



# CENTRE FOR ADDICTION AND MENTAL HEALTH (CAMH)

*CAMH continues to work with the LHINs to build an integrated system of services and supports for people with addiction and mental disorders.*

CAMH had another outstanding year. CAMH continued to deliver a large amount of clinical care, while achieving a balanced budget, and meeting other targets in the areas of research, education, health promotion, and commitments to CAMH's provincial role. Other notable achievements included an international award bestowed on the architectural firm that built the four new buildings that house the Alternative Milieu units for clients with addiction or mood disorders at White Squirrel Way (WSW). The award emphasized the ability to make these buildings secure while maintaining a comfortable, civilized and humane environment. A systematic evaluation of these new units using a pre-post study design will be completed in early 2010.

## OVERALL CLINICAL SERVICES

CAMH continues to work with the LHINs to build an integrated system of services and supports for people with addiction and mental disorders. Gail Czukar serves as the Co-Chair of the Mental Health and Addiction Steering Committee of the Toronto Central LHIN.

Dr. David Goldbloom serves as the Vice-Chair of the Mental Health Commission of Canada. CAMH served over 23,700 unique clients, accounting for over 4,900 Emergency Department visits, 3,700 inpatient admissions, and 450,000 outpatient visits. With more than 300 physicians on staff, a highly committed staff of more than 2,800, and almost 1,000 volunteers, CAMH continues to meet its targeted decrease in length of stay for both acute and long stay admissions.

## RESEARCH

In August 2008, CAMH received the largest individual grant in its history: an investment of \$15M by the Canada Foundation for Innovation's (CFI) Research Hospital Fund. This grant is part of a \$38M project that will enable critical new development at the Queen Street site and renovations at the College Street site of the research infrastructure in schizophrenia, mood disorders, addictions, community health and knowledge exchange, neuroimaging, genetics, and neuroscience. Renovations at the College Street site will start

in tandem with the addition of a second cyclotron for the CAMH PET Centre. In total, CAMH researchers received 262 competitive grants and contracts accounting for \$40M in funding. CAMH's 500 scientists and students published widely across the research spectrum. Community outreach was highlighted by a research panel presentation at the Annual General Meeting and a Café Scientifique on work and mental health.

## EDUCATION

CAMH continues to participate in a full range of educational activities comprising undergraduate, graduate, and postgraduate teaching to more than 60 psychiatry residents, 20 family practice residents, 100 undergraduate medical students, and 500 nursing, pharmacy, psychology, social work, occupational therapy, addiction therapy, dietitian, and other students. CAMH staff remained active in professional development courses involving more than 21,000 health professionals throughout Ontario. CAMH's provincial education mandate was met by its provincial offices throughout Ontario. The following CAMH physicians received CAMH Excellence in Medical Education Awards: Dr. S. Selchen, Best Resident Grand Rounds; Dr. J. Nguyen, Best Resident Teacher in Undergraduate Education; Dr. A. Lustig, Best Medical Student Supervisor in Undergraduate Education; and Dr. P. Voore, Best Resident Supervisor in Postgraduate Medical Education.

## CLINICAL PROGRAMS

The following is a brief description of some of the highlights of each of CAMH's nine clinical programs:

### Addictions Program

*Clinical Director: Dr. Peter Selby;*  
*Administrative Director: Chris Bartha, MSW, RSW*

The Addictions Program has had an exciting year! There have been opportunities to improve and increase services since close to two-thirds of the program moved from the Brentcliffe site in Leaside to WSW in April 2008. Major steps have been taken

for the establishment of an "Ontario Institute for Problem Gambling" that will consolidate existing resources across research, clinical services and knowledge transfer programming. With Health Canada funding, project TEACH was launched to train Francophone clinicians working with diverse French-speaking populations. A new course focused on smoking cessation counseling with Aboriginal clients was developed in collaboration with a provincial engagement group of practitioners, stakeholders and Aboriginal elders. Aboriginal Services also created the first Aboriginal residential treatment cycle offered by a non-Aboriginal hospital in Canada, in partnership with Toronto's Aboriginal community and Weeneebayko General Hospital.

### Child, Youth and Family Program [CYFP]


*Clinical Director: Dr. Joseph Beitchman;*  
*Administrative Director: Chris Bartha, MSW, RSW*

Dr. Debbie Schachter has been appointed Coordinator of Training in Child and Adolescent Psychiatry at CYFP, taking over from Lindley Bassarath who stepped down after more than ten years of outstanding leadership. Dr. Priya Watson was appointed Coordinator of the Psychotherapy program for Child and Adolescent Psychiatry. Brendan Andrade PhD, and Joanna Henderson PhD, were appointed as independent clinician-scientists. They will develop and evaluate innovative treatments for children with disruptive behaviour disorders and youth with concurrent disorders. As part of phase 1B of CAMH redevelopment, planning for a new 12-bed youth concurrent disorders unit and day hospital program continued apace. Tenders for construction were submitted and construction will begin within the next few months.

### Dual Diagnosis Program

*Clinical Director: Susan Morris, MSW;*  
*Administrative Director: Neill Carson, MA, MSW*

Dr. Shi-Kai Liu joined the program as Senior Responsible Physician and was appointed Associate Professor within the Department, effective July 1, 2009. Dr. Jonathan Weiss, completed his CIHR-funded fellowship on the impact of dual diagnosis



on families and is now an Assistant Professor at York University. His supervisor, Dr. Yona Lunskey, received the Paul Garfinkel fellowship supervisor award, in addition to an Early Career Award from the American Association on Intellectual and Developmental Disabilities. Susan Morris is the principal investigator of a multisite Interprofessional Education project, co-led with Surrey Place Centre and funded through HealthForceOntario.

### Centralized Assessment, Triage and Support (CATS) Program

*Clinical Director: Dr. Peter Voore;*  
*Administrative Director: Linda Mohri, MSW, RSW*

Working with its partners in the Mental Health and Addictions Emergency Department Alliance, CATS implemented the coordination of patient transfers in the Alliance's Inter-hospital Bed Access Mode. This multi-hospital collaboration is supported by the Criticall provincial bed access system; it has enhanced patient transfers to the inpatient specialty programs of CAMH and other inpatient units throughout the Alliance. The Ministry of Health and Long Term Care re-listed sex reassignment surgery in Ontario and the CATS Gender Clinic was named as the primary provincial clinic for the approval of this surgery. CATS is collaborating with Rainbow Health Ontario and the Sherbourne Health Centre to propose new guidelines for transsexual health care and sexual reassignment surgery in the province. Dr. Paul Kurdyak was awarded his PhD and continued to develop the CATS research program and a collaboration with ICES, where he was appointed adjunct scientist. This collaboration will enhance the focus on mental health at ICES.

### Geriatric Mental Health Program (GMHP)

*Clinical Director: Dr. Benoit Mulsant;*  
*Administrative Director: Gaby Golea, RN, MN*

The program continued to provide clinical services to inpatients, outpatients, and long-term care residents with mood disorders, schizophrenia, dementia, or substance misuse. It attracted a

growing number of residents, senior residents, and clinical and research fellows. A new clinical and research project was initiated to offer Cognitive Behavioral and Social Skills Training (CBSST) group therapy to older adults with schizophrenia and to study the interactions between the patients' cognitive characteristics and their response to CBSST. Several faculty members were successful in securing new operating grants, including two from CIHR (antipsychotic dose reduction and dopamine D2 receptor in late-life schizophrenia; cognition in late-life bipolar disorder) and two from NIH (pharmacotherapy of behavioural disturbances associated with dementia; pharmacotherapy of treatment-resistance in late-life depression).

### Law and Mental Health Program (LAMHP)

*Clinical Director: Dr. Howard Barbaree;*  
*Administrative Director: Jim McNamee, MSW*

This past year has seen significant change in LAMHP. After 16 years as Head of the University Law and Mental Health Program and 11 years as Clinical Director of LAMHP, Dr. Howard Barbaree has announced his intention to retire from these roles at the end of 2009. An external program review was conducted early in 2009 by Drs. Harry Kennedy (Ireland) and James Ogloff (Australia). The external review report described important strengths of the program and provided clear guidance regarding next steps and new directions. This report will be of considerable assistance to the new LAMHP leadership. The program has undertaken two significant initiatives focused on the prevention of violence at CAMH and the development and implementation of formal standards for the medical and psychiatric care of patients within LAMHP.

### Mood and Anxiety Disorders Program (MAP)

*Clinical Director: Dr. Arun Ravindran;*  
*Administrative Director: Karen Martin, MSW*

MAP continued to expand and grow: the new Alternate Inpatient Milieu (AIM) Unit that opened in November 2007 is now treating patients at

capacity, with 260 admissions in the last year. As part of its commitment to outreach, MAP is in the process of establishing an ethnocultural service. The international standing of the program is reflected in the increasing number of international fellows and observers that apply to the program each year (15 in 2008-2009). Three young academic psychiatrists have joined MAP in the last year (Dr. Heather Flett; Dr. Jinous Hamidi; and Dr. Lakshmi Ravindran). MAP underwent a successful external review in early 2009. The reviewers highlighted the significant academic achievements and clinical advances and innovations since 2001. They suggested some avenues for further improvement and expansion of services that could position MAP as a world leader in treatment, teaching and research in the area of mood and anxiety disorders. MAP remained involved in several international health initiatives, including a \$3 million mental health capacity building project in disaster-affected areas of Sri Lanka. This 3-year project that involved both MAP directors and was funded by the Canadian International Development Agency, was completed successfully in March 2009.

### Schizophrenia Program

*Clinical Director: Dr. Tony George; Acting  
Administrative Director: April Collins, MSW*

Under the new leadership of Dr. George (Clinical Director), Dr. McKenzie (Deputy Director for Continuing Care and Community), and Dr. Remington (Deputy Director for Research and Education), the program continued to change and grow. Consistent with recovery-based practice, a new Wellness Centre was implemented and peer support workers were hired. Specific new training programs for staff were initiated in CBT, concurrent disorders, smoking cessation and evidence-based practice. Dr. Crystal Baluyut was appointed as the education coordinator for the residency chronic care rotation. Several program faculty members were successful in securing new funding from CIHR, CFI, OMHF, and NARSAD, supporting innovative research in neuroimaging (both PET and fMRI), neurophysiology (EEG and TMS), pharmacogenetics or epigenetics, and

pharmacology of schizophrenia. Dr. McKenzie received new funding from CIHR to establish an advanced strategic training program to encourage the development of evidence-based prevention methods and effective ways to deal with the social determinants of recovery.

### Women's Mental Health Program

*Clinical Director: Dr. Diane Whitney;  
Administrative Director: Neill Carson, MA, MSW*

The program continues to be a unique resource to the province, offering inpatient and transitional care services to women with serious psychiatric disorders and a history of trauma. A multidisciplinary staff provides psychotherapy and pharmacotherapy to these complex patients.

*Benoit Mulsant, MD, FRCPC  
Physician-in-Chief, Centre for Addiction and  
Mental Health*

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