

camh

A Year of Change,
Celebration & Connection

Annual Report 2023-24



CAMH celebrated the Suits Me Fine
fashion show in October 2023.

To Our CAMH Community,

We are proud to share the 2023-24 CAMH and CAMH Foundation Annual Report—it's been another year of remarkable achievements. The pages that line this report are filled with many inspiring examples of change, celebration and connection at CAMH from throughout the year. While this is by no means an exhaustive list, here are some moments that stand out to us:

- Change is underway on our Queen Street site once again, as we continue the final phase of our historic redevelopment. In early 2024, we officially broke ground on the Temerty Discovery Centre and the Secure Care and Recovery Building and welcomed Ontario Premier Doug Ford and key provincial government and project stakeholders to mark our ongoing transformation.
- We took time to celebrate our leadership, collective impact and the contributions of our community. After months of preparation, CAMH received Exemplary Standing, the highest level of achievement possible from Accreditation Canada, and we once again topped the list of Canada's top 40 research hospitals. On campus, our clients walked the runway at special events like the Suits Me Fine fashion show, and we gathered to recognize the generosity of donors such as BMO and Manulife.
- We forged new and meaningful connections and strengthened existing ones at our hospital and far beyond. We spent months consulting with more than 700 people to inform our new strategic plan, Connected CAMH, that will set the direction for the organization all the way to 2030. This plan will serve as our compass as we continue to advance game-changing initiatives and breakthroughs that have wide-ranging impact such as our newly opened virtual care clinic for people in Toronto and the launch of 9-8-8, Canada's suicide crisis helpline for those across Canada seeking support.

As you read about all the incredible things we achieved this year, we hope you take great pride in being part of the CAMH community and feel hopeful for what lies ahead. Mental health continues to be the most important health care issue of our generation. We have the privilege and opportunity to support patients today and transform care for patients of tomorrow.

Our goals are ambitious. To accomplish them we will need creative solutions, innovative ideas and an enthusiasm for doing things differently. We look forward to continuing to drive change with you and our partners, finding moments to celebrate our wins along the way and making connections that help us build a future where no one is left behind.



Sarah Downey
President & CEO, CAMH



Deborah Gillis
President & CEO, CAMH Foundation



Susan Armstrong
Chair, CAMH Board of Trustees



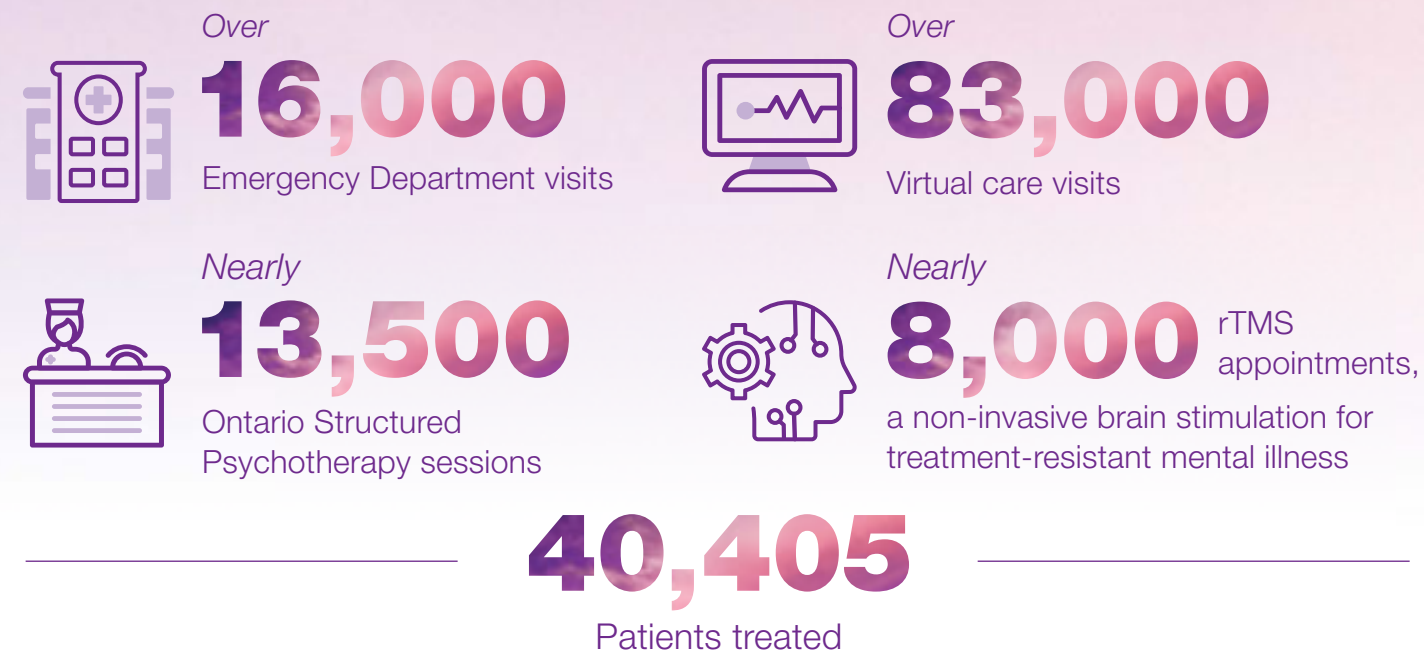
Valerie Pringle
Chair, CAMH Foundation Board of Directors

“We have the privilege and opportunity to support patients today and transform care for patients of tomorrow.”

CAMH By the Numbers 2023-24

A by-the-numbers look at CAMH's impact and how we are driving change in mental health care, research, education and beyond.

Care



Research



People



Education



Supporters



Fundraising with impact and transparency

CAMH Foundation, the fundraising arm of CAMH, aims to maximize the impact of every dollar raised so it is directed to the people and programs that need it most. For the year ending March 31, 2024, CAMH reported a fundraising ratio of 19 per cent expenses to revenue. That means for every \$1 spent fundraising, we were able to raise \$5.26 to support better mental health care and outcomes for people at CAMH and around the world.



Major Highlights

This year, CAMH made great strides in creating a world where mental health is health with major accomplishments and initiatives that are transforming care and outcomes at our hospital, across the mental health system and for all Canadians.

Canada's 9-8-8: Suicide Crisis Helpline Launch

With funding from the Government of Canada, CAMH led and coordinated the launch of **9-8-8**, Canada's first nationwide **Suicide Crisis Helpline**, in November 2023.

The service offers trauma-informed and culturally affirming support, in English and French, 24 hours a day and seven days a week, to anyone who is thinking of suicide, or who is worried about someone they know. The simple three-digit number makes it easy for people to call or text to get the help they need, when they need it most.

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 in Canada, by calling or texting 9-8-8 you can connect with a trained responder who's ready to listen without judgement.



Our goal is to save lives, and we believe that connecting with someone can save lives. Since the launch, 9-8-8 has been changing the landscape of suicide prevention in Canada. This has required our partners and responders to work together, and we are so grateful for their expertise and collaboration. We will continue towards our aim of serving everyone across Canada who needs help, in the moments they need it most.

Dr. Allison Crawford,
*Clinician Scientist, CAMH and
 Chief Medical Director, 9-8-8: Suicide
 Crisis Helpline*

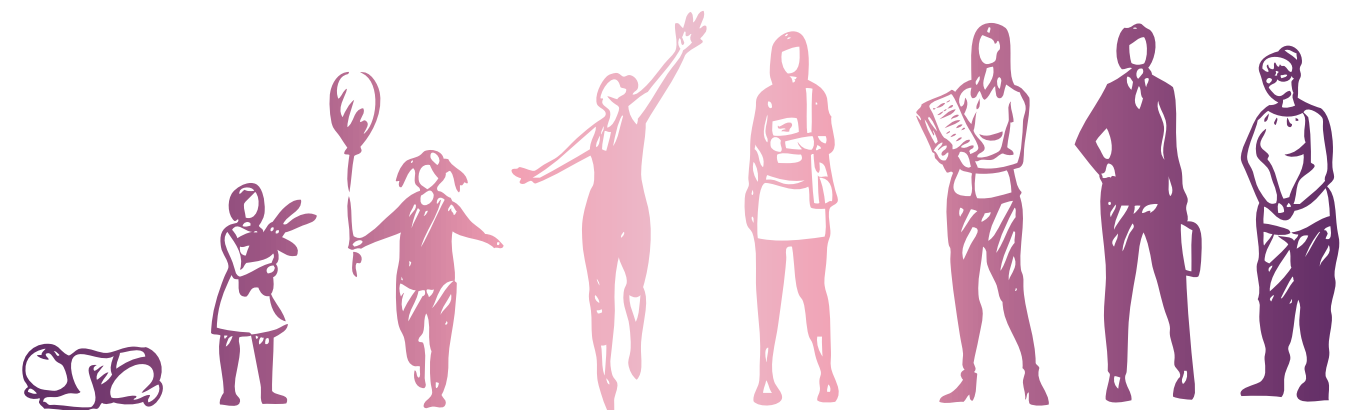
Connected CAMH: Mental Health Redefined

We launched **Connected CAMH** as our roadmap for navigating the complexities surrounding public needs for care. Progress has been rapid and life-changing, and now the work ahead calls on us to aim even higher. As we work to **Advance Care** and **Get Upstream to Lift Societal Health**, we respond to the resounding expectations for seamlessly connected, high-quality specialist care, for discovery that drives innovation within the health care system, and for a commitment to equity and advocacy to support a healthier society.

This strategic plan is rooted in our belief in the power of interconnectedness and in the lasting impact of our decisions. Born out of an extensive collaborative effort, it reflects the collective wisdom and aspirations of our diverse community and is grounded in our vision of health redefined, which compels us to confront the impact of mental illness across the lifespan.

Connected CAMH reflects our commitment to creating a future where mental health and well-being are not only protected, but celebrated.

Imagine health redefined in such a way that we all know:



Mental Health is Health

Truth and Reconciliation is Health

Employment is Health

Housing is Health

Climate Action is Health

Income Equity is Health

Equity is Health

Education is Health

Family is Health

The Final Phase of CAMH's Redevelopment is Underway

On February 29, 2024, CAMH welcomed key provincial government officials and project stakeholders to celebrate breaking ground on two new buildings on our Queen Street West Campus.

The Secure Care and Recovery Building will provide a haven where some of the hospital's most vulnerable patients can recover with dignity.

The **Temerty Discovery Centre** will bring together a majority of CAMH scientists under one roof, serving as a central hub for cutting-edge research, fostering collaboration among researchers, clinicians and patients and families—both inside and outside the lab.

The confluence of our team-science philosophy and construction of the Temerty Discovery Centre at CAMH will expedite the translation of research findings into clinical settings, empowering researchers, clinicians and trainees to deliver high quality, patient-centred care based on the latest scientific evidence.



The physical transformation of our Queen Street West site is turning what was once a walled institution into a symbol of hope for the future of mental health care. With the construction of the Secure Care and Recovery Building and the Temerty Discovery Centre, we will continue to provide the highest quality care to our most complex patients and accelerate research discoveries and developments that will improve the lives of those living with mental illness, because mental health is health.

Sarah Downey,
President & CEO, CAMH



Advancing Care

Throughout the year, CAMH found new ways to advance care and transform how patients and families experience evidence-based care and improved outcomes. Advancing care means integrating teaching and research into clinical care, translating new discoveries into improved treatments faster and leveraging our strength as a comprehensive academic mental health centre to treat the most serious mental illness at all stages of life.

First-Ever Clinically Validated Natural Supplement to Prevent Postpartum Blues Now Available

A novel natural supplement—invented, researched and developed at CAMH—prevents postpartum blues and reduces symptoms of postpartum depression over the following six months after giving birth. Until now, options for widespread prevention have been lacking for either condition.

Up to eight out of 10 new mothers experience postpartum or “baby” blues, a condition that strongly raises the risk of postpartum depression. Affecting 13 per cent of mothers, postpartum depression symptoms have long-lasting consequences for health, like impairing quality of life, increasing risk for future depressive episodes and suicide. It is also associated with negative cognitive and emotional effects in children.

The study, entitled *Dietary Supplement for Mood Symptoms in Early Postpartum: A Double-Blind Randomized Placebo Controlled Trial*, was published in the *Lancet* discovery science journal *eClinicalMedicine* in April 2024. It involved more than 100 postpartum participants who either took four doses of the natural supplement several days after giving birth, or a matching placebo. Within the supplement group, two-thirds experienced

either no symptoms or only negligible symptoms of postpartum blues. In the following six months, participants who received the supplement experienced less symptoms of depression with none reaching the clinical threshold of postpartum depression six months after giving birth.

This breakthrough is credited to the culmination of more than 15 years of collaborative research led by **Dr. Jeffrey Meyer**, Senior Scientist, **Brain Health Imaging Centre** and inventor of the nutritional supplement. His previous imaging research found that a protein that removes important mood-boosting brain chemicals and is linked to the development and progression of mental illness, rises dramatically in the brains of postpartum women. To combat this, the supplement is made up of a patented combination of natural ingredients that replenish essential neurochemicals in the brain to support healthy mood and the ability to concentrate under stress. Providing this specialized dietary support in the first few days after giving birth is a crucial window to avoid depressive symptoms as there is considerable risk that they may recur and have a lifelong impact.

CAMH has partnered with the international women’s health supplement and pharmaceutical company, Exeltis, to bring the product to market under the name *Blues Away*®. The product is now available for sale in the U.S. and it is in the process of being brought to Canada and other global markets.



We are thrilled to unveil the culmination of years of dedication and collaboration in the form of our groundbreaking nutraceutical for postpartum blues prevention. It is great that we are able to simultaneously share our clinical research around this product while also partnering with a global women’s health industry leader to make it available to the new mothers who need it.

Klara Vichnevetski,
*Director, Industry Partnerships and
Technology Transfer, CAMH*

CAMH Develops Potential New Drug Treatment for Multiple Sclerosis

Using an artificial intelligence-enabled approach to expand on her earlier work that identified a novel drug target for treating Multiple Sclerosis (MS),

Dr. Fang Liu and her team created a small molecule compound that is effective in two different animal models of MS. This represents a key advancement that brings this MS research closer to the clinic to impact patient care.

MS is a progressive neurological disease that currently has no cure. It damages the myelin, a protective sheath around nerves in the brain and spinal cord, and is associated with a wide range of debilitating symptoms. As the myelin damage is triggered by inflammation in the immune system, all past drug treatments for MS targeted the immune system—until now.

In this study, Dr. Liu's team treated MS in a completely different way—targeting the glutamate system. Study results show that the newly synthesized lead compound not only reduced MS-like symptoms, it also may repair the damaged myelin in two different preclinical models of MS. Dr. Iain Greig, an academic scientist in Medicinal Chemistry at the University of Aberdeen, is leading a team to turn the molecules identified by Dr. Liu into advanced “drug-like” molecules suitable for continued development towards clinical use in patients.

Dr. Liu believes that the evidence of efficacy and tolerability for the small molecule drug generated in this study makes it a good candidate to be developed for human trials. The next steps in drug development will involve further pre-clinical research, including investigating safety and stability of the compound.



Our compound had a stunning effect on rescuing myelin and motor function in the lab models. I hope these effects will translate to the clinic to add to current treatments and bring new hope to patients with MS. As with cancer chemotherapy drug cocktails, simultaneous targeting of the MS disease pathway at multiple points can have synergistic effects and result in better outcomes.

Dr. Fang Liu,
Senior Scientist, Brain Health Imaging Centre, CAMH

Managing Substance Use in Patients Receiving Therapeutic rTMS

It is common for individuals living with neuropsychiatric disorders and undergoing repetitive transcranial magnetic stimulation (rTMS) treatment to have concurrent recreational and non-medical substance use. Substance use can produce both functional and structural changes in the brain which may have fundamental implications for the efficacy and safety of rTMS. **Temerty Centre for Therapeutic Brain Intervention** and University of Toronto researchers partnered to review, summarize and characterize the literature on what has been reported on the management of substance use for patients receiving therapeutic rTMS. Their goal with this review was to help inform clinical and research standard of practice in terms of how to use rTMS safely and effectively in people who have used or are using substances. Ultimately, in most cases rTMS is relatively safe, however, further research is necessary in establishing whether protocols need to be modified to account for substance use. Overall, there was evidence that rTMS is relatively safe for people with a history of recreational substance use.

Pilot Project Offers Mental Health Supports to Youth Virtually

Youth Wellness Hubs Ontario (YWHO) is a comprehensive service delivery platform with 23 sites province-wide tailored to meet the needs of youth, with a primary goal of simplifying access to mental health care. To help remove potential barriers to support, in June 2023, YWHO launched a Virtual Hub pilot project through three hub locations in Ontario.

This web-based virtual portal revolutionizes the delivery of integrated youth services in Ontario, leveraging unique e-service technologies, including: a new youth-facing web page, a chatbot navigation guide, personalized account portal, a service provider platform and integration with My Wellness Passport, YWHO's data collection platform. Looking forward, YWHO is exploring opportunities to expand the Virtual Hub, with plans to onboard additional hubs to deliver services on the platform. The long-term vision involves a province-wide rollout, enabling youth to receive support from anywhere in Ontario and access services from providers spanning the entire province.





Promoting Optimal Mental Health in Pakistan

The **Cundill Centre for Child and Youth Depression** and the **CAMH Simulation Centre** have a collaboration with the Pakistan Institute for Living and Learning (PILL). PILL is dedicated to promoting optimal physical and mental health in infants, children, youth, their families and communities for healthy psychosocial functioning and development. The team is working on a case-based simulation focused on providing an interactive educational tool adapted to the local context for primary care providers in Pakistan that supports assessment and treatment of depression in youth in rural and semi-urban regions in Pakistan.

Training the Next Generation of Mental Health and Addiction Researchers

In September 2023, CAMH hosted clinicians, scientists and learners from across the organization for the launch of the **Koerner Centre for Research Training**, the first centre of its kind in Canada. Trainees were excited to learn about the new opportunities to come together as a community, participate in the new mentorship program and compete for research funding—an area of great interest and enthusiasm. The novel funding opportunities enabled by a generous donation from the **Michael and Sonja Koerner Charitable Foundation** will be a key resource for many and will increase trainees' competitiveness for future external awards as well as funding.

In 2023, CAMH Research Trainees received over

\$1.7 million

in funding, including external sources and internal awards made possible by generous donors.

In 2023, CAMH Research Trainees published

216 scholarly publications

and authored over

215 academic conference presentations delivered at local, national and international events.

Getting Upstream

This year, we challenged ourselves to shift health care to a model that emphasizes prevention and early intervention. To us, getting upstream means addressing social determinants of health to reduce health disparities, promote health and prevent mental illness. Making real progress demands that we expand this upstream approach to focus on identifying mental illness early and intervening as soon as possible, whether it is with youth, adults or people in later life.

Understanding Youth Mental Illness: Toronto Adolescent & Youth Cohort Study

CAMH's **Toronto Adolescent & Youth (TAY) Cohort study** aims to recruit 1,500 youth presenting for mental health services to collect in-depth data including mental health assessments, cognitive performance and educational attainment, molecular data and brain imaging, and health service utilization. With over one-third of participants already recruited, the study produced three high-impact publications this year, generating significant excitement in the scientific community.

One of the main findings thus far is that youth enrolled in the TAY Cohort study have, on average, three different mental health diagnoses. This finding, and the infrastructure created by the TAY

Cohort study for recruitment, data collection, and youth and caregiver engagement, led **Dr. Aristotle Voineskos**, VP, Research at CAMH, **Dr. Louise Gallagher**, Chief of the Child and Youth Mental Health Collaborative, and colleagues at six collaborating sites to propose a new study focused on mental health multimorbidity in youth. Building on her experience engaging youth and caregivers in research at the **Slaight Family Centre for Youth in Transition**, **Dr. Nicole Kozloff** leads Knowledge Translation and Engagement for the study. The "Cohort Network for Adolescents and Youth with Mental Health Multimorbidity: A Master Observational Trial (CALM)" recently received close to \$6 million from the Ontario Brain Institute to identify early trajectories of psychosis spectrum disorders and other markers of severe mental illness in youth, including suicidality and poor functioning.



The TAY Cohort study has made significant progress, and now over 600 youth and their families have enrolled. A large number of CAMH scientists from many disciplines are involved. Early data suggest that there is significant interest among youth and families in participating in this study, and we are starting to better understand the range of diagnoses and challenges youth are facing. We are also pleasantly surprised that youth very much enjoy conducting the neuroimaging part of the project, which will allow us to better understand factors related to brain health.

Dr. Aristotle Voineskos,
VP, Research and Director, Campbell
Family Mental Health Research
Institute, CAMH

Advancing Care for Young People Experiencing Early Psychosis

CAMH is leading the implementation of **NAVIGATE**, an evidence-based treatment program that focuses on recovery for youth and emerging adults with a first episode of psychosis that are enrolled in mental health programs across the province. The goal of this Early Psychosis Intervention is to improve care and outcomes for young people experiencing psychosis across communities in Ontario. Early findings show that this model of care helps programs meet the early psychosis intervention standards and is linked to better outcomes. Building on these positive findings, the Mental Health and Addictions Centre of Excellence at Ontario Health has adopted the NAVIGATE model of coordinated specialty care as the standardized model of care for the Provincial Early Psychosis Intervention Program, to ensure all Ontarians receive the same high-quality evidence-based early psychosis care regardless of where in the province they live.

PACt-MD: New Therapy for Slowing Cognitive Decline

In 2014, CAMH received the largest-ever grant for Alzheimer's prevention—\$10 million over five years—for the **Prevention of Alzheimer's Dementia with Cognitive Remediation plus Transcranial Direct Magnetic Stimulation in Mild Cognitive Impairment and Depression (PACt-MD)**. After almost ten years of studying this novel and potentially life-saving therapy, a new discovery now stands to give older adults and their families more years together with hope and peace of mind. The results show that the combination of cognitive remediation and transcranial direct current stimulation is successful in slowing cognitive decline for up to six years in older adults. While all participants showed signs of improvement, a stronger effect of the treatment was seen in participants with depression in comparison to participants with mild cognitive impairment, which would make this intervention the first to slow cognitive decline in older adults with history of depression, a group of individuals at double the risk of dementia. Based on these promising findings, a grant proposal has been submitted to receive funding to test the effect of the intervention in a larger, more diverse sample across sites in Canada and the United States.

Finding Hope after Loss

Every CAMH donor's story is different. The Garcia Family's story is one of tremendous loss, resilience and the enduring power of hope. It serves as a reminder that even in the face of immense heartache, there can be a path forward.

In May 2021, **Francisco Garcia** experienced what many consider the ultimate tragedy in life: the loss of a child. His daughter Bridgett, age 36, died by accidental overdose at the Toronto shelter where she was living. Just over a year later, unthinkable tragedy occurred again, when Francisco's younger daughter, Ashley, died by suicide, herself only 34.

"Losing both my daughters in such a short time was devastating," says Francisco. "Growing up, Bridgett and Ashley were close, and they cared deeply for one another. Ashley always looked up to her older sister and Bridgett had a special love for Ashley. Bridgett's passing was extremely hard on Ashley."

Like many young people, the girls had goals for lives that sadly turned out to be too short to be realized.

"Bridgett and Ashley were struck by mental health and addiction struggles that prevented them from achieving many of their dreams and ambitions," says Francisco. "Despite their struggles, they always tried to shine through and see the positive in the reduced landscape of their lives."

To work through their family's pain, Francisco established the Ashley and Bridgett Rainbow Fund at CAMH, which has received contributions from around the world and has raised nearly \$50,000, almost doubling their initial \$25,000 goal.

"We created the Rainbow Fund as a permanent tribute to the memory of our daughters and to raise awareness and support for mental health, addictions, early intervention and suicide prevention," says Francisco.

Francisco says the rainbow was chosen with purpose.



Rainbows commonly appear after a storm and, for a brief moment, give the feeling of calm after the turbulent atmosphere that came moments earlier. Rainbows represent peace, tranquility and hope. After their turbulent lives, we hope Bridgett and Ashley have peace and tranquility and their Rainbow Fund can help bring this to others.

Francisco Garcia,
Loving father and mental health advocate

Francisco Garcia and his daughters, Bridgett and Ashley



Lifting Societal Health

We are doing our part to create a healthy and just Canadian society by addressing health disparities and ensuring mental and physical health outcomes are equitable for people living with mental illness. Each year we are more transparent and resolute in addressing health disparities that people from structurally marginalized groups face, address the prejudice, discrimination and disparities that people who live with serious mental illness experience and ensure that we are equitable, diverse, inclusive, accessible and anti-racist in every initiative.

CAMH and LOFT Partnership: Housing and Specialty Care for Youth Psychosis

CAMH has established a new partnership with LOFT, one of the largest community service providers in Ontario, supporting people facing a combination of mental and physical health challenges, addiction, poverty and/or homelessness to provide stable housing for young CAMH patients who have received a psychosis diagnosis.

One major challenge for young people who come to CAMH for psychosis treatment is housing instability, as the two can become interconnected when youth do not have access to a support system.

As the first in Canada to implement **NAVIGATE**, the **Slaight Family Centre for Youth in Transition's** early psychosis intervention program, which focuses on meeting specific developmental needs, greatly benefitted from the evidence-based model of coordinated specialty care. Now, CAMH's NAVIGATE will be directly integrated with LOFT's transitional housing services.

Funded by the **Slaight Family Foundation**, LOFT is retrofitting a dedicated seven-room home in Toronto to provide a stable living environment as well as wraparound clinical supports for young people,

aged 18 to 26, who are receiving early psychosis intervention and require a period of more intensive supports and stable housing. LOFT already has four integrated housing sites in partnership with CAMH for seniors and patients who have been involved with the justice system. This will be the first integrated housing site dedicated exclusively to youth with mental illness.

"Housing is a human right and is essential for physical and mental health. It is particularly critical that young people experiencing psychosis have a safe and stable living environment to support their recovery," says **Dr. Nicole Kozloff**, co-director of the Slaight Family Centre for Youth in Transition. "Psychosis typically first presents at a time in a young person's life when they are making decisions and plans related to their schooling and careers and establishing important relationships and solidifying their identity; all of that tends to get put on pause while they navigate treatment. But so many of the young people we serve are also navigating unstable living situations, which makes it that much harder to engage in the services that can support them in their recovery. This partnership will help more young people continue to get the treatment and supports they need."



For the first time in years, I felt like myself again. Now, I have more stability in my life. I'm reconnecting with my family and building my business. My life story is just beginning. The first chapter was about me transitioning from a miserable, confused teen to a young man with a bright future. And I couldn't have done it without LOFT.

Andrew,
Former LOFT client

Culturally Appropriate Addictions Care

While rates of addiction in Muslim communities are significantly lower than other groups, previous research has found that Muslims living in majority Western countries are more likely to experience higher rates of addiction than those in Muslim majority populations.

Muslims make up more than three per cent of the Canadian population. Despite increased rates, Muslims in Canada tend to use mental health services less than other groups. Some seek traditional healing or counselling from spiritual or religious leaders, who often don't have mental health training. Negative attitudes and misconceptions often keep them from seeking treatment for addiction and mental illness.

According to **Dr. Ahmed Hassan**, an associate scientist in the Addictions Division and an addiction psychiatrist at CAMH, there are several reasons why addiction stigma is so prevalent in Muslim communities, including limited awareness about mental health services; fears that treatment will be disclosed to employers; beliefs that addiction is shameful and should not be discussed outside of families; and seeing addiction as a sin through a religious lens.

After leading the first-of-its-kind addiction awareness outreach program inside mosques in 2021 and seeing significantly reduced stigma surrounding substance use disorder among Canadian Muslims, Dr. Hassan and his research team are now leading the Canadian Muslims Addiction Program project. As part of this research, Dr. Hassan and his team brought together collaborators from across disciplines, including psychiatry, psychology, social work, neuroscience, family medicine, naturopathic medicine and religious studies, to develop program content. Their goal is

to create evidence-based, culturally appropriate materials that change stigma and knowledge of addiction, adjust attitudes toward addiction and improve help-seeking behaviour in Muslim communities.

Dr. Hassan and his team have also developed a learning module to provide mental health professionals with evidence-based tools and training on culturally and spiritually sensitive approaches for treating Muslims with addiction. This knowledge sharing will ensure that research led by CAMH impacts people and populations well beyond our hospital.



We now understand the importance of the holistic treatment approach for addiction as well as the importance of individualized treatment. We are currently incorporating spirituality into treatment. We are developing tailored intervention programs to help minority groups. We are also advancing treatment that uses pharmacotherapies to enhance the effect of psychotherapies. CAMH welcomes diversity and innovation, and it is the best place to advance critical work in this area.

Dr. Ahmed Hassan,
Associate Scientist and Addictions Psychiatrist, Addictions Division, CAMH

VR Training to Prevent Opioid Overdose Deaths Available to Public

In response to the opioid crisis that kills an average of 20 Canadians a day, the **CAMH Simulation Centre** created a desktop virtual reality (VR) training course to teach the public how to assess someone who is unconscious and administer naloxone to prevent a life-threatening opioid overdose.

This education and training simulation was created to diminish the fear and stigma related to opioid overdoses. By making this as accessible as an online game, anyone can learn how to administer a naloxone dose, even if they have no clinical background, and potentially save a life.

Decreasing the Health Impacts of Climate Change on Poverty

The Canadian Poverty, Health Equity, and Climate Change knowledge mobilization initiative aims to improve Canada's climate change mitigation and adaptation responses as they relate to Canadians that are experiencing poverty. In its first year, **Dr. Sean Kidd** and his team validated the "threat multiplier" nature of climate change with respect to poverty and demonstrated the

significant knowledge gaps that are present at the poverty-climate-health nexus in Canada. Moving forward, they will continue to build and disseminate the best available information on how to implement responses to the climate crisis that equitably address the needs of people in Canada experiencing poverty.

Culturally Relevant Care for Indigenous Communities

At its core, **Shkaabe Makwa** aims to transform health outcomes for First Nations, Inuit and Métis communities through the advancement of research, workforce development and innovative healing models that harmonize traditional knowledge and medical expertise. Since its inauguration in 2020, the Shkaabe Makwa team has focused on creating culturally relevant methods in trauma assessment and treatment, and innovative strategies to address mental health and substance use concerns for Indigenous communities. Additionally, they have initiated important discussions regarding critical service extensions and development; provided medical leadership, guidance and support to other Indigenous organizations in Ontario; represented Shkaabe Makwa on internal and external committees; and contributed a significant public presence, bringing critical attention to the importance of traditional healing and health systems as they relate to mental health, trauma and addiction.





Improving Access to Mental Health Supports for Pregnant Women and New Mothers

CAMH Senior Scientist **Dr. Daisy Singla** has devoted her entire career to one goal: improving access to mental health care for pregnant women and new mothers.

In 2018, Dr. Singla became the youngest recipient of a \$13-million USD award to conduct a five-year clinical trial known as **SUMMIT (Scaling Up Maternal Mental Healthcare by Increasing Access to Treatment)** funded by the Patient-Centered Outcomes Research Institute in the United States. The study is implemented at three sites across Toronto, Chapel Hill and Chicago.

Talk therapies are amongst the most effective interventions in medicine but remain inaccessible to many. Around the world, as few as one in five women can access effective treatment for anxiety and depression during pregnancy and postpartum due to a dearth of available specialists, and high costs, transportation and childcare.

When women don't receive treatment for these conditions, the ripple effects can be devastating for them, their children, their partners and their communities.

The broad ambition of the SUMMIT trial is to see if talk therapy delivered by treatment providers with no previous training in mental health—for example nurses, midwives and doulas—is as effective as talk therapy delivered by mental health specialists, and if telemedicine is as effective as in-person treatment. In SUMMIT, everyone receives eight sessions of Behavioural Activation (BA) therapy, an approach that focuses on helping individuals increase their engagement in positive and fulfilling activities to improve their mood and overall wellbeing.

Since 2020, this historic trial has recruited more than 1,200 perinatal women and is run by a diverse, interdisciplinary team of 120 investigators, advisors, research staff and stakeholders across North America.



We are not currently optimizing the human resources in our healthcare system. If we can show that non-specialists are as effective as specialists to deliver effective treatments, the implications go beyond perinatal mental health to revolutionize how mental healthcare is delivered across Canada. It means that we could offer a stepped care model with reduced wait times and patient-centered care. It would allow us to broaden access to effective treatments by relying beyond a small cadre of specialized treatment providers.

Dr. Singla
Senior Scientist, Institute for Mental Health Policy Research, CAMH

Dr. Daisy Singla is CAMH's inaugural *womenmind*[™] Independent Scientist. In March 2024, Dr. Singla celebrated International Women's Day at a special event with the CAMH *womenmind* community.

Providing Afrocentric-Care to Black Youth

The **Substance Abuse Program for African Canadian and Caribbean Youth (SAPACCY)** at CAMH provides accessible, Afrocentric and racial trauma-informed support to Black youth who are dealing with mental health and substance use concerns. The program strives to break down barriers faced by Black youth trying to access mental health care. Researchers like **Dr. Akwatu Khenti**, an Affiliate Scientist with the **Institute for Mental Health Policy Research** at CAMH, played an integral role in the development of SAPACCY and its growth. Due to the tremendous success of the program and a clear need for the services provided, SAPACCY recently secured annual funding from the Province of Ontario that will create seven new SAPACCY-inspired services within community organizations across the province.

LIFT: Employment Support for Youth

After seeing an increase in mental illness, higher rates of unemployment and disruptions in education during the pandemic, the **LIFT** initiative was created to support vulnerable youth with personalized and optimized opportunities for employment, education and training. This past year, 107 youth have been able to access individualized employment and education support. Some examples of the employment opportunities secured include pharmacy assistant, early childhood education assistant, barista, restaurant server and an assistant in a graphic design firm.

Youth within the program graduated from school with diplomas in graphic design, animation, early childhood education, and degrees in psychology, social work and business. In the coming year, community outreach efforts will be increased, expanding the network of employers for youth, developing stronger connections with local schools and providing support to more youth.

Using Machine Learning to Design Equitable Care Delivery

Managing violence or aggression in emergency psychiatry is a serious challenge, as it can have adverse outcomes for both patients and providers. At CAMH, clinicians use a structured rating scale called the Dynamic Appraisal of Situational Aggression (DASA).

CAMH scientists, **Drs. Laura Sikstrom** and **Marta Maslej**, co-led a team of researchers using Machine Learning to conduct data analysis focused on false positives, where patients with a high DASA score do not end up exhibiting violent or aggressive behaviours. They determined that racially marginalized patients, and those experiencing unstable housing conditions and apprehensions by police, were more likely to be assessed as high risk. These findings were backed up by observational studies conducted in CAMH's **Gerald Sheff & Shanitha Kachan Emergency Department** and consultation with outside experts.

Moving forward, the team will co-design an AI tool called "the FARE+," that will combine human and data-driven insights to ensure more equitable care delivery. The tool represents a commitment to understanding and meeting the diverse needs of every individual in crisis and fostering compassion and equity to support recovery for all.

Health Redefined Means No One Left Behind

By the time **Joshua** and **Melissa** met in a homeless shelter, everyone in their lives had pretty much given up on them. Truth be told, they had pretty much given up on themselves.

"You can't trust anyone in a homeless shelter," says Joshua. "And then to find her there, it felt like fate. It wasn't a happily ever after, but it's been that way ever since."

The bad news is that Joshua was addicted to crack cocaine and Melissa was addicted to heroin. As a couple, their addictions deepened.

They were offered an opportunity to participate in what is known as the **Drug Treatment Court** and started working with clinicians and peer support

workers at CAMH. But over the next three years, they practically dared CAMH to kick them out of the program and send them back to jail. Relapses, missed appointments, and deeply seated fears that they were just a lost cause that CAMH was wasting its effort on.

But Melissa and Joshua were not left behind. They credit one of CAMH's peer support workers, **Paulette Walker**, who also has lived experience of mental illness and addiction, with helping them believe in themselves again.

"She says 'I know what it's like to be there'," remembers Joshua. "That was one of the greatest feelings, being with somebody who experienced what I was experiencing."



There were times when I felt that I didn't deserve the help CAMH was offering because of what I was doing to myself and other people. I feel like a lot of people struggling with addiction give up on themselves, and then it's too late.

Joshua,
Mental health advocate

Community & Partnerships

Throughout the year, CAMH found ways to engage with our diverse community and dedicated partners. From recognizing the generosity of our donors at events to marking moments in time with staff and patients, it is always a special time when the CAMH community comes together to drive mental health forward.

BMO x CAMH

BMO marked World Mental Health Day with a \$5-million gift in support of independent research in **CAMH's Krembil Centre for Neuroinformatics** and to help build the new **Temerty Discovery Centre**.



Manulife x CAMH

Manulife celebrated International Women's Day with a \$1-million donation in support of CAMH *womenmind*[™] and the **Women's Health Research Cluster**.



Pride Flag Raising

In June 2023, CAMH kicked off Pride festivities by raising the Progress Pride flag



Suits Me Fine

The much-anticipated **Suits Me Fine** fashion show returned to CAMH in October 2023. Hosted by fashion icon Jeanne Beker, the event saw CAMH clients strut their stuff on the catwalk, featuring donated clothing from the Suits Me Fine Boutique.



CAMH Pow Wow

CAMH hosted a Pow Wow in Honour of Children and Youth in September 2023. The event featured Indigenous-owned vendors, food, music and dancing.

YouTube x CAMH

In an effort to provide accessible, accurate, and high-quality health information to Canadians, **YouTube** and CAMH have partnered as part of the global YouTube Health initiative. YouTube Health provides Canadians with access to reliable health information on their platform, and this partnership represents a significant step in achieving this goal with a focus on current and credible mental health content.



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Financial Snapshot 2023-24

CAMH Hospital Financial Snapshot

Statement of operations for the year ended March 31, 2024

(Expressed in thousands of dollars)

Revenue	2024	2023
Ministry of Health and federal government	486,290	423,442
COVID-19 funding	1,836	10,154
Research and other grants	81,601	79,293
Ancillary and other	36,503	33,333
Patient revenue	2,587	3,521
Amortization of deferred capital contributions	30,552	31,158
Investment income	9,617	4,799
Total Revenue	648,986	585,700

Expenses	2024	2023
Compensation	420,427	383,017
Supplies and other	161,102	134,732
Amortization of capital assets	40,625	41,373
Drugs and medical supplies	10,637	10,077
Rent	3,020	3,194
Interest	13,039	13,307
Total Expenses	648,850	585,700
Excess of revenue over expenses for the year	136	-

CAMH Foundation Financial Snapshot

Summary Statement of revenue and expenses for the year ended March 31, 2024

Revenue	2024	2023
Donations	91,773,645	61,070,120
Special events	2,852,803	1,891,923
Investment income	24,567,125	460,715
Total Revenue	119,193,573	63,422,758

Expenses	2024	2023
Fundraising and administration	21,075,079	19,334,284
Special events	1,144,244	759,953
Total Expenses	22,219,323	20,094,237
"Excess of revenue over expenses before grants for the year"	96,974,250	43,328,521

2023/24 Grants By Type

\$789,440
Education

\$4,193,114
Programs

\$6,148
Public awareness

\$20,472,693
Research

\$43,800,000
Capital and redevelopment

\$69,261,395
Total Grants

Thank you to our donors

The mental health movement has never been more important. Thank you to the many people who have shared their time, effort, passion and commitment with CAMH.

Because of supporters like you, we are creating a world where Mental Health is Health. Thank you!

CAMH is grateful to have received many anonymous gifts from the United Way, and gifts provided through Friends of CAMH. We thank all these donors for their support.

Visionary Donors

April 1, 1998 – March 31, 2024

Visionary Society members have committed to \$1 million or more to lead change for mental health. Using the power of their philanthropy and leadership, they are redefining the limits of what is possible in research and care to help people recover more quickly and more fully.

\$100,000,000+

Anonymous (1)

\$50,000,000+

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We are proud to recognize donors who generously made cumulative contributions of \$25,000 or more to CAMH from April 1, 1998 – March 31, 2024.

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Legacy Donors

April 1, 1998 – March 31, 2024

We are honoured to recognize the following individuals who have committed to continued support of CAMH through their estate. Their legacy will help change the future of mental health care. We are grateful for their generosity.

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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 of our Michael Wilson Society, which strives to continue The Honourable Michael Wilson's dedication to CAMH, our vision and our mission.

Timothy & Jane Bates
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 Maureen & Victor Dodig
 Lisanne Hill & Robert Dowler
 Lawrence Enkin

Gerald and Naomi Goldenberg
 Brian H. Greenspan & Marla Berger
 Donald Guloien and Irene Boychuk
 Bill Humphries
 Gordon & Janet Nixon

Mary Ann Pathy
 John Sartz & Mallory Morris-Sartz
 Judith Tompkins
 Jilla and Robert Williams Foundation

Workplace and Community Giving

CAMH is fortunate to have strong community and workplace partnerships that 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 2023/2024.

#ArchertheAxolotl Supports Mental Health	Fionn Lay	Ontario Energy Network
#SwimForMentalHealth	Fresh Forward	Paint N Pour
2023 Badger Bogey In Memory of Lonnie Culhane	Fresh Restaurants	Pitches for Pecar
3rd Annual Walkathon	Fundraiser For Brittany	Power of Privé
A Better Tomorrow	Giggles for Good	Putting For Peter
Abe's Half Marathon Road2Hope for CAMH	Hannah Miller	Quincin's Birthday Fundraiser
AK Fitness Mental Health Fundraiser	Hillfield-Strathallan College - Carol Service 2023	Reform
Andy Kim Christmas Show	In Memory of Cathy McCallum	Riccardo and Friends in Concert by Fabio's Bright Smiles Foundation
Andy's Angels	It is not a Joke!	Rich and Sue Robbins
ANOKHI20	Izzy Torzsas	Rock The Barn 2023
Arctic Quest	Jaybird Studio Ltd	Run Around The Clock Relay
Aurorapalooza	June Cupido's Story Slam Events	Run for Kash
Balance in the Beaches	Kawartha Credit Union Pancake Breakfast	Run for Mauri
Battle for Brains	Keep Spirits High	Ryan Zeitz's Mental HELLth Comedy Show
Birthday Fundraising: "No One is Left Behind"	Kloss2Cross	Sam Blakley's Half Marathon
Bodhi's Fundraiser	LCC Class of 2000 Alumni Fundraiser	Sanjay's Fundraiser
Brazy Wickz Holiday Fundraiser	Lennard Charity Canoe & Kayak Race	Sisley Irwin
Choir! Choir! Choir! Foundation	Mackage	STEP IT UP by Bennett Design
CIBC For Shkaabe Makwa	Mad Love BBQ	TCS Toronto Waterfront Marathon
Cleo	Market Disruption's No One Left Behind Tour	Therapy for the Too (4) Tired
Colin's Heavenly Birthday	Melanie Auld	Torkin Manes LLP - Fundraiser for CAMH
Courtney's Burpee Challenge	Mental Health Day Fundraiser	U in Your Element
CrossaPalooza	Miles for Mental Health	University of Toronto Charity Fashion Show
Dear Grain Breads	Mindful Movement for Mania	Wellness Week Dance-A-thon
DIALOG	Never Been Better: Book Launch by Leanne Toshiko Simpson	West Coast Swing
Electric Circus at Lavelle	ON RING with Jake	World Mental Health Day Fundraiser
Evan Creek Memorial	One Month Mental Run	WYS Basketball Tournament
Everest Base Camp Fundraising Trek	One of a Kind Show	

womenmind™

We are proud to recognize the members of *womenmind™*, a community of philanthropists and thought leaders committed to closing the gender gap in women's mental health.

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Manulife
Sandi & Jim Treliving

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Valeria Cambre
Trisha Cass
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Business Leaders for Mental Health Action

We are proud to recognize our Business Leaders for Mental Health Action coalition partners. The coalition is committed to improving the psychological health and safety of employees and inspiring businesses to take action for workplace mental health.

Champion

Accenture
Dawson Partners
Sun Life Financial

Change Maker

CAA Insurance
Connor, Clark & Lunn Financial Group Ltd.
Hudson's Bay Foundation
Vancity

Sunrise Challenge

The Sunrise Challenge invites Canadians to rise together and raise funds to support groundbreaking mental health research, including suicide prevention research. We are proud to recognize sponsors, and the top 10 community and corporate teams for the 2023 Sunrise Challenge.

We are also grateful for all supporters of the 2024 Sunrise Challenge and look forward to celebrating their generosity next year.

Presenting Sponsor

Cadillac Fairview

Match Day Sponsor

Ward Family Foundation

Gold Sponsors

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Peace Collective
Starbucks Coffee Canada, Inc.

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George Weston Limited
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Top 10 Community Teams

Rachie's World
Radiant Rise n' Shine Team
Solar Sisters
Sisters Spreading Sunshine
Sunrise Smoothie "Soul" Sisters
Team Bright Balloons
Team DuffMan
Team Sparky
The McKnight Experience: Sunrise Challenge Edition
Walking on Sunshine

Top 10 Corporate Teams

Annex Morning Glories
Cadillac Fairview Risers
Cassels
CJ Rising
Crown Property Management
DuPont Canada
Fun-Raisers
RFA
Sixsense 65 Challenge
Team CIBC

Volunteers

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

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camh

Vision

Health redefined.

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.

Values

Courage, Respect, Excellence.

Centre for Addiction and Mental Health

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Toronto, ON M6J 1H4

camh.ca