Dr. Yetka Dowlati**, Post-Doctoral Fellow at CAMH's Campbell Institute, are leading research into the development of nutrition-based treatments to combat postpartum depression.

Our reach

EXPANDING LOCALLY, NATIONALLY AND GLOBALLY

CANADA
CAMH works collaboratively with partners across Canada on high-impact national initiatives. Examples from this year include: **The National Youth Screening Project**: CAMH collaborates with community agencies in **seven provinces and three territories** to improve how youth access treatments for substance use and co-occurring mental health concerns, and increase opportunities for early intervention.

RESEARCH
Fetal Alcohol Spectrum Disorder (FASD) and pre-natal alcohol exposure in Canada. CAMH is collaborating to develop a multi-source surveillance system for FASD and prenatal alcohol exposure across three provinces (**Alberta, Manitoba and Ontario**) and two territories (**the Northwest Territories and Yukon**).



GLOBALLY
CAMH is a **World Health Organization/ Pan American Health Organization Collaborating Centre in Addiction and Mental Health**. CAMH is leading and participating in over 700 innovative mental health initiatives and research projects in **58 countries**.

EDUCATION
Refugee Mental Health Project: CAMH trained 2,400 service providers across **Canada** in providing mental health promotion, treatment and support to Syrian and other refugees who resettle in their communities.

RESEARCH
CRISM initiative (Canadian Research in Substance Misuse). CAMH is the **Ontario** lead of a national research network aimed at improving the health of Canadians living with prescription drug abuse, addiction and substance misuse with hubs in **Quebec, the Maritimes, the Prairies and British Columbia**.

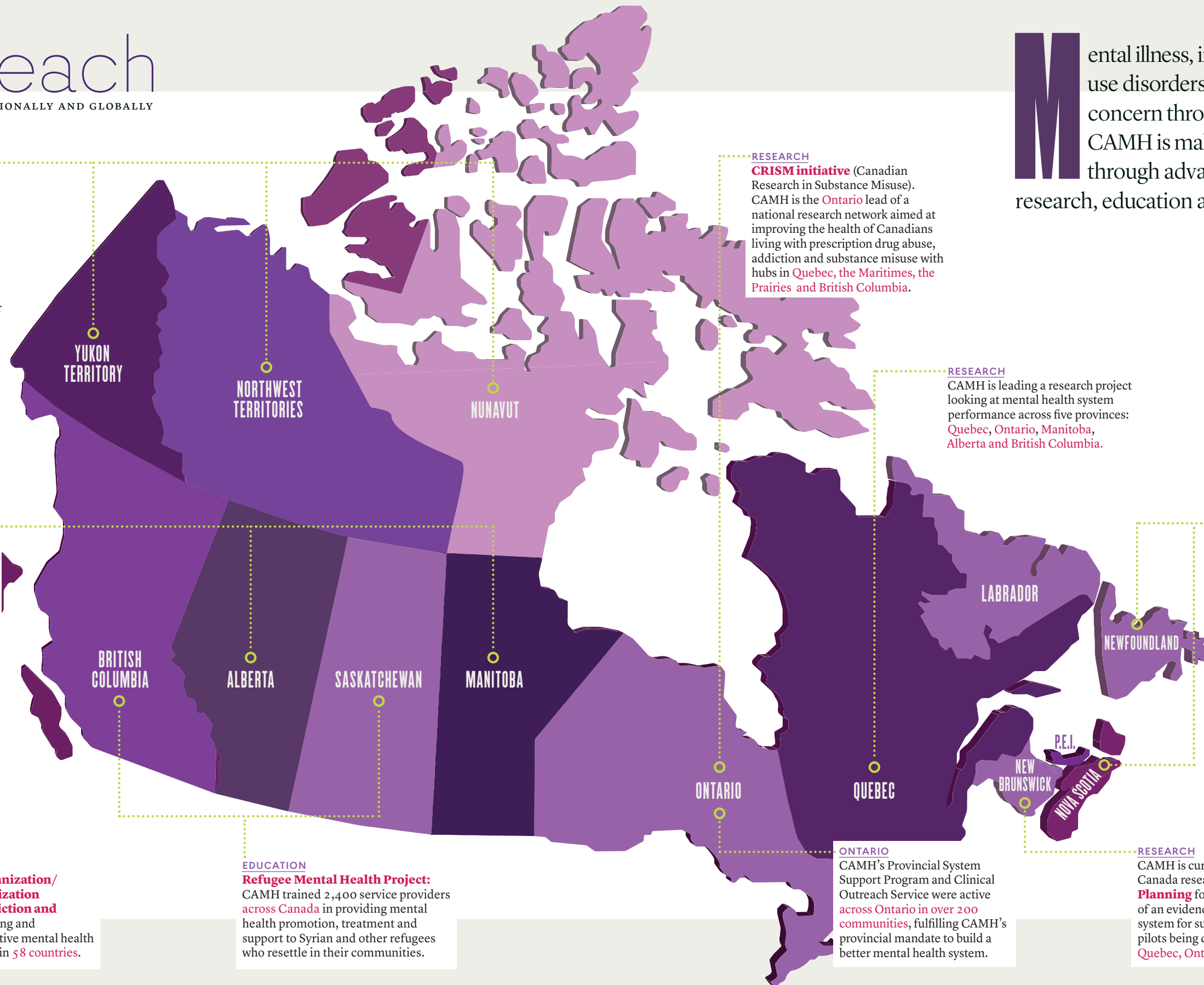
RESEARCH
CAMH is leading a research project looking at mental health system performance across five provinces: **Quebec, Ontario, Manitoba, Alberta and British Columbia**.

ADVOCACY
In the historic year of Canada's sesquicentennial, CAMH's national committee **from across the country** is selecting 150 Leading Canadians for Mental Health and building a movement for change.

ONTARIO
CAMH's Provincial System Support Program and Clinical Outreach Service were active **across Ontario** in over **200 communities**, fulfilling CAMH's provincial mandate to build a better mental health system.

RESEARCH
CAMH is currently leading a Health Canada research project on **Needs Based Planning** for design and implementation of an evidence-based treatment and support system for substance use disorders, with pilots being conducted in **New Brunswick, Quebec, Ontario, Manitoba, and Alberta**.

Mental illness, including substance use disorders, is a growing concern throughout Canada. CAMH is making an impact through advances in treatment, research, education and advocacy.



Warm, welcoming spaces for more complete recovery

As CAMH prepares to break ground on the next phase of our redevelopment, we're already sure the hospital we're building will transform the care our patients receive.

That's because we've built mock spaces — life-sized, working models of patient rooms, hallways and other areas — to test, tweak and fine-tune designs before we even start construction this fall. Through tours of these spaces, we've welcomed input from more than 150 people, including patients, families, front-line caregivers and clinical leadership, support services representatives and other experts.

"This will be the largest and boldest phase of CAMH's redevelopment project to date," says Dr. Catherine Zahn, President & CEO. "Two light-filled and environmentally friendly buildings will open the doors to our community even wider. They will create dignified spaces for our patients to receive care and support for recovery."

The project, led by redevelopment partner Plenary Health, includes two new buildings dedicated to improving care for people with serious mental illness. The eight-storey **Complex Care and Recovery building** — the urban entryway to CAMH — will feature a unique therapeutic neighbourhood for patients, a culinary-grade training kitchen, the **RBC Patient and Family Resource Centre**, a 300-seat auditorium, the Temerty Centre, a simulation training centre, and 110 beds for patients with complex mental illnesses, among other services.

The seven-storey **Crisis and Critical Care building** will feature 125 acute care beds, the **Gerald Sheff & Shanitha Kachan Emergency Department** and urgent care clinics, the Partial Hospital Program, Transitional-Age Youth Day Program, and more.

This redevelopment is being driven by the Breakthrough Campaign — the largest campaign ever for mental health in Canada. We're set to surpass our \$200-million goal, thanks to 40,000 Canadians — and counting — united in a movement for change to ensure that every person living with mental illness receives life-saving care and is restored to fullness of life.

"The success of the Breakthrough Campaign is a clear indication that mental health is increasingly a priority for Canadians," says **Thomas V. Milroy**, Breakthrough Campaign Co-Chair. "They are coming together in record numbers — with visionary gifts, as corporate sponsors, as monthly donors and as participants in CAMH's spectacular events — to transform the care and research available for people living with mental illness. And they're coming together because they believe, like we do, that all people deserve the best chance to live the healthiest life."

This next phase of our redevelopment marks a tremendous breakthrough. While CAMH has delivered mental health care on this site continuously for 167 years, the new buildings represent a new integration with the surrounding community. Care will no longer take place behind walls or set back from passersby; it will happen right on Queen Street in the centre of two bustling neighbourhoods, West Queen West and Liberty Village.



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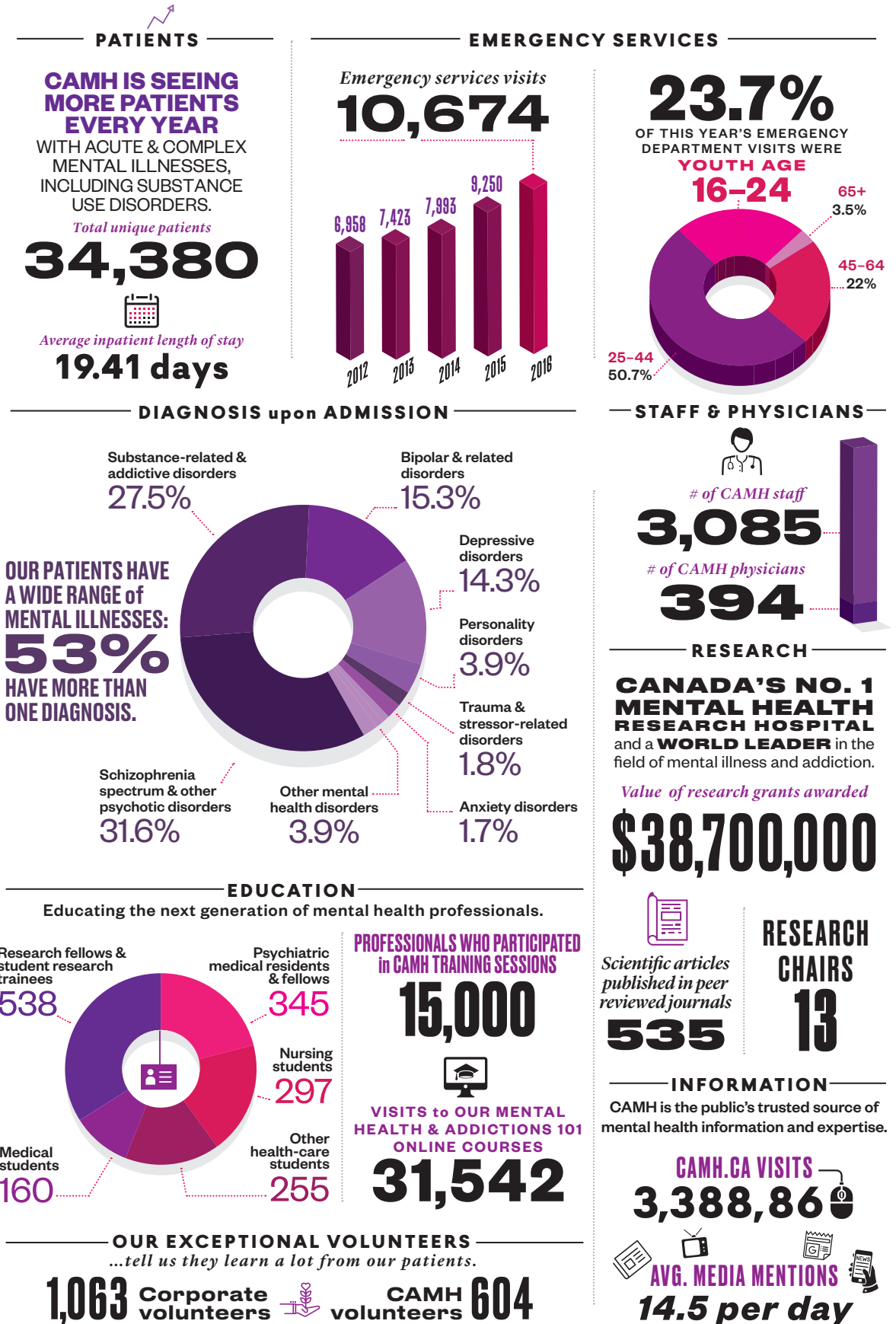
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CAMH by the NUMBERS 2016-17



CAMH FINANCIAL SNAPSHOT

Statement of Operations for the Year ended March 31, 2017

2017 REVENUE \$

Ministry of Health and Long-Term Care/ Toronto Central	
Local Health Integration Network grants	313,153,780
Patient revenue	2,028,784
Other grants	49,765,351
Ancillary and other	26,387,243
Amortization of deferred capital contributions	16,244,599
Investment income	704,070
Total Revenue	408,283,827

EXPENSES

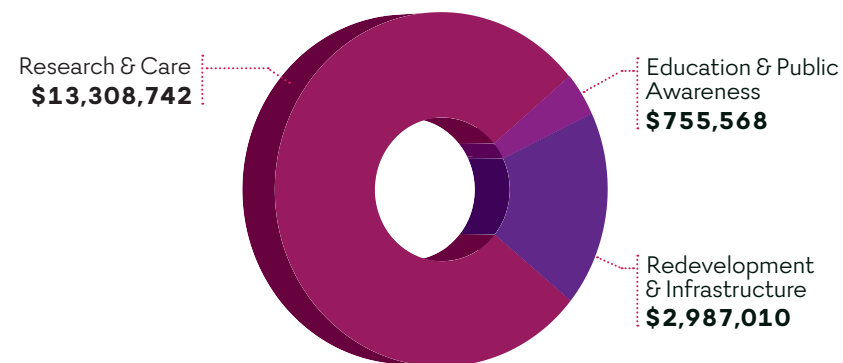
Salaries, wages and employee benefits	282,990,232
Supplies and other	86,495,925
Depreciation	23,036,920
Rent	2,621,936
Drugs and medical supplies	7,840,817
Total Expenses	402,985,830

Excess of Revenue Over Expenses for the Year	5,297,997
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CAMH FOUNDATION FINANCIAL SNAPSHOT

Statement of Revenue and Expenses for the Year ended March 31, 2017

2016-17 GRANTS BY TYPE



REVENUE \$	2016	2017
Donations	35,930,369	50,240,654
Bequests	226,219	379,773
Special events	2,380,281	2,894,614
Investment income	(283,517)	6,343,905
Total Revenue	38,253,352	59,858,946

EXPENSES	2016	2017
Fundraising and administration	9,368,541	10,024,872
Special events	1,146,401	1,114,766
Total Expenses	10,514,942	11,139,638

Excess of revenue over expenses before grants	27,738,410	48,719,308
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APRIL 1, 1998 — MARCH 31, 2017

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. Donors listed in purple are members of the Michael Wilson Society.

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We are so thankful to the thousands that rallied around One Brave Night. Below are the top fundraisers of 2017.

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Team CIBC
Team PointClickCare
Team KPMG
CAMH Foundation
Intelix Gives Back
Running on Steam
Accenture's Advocates
Team TMX
Friday Night Lights
G4S Canada

Independent teams

CAMH Engage 2017
#forthe loveofwoody
NightShift2017
Fitgirlz
Family Connections
A Show of Strength
Stigma Stompers
Amanda Eats World
Stronger Together
Markland Shines a Light

College/University teams

TRSM Cares (Ryerson - Ted Rogers School of Management)

Brock University
University of Toronto
Brock Equestrian
Ignite (Humber College)

High School teams

Silverthorne Collegiate
Royal St George's College
Trinity College School
Neil Up All Night
Lakefield College

Sponsors

CIBC
Steeped Tea
GoodLife Fitness
Messengers International

There are many ways to support the transformative work taking place at CAMH. To learn how to become a Change Agent, or member of the Michael Wilson Society, visit supportcamh.ca

THIRD-PARTY & COMMUNITY EVENTS

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

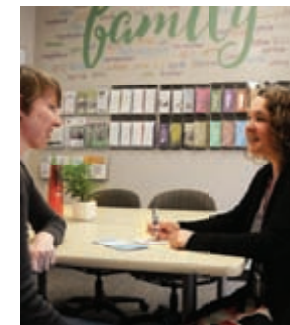
2.0 Toronto 2016 Summit
A Diwali Gathering
AGF Steel (Ottawa) Charity Golf Tournament
Andy Kim Christmas Concert
Annette Verschuren Book Launch Fundraiser
Augustina Boutique Shopping Night
Babssocks
Barre3 #GoodKarma Project
Bloorlea Winter Chill Festival
Brady Boy 2nd Annual Golf Tournament
CAVA Restaurant Fundraiser
Central Toronto Academy Fundraiser
Choir! Choir! Choir!
Crown Jewels
David Ferretti Memorail Golf Tournament
Delta Phi Nu fundraiser
DIALOG Golf Classic
DIALOG Holiday Fundraiser
Dominique's Run for Mental Health
Down To Fight For A Cause
Dry January
DWPV Casual Day Fundraiser
Follow Our Walk
Frank Moyo Concert Fundraiser
Game Night for Friends and Family
Great Minds Art Challenge
Green Ribbon for Mental Health

Green Shield Canada Dress Down Day
Guardian Capital Group Fundraising
Hand in Hand Fundraising
Hats On for Awareness
'Hatsquerade Gala'
Heather and Aili's Fun Run for Mental Health
Holt Renfrew Shopping Night
Home Runs for Healing
Huron Heights Secondary School Fundraiser
Hydro One Yoga for Mental Health
Initiative for Mental Health Awareness
Just 4 Fun Ball Hockey Tournament
Kelani's Spirit Fitness
Kenaidan Road Hockey Tournament
Kinross Gold 'Dress Down Days'
KPMG Administrative Expo Fundraiser
Lauri's Mission
Lovely Spring Run/Walk
Malvern Collegiate Institute Fundraiser
Marathon for Mental Health
Markham ProHockey Fundraiser
Men for Mental Health
Men In Suits

Mississauga Marathon-South Asian
MIYU Beauty Fundraiser
Moksha Yoga Maple/Yogain the Park
Move for Mental Health
Murray Abbott Invitational Golf Tournament
Music for a Cause Benefit Concert
Norton Rose Fulbright Fundraiser
Not Enough -The Anxiety Show
Orenda JA fundraiser 2017-18
Paddle Battle
Pink Tartan Shopping Night
Project Brainstorm
Project Love Run
Psyling Across Canada
Q4 Halloween Party
Ride for Mental Health
Run for Mental Health
Run to Wellness
Sandy Casella Remax Fundraiser
Sangha NOT Stigma
Scott Weiland Benefit Concert
Shopping Night at David Yurman in Yorkdale
Shorinji Kempo Kickathon Toronto Branch
Si Vous Play Sports Fundraiser
Sir Wilfred Laurier SS Dodgeball Fundraiser
Social Science Sophomore Team at UWO
Spokechella X Brainstation

St. Joseph College 'Stop the Stigma'
Stikeman Elliott Office Fundraiser
Stretch the Soul
StyleGarage OsFest Silent Auction
Sweet Gifts of Light
The Daisy Ride
The Long Ride: A Cycle of Hope
The Longest Day of Golf
The Show Must Go On
Toronto Corporate Run
Townson Fitness Charity Powerlifting Meet
Transformational Arts Faculty Event
Tremco Charity Golf Tournament
Ultra Reunion
Undergraduate Pharmacy Society BBQ
United with CAMH U of T Team
Upper Canada College Club Fundraiser
UTSG Boat Cruise
Uxbridge & District Lion's Club Fundraiser
WestCoast Swing Dance Tournament
Yeezy Taught Me, A Kanye West Party
Yoga & Wellness Show
Yoga on the Green
YRMBL Charity Golf Tournament

MARKING MILESTONES | CELEBRATING RECOVERY



Clockwise from top left, Ontario Minister of Health and Long-Term Care Dr. Eric Hoskins; Jim Treliving and Workman Arts Mad Couture; Olga Korper and Emmanuelle Gattuso; Miriam McCann, Office of Family Engagement; UnMasked co-chair Claudia Fieder, Jim Treliving, and UnMasked Co-chair Sandi Treliving; Victoria walks the runway at the 13th Annual Suits Me Fine Fashion Show as Jeanne Beker hosts.

Marking a redevelopment milestone

Dr. Eric Hoskins, Ontario Minister of Health and Long-Term Care, visited CAMH to kick off the third phase of CAMH's bold Queen Street Redevelopment Project. "It's a great example of our government's commitment to building state-of-the-art health care facilities, and expanding access to mental health."

Celebrating patient recovery

CAMH patients took centre stage at the annual Suits Me Fine fashion show in May — an uplifting showcase of recovery hosted by fashion icon **Jeanne Beker**. Patients modeled outfits from the Suits Me Fine Boutique, which has been providing clothing to CAMH patient shoppers free of charge for 20 years. **Sophie Gregoire Trudeau** paid a virtual visit to this year's show, the theme of which, "This is me!", celebrated individuality.

UnMasked: where food, art and philanthropy meet

CAMH welcomed nearly 750 guests to UnMasked, our signature mental health fundraising event taking place in 22 art galleries across Toronto. The more than \$1 million raised through this year's event support the hospital's life-saving work, including the continued redevelopment of our patient facilities to support recovery-based care.

Helping families better navigate CAMH services

CAMH opened its new **Office of Family Engagement** in a dedicated, welcoming space for family members to find information and make connections. Described as a "lifeline and refuge" for patients' families, the office represents an important deepening of CAMH's commitment to creating partners-in-care, regarding families as key allies in the recovery journeys of our patients.

PHOTOGRAPHY: KATHERINE HOLLAND, COVER, PAGES 6, 8, TOP OF PAGE 9, PAGE 11, PAGE 13; ADAM SCOTTI/PMO, PAGE 5; STAN BEHAL, PAGES 3, MIDDLE PAGE 9; MICHAEL MCKINNON, PAGE 10; ANDRE VAN VUGT, PAGE 27 TOP LEFT; SEAN PATENAUE, PAGE 27 BOTTOM LEFT; MIGUEL AMANTE, PAGE 27 BOTTOM, 2ND FROM RIGHT.