

Working for Better Understanding, Prevention and Care

"They don't do heart surgery at the Centre, but they save people's lives in other ways."

Barry Arymowicz
client

The Centre for Addiction and Mental Health is the largest mental health and addiction facility in Canada and is recognized for its excellence. It was formed in early 1998 through the merger of the Addiction Research Foundation, the Clarke Institute of Psychiatry, the Donwood Institute and the Queen Street Mental Health Centre and is affiliated with the University of Toronto. Since the merger, the Centre has focused on a seamless integration of addiction and mental health services in a functional and flexible environment. Internationally, the Centre has been designated by the World Health Organization as one of only four Centres of Excellence in mental health and addiction in the world.

Through accessible treatment, community services, research, education and prevention, the Centre works to improve the quality of life for people who are struggling with mental illness or addiction and to support their families and friends. In the end, this makes for healthier communities.



For more information on the Centre for Addiction and Mental Health, please contact:
Public Affairs
Centre for Addiction and Mental Health
33 Russell Street
Toronto, ON M5S 2S1
TEL: 416-979-4250
FAX: 416-595-6881

For information on addiction and mental health issues or other resources, please contact the Centre for Addiction and Mental Health's 24-hour Information Line:
ONTARIO TOLL FREE: 1-800-463-6273
TORONTO: 416-595-6111

For information on other Centre resource materials, or to place an order, please contact:
Marketing and Sales Services
Centre for Addiction and Mental Health
33 Russell Street
Toronto, ON M5S 2S1 Canada
TEL: 1-800-661-1111 or 416-595-6059 in Toronto
E-MAIL: marketing@camh.net

To make a donation, please contact:
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Visit our Web site at: www.camh.net



Centre
for Addiction and
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Centre de
toxicomanie et
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Addiction Research Foundation
Clarke Institute of Psychiatry
Donwood Institute
Queen Street Mental Health Centre

A World Health Organization Centre of Excellence
Affiliated with the University of Toronto



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Providing Leadership
in Creating Better
Understanding,
Prevention
and Care

care

"For me it was the courage, and I guess the courage comes from saying 'hey, let's make a change.' And the courage to continue to do that. It's so great now ... it is so good for me now. I love my life."

Susan E. Gapka
Courage to Come Back Award Recipient

prevention

care

"One of the things about working with people who suffer from mental illness or people who struggle with addictions is that, to the public, this may seem like a discouraging environment — a place that's not filled with hope. But for those of us who work clinically, just the opposite is true. I find a great deal of professional fulfillment in this environment because many, many people get better."

Dr. David Goldbloom
Physician-in-Chief

The Centre is committed to providing comprehensive, well co-ordinated, accessible care for people with addictions or severe mental illness. We have created a continuum of clinical programs, support and rehabilitation to meet the diverse needs of people who are at risk and at different stages of their lives and illnesses. Our services include assessment, brief early interventions, inpatient programs, continuing care and family support. We also address the larger issues relating to the four major factors affecting health: housing, employment, social support and income support.

Our client-centred philosophy of care recognizes that the client has individual social, physical, emotional, spiritual and psychological needs. Wherever possible, the care provided incorporates the preferences, needs, aspirations and cultural beliefs of each individual.

Addiction

The Centre's addiction treatment is based on a harm reduction philosophy, an approach that focuses on decreasing adverse health, social and economic consequences of alcohol or drug use. Clients' goals range from reduced use to total abstinence. We match clients with the least intrusive and most effective treatment service that will meet their needs. Our in-house addiction programs include the following:

- . General Addiction Assessment and Treatment Programs, including Brief Treatment such as Guided Self-Change, Structured Relapse Prevention, and the Evening Health Service
- . Day/Residential Treatment
- . Treatment Programs for Special Populations including youth, women, lesbian, gay and bisexual people and older persons
- . Special services including Substance Abuse Program for African and Caribbean Youth (SAPACCY), the Cocaine Service, Drug Treatment Court, and Family and Aboriginal Services
- . Addiction Medicine
- . Concurrent Disorders, which offers an integrated treatment approach for people facing concurrent addiction and mental health problems.

Mental Health

The Centre provides a wide range of inpatient, outpatient, and community-based treatment programs including the following:

- . Neuropsychiatry (for people with neurological problems and associated psychiatric problems)
- . Schizophrenia and Continuing Care
- . Dual Diagnosis (mental health problems coupled with developmental, emotional or behavioural difficulties)
- . Mood and Anxiety
- . Law and Mental Health
- . Child Psychiatry
- . General Psychiatry, including Emergency Services
- . Geriatric Psychiatry
- . Society, Women and Health. [g](#)

prevention

"Prevention involves a host of things. It's not just about preventing substance abuse, preventing mental health problems. It's about supporting health and well-being and having environments that really are healthy environments."

Akwatu Khenti
Director, Education and Training Services

The Centre is committed to working with communities throughout Ontario to create environments that support health and prevent illness. Through our network of community offices, Centre consultants work with individuals, local service providers and community groups to apply initiatives in the community and design evidence-based systems and approaches. Consultation, support and training focus on preventing problems, promoting health and planning and delivering treatment. By providing information to the general public we empower people with the knowledge to reduce the likelihood, recurrence and/or intensity of addiction or mental health problems for themselves or others. [g](#)

understanding

"Only through education can we hope to improve the understanding of mental health and addiction problems and thus, foster support for people who struggle with these challenges."

Dr. Paul Garfinkel
President & CEO

One of the Centre's goals is to be a leader in creating, applying and disseminating knowledge. Each year, the Centre receives many research grants, fellowships and awards, resulting in the publication of hundreds of scientific articles and studies. Our research guides our public policy priorities and is transformed into practical resource materials and training programs, which inform the practice of professionals and help educate the general public. Advancing our understanding of mental illness and addiction is key to future improvements in prevention and clinical care. Working with communities, we aim to foster understanding and reduce the stigma associated with these illnesses.

Research

Each year the Centre undertakes hundreds of research studies, many of which are groundbreaking. Our research focuses on three main areas:

- . Neuroscience, which aims to increase our understanding about body chemicals, genetic materials, brain structures and the interaction of drugs with biological systems

- . Clinical, which evaluates the efficacy of new treatments and how specific treatments are working in practice
- . Social Policy and Prevention, which provides up-to-date information about trends in alcohol and drug use and related issues, as well as assessing the impact of policy initiatives and investigating the environmental and individual factors that can prevent alcohol and drug problems as well as mental disorders.

Professional Education

One of the ways we translate knowledge into action is through training and education. As a teaching hospital, we provide training to over 600 undergraduate and postgraduate students each year. We also offer continuing education programs for practising professionals and service providers in addiction and mental health as well as the broader health, social services and education fields.

Public Education

The Centre provides community-based education, outreach and prevention programs. Our Information Service gives Ontario residents access to current, accurate information about alcohol, drug and mental health issues. Each year we respond to more than 45,000 calls.

Resource Materials

The Centre has developed a wide range of resource materials based on solid research and evaluation. They give practical information across the full continuum of care, from prevention to treatment. Materials available through the Centre include resources in the areas of counselling, reference and periodicals, clinical tools, programs and program evaluation, policy and development, and public education.

Influencing Change

With its role in research, education, prevention and care, the Centre is in a position to speak to issues of system-wide concern and to influence policy makers at all levels of government. Through policy development, the Centre can influence change. Our vision of mental health and addiction within the broader context of both the social and health care systems can further health promotion and prevention. In co-operation with community partners and government, the Centre can work to create sound social policies, address identified issues, meet public needs, enhance the effectiveness of services and programs and reduce the stigma associated with mental health and addiction problems. [g](#)