

A woman with long dark hair, wearing a white lab coat and a purple lanyard, is smiling and looking towards a man in a green hoodie and black cap. They are outdoors, possibly in a hospital courtyard, with other people blurred in the background.

**camh** Canada's Leading Hospital  
for Mental Health

The next

**BREAKTHROUGHS**

CAMH & CAMH Foundation  
Annual Report 2014/15

will happen here

# our vision

Transforming Lives

# our purpose

At CAMH, we Care, Discover, Learn and Build—to Transform Lives

# our values

Courage. Respect. Excellence.

As Canada's leading hospital for mental health, we are committed to the four pillars of our mission: Care, Discover, Learn and Build.

Working together, CAMH and CAMH Foundation are having tremendous impact on the people who turn to us for mental health care. The next breakthroughs in mental health are already happening at CAMH. We are proud to share our story with you, and look forward to writing the next chapter together.

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# Working together

**C** AMH has a tremendous responsibility to the people who turn to us for care. We know meaningful recovery is within reach, and that we cannot stop now.

The challenges are formidable. We don't yet fully understand what causes mental illness or how to prevent it. Treatments are effective but don't work for everyone, and many people with mental illness struggle to access the services they need. Their health deteriorates with every roadblock or detour.

But while the need is great, our commitment is greater. We are serving more patients at CAMH, while increasing the capacity of care providers across Ontario to care for patients in their local communities. We know we cannot afford to let even one person fall through the cracks.

In our Campbell Family Mental Health Research Institute, our scientists are identifying the biomarkers needed for a greater understanding of what causes mental illness. They are

piloting personalized medicine, where a simple cheek swab identifies the right medication for the right patient. This signals the end of trial-and-error prescribing, and sets people on the path to recovery sooner.

We are pioneering new treatments with enormous potential. Brain stimulation, for example, is painless and effective with virtually no side-effects—the most significant advance in mental health treatment in more than a generation.

This year we made major discoveries that bring us closer to understanding what causes schizophrenia. We are pinpointing new targets for treatment, and sharing those targets with the world.

Our impact extends beyond science. We are helping build a better system to help more people access the right care at the right time. We are tackling the social factors that determine mental health, and are challenging the prejudice and stigma that prevents so many from getting the help they need. By reducing stigma, we know we will stop mental illness from destroying lives.

Our ability to create positive change will continue to grow because our work is supported by people with vision—true leaders in the quest to build a society in which everyone believes life is worth living. Private philanthropy has been central to our success.

Through our **Breakthrough Campaign**, philanthropic leaders are generating the resources needed to have a powerful impact in the lives of people with mental illness. They are helping us turn groundbreaking research into life-saving treatments, and enabling us to create modern spaces that promote healing and recovery. We have reached an exciting milestone in the Breakthrough Campaign—\$125 million on our \$200-million goal—the largest-ever campaign for mental health in Canada.

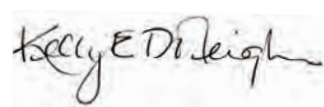
The breakthroughs have already begun at CAMH and there are many more to come.



Dr. Catherine Zahn,  
President & CEO, CAMH



Darrell Louise Gregersen,  
President & CEO, CAMH Foundation



Kelly E.D. Meighen,  
Chair, CAMH



Ana P. Lopes,  
Chair, CAMH Foundation

From left to right:  
Kelly E.D. Meighen,  
Dr. Catherine Zahn,  
Darrell Louise Gregersen,  
and Ana P. Lopes



photo by Kristina Laukkanen / Pear Studios

# CARE

As Canada's leading hospital for mental health, CAMH is transforming the lives of patients across the lifespan through comprehensive care and innovative services that support healing and recovery.

## A vision for better health

The right care at the right time in the right place. That simple promise—in fact, the first promise we make in our strategic plan, *Vision 2020*—is at the heart of everything we do at CAMH.

**P**oor access to care has long been a challenge in the broader mental health care system. The situation is particularly urgent for young people, for whom early intervention can prevent a lifetime of disability. Our community demands—and deserves—faster access to the best care available.

**Access CAMH** provides a single front door to all our outpatient services, and is already helping us provide the right care faster for 95 per cent of our patients. Access CAMH is already averaging 1,600 referrals a month.

The success stories are already pouring in.

One mother felt lost in the system as she tried desperately to research her son's complex mental illness. She called Access CAMH, and connected with a staff person with immediate answers. "It's great to get a live person to talk to," she told us.

Another man contacted Access CAMH after struggling with addictions for 10 years. He received support, a brief phone screen and an appointment—all in the same call.

We are building care pathways around the clinical and social needs of our patients, ensuring the best care possible for patients with even the most complex illnesses. These **Integrated Care Pathways** mark an important next step in the evolution of clinical care, providing detailed guidance for each stage of recovery.

Such a detailed plan is already helping treat major depression and alcohol dependence at the same time, and is attracting support from Health Quality Ontario, interest from other health centres, and international attention. Pathways are being developed for other illnesses, and will ensure continuity of care across the province.

And through the **Medical Psychiatry Alliance**, we're developing an integrated model of care to address the complete health needs of the more than 1.3 million Ontarians currently suffering from both physical and mental illnesses.

"This Alliance is about putting mental health back into health care," says **Dr. Benoit Mulsant**, Executive Director of the Alliance and CAMH's Physician-in-Chief. "We need to create a new model of clinical care that increases the life expectancy of a vulnerable population."

The Alliance, a joint initiative by CAMH, the Department of Psychiatry at the University of Toronto, the Hospital for Sick Children and Trillium Health Partners, was created through a landmark \$20-million investment from an anonymous donor, \$20 million from the Ministry of Health and Long-Term Care, and \$20 million from the four founding institutions.

## Care at a crucial time

Half of all mental illnesses begin by the age of 14, and three-quarters by the mid-20s. This is a vital time in development.

**T**hanks to a visionary \$10-million gift, CAMH's **Slaight Family Centre for Youth in Transition** is developing early interventions key to setting young people on the path to fuller recovery.

Inaugural director **Dr. Aristotle Voineskos** has a clear plan to develop the Slaight Centre into one of the world's leading clinical research centres for youth with mental illness. Under his leadership, the Centre has already created a Cognitive Adaptive Training project that gives young people with schizophrenia the tools they need to succeed beyond CAMH. Projects also include a study aimed at reversing—and possibly even preventing—diabetes in youth with early on-set psychosis.

**The Margaret and Wallace McCain Centre for Child, Youth and Family Mental Health** is driving system-wide improvements for young people and their families. In early 2015, CAMH's McCain Centre's inaugural leaders were named, with **Dr. Joanna Henderson** taking the helm as Director and **Gloria Chaim** driving the community partnerships essential to the centre's work.

As part of a collaboration with other Toronto centres, CAMH is embarking on the Optimizing Human Potential:



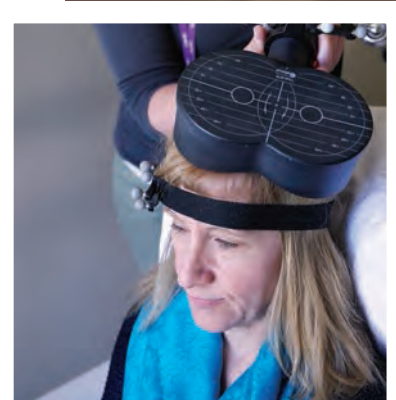
CAMH patient Carolyn Walker visits with her nurse, Mike Thompson.

Ontario Health Family Study. With generous support from **Charles and Marilyn Baillie**, the province-wide effort is aimed at giving children the best start in life.

And we are working closely with youth across Canada to develop care that truly meets their needs. Our **National Youth Advisory Committee** is collaborating closely with researchers, service providers and young people age 13 to 24 to develop the right care at the right time for children and youth with mental illness and addiction.

# Revolutionizing care through brain stimulation

After struggling with treatment-resistant depression for more than a decade, **Gail Bellissimo** received repetitive transcranial magnetic stimulation (rTMS) at CAMH's **Temerty Centre for Therapeutic Brain Intervention**. It worked where nothing else had.



From left:

Gail Bellissimo receiving brain stimulation treatment.

Gail Bellissimo says brain stimulation gave her a new start.

Alex Tapscott, Sandi and Jim Treliving at the Breakthrough Challenge.

**B**y the third week of treatment I felt like I deserved to be here," Gail says. "I could breathe again."

Brain stimulation is revolutionizing mental health care. It has virtually no side-effects, is painless and non-invasive, and shows potential in treating a range of mental illnesses. With rTMS already approved for adults with depression — thanks in large part to work performed at the **Temerty Centre for Therapeutic Brain Intervention** — researchers are now turning their attention to young people with the disorder.

Brain stimulation has been shown to improve working memory performance in patients with

schizophrenia, and is being tested as a possible treatment for anorexia.

Early results of a CAMH study suggest brain stimulation even reduces cigarette cravings among smokers with schizophrenia; people with schizophrenia have smoking rates three to four times higher than that of the general population.

Through her role as the inaugural **O'Brien Scholar**, established by **David and Gail O'Brien**, CAMH's **Dr. Stephanie Ameis** is in the midst of the world's first clinical trial exploring the use of rTMS in young people with Autism Spectrum Disorder. Brain stimulation may improve this population's ability to perform daily organizational tasks.

Not surprisingly, brain stimulation is attracting support from donors who appreciate its tremendous potential. At CAMH's recent **Breakthrough Challenge**, the community demonstrated just how engaged it is in CAMH's leading brain stimulation work. Through the Challenge, which attracted thousands of online votes and raised \$166,000 for CAMH, the public was invited to learn about the work of five researchers and vote for the CAMH scientist they thought most deserved support.

**Dr. Faranak Farzan's** study of rTMS in young people with depression struck a chord with event attendees, earning her \$10,000 in support generously donated by **Jim and Sandi Treliving**. **Dr. Yona Lunskey** was also awarded \$5,000 in support

from an anonymous donor for her study aimed at creating a better understanding of developmental disabilities and mental illness.

The event was created by **CAMH Engage**, a dynamic group of young people committed to generating resources for research at CAMH.

"Through the Breakthrough Challenge, we connected researchers directly with the public and empowered them to convey the exciting potential of their research," explains **Alex Tapscott**, Breakthrough Challenge co-chair. "The public really responded to that connection, and appreciated the opportunity to learn more about CAMH. It was a very interesting and unique way of raising funds for research."

# The Campbell Family Mental Health Research Institute

The **Campbell Family Mental Health Research Institute** is dedicated to better understanding brain structure and function to identify causes and best treatments for mental illness and addiction.



“CAMH is clearly among the top five academic research institutions studying mental health and addiction in North America.”

– Dr. Daniel R. Weinberger, Director and CEO of the Lieber Institute for Brain Development, Baltimore



Temerty Centre for Therapeutic Brain Intervention

- Largest dementia prevention study in Canada.
- rTMS proven effective in treatment-resistant depression with no side-effects.
- Leading efforts to make brain stimulation therapy an OHIP-billable treatment for depression.



Research Imaging Centre

- Comprehensive brain imaging centre uniquely dedicated to mental illness and addiction research.
- International specialist recruited to lead magnetic resonance spectroscopy (MRS) research.
- Demonstrated link between brain inflammation and depression, leading to new opportunities for treatment.

Integration

Collaboration

Innovation

Acceleration



Tanenbaum Centre for Pharmacogenetics

- Precisely matching psychiatric medication to patients' genetic profile.
- Leading a study of 20,000 people, testing genes to prescribe medications more accurately.
- Bringing the benefits of personalized treatment to more Canadians through commercialization.



Slaight Family Centre for Youth in Transition

- First centre of its kind dedicated to mental health research for youth in transition.
- Developing treatments to prevent or lessen the severity of schizophrenia.
- Driving the creation of digital resources to help young people manage their mental health.

# DISCOVER

Thanks to a \$30-million investment from the Campbell Family, the **Campbell Family Mental Health Research Institute** is increasing our understanding of the causes of mental illness and addiction—inspiring new hope for early diagnosis, better treatments and prevention of disabling illnesses.

## New hope for patients with schizophrenia

Research at CAMH is expanding the world's understanding of brain functioning in schizophrenia—findings that could translate into better treatments for patients.

From left, Campbell Institute scientists Drs. Joanne Knight, Fang Liu and Aristotle Voineskos are leading research into schizophrenia.

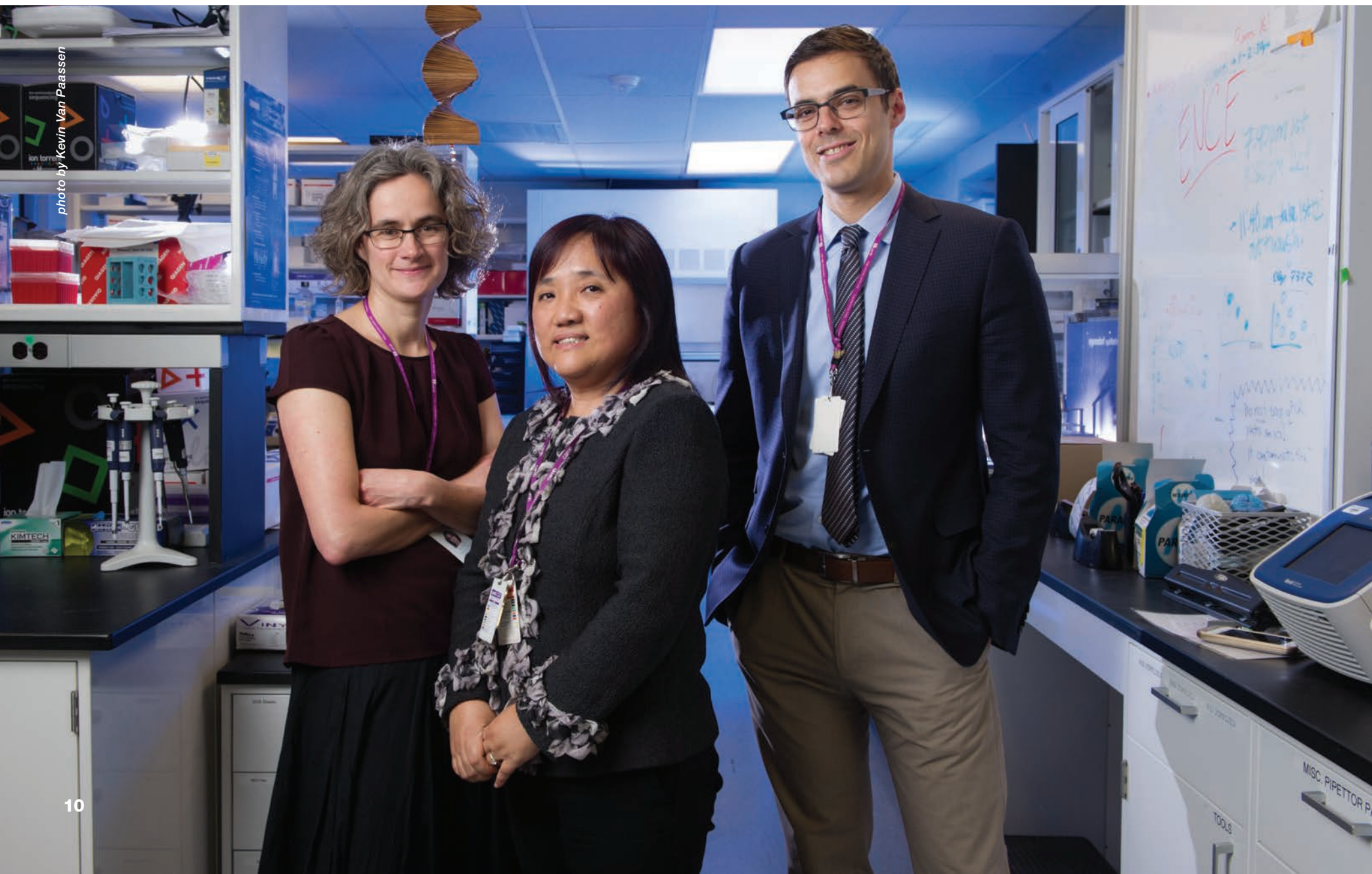


photo by Kevin Van Paassen

**S**chizophrenia is a complex mental illness characterized by hallucinations, delusions and disordered thinking, often emerging in the teens and early 20s. New treatments are needed urgently, as minimal innovation in drug development has been seen in 60 years.

**Dr. Joanne Knight**, a Campbell Institute scientist, and her team have helped identify over 100 locations in the human genome associated with the risk of developing schizophrenia. The findings point to biological mechanisms and pathways that may underlie schizophrenia, and could lead to new approaches to treating it.

“The fact that we were able to detect genetic risk factors on this massive scale shows schizophrenia can be tackled by the same approaches that have already transformed our understanding of other diseases,” explains Dr. Knight.

A study by Campbell Institute scientist **Dr. Aristotle Voineskos** shows people who suffer from severe schizophrenia have different brain networks than those with milder schizophrenia, bipolar disorder or no mental illness. The findings confirm

mounting evidence that schizophrenia is in fact more than one brain disorder. Finding a biological, brain-based indicator could help identify this group of patients when they first seek care for psychosis. Otherwise, it can take years to determine social disability through clinical observation, says Dr. Voineskos.

Understanding the circuitry and function of the brain is leading to better treatment for schizophrenia. **Dr. Fang Liu**, also a Campbell Institute scientist, and her team have discovered a new drug target in the brain that may lead to better antipsychotic medications.

The findings generate new hope for patients living with schizophrenia who might be deterred from taking medications that can cause slowed gait, tremors and stiffness. Dr. Liu's next step is to determine how the discovery can be translated into new treatments for patients.

“We are optimistic that our findings will lead to new and better options for treatments for schizophrenia, ultimately allowing individuals affected with schizophrenia to lead a better quality of life.”



Geriatric Psychiatry Resident  
Dr. Angela Golas helps  
a patient in the Brain Gym.

## Exercise for the mind

With the Canadian population expected to include seven million seniors by 2021, there is an urgent need to develop better treatments for the challenges older adults face.

Over the past seven years, CAMH's Geriatric Psychiatry Division has grown substantially to meet that need, with a four-fold increase in the number of physicians and a more than 50-fold increase in external research funding nearing \$15 million in 2014.

Thanks to unprecedented support of almost \$10 million over five years, CAMH is leading an exciting study that combines a painless brain stimulation treatment with memory and problem solving exercises in older adults. It is the largest-ever grant for Alzheimer's disease prevention in Canada.

"We're intervening at an earlier stage among people who do not have Alzheimer's dementia but are at high risk of developing it," says **Dr. Benoit Mulsant**, lead investigator of the study and a Campbell Institute scientist.

The PACT-MD study combines transcranial Direct Current Stimulation (tDCS) with cognitive remediation—activities aimed at improving brain function in daily tasks. The study is generously supported by the **Brain Canada Foundation** and the **Chagnon Family**, and could lead to treatments for people before Alzheimer's disease can damage the brain.

In our new Brain Gym, CAMH is helping older adults exercise their brains. Housed in the Intergenerational Wellness Centre's **Azniv Lochan Group Room**, the tech-savvy space provides touch-screen tablets loaded with cognitive games proven to improve memory and executive function. The Brain Gym was created through gifts in the name of **Mary Sparrer**, who lived with Alzheimer's disease.

## Major breakthrough in depression research

Could brain inflammation play a role in depression?

A study led by Campbell Institute scientist **Dr. Jeffrey Meyer** has found the most compelling evidence to date of a link between brain inflammation and depression—a discovery that has important implications for developing new treatments for this common and debilitating illness.

Using a brain imaging technique called positron emission tomography (PET), researchers found the measure of brain inflammation in people experiencing clinical depression

was increased by 30 per cent. Rates of inflammation were highest among those with the most severe depression.

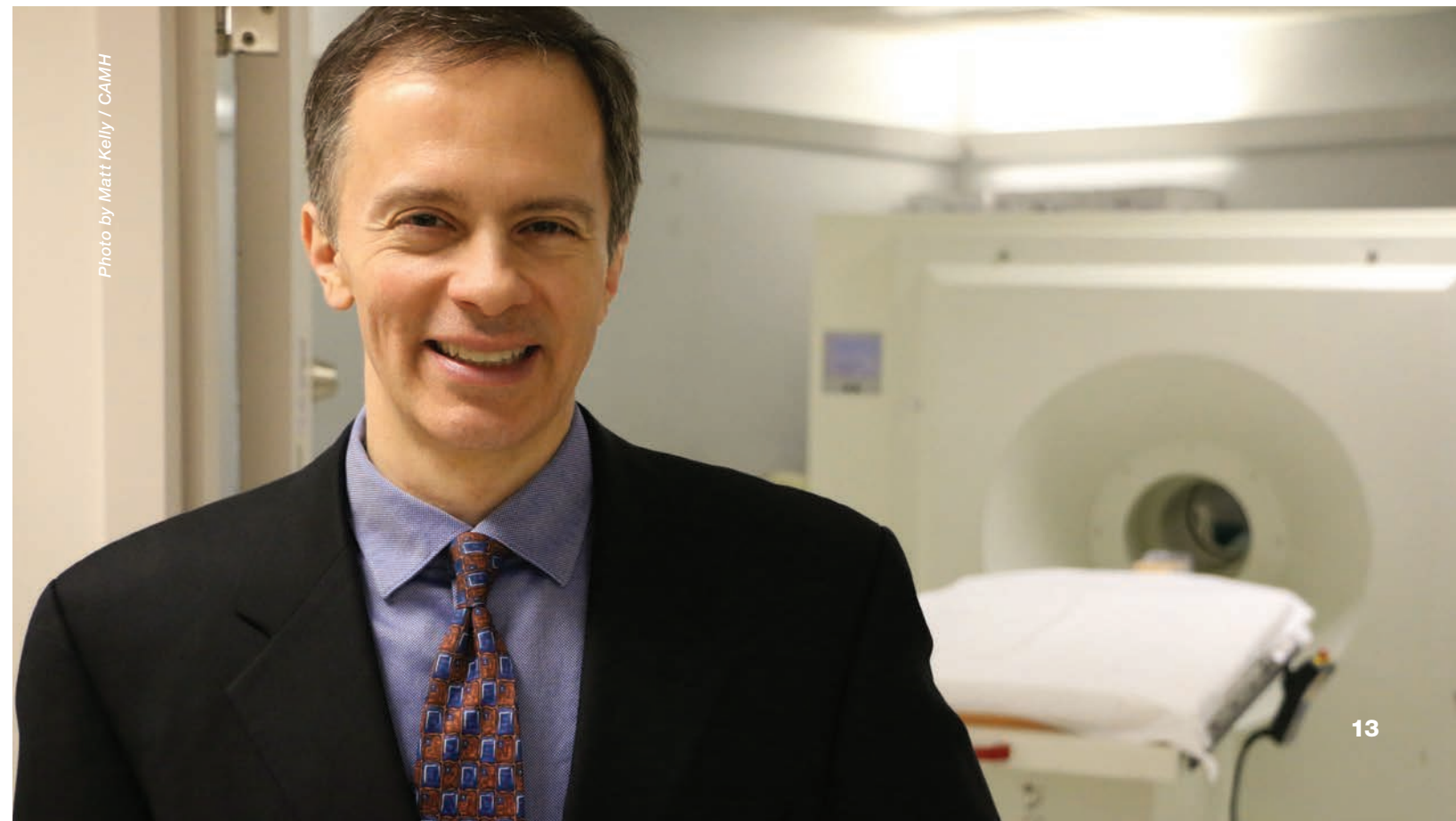
"Previous studies have looked at markers of inflammation in blood, but this is the first definitive evidence found in the brain," said Dr. Meyer.

Although inflammation is one way the brain protects itself, too much can be damaging. A growing body of evidence suggests inflammation plays a role in generating the symptoms of a major depressive episode such as low mood, loss of appetite and inability

to sleep. The role inflammation played in clinical depression independent of any other physical illness was previously unknown.

This discovery has important implications for developing new treatments for a significant group of people who suffer from depression. "It provides a potential new target to either reverse the brain inflammation or shift to a more positive repair role, with the idea that it would alleviate symptoms," says Dr. Meyer.

Campbell Scientist Dr. Jeffrey Meyer





## In search of tomorrow's breakthroughs

Research is attracting enlightened supporters committed to driving new treatments. These are a few of their stories.

**V**alerie and Andy Pringle have big dreams.

"We have dreams of a time when people won't suffer from mental illness," Valerie says. "That starts with children. Getting the right help at the right time can mean all the difference in their lives."

To make that dream a reality, they're supporting a study of brain stimulation in young people with first-

episode psychosis. Valerie, co-host of CAMH's **Transforming Lives Awards** and a Foundation board member, and Andy know first-hand the power of early intervention. Their daughter, Catherine, received care for anxiety at CAMH.

"Mental health is such an exciting frontier, but the amount we don't know is huge," Valerie says. "Now is the time to come to the table—we have to support this research."

**Ron Brenneman** has always been a big believer in science. He and his wife, **Jan Brenneman**, are now also big believers in **Dr. James Kennedy**.

Having taken the guesswork out of treating schizophrenia, Dr. Kennedy is now developing personalized treatments for alcohol-use and depression, with Ron and Jan's support. Such a goal has a special importance to the Brennemens, whose son, Tyler, died after suffering from depression and alcohol-use disorder.

"Promising science has to be followed to find out where it leads, and this is at a very promising stage," Ron says.

"We're hopeful other people can be helped in the long run—and saved where our son could not be."

"I think any research that can help people like our son is something we would like to see pursued," adds Jan. "We hope these resources can help move the research along more quickly."

For **Susan Caskey** and **John Francis**, supporting efforts that get to the root of mental illness is the best way to have the greatest impact. They have created the **Caskey/Francis Family Award in Clinical Research** to drive the treatments of tomorrow while helping people through clinical care today.

"The big goal, of course, is to cure mental illness," says Susan, who sits on CAMH Foundation's Board of Directors and the hospital's Research Committee. "We really believe that if we could prevent—rather than simply treat—mental illness that we would be able to save so many more lives. If we could help people live healthier, happier lives through these research awards, that would be a wonderful goal attained."



Valerie and Andy Pringle, CAMH supporters

# LEARN

CAMH is changing the field of mental health through the professionals we train: generating new knowledge, innovating interprofessional practice and championing the role of patients and families as teachers.

## Helping kids 'reach' their potential

**W**hen 19-year-old **Chelsea Leger-Watt** first came to CAMH, she thought finishing high school—never mind university—was far out of reach for her.

"I was really suicidal. I was really depressed," recalls Chelsea, who came to CAMH through the **Gerald Sheff & Shanitha Kachan Emergency Department**. "I just felt like I was different than other people. I couldn't deal with things properly. Things would consume me; one thing would happen and it would just consume my life. I would be bedridden. I couldn't deal with my emotions properly. I was angry, sad. I had really bad relationships."

Fortunately, Chelsea eventually landed in CAMH's **REACH** (Recovery and Education for Adolescents Choosing Health) Program, a day treatment program that is part of CAMH's Child, Youth and Family Service. Through REACH, young



From left, REACH students Noah Marks, Aidan Crump, Shannie Hansa and Chelsea Leger-Watt.

people 14 to 21 years old can earn high school credits while participating in treatment for mental illness and/or addictions.

Classrooms are small, with no more than eight students per class. The students work closely with CAMH staff to manage their mental illness and substance dependence, as well as the often painful journey of adolescence.

For teens like Chelsea, REACH represents a turning point. Through the program, young people work with teachers, social workers and other CAMH staff.

"At CAMH we say that everybody here is a teacher and everybody

here is a student," says **Raju Bains**, manager of CAMH's Youth Addictions and Concurrent Disorders Service. "This is what the REACH classroom exemplifies every day. There certainly have been some days when students have taught us, and other days where we might have taught them a thing or two, but we're always learning from each other."

Having finished the REACH program, Chelsea is focusing her attention on her future, her ambitions high, and has even started university.

"Eventually I want to get my PhD in psychology, but first I'm going to do a major in mental health studies with a double minor in linguistics and environmental sciences."



From left, 2014 Barford Advanced Nursing Scholarship recipients Mareena Mathew, Alexis Siren and Kwasi Adu-Basowah.

## Advancing care through education

Providing exceptional care to a complex population is not enough for **Kwasi Adu-Basowah**, a nurse in CAMH's **Complex Mental Illness Acute Crisis Unit**. He wants that care to be even better.

"I've had an interest in mental health and addictions my whole life; I lived in a community where mental health issues and the stigma around it are prevalent," explains Kwasi. "Nothing can explain the feeling of watching an acutely ill patient recover to the point where they are able to show their appreciation for the care provided."

Thanks to the **Barford Advanced Practice Nursing Scholarship**, Kwasi is learning how he can improve the care he provides. The Scholarship

is helping him pursue his Master of Nursing with a focus on leadership in health care policy from Ryerson University.

Kwasi is one of three CAMH nurses awarded the scholarship last year, and nine since it was created in 2012 by the **Ralph M. Barford Foundation** and the **John & Jocelyn Barford Foundation**. It's another example of how education at CAMH is leading to better mental health care at CAMH and beyond.

### Touching tribute to an Activist, Educator

In her life, **Diana Capponi** was a mental health activist, and an important public educator. She

spoke frequently at workplaces and conferences, and taught the course *Understanding the Experiences of People with Mental Health and Addiction Challenges* at CAMH.

It is fitting, then, that **The Diana Capponi Client Education Fund** has been established to further her vision to create opportunities for low-income patients who wish to pursue an education and realize their potential. Diana knew that meaningful employment is key to recovery—and her vision continues in her name.

## Health in the palm of your hand

Mental health care is going mobile. **The Slight Family Centre for Youth in Transition** is driving the creation of a number of resources aimed at providing young people and their families with the tools they need to manage their mental health.

Released in June 2014, **Saying When** is a mobile app designed for young people concerned about their drinking to help them monitor their consumption. In the short time since its release, the **Saying When** app has been downloaded nearly 3,000 times.

The app is being promoted by Ontario public health agencies through the emerging **Rethink Your Drinking** campaign.

**MyThoughtSpot.ca** is helping young people find mental health services across the GTA. With content created for young people by young people, Thought Spot is empowering post-secondary students to take an active role in their mental health.

In November 2014 the Thought Spot team hosted **Hack-a-Thought**, and invited students to design additional mobile solutions for Thought Spot.

With 15 teams presenting designs over a weekend, the event was an exciting success. The winning entry, **Check It!**, allows students to access Thought Spot content on their smartphones, and even recommends activities that promote a healthy lifestyle.

Young people share spaces that promote mental health with their peers through **MyThoughtSpot.ca**.



# BUILD

CAMH is creating the hospital of the future, while helping to build a better mental health system—and a more inclusive society—for people living with mental illness and addictions.

## Building a better hospital

CAMH is now meeting Ontario's increasing demand for psychiatric care, and it's doing so with dignity and respect.



From left, Dr. Catherine Zahn, CAMH President and CEO; Han Dong, MPP Trinity-Spadina; Shanitha Kachan, Director, CAMH Foundation Board; Toronto businessman Gerald Sheff; Darrell Louise Gregersen, President and CEO, CAMH Foundation.

**T**hanks to an outstanding \$2.5-million philanthropic gift and significant government support, the **Gerald Sheff & Shanitha Kachan Emergency Department** opened in October 2014, doubling the space available for 24/7 care for people in crisis. The space is a crucial next step in CAMH's ongoing redevelopment and efforts to help more people recover faster.

The new emergency department is a warm and welcoming space with improved privacy and comfort for acutely ill patients. Here, CAMH provides urgent care for some of the most seriously ill people in Ontario.

The emergency department is now equipped with two waiting areas, allowing greater privacy and faster access for people in need of less acute care; double the number of patient interview rooms; a comfortable patient lounge area; a private quiet room for families; staff training spaces; and natural light in each room of an eight-bed emergency assessment unit. This renovation is the first phase of a two-part vision to expand and consolidate emergency services at CAMH's Queen Street location in the years ahead.

"Gerry and I are inspired by CAMH's vision for the future," says **Shanitha Kachan**. "Bringing emergency services into the larger redevelopment at Queen Street and creating a safe and effective place for people in crisis is so important. We are privileged to be involved."

"Our government is pleased to support this important mental health initiative with a \$4.2 million grant," says **Dr. Eric Hoskins, Minister of Health and Long-Term Care**.

"I commend CAMH staff, volunteers and donors for their commitment to improving the way Ontarians receive care when faced with mental health challenges. By investing in CAMH, Ontario is working to transform and strengthen mental health services, helping to connect people with the care they need."

Shanitha and Gerald strongly support CAMH and its mission to create a world in which everyone believes that life is worth living. Gerald has joined CAMH Foundation's Breakthrough Campaign Cabinet to help drive philanthropic support for CAMH, and Shanitha is a Director on the CAMH Foundation Board. As part of her orientation, Shanitha devoted a

full day to watching the CAMH team at work in the crowded emergency department, before the renovations began. This drives her passion for helping CAMH provide welcoming spaces for patients and, in this case, a more modern emergency department that matches the warmth and professionalism of CAMH staff.

The emergency department redevelopment also received significant support from **Goodmans LLP**. Corporate support is important because it demonstrates that the community believes in the care we provide.

With rising awareness of mental health, visits to the emergency department at CAMH have grown steadily, with 76 per cent more visits in 2014 than in 2006.

"Let me be clear: more people coming in for help is a good thing," says CAMH President & CEO **Dr. Catherine Zahn**. "Thanks to the generosity of our donors and the support of the Ministry of Health and Long-Term Care, we now have the kind of welcoming, therapeutic space that patients and families in crisis deserve."

# Warm and welcoming spaces

When **Liza Mauer** thinks about her decision to support women's mental health at CAMH, she thinks of a girl in her neighbourhood who suffered from depression and died by suicide. It's a tragic story like so many, and one that touched Liza deeply, saddened her teenage daughters and shocked the community in which they live.

"There are so many girls out there like this girl, and they need to be able to walk into CAMH and see the right doctor who can reach them, right away," Liza says. "Women and girls need a place that understands them better, a place that is more welcoming—a place for them."

Liza and her husband, **Andrew Sheiner**, are helping create that space through their generous support

of the Women's Complex Mental Illness inpatient unit. The unit will be an important part of CAMH's new Complex Care Building, with construction set to begin by early 2017 and occupancy by early 2020.

The Complex Care Building will feature units for longer-stay patients and outpatient services, as well as an auditorium, a library, a student centre, and a patient and family mental health education resources and support centre.

The Complex Care Building will also be home to the Dual Diagnosis unit, being created with generous support from The **Harold E. Ballard Foundation**. Here, people with intellectual disabilities as well as mental illness will receive the care they need.

CAMH's ongoing transformation will also include our new Acute Care Building, which will be home to our new 24/7 emergency department, inpatient units for more acute patients, Access CAMH, a Partial Hospital Program and a Transitional Age Youth Day Program.

CAMH's ongoing transformation reflects society's changing approach to mental illness and addiction.

"With community support, CAMH is creating spaces in which people can feel more comfortable and are treated with respect. For many people, CAMH becomes their home," Liza says. "I become very inspired when I see and hear what my peers are accomplishing through philanthropy. It often pushes me to go further, dig deeper and work harder to make a bigger statement in a positive way."



# Providing help beyond the walls of CAMH

Moving from incarceration into the community can be a difficult transition, especially for people with mental illness or addictions. Through a unique collaboration with justice and social service organizations, CAMH is helping men in this situation find housing, employment, and mental health and addictions support.

The Toronto Justice Service Collaborative, comprising representatives from over 40 justice and social service organizations and facilitated by CAMH, is working with the Reintegration Centre to help men leaving Toronto South Detention Centre start fresh.

The service and referral hub is the first of its kind in Canada and could help this population avoid reoffending, says **Stephanie Gloyn**, CAMH's Regional Implementation Coordinator of the Toronto Collaborative.

The Toronto Justice Service Collaborative is just one of 18 Service Collaboratives set up by CAMH across Ontario as part of the Province's Mental Health and Addiction Strategy. Focused on addressing local gaps in services, the collaboratives improve transitions for children, youth and adults who experience mental illness and addictions.

In Lanark, Leeds and Grenville, the focus is on keeping children and youth out of the justice system through an early intervention program. Called Intersections, the



Photo by Matt Kelly / CAMH

Stephanie Gloyn, of CAMH's Provincial System Support Program, is easing the transition from incarceration into the community.

program brings together police and community organizations to redirect young people before they travel too far down the wrong path. In London, the local Service Collaborative is improving support for children and youth as they transition from the pediatric emergency department to community mental health services.

From Thunder Bay to Kingston, CAMH is helping local mental health service providers access high-quality resources, education and consultations for people in need of specialized mental health care.

# Igniting action to create meaningful social change

Changing attitudes is a giant step toward better mental health. CAMH is driving social change by raising awareness and understanding of mental illness and addiction, breaking down the stigma surrounding them and promoting an inclusive society.



Participants in camh's Darkness to Light cap off the night with a sunrise selfie.

Scientists in CAMH's Social and Epidemiological Research department work in the community, gathering knowledge to inform prevention and service delivery strategies.

"Stigma is a barrier to people seeking help," says CAMH Senior Scientist **Dr. Carolyn Dewa**, who focuses her research on workplace mental health. Her recent survey shows nearly four in 10 workers wouldn't tell their boss if they had a mental illness. "Yet workers with depression who receive treatment are more productive than those who don't."

CAMH's unique mobile research lab travels to remote and disadvantaged communities—places often overlooked by researchers—to assess stress and mental health. This year the lab visited Aamjiwnaang First Nation

near Sarnia to learn how the system of services for mental illness, substance use and violence could work better to help community members.

CAMH's population-based research is influencing public policy. Our Ontario Student Drug Use and Health Survey has revealed the emergence of certain high-risk behaviours; the alarming number of young people who acknowledged texting while driving is leading to tougher penalties for distracted driving.

For the first time, we began tracking suicide ideation using the CAMH Monitor, our ongoing survey of Ontario adults, and results showed more than 230,000 of them seriously contemplated suicide in the last year. Other worrying trends included significant increases in cannabis use, in daily alcohol use, and in

self-reported poor mental health, especially among young people 18 to 29 years old. Evidence points to the need for more support from family, friends and health professionals when it comes to the overall well-being of youth transitioning to adulthood.

Population education and bold public awareness campaigns like **camh Darkness to Light**—the all-night challenge to defeat mental illness—shone a light on mental illness and stigma at the same time.

With thousands of people participating, the all-night challenge resonated strongly with the community, drawing corporate support from **Boston Pizza, Red Apple Stores** and **Steeped Tea**, and attracting hundreds of participants as individuals, on teams, and through school and community groups.

CAMH's anti-stigma efforts are also being driven forward by our many community-based programs such as **Gifts of Light**, which raised more than \$700,000 last year and continues to expand, our growing list of **Michael Wilson Society** members, and through our more than 3,800 new monthly donors.

# A breakthrough milestone

CAMH's **Breakthrough Campaign** has reached an exciting milestone—\$125 million raised toward our \$200 million goal.



"This is such an exciting time for mental health, with great potential being driven by research breakthroughs," says **Tom Milroy**, Breakthrough Campaign co-chair. "The community has shown that it supports the work we do, and the goals we are working toward. Through the Breakthrough Campaign, together we will usher in a bold new era in mental health."

As the largest-ever campaign for mental health in Canada, Breakthrough was immediately embraced by Canada's philanthropic leaders when it was launched in June 2014.

This year alone, 4,000 new donors have joined CAMH's efforts to improve mental health care. Breakthrough has attracted a

tremendous range of supporters, from visionary donors and members of the Michael Wilson Society to monthly donors. The campaign's early success echoes Canadians' understanding that now is the time to support mental health.

Through Breakthrough, we will uncover the causes of mental illness, revolutionize treatment and prevention, redefine attitudes toward mental illness and offer new hope for the millions of Canadians who live with mental illness. We will continue to build and renew our hospital and our community.

Through Breakthrough, we will create a world in which everyone deserves to believe that life is worth living. The next breakthroughs in mental health will happen here—at CAMH.

## Breakthrough Campaign Cabinet

The Honourable Michael H. Wilson  
Honourary Chair

**Co-chairs:**  
Jamie Anderson  
Michael McCain  
Tom Milroy

G. Raymond Chang\*  
Stephen Dent  
Dr. David Goldbloom  
Nancy Lockhart  
Ana P. Lopes  
Doug McGregor  
Kelly E.D. Meighen  
Gail O'Brien  
Brian Porter  
Valerie Pringle  
Gerald Sheff  
Dr. Catherine Zahn

**Advisors:**  
Jim Treiving  
Prem Watsa  
Mike Wekerle

\*deceased

# A night to remember

UnMasked 2015—CAMH’s unique intermingling of fine art and dining—raised \$1 million through 18 of Toronto’s finest galleries with 18 of Toronto’s most talented chefs.

“This is such a wonderful event, empowering Toronto’s arts, business, culinary and Queen Street West communities to show their commitment to ‘unmasking’ the stigma that surrounds mental illness and addiction,” says co-chair **Sandi Treliving**.

More than 600 people attended the dazzling, sold-out event, which featured a live art auction and raffle of a MINI Cooper, courtesy of **MINI Downtown**.

“Mental health and the arts have always shared a special relationship, and have been combined in UnMasked to create CAMH’s signature fundraising event and one of the most important for raising mental health awareness,” said UnMasked co-chair **Tami Cope**.

We are grateful to our Presenting Sponsors, **RBC Capital Markets, AIMIA, BMO Financial Group, TD Securities, Bell Let’s Talk, Manulife, Scotiabank, and KPMG LLP.**



Dr. Catherine Zahn and The Honourable Michael Wilson



Chef Susur Lee and staff



UnMasked co-chair Tami Cope and George Cope



A gallery at UnMasked



Above Left:  
Myles Mindham and  
Linda Campbell



Above Right:  
Darrell Louise Gregersen and  
Dr. James Kennedy

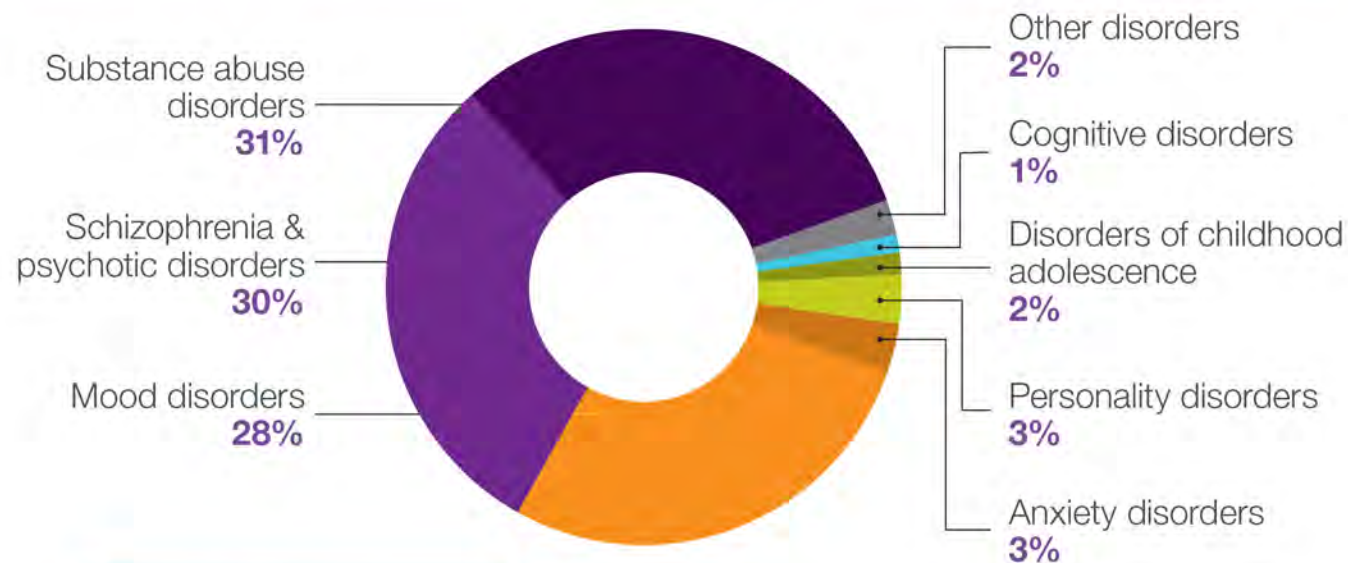
UnMasked co-chair Sandi Treliving, Valerie Pringle and Kelly Meighen

# CAMH by the numbers

## Patients

- Patients: **over 31,000**
- Visits to Emergency Services: **over 8,000**
- Inpatient Admissions: **over 4,000**
- Average length of stay: **43 days**

## Primary Diagnosis of Inpatients on Admission



**56%** had more than one diagnosis at admission

## Staff and Physicians

CAMH staff: **over 3,000** | CAMH physicians: **390**

## Research

Total value of research grants awarded: **\$44.4m**

Scientific articles published in peer-reviewed journals: **over 500**

Research Chairs: **11**

## Information

Visits to camh.ca: **37,151,286**

Mentions in the media: **5,820**

## Volunteers

Corporate volunteers: **1,185**

CAMH volunteers: **681**

## Education

Number of psychiatric residents and medical students: **406**

Number of nursing students: **231**

Number of other health care students educated at CAMH: **211**

Number of professionals who participated in CAMH's training sessions: **2,349**

Visits to CAMH's Mental Health and Addictions 101 online courses: **35,575**

Number of research fellows and student research trainees: **552**

# CAMH Hospital Financial Snapshot

Statement of Operations for the year ended March 31, 2015

Revenue	2015 \$
Ministry of Health and Long-Term Care /Toronto Central Local Health Integration Network grants	287,478,503
Patient revenue	1,387,109
Other grants	43,639,153
Ancillary and other	27,766,054
Amortization of deferred capital contributions	13,636,520
Investment income	842,395
<b>Total Revenue</b>	<b>374,749,734</b>

Expenses	
Salaries, wages and employee benefits	277,454,067
Supplies and other	66,995,822
Depreciation	20,015,068
Rent	2,591,034
Drugs and medical supplies	6,045,318
<b>Total Expenses</b>	<b>373,101,309</b>

**Excess of Revenue Over Expenses for the Year 1,648,425**

## CAMH Hospital Leadership 2014/15

### Executive Leadership Team

Dr. Benoit Mulsant, Physician-in-Chief  
 Dr. Bruce Pollock, Vice-President, Research  
 Dr. Catherine Zahn, President and Chief Executive Officer  
 Darrell Louise Gregersen, President and Chief Executive Officer, CAMH Foundation  
 David Cunic, Vice-President, Redevelopment and Support Services  
 Dev Chopra, Executive Vice-President, Clinical Programs  
 Hilary Rodrigues, Vice-President, Finance and Supply Chain  
 Dr. Ivan Silver, Vice-President, Education  
 Kim Bellissimo, Vice-President, Human Resources  
 Kristin Taylor, Vice-President, Legal Services and General Counsel

Lori Spadorcia, Vice-President, Communications and Partnerships  
 Dr. Rani Srivastava, Chief of Nursing and Professional Practice  
 Sarah Downey, Executive Vice-President, Clinical Programs (until Feb 20, 2015)  
 Tracey MacArthur, Vice-President, Information Management and Performance Improvement

### Board: Trustees

Kelly Meighen, Board Chair  
 Gordon Bell  
 John Bowcott  
 Jim Griffiths  
 Christine Hart  
 Thomas Hofmann  
 Bill Hogarth  
 Pam Jolliffe (has been on leave since November 2014)  
 Mark Krembil

Betsy Little  
 Tom MacMillan  
 Anne Ramsay  
 Murray Segal  
 Robert Walsh  
 Victor Willis  
 David Wilson

### Board: Ex-Officio Trustees

Dr. Catherine Zahn, President and CEO  
 Dr. Vincenzo De Luca, President, Medical Staff Association  
 Ana P. Lopes, Chair, CAMH Foundation Board of Directors  
 Dr. Benoit Mulsant, Physician-in-Chief  
 Dr. Rani Srivastava, Chief of Nursing and Professional Practice  
 Dr. Trevor Young, University of Toronto, Dean of Faculty of Medicine





# CAMH Foundation Financial Snapshot

Summary Statement of Revenue and Expenses  
Year ended March 31, 2015

Revenue	2015 \$
Donations	25,388,357
Bequests	55,008
Special events	1,689,075
Investment income	5,001,855
<b>Total Revenue</b>	<b>32,134,295</b>

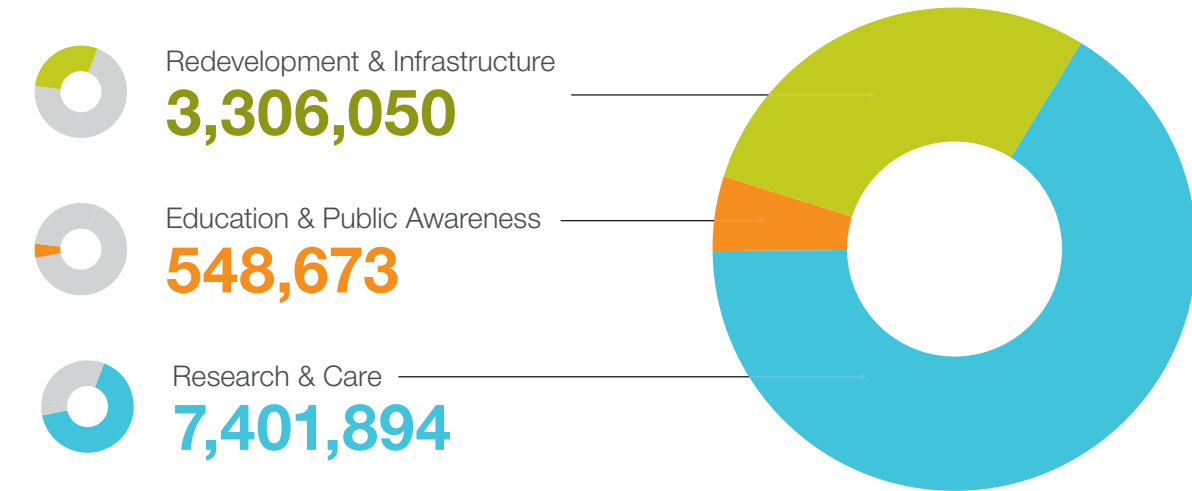
Expenses	
Fundraising and administration	7,284,996
Special events	881,156
<b>Total Expenses</b>	<b>8,166,152</b>

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**Excess of Revenue Over Expenses  
Before Grants** **23,968,143**

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## 2014/15 Grants by Type



## CAMH Foundation Board 2014/15

As of April 22, 2015

### Officers of the Board

Ana P. Lopes, Chair  
Thomas Milroy, Chair-Elect  
Peter W. Doyle, Vice-Chair, Treasurer  
Darrell Louise Gregersen, Corporate Secretary

John Hunkin  
Shanitha Kachan  
Dale Lastman  
Nancy Lockhart  
Michael H. McCain  
Guy Pratte  
Donna Slaight  
Sandi Treliving  
Annette Verschuren  
The Honourable Michael Wilson  
Kaan Yigit

### Directors

Jamie Anderson  
Heather Beamish  
Bonnie Brooks  
Susan Caskey  
Tami Cope  
Jill Denham  
Dr. David S. Goldbloom  
John Gordon  
Nadir Hirji

### Ex-Officio Directors

Kelly E. D. Meighen  
Dr. Catherine Zahn  
Dr. Benoit H. Mulsant  
Dev Chopra

“While we celebrate our tremendous successes of the past year, we offer our deepest thanks to Ana P. Lopes, retiring CAMH Foundation Board Chair. Her passion and tireless efforts have helped us drive important breakthroughs in mental health.”

– Darrell Louise Gregersen

# Thank you to our Donors

## Lifetime Visionary Donors

(April 1, 1998 - March 31, 2015)

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

## \$30,000,000+

The Campbell Family

## \$10,000,000+

Bell Let's Talk  
Margaret & Wallace McCain  
Gary & Donna Slaight

## \$5,000,000+

G. Raymond Chang  
Carlo Fidani Foundation  
Sonia & Arthur Labatt  
Temerty Family Foundation  
Estate of Ken Thomson & Estate of Audrey Campbell  
The WB Family Foundation  
Anonymous (1)

## \$2,500,000+

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

## \$1,000,000+

Marilyn & Charles Baillie  
Canadian Health Services Research Foundation  
Susan Caskey & John Francis  
CGI Group  
Element Financial Corporation  
Eli Lilly Canada Inc.  
The Faas Foundation  
Mark Feldman & Alix Hoy  
Wayne & Isabel Fox  
Shelagh & Peter Godsoe  
Douglas & Ruth Grant  
Bill & Rennie Humphries  
The Honourable Henry N.R. Jackman  
The Warren and Debbie Kimel Family Foundation  
Koerner Foundation  
Estate of Norman N. Kotani  
The Krembil Foundation  
John & Gail MacNaughton  
Manulife  
Michael McCain Family  
The R. Samuel McLaughlin Foundation  
T.R. Meighen Family Foundation  
Kelly & Michael Meighen  
Sarah & Tom Milroy

David & Gail O'Brien  
Tim & Frances Price  
The S. Schulich Foundation  
Scotiabank  
The Lawrence and Judith Tanenbaum Family Foundation  
TD Bank Group  
Sandi & Jim Treiving  
Unifor  
Kim & Pat Ward  
Michael & Lea-Anne Wekerle  
The W. Garfield Weston Foundation  
Margie & Michael Wilson  
David & Shelagh Wilson  
The Harry and Shirley Young Charitable Foundation  
The Younger Family  
Anonymous (1)

## Breakthrough Campaign Donors

We are proud to recognize donors to our Breakthrough Campaign. These individuals and organizations have supported CAMH with cumulative gifts and commitments of **\$10,000 or more since the beginning of our campaign.**

## \$30,000,000+

The Campbell Family

## \$10,000,000+

Margaret & Wallace McCain  
Gary & Donna Slaight

## \$5,000,000+

Temerty Family Foundation

## \$1,000,000+

Jamie & Patsy Anderson  
The Associates at CAMH  
Marilyn & Charles Baillie  
BMO Financial Group  
Susan Caskey & John Francis  
The Faas Foundation  
Mark Feldman & Alix Hoy  
Wayne & Isabel Fox  
CGI Group  
Koerner Foundation  
T.R. Meighen Family Foundation  
Kelly & Michael Meighen  
Sarah & Tom Milroy  
David & Gail O'Brien  
Tim & Frances Price  
Gerald Sheff and Shanitha Kachan Charitable Foundation  
The Lawrence and Judith Tanenbaum Family Foundation  
Sandi & Jim Treiving  
Margie & Michael Wilson  
David & Shelagh Wilson  
The Younger Family  
Anonymous (1)

## \$500,000+

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

## \$250,000+

S.A. Armstrong Limited  
Ronald & Barbara Besse  
Bell Let's Talk  
In honour of Graeme Fletcher Bird  
Ron & Jan Brenneman  
Compass Construction Resources Ltd.  
Deloitte  
William & Barbara Etherington  
Estate of Clarence B. Farrar, Joan Farrar Trust  
David Goodman Youth Community Trust  
Goodmans LLP  
Donald K. Johnson & Anna McCowan Johnson  
KPMG LLP  
The Lewin Family–In honour of Ryan  
Ana P. Lopes & Don Tapscott  
Ministry of Children and Youth Services  
RBC Foundation  
Victoria Ross  
Andrew Sheiner & Liza Mauer  
Ada Slaight  
Annette Verschuren & Stan Shibinsky  
The W. Garfield Weston Foundation

## \$100,000+

Accenture Charitable Foundation  
Alva Foundation  
Ted Cadsby on behalf of The Cadsby Foundation  
Cestistica Inc.  
David & Lynn Coriat  
Barbara Crispo  
Susan Crocker & John Hunkin  
Dialog  
Ernst & Young LLP  
Friends of the Centre for Addiction and Mental Health  
La Fondation Emmanuelle Gattuso  
Gift Funds Canada  
Douglas & Ruth Grant  
The Joan and Clifford Hatch Foundation  
Ernie & Rivette Herzig  
Hoffmann-La Roche  
David & D. Elizabeth Howard  
Howitt-Dunbar Foundation  
Roland Keiper  
LesLois Shaw Foundation  
Frank & Azniv Lochan  
Robert & Margaret MacLellan  
Michael McCain Family  
Manulife  
Roger L. Martin  
Mental Wellness Network  
Lou & Jennifer Pagnutti  
Rotary Club of Toronto  
Charitable Foundation  
The S. Schulich Foundation

Oskar T. Sigvaldason & Thor Sigvaldason  
Nathan and Lily Silver Family Foundation  
Howard Sokolowski & Linda Frum Sokolowski  
Tremco Roofing and Building Maintenance  
Eric Tripp & Maria Smith  
The C. R. Younger Foundation  
Anonymous (3)

## \$50,000+

AIMIA  
Arrell Family Foundation  
James Baillie  
The Bay  
Bruce Beauchamp Memorial Fund at the Toronto Community Foundation  
The Bedolfe Foundation  
Paul & Kaye Beeston  
J. P. Bickell Foundation  
In honour of Gibson Boyd  
Derek & Joan Burney  
Roland & Sandra Cardy  
Centre For Movement Disorders  
Chair-man Mills Inc.  
CIBC  
Cisco Canada  
Austin M. Cooper  
George & Tami Cope  
Sharon Courrier  
DentsuBos  
Bryce & Nicki Douglas  
The John C. and Sally Horstfall Eaton Foundation  
Anthony & Shari Fell  
Lynn Francis & Mark Lecker  
The Frum Foundation  
Emmanuelle Gattuso  
David Goldbloom & Nancy Epstein  
Kenneth G. Gray Foundation  
M. Elaine Hamilton  
Henry Schein Canada Inc.  
John Honderich  
Stephen & Ilda Howard  
Mary Jane Kelley  
Robert & Margaret MacLellan  
Lloyd M. Martin  
Rick & Nancy Martin  
Doug McGregor & Janet Leitch  
The McLean Foundation  
Morguard Corporation  
Benoit & Sharon Mulsant  
Peter & Melanie Munk  
Bruce G. Pollock & Judith I. Arluk  
Rexall Foundation  
Rogers  
The Ruby Family  
John Sartz & Mallory Morris-Sartz  
The Herb & Cece Schreiber Foundation  
Scotiabank  
Shoppers Drug Mart Life Foundation  
The Slaight Family Foundation  
TD Bank Financial Group  
Stephen Thom  
University of Toronto  
Wallenstein Feed Charitable Foundation  
The WB Family Foundation  
Chuck & Libby Winograd  
Anonymous (2)

Ben Au-Yeung  
Karen Au-Yeung  
Kuen Eric Au-Yeung  
Avison Young  
Karen & Bill Barnett  
Birch Hill Equity Partners Management Inc.  
Boston Pizza International Inc.  
Arnie & Penny Cader Family  
Virginia Cirocco  
June & Ian Cockwell  
Consumer-Response Marketing Ltd.  
Estate of Karen Corbett  
Bruce Croxon  
James H. Cummings Foundation Inc.  
The Estate of Alfredo De Gasperis  
Peter & Suzanne Dickison  
Estate of Mildred Iona Dobbs  
Bob Dorrance & Gail Drummond  
The Duboc Family  
The E & S Foundation  
The Harry E. Foster Charitable Foundation  
Jean Fraser & Tom Rahilly  
Kirby Gavelin & Louise Tymocko  
John & Sarah Gleeson Family  
GRX Healthcare Inc.  
Wade Hall  
Stephen & Marion Hart  
David & Lenore Hawkey  
The William and Nona Heaslip Foundation  
David & Susan Howard  
Francie Howard  
IBM Canada  
Ann Jackson & Dennis Ho  
Susan & Edward Keystone  
Knightsbridge Human Capital Solutions  
The Krembil Foundation  
Litchfield Capital Advisors  
Sheena Macdonald & Phil Schmitt  
Lynda & Reay Mackay  
Mackenzie Financial Corporation  
Majestic International  
McGregor Socks  
Myles Mindham  
The Right Honourable Brian Mulroney  
National Bank Financial Group  
Gordon & Janet Nixon  
PAL Insurance Services Limited  
Guy & Mary Pratte  
PricewaterhouseCoopers LLP  
Harry & Evelyn Rosen  
RP Investment Advisors  
Peter & Judy Russel  
Skoll Foundation  
Slaight Communications Inc.  
SmartCentres  
Sunovion Pharmaceuticals Canada Inc.  
Walkaway Canada Incorporated  
The Jilla and Robert Williams Foundation  
Gregory Woynarski  
Winnington Capital Group  
Ziskind Professional Corporation

## \$25,000+

AGF Management Limited  
Altis Human Resources  
The Appel Family in honour of Bluma and Bram Appel

Bruce Beauchamp Memorial Fund at the Toronto Community Foundation  
The Estate of Mildred Iona Dobbs  
Bob Dorrance & Gail Drummond  
The Duboc Family  
The E & S Foundation  
The Harry E. Foster Charitable Foundation  
Jean Fraser & Tom Rahilly  
Kirby Gavelin & Louise Tymocko  
John & Sarah Gleeson Family  
GRX Healthcare Inc.  
Wade Hall  
Stephen & Marion Hart  
David & Lenore Hawkey  
The William and Nona Heaslip Foundation  
David & Susan Howard  
Francie Howard  
IBM Canada  
Ann Jackson & Dennis Ho  
Susan & Edward Keystone  
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Litchfield Capital Advisors  
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Majestic International  
McGregor Socks  
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PAL Insurance Services Limited  
Guy & Mary Pratte  
PricewaterhouseCoopers LLP  
Harry & Evelyn Rosen  
RP Investment Advisors  
Peter & Judy Russel  
Skoll Foundation  
Slaight Communications Inc.  
SmartCentres  
Sunovion Pharmaceuticals Canada Inc.  
Walkaway Canada Incorporated  
The Jilla and Robert Williams Foundation  
Gregory Woynarski  
Winnington Capital Group  
Ziskind Professional Corporation

Ben Au-Yeung  
Karen Au-Yeung  
Kuen Eric Au-Yeung  
Avison Young  
Karen & Bill Barnett  
Birch Hill Equity Partners Management Inc.  
Boston Pizza International Inc.  
Arnie & Penny Cader Family  
Virginia Cirocco  
June & Ian Cockwell  
Consumer-Response Marketing Ltd.  
Estate of Karen Corbett  
Bruce Croxon  
James H. Cummings Foundation Inc.  
The Estate of Alfredo De Gasperis  
Peter & Suzanne Dickison  
Estate of Mildred Iona Dobbs  
Bob Dorrance & Gail Drummond  
The Duboc Family  
The E & S Foundation  
The Harry E. Foster Charitable Foundation  
Jean Fraser & Tom Rahilly  
Kirby Gavelin & Louise Tymocko  
John & Sarah Gleeson Family  
GRX Healthcare Inc.  
Wade Hall  
Stephen & Marion Hart  
David & Lenore Hawkey  
The William and Nona Heaslip Foundation  
David & Susan Howard  
Francie Howard  
IBM Canada  
Ann Jackson & Dennis Ho  
Susan & Edward Keystone  
Knightsbridge Human Capital Solutions  
The Krembil Foundation  
Litchfield Capital Advisors  
Sheena Macdonald & Phil Schmitt  
Lynda & Reay Mackay  
Mackenzie Financial Corporation  
Majestic International  
McGregor Socks  
Myles Mindham  
The Right Honourable Brian Mulroney  
National Bank Financial Group  
Gordon & Janet Nixon  
PAL Insurance Services Limited  
Guy & Mary Pratte  
PricewaterhouseCoopers LLP  
Harry & Evelyn Rosen  
RP Investment Advisors  
Peter & Judy Russel  
Skoll Foundation  
Slaight Communications Inc.  
SmartCentres  
Sunovion Pharmaceuticals Canada Inc.  
Walkaway Canada Incorporated  
The Jilla and Robert Williams Foundation  
Gregory Woynarski  
Winnington Capital Group  
Ziskind Professional Corporation

## \$10,000+

2319863 Ontario Inc.  
ACI Brands Inc.  
Alphora Research Inc.  
James R. Anderson, Architech Ltd.  
Andy Kim Christmas Show  
Anixter Canada Inc.  
Aqueduct Foundation–The Andree Rheaume and Robert Fitzhenry Family Foundation  
Ashlar Urban Realty Inc.

Annick Aubert  
Mickey & Carol Baratz  
Robert M. Barbara  
Daniel Barclay  
Craig Barnard & Marlene Bristol  
Gary & Josephine Barnes  
Elizabeth Bates  
Timothy Bates  
Martitia Beaton  
Max Bell Foundation  
Gordon & Susan Bell  
Kim Bellissimo  
Bersenas Jacobsen Chouest Thomson Blackburn LLP  
Nani & Austin Beutel  
Madan & Raksha Bhayana  
The William Birchall Foundation  
Daniel Blumberger  
Borden Ladner Gervais LLP  
Brookfield  
Beth & Andy Burgess  
Burgundy Asset Management  
Peter & Martha Campbell  
Canacord Genuity Foundation  
John & Mary Cassaday  
CAW Canada  
Julie Cays  
Cerner Canada ULC  
Raymond Chang Foundation  
Geoffrey Chown & David Dunkley  
David & Valerie Christie  
Salah Bachir, Cineplex Media  
Fran & Edmund Clark  
Jim & Edna Claydon  
Cobalt Pharmaceuticals  
Mitchell Stuart Cohen  
CompuCom  
Charles E. Coupal  
Ryan & Laura Couvrette  
Bob & Gayle Cronin  
Julie A. Crothers  
Crown Jewels  
David Cynamon  
Dominic D'Alessandro  
The Dalglish Family Foundation  
John and Myrna Daniels Charitable Foundation  
David J. Daniels  
Robin Das  
Davies Ward Phillips & Vineberg LLP  
Jim Y. and Lina De Gasperis Foundation  
Mary C. Deacon  
Ciro DeCiantis  
Jerry del Missier  
The Delaney Family Foundation  
Ian W. Delaney & Catherine A. (Kiki) Delaney  
Della Shore Investments  
Robert & Catherine Deluce  
Desjardins Financial Security  
Dion, Durrell + Associates Inc.  
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Peggy Dowdall-Logie & Don Logie  
Robert Dowler & Lisanne Hill  
Sarah Downey  
Robert C. Dowsett  
Peter & Deborah Doyle  
Merrilyn Driscoll  
The Dubczak Family  
Rupert Duchesne & Holly Coll-Black  
Joe C. Dwek  
Echo Foundation  
Jim & Jacquie Estey  
Filion Wakely Thorup Angeletti LLP  
Elinor Filion  
First Asset Investment Management Inc.  
Douglas Frame  
Blair Franklin Asset Management Inc.  
Helen & Paul Gareau  
Victor George & Maureen Dodig  
Greg Geurtjens  
Gluskin Sheff + Associates Inc.  
Goldcorp Inc.

Goldman Sachs Canada  
Crawford Gordon  
John Gordon  
John & Gail Gorman  
Joan Graham  
Grandview Sales and Distribution  
Ariel Grange  
Carol Gray  
Great-West Life, London Life and Canada Life  
Brian H. Greenspan & Maria Berger  
Moira A. Gribbin  
John Hall  
Audrey S. Hellyer Charitable Foundation  
Trent & Lisa Henry  
The Herjavec Group  
Hershey Canada Inc.  
The Estate of Janet Chaplin Heywood  
Hicks Morley Hamilton Stewart Storie LLP  
HMV Canada Inc.  
Hollywood Princess Convention & Banquet Centre Ltd.  
David Honderich  
Hope Charitable Foundation  
HotCool Wear Inc.  
Alec & Janice Howard  
Marion Howard  
Catherine & Paul Hyde  
Nelson Arthur Hyland Foundation  
IAMGOLD Corporation  
Ihnatowycz Family Foundation  
Indeka  
Intact Foundation  
The Isberg Charitable Trust  
Ithaca Energy Inc.  
Richard & Donna Ivey  
Rosamond Ivey & John Macfarlane  
Jackman Foundation  
Jackman Reinvention Inc.  
Christopher John  
Jones Collobin Investment Counsel Inc.  
Martin & Sandra Karp  
Susan & Edward Keystone  
KIK Custom Products  
The Henry White Kinnear Foundation  
Vahan & Susie Kololian  
Nancy L. Lang  
Donald E. Langill  
Spencer Lanthier & Diana Bennett  
Brian & Joannah Lawson  
Lax O'Sullivan Scott Lissu LLP  
Michael Lay  
Lionhart (Canada) Ltd  
Betsy & Anthony Little  
LLD Investments Corporation  
Robert & Patricia Lord  
Carole Lowes  
Tracey MacArthur  
Bart H. MacDougall  
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## Third-Party & Community Events

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

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CAMH Engage Research Challenge  
CAMH-A-Thon at Fortelli's  
Carlton Cinema Memorial for  
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Joanne Enser's NYC Marathon  
Esri Canada's Annual Office  
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Financial Planning Standards  
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Green Shield Canada Dress Down  
Greenwood Community Fundraiser  
Guardian Capital Group Fundraising  
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Hats On for Awareness  
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Brandon Hoskins Haircutting  
Fundraiser  
Jingle, ma belle launch party

Lawyer's Can't Jump  
Life is so Sweet Project  
Mardi Gras in the Beach  
Martha Main's Social Gathering  
in Nunavut  
Mental Health Matters Fundraising  
Nadia and Sarah Lemon Stand  
Never Alone Fundraiser  
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Ruth Siew Trial Triathlon  
Salon Fortelli Fundraising Dinner  
Sana Makes Art  
Shoppers Drug Mart "Tree of Life"  
Shorinji Kempo Kickathon  
Toronto Branch  
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Sophia Sokolowski Goodlife  
Toronto Marathon  
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Townson Fitness Charity  
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Uber – Ride for a Cause  
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Holiday Party  
Cheryl Von Zuben's 40th  
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Warden Woods Community Centre  
WestCoast Swing Dance  
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## In Memory/ In Honour

We are grateful to our donors whose 2014/2015 gifts of \$500 or more honour or are in memory of the following individuals or organizations.

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Helen Fillion  
Justin Floris  
Louis Fournier  
Saul Fridman  
Alicia Goulter  
Spencer S. Grand  
Erica S. Gray  
Patricia A. Gray  
James C. Griffiths  
Barbara Haidasz-Smith  
Dillan Hamann  
Brett Hampson  
Adam R. Harada  
Janice Harris  
Henry C. Hatch  
Stan Heaslip  
Barry Horsley  
Betty Hudson  
David Humphries  
Joanne and Jeremy  
Chris Kajary  
Glory Keong  
Andy Kim  
The Kirby Family  
Peter Lam  
Karen & Don Lang  
Dale H. Lastman  
Leo Lederer  
Hilton Lee  
David R. Leeper  
Eric R. LeGresley  
Andrea J. Levinson  
Joshua Lister  
Christine Littlefield  
Linda L. MacKay  
Jeff MacPherson  
Macquarie Group Foundation  
Andrew Mallon  
Paul Mancuso  
Katrina Marinelli  
Jennifer F. Martin  
Roger L. Martin  
Michael H. McCain  
Jeffrey McGuigan  
Kevin W. McNeil  
Kelly & Michael Meighen  
Janey S. Mills  
Michele Mills  
Thomas V. Milroy  
My Sister in Social Work  
Melanie Pace  
Jonathan Park  
Dominic Parker  
Shelagh Pigeon  
Sheila Pitch  
Rodney Rasmussen  
Peter Andrew Scott Rattee  
Susan M. Robb  
David Rock  
Aamer Sachedina  
Matt Sargeant  
Christopher Scott  
Mary Shaw  
Donna Slight  
Beverley Southall  
Erin Steele  
Francis J. Sternat  
Robert B. Stewart  
Max Stilson  
Paul Stone  
Alex Tapscott & Amy Welsman  
The Tarczy Family  
David J. Thomson  
Daniel Trabucco  
Ted Tremain  
Lieve Ulgiati  
Mee Vanstone  
Rosario Vella  
Ingeborg Wahl  
Velinda Walker Sexsmith  
Stephen Weir  
Robin Williams  
Michael H. Wilson  
Shelagh & David Wilson  
Bill Wong  
Catherine Zahn  
Benjamin E. Zeligson  
Guy Zerafa

# Hats off to tremendous support

Hats On for Awareness means a lot of things to Enza Tiberi-Checchia. It's a way to remember her own father, who died by suicide nearly 27 years ago. It's a creative venue for showing support for the many people who live with mental illness, including Enza herself, and a way to generate funds for CAMH.

**I**t's taking a really horrible thing, and saying we can make something good out of this," says Enza, co-founder of Hats On for Awareness. "When I'm suffering, I just want to disappear; I don't want anyone to notice me, and hats would be good to become incognito. With the Hatsquerade, we flip that around; we wear the hat to show support for people with mental illness."

of all our donors and campaign contributors. This is only the tip of the iceberg," says Benny Caringi, co-founder of Hats On for Awareness. "We've been successful because we have maintained a grassroots approach within our community. We'll maintain that grassroots approach as we expand across the country."

Benny Caringi and Enza Tiberi-Checchia, co-founders of Hats On for Awareness.



The idea is simple — upwards of 400 guests attend the Hatsquerade Gala Fundraiser each year, donning wonderful and creative hats to raise mental health awareness and funds. As one of CAMH's largest annual third-party events, it has already contributed a remarkable \$270,000 to CAMH since 2009, helping create the Hats On for Awareness Volunteer Lounge and the Giovanni Tiberi Patient Room in Geriatrics at CAMH. Organizers are now hoping to make Hats On a national effort.

"We are thrilled with the amount of funds we have already raised for CAMH, and are so appreciative

# How to reach CAMH

**Switchboard**  
416 535-8501

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

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

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

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

**CAMH Foundation**  
100 Stokes St., 5th Floor  
Bell Gateway Building,  
Toronto, ON M6J 1H4  
416 979-6910

## Clinical Satellite Offices

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

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

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

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

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

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

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

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

## Provincial System Support Program Regional Offices

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

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

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

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

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

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

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

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

**London**  
100 Collip Circle, Suite 200  
London, ON N6A 5J7  
1 888 495-2261 or 519 858-5110



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for Mental Health



[www.camh.ca](http://www.camh.ca)  
[supportcamh.ca](http://supportcamh.ca)