



ANNIE HART

Design and digital portfolio

MAY 2024



Branding

**“Design is the silent ambassador
of your brand.”**

PAUL RAND

Brand management

At CAMH, I was tasked with brand management, starting with the refinement of an incomplete brand package from an external partner.

This included reviewing and modify a number of our standard templates and tools, and reorganizing the brand hub on our intranet.

Heading a small team, we also redefined our secondary palette to improve contrast and ensure consistency across print and other platforms.

I also did regular consultation on various internal and external projects to ensure brand compliance.

■ ASK ME ABOUT
how I developed a robust guide to help designers and staff ensure maximum accessibility.



CAMH Palette Guidelines | March 2021



Primary and secondary palette

CAMH Purple is our primary brand colour and should be used most prominently. The secondary palette—Teal, Sky Blue, Golden Yellow and Sand Brown are best used as accents or for colour-coding content.



Two new colours

We have replaced the current yellow and teal with Golden Yellow 2021 and Teal 2021. These similar, but improved colour selections were made to increase contrast and to ensure more consistency online and in print.

The remaining secondary colours—Sky Blue and Sand Brown—remain the same.

To increase contrast, the colours are sometimes best used in 10% tints.

How to use this guide

The header section includes the master formulas for each colour, in CMYK and Pantone/PMS (for print) and in RGB and Hex (for online use).

Each page provides reference and Hex codes for 10% tints.

Accessibility

CAMH strives to create content that is as accessible as possible. To assist, preferred colour combination are indicated maximizing accessibility. For this guide, a WCAG 2.0 web-based model was used, which aligns with Accessibility for Ontarians with Disabilities (AODA) guidelines:

- WCAG 2.0 AAA-compliant combinations give recommended colours for regular body text over background colours.
- WCAG 2.0 AA-compliant combinations are appropriate for heavier weight and larger-sized text, and for combined blocks of colour.

(Further information on compliant colour use can be found at <https://www.w3.org/WAI/standards-guidelines/wcag/> and at <https://www.aoda.ca/>.)

Support

Should you need further support or to have your project reviewed for CAMH brand consistency, please contact publicaffairs@camh.ca.

CAMH Purple | Primary brand colour

PMS 2603C
CMYK 100/60/0/2

RGB 110/41/141
HEX #6E298D



90%
RGB 125/63/152
HEX #7D3F98



80%
RGB 139/84/164
HEX #8B54A4



70%
RGB 154/106/175
HEX #9A6AAF



60%
RGB 168/127/18
HEX #A87FBB



50%
RGB 183/148/196
HEX #B794C6



40%
RGB 197/170/209
HEX #C5AAD1



30%
RGB 212/191/221
HEX #D4BFDD



20%
RGB 226/212/232
HEX #E2D4E8



10%
RGB 241/234/244
HEX #F1EAF4

lorem ipsum

WCAG 2.0 COMPLIANT AAA-RATED:
COLOUR TEXT ON PURPLE BACKGROUND

10% Purple
10% Teal
30% Sky Blue
20% Sky Blue
10% Sky Blue
30% Golden Yellow
20% Golden Yellow
30% Golden Yellow
20% Sand Brown
10% Sand Brown
WHITE

100% PURPLE

CAMH Purple | Primary brand colour

PMS 2603C
CMYK 100/60/0/2

RGB 110/41/141
HEX #6E298D



90%
RGB 125/63/152
HEX #7D3F98



80%
RGB 139/84/164
HEX #8B54A4



70%
RGB 154/106/175
HEX #9A6AAF



60%
RGB 168/127/18
HEX #A87FBB



50%
RGB 183/148/196
HEX #B794C6



40%
RGB 197/170/209
HEX #C5AAD1



30%
RGB 212/191/221
HEX #D4BFDD



20%
RGB 226/212/232
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HEX #F1EAF4

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ABC ■ ▲ ●

WCAG 2.0 COMPLIANT AA-RATED:
HEAVY TEXT AND SHAPES ON
PURPLE BACKGROUND

40%	20%		
30%	10%		
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10%	10%		
100%	50%		
90%	40%		
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WHITE	WHITE	WHITE	WHITE

100%	90%	80%	70%	
				100%
			100%	90%
		100%	90%	80%
BLACK	BLACK	BLACK	BLACK	BLACK
50%	40%	30%	20%	10%

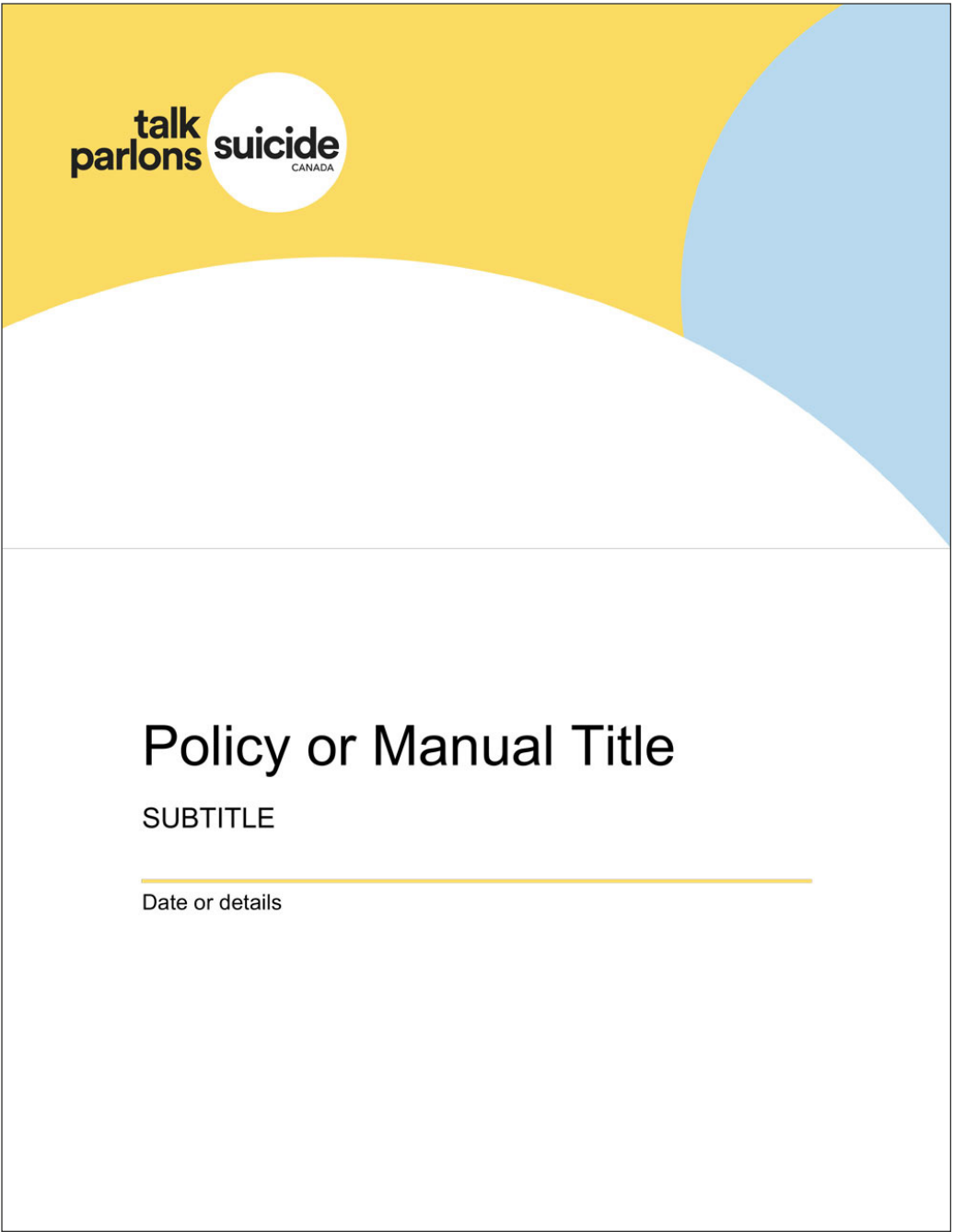
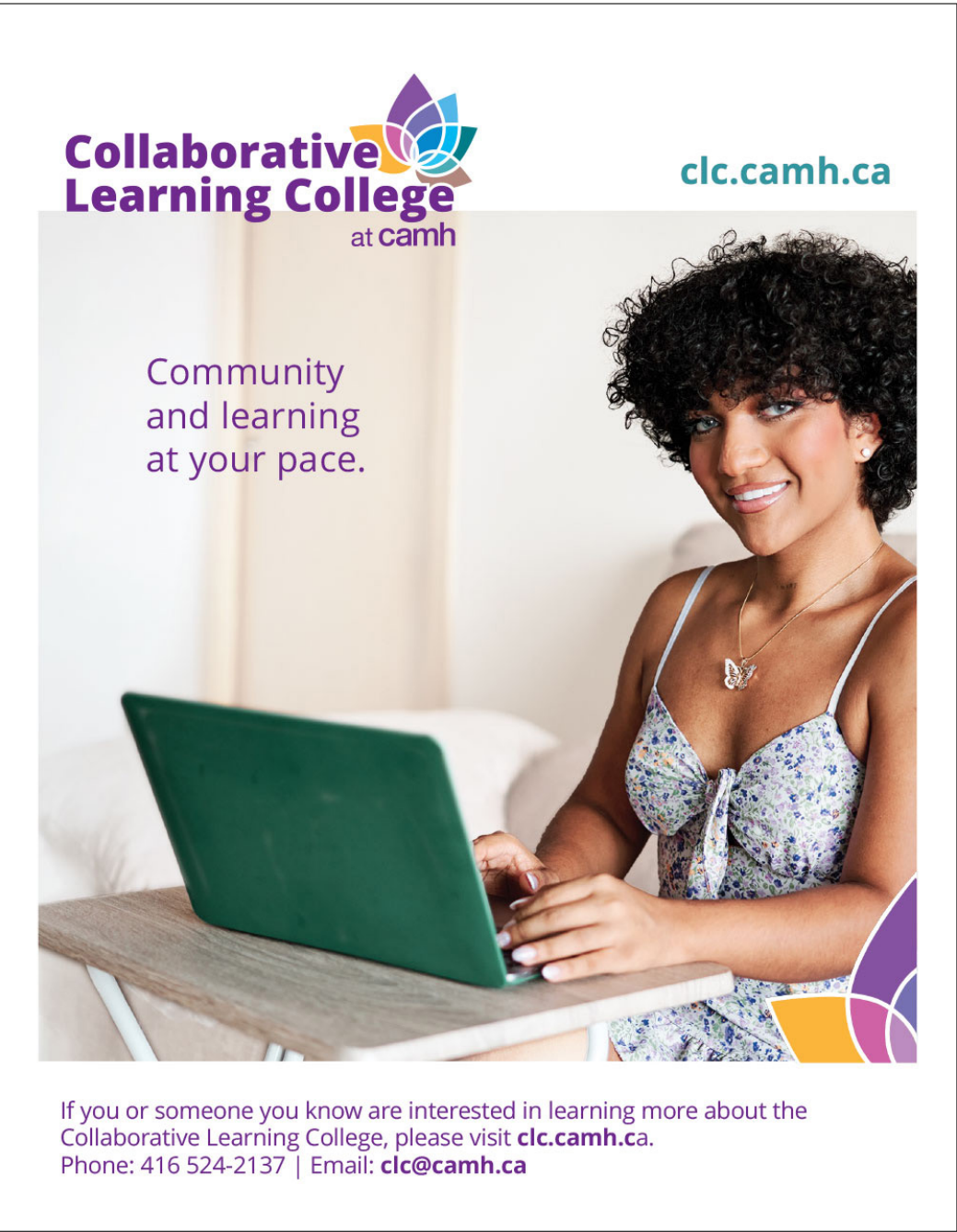
Brand kits

Whether working with a logo and brand style I’ve developed from scratch, or following set guidelines, it’s my goal to make it as easy as possible for the client to look good promoting their work.

Foremost in mind is ensuring the brand is inclusive and accessible, reflecting the values of the clients I work with.

Examples shown include the **Women’s Health Research Cluster** and the **Collaborative Learning College at CAMH**—both designed and developed by me—or expanding on existing branding like **Talk Suicide Canada** (now 9-8-8).

■ **ASK ME ABOUT**
developing a functional brand hub in Canva.



WOMEN'S HEALTH RESEARCH CLUSTER





Big headline goes here

Subtitle with info something something something

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- Vel illum dolore eu feugiat nulla facilisis at vero eros et accumsan et iusto odio dignissim
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Key details

Lorem ipsum dolor sit amet, consectetur

Time XX:XX (EST)

Date Month, Day

Location

Place Name

Address

informationsite.com



Contact info

Phone number

www.womenshealthsomething.ca

WOMEN'S HEALTH RESEARCH CLUSTER



Palette

The Women's Health Research Cluster palette has been develop based on the original palette crossed with the CAMH and *womenmind*™ colours.

The colours have been selected based on colour-theory and refined for clarity and accessibility.

- Pomegranate
- Rosewood
- Royal purple
- Dutch blue
- Soft gold
- Dusty rose
- Thistle
- Light periwinkle
- Ivory
- Slate

Palette colours

Any combination of "dark" colour can be matched with our "light" colours to meet WCAG 2.0 AA and AAA accessibility standards. For increased contrasts, you can use lighter tints (percentages) of the light colours.


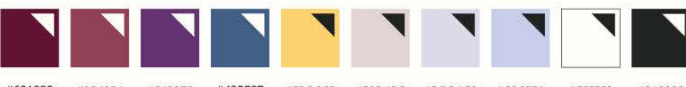

Our dark colours are Rosewood, Royal Purple, Violet, Dutch Blue and Slate.

Our light colours are Soft Gold, Dusty Rose, Thistle, Light Periwinkle and Ivory.

Ivory and Slate have been selected to help reduce eye stress when viewed onscreen.

The plaettes are available in ASE format for use with Adobe software, or can be recreated using the codes indicated from our Palette Guige PDF.

The colours will also be available on our Canva Brand Kit.

CMYK	
	0/81/48/62 35/85/60/15 70/90/25/12 85/66/15/5 2/18/60/0 0/7/4/12 10/11/4/0 20/15/0/0 0/0/3/0 0/0/0/92
HEX	
	#621333 #934054 #643372 #425E87 #FDD26E #E2D4D3 #D0DAE8 #CBCCEA #FFFFFF #212322
RGB	
	98/19/51 147/65/84 100/51/114 66/95/135 253/21/11 226/212/211 221/218/232 200/206/234 255/255/249 33/35/34

Palette

Photography

Using images of people tend to be more engaging and noticable.

We prefer using natural-looking situations, featuring bright and hopeful faces that feel realistic.

Remember to include a range of ages, ethnicities, orientations and abilities to best reflect our community.



Social

Social media has a large impact for knowledge translation and awareness.

Women's Health Research Cluster has six single-image social media layouts and a long-form text layout the uses an introductory image follow by text imagese

In your post copy, include the hashtag #WomensHealthRC.



Headline something something something



Quote



Large photo



Text with headline



Featured member



Awareness Calendar



Event annoucement



Long form intro



Long form text - dark



Long form text - light

Collaborative Learning College

at camh

Collaborative Learning College at camh					May 2023
Monday	Tuesday	Wednesday	Thursday	Friday	
1	Peer Support Drop-in Group 12:00-1:00 pm Special Topics in Creative Writing 1:00-2:30 pm Pet Therapy with Pelusa 2:00-3:00 pm	Mindfulness for Mental Health 11:00 am-12:30 pm Writing Drop-in Group 1:00-2:30 pm	Peer Support Core Competencies Training 10:00 am-12:00 pm		5
8	Peer Support Drop-in Group 12:00-1:00 pm Special Topics in Creative Writing 1:00-2:30 pm Pet Therapy with Pelusa 2:00-3:00 pm	Mindfulness for Mental Health 11:00 am-12:30 pm Writing Drop-in Group 1:00-2:30 pm	Peer Support Core Competencies Training 10:00 am-12:00 pm		12
15	Peer Support Drop-in Group 12:00-1:00 pm Special Topics in Creative Writing 1:00-2:30 pm Pet Therapy with Pelusa 2:00-3:00 pm	Mindfulness for Mental Health 11:00 am-12:30 pm Writing Drop-in Group 1:00-2:30 pm	Peer Support Core Competencies Training 10:00 am-12:00 pm		18
22	Peer Support Drop-in Group 12:00-1:00 pm Special Topics in Creative Writing 1:00-2:30 pm Pet Therapy with Pelusa 2:00-3:00 pm	Mindfulness for Mental Health 11:00 am-12:30 pm Writing Drop-in Group 1:00-2:30 pm	Peer Support Core Competencies Training 10:00 am-12:00 pm		26
29	Peer Support Drop-in Group 12:00-1:00 pm Special Topics in Creative Writing 1:00-2:30 pm Pet Therapy with Pelusa 2:00-3:00 pm	Mindfulness for Mental Health 11:00 am-12:30 pm Writing Drop-in Group 1:00-2:30 pm		Registration Website: clc.camh.ca Email: clc@camh.ca Phone: 416 524-2137 or 1 800 463-2338, ext. 36077 (toll free)	

Collaborative Learning College at camh

clc.camh.ca

Community and learning at your pace.



If you or someone you know are interested in learning more about the Collaborative Learning College, please visit clc.camh.ca.
Phone: 416 524-2137 | Email: clc@camh.ca

Collaborative Learning College at camh

March 2023

Upcoming Courses

- Peer Support Group**
Ceaquaest, estorporit perio voluptate culparit, quiassundae. Lesserum, sum quiscipsum qui rerest, quias susam corruptatibus aceatur? Num et plias solumquia seque nimuste mporuntia suntotatur aut faceratem laborib ustibus

Creative Writing Essentials
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Financial Literacy for Youth
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Dealing with Loneliness
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Intro to Novel Writing Story Structure
Ceaquaest, estorporit perio voluptate culparit, quiassundae. Lesserum, sum quiscipsum qui rerest, quias susam corruptatibus aceatur? Num et plias solumquia seque nimuste mporuntia suntotatur aut faceratem laborib ustibus
- Making Music with Technology**
Ceaquaest, estorporit perio voluptate culparit, quiassundae. Lesserum, sum quiscipsum qui rerest, quias susam corruptatibus aceatur? Num et plias solumquia seque nimuste mporuntia suntotatur aut faceratem laborib ustibus

Facilitation Training
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Writing Your Lived Experience
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Cooking Theory
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Register at clc.camh.ca

If you or someone you know are interested in learning more about the Collaborative Learning College, please visit clc.camh.ca.
Phone: 416 524-2137 | Email: clc@camh.ca

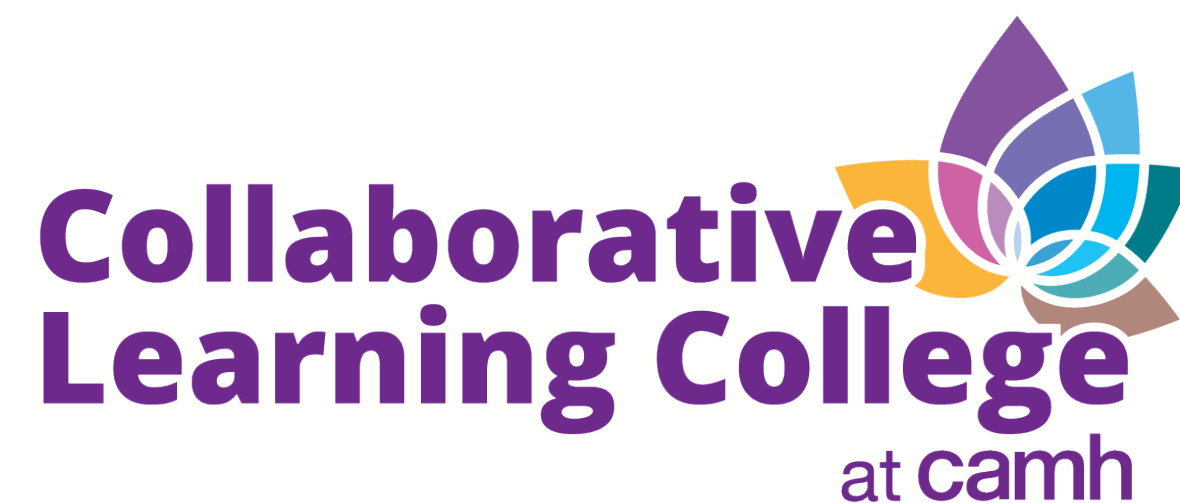
Internal branding

Many internal projects and products that are also public-facing require a balance of creating a distinct identity while staying within house brand guidelines.

Here are a few internal brands I've created while working at CAMH:

- Family Resource Centre
- Collaborative Learning College at CAMH
- CARIBOU, pathway methods for treating youth mental health
- Education Achieve, and internal recognition and award event
- Projects like Campus 2.0, Insite 2.0, Measurement-based Care and CAMH 2023 and Beyond.

■ **ASK ME ABOUT**
finding the perfect caribou.



Strategic Plans and Impact Reports

“Design is thinking made visual.”

SAUL BASS

Strategic plans and impact reports

Strategic plans and impact reports rely on good design to clearly communicate complex concepts for staff to better understand their roles in meeting set goals and for shareholders to see the results.

Icons and infographic-type elements, as well as clean, easy-to-scan information.

Working with strategic managers, I have developed a few plans and reports, and their respective launch campaigns.

■ **ASK ME ABOUT**
planning a layout for print, then pivoting to digital-only when a pandemic coincided with launch.







Culture holds the power to heal

For many patients in CAMH's Shkaabe Makwa clinical services program, the first step toward healing comes with fostering a deeper connection to their Indigenous roots. "We believe that culture is central to healing and wellness," explains Senior Director Renee Linklater.

Led by Indigenous leaders, including staff elders, Shkaabe Makwa plays a unique role in Canadian health care. Jeff Titonot, Manager of Clinical Services, describes this unique position: "Indigenous clinicians work side by side with implementation specialists, policy analysts, community engagement specialists, researchers and traditional knowledge carriers to address historical trauma and improve mental health outcomes in Indigenous communities."

"When I walked in there for the first time, I didn't realize what a life-altering experience it would be. I finally felt that connection to what I had been thinking about my whole life without even knowing that this is what I was seeking. That moment was the true start of my own healing journey."

—Shkaabe Makwa patient

Connected CAMH | Strategic Plan 2024-2030

23



Our plan is powered by:

People and culture
At CAMH, we have a healthy, inspired team that is safe, physically and psychologically. We invest in our people and support them to envision and be excited about their future at CAMH. We develop our leaders. We foster a culture of innovation, quality improvement, collaboration and inclusion. We continuously aspire to better understand, reflect and support the diverse communities that we serve. We empower team members to improve how we work and what we do. We are all teachers and learners. We are an employer and educator of choice.

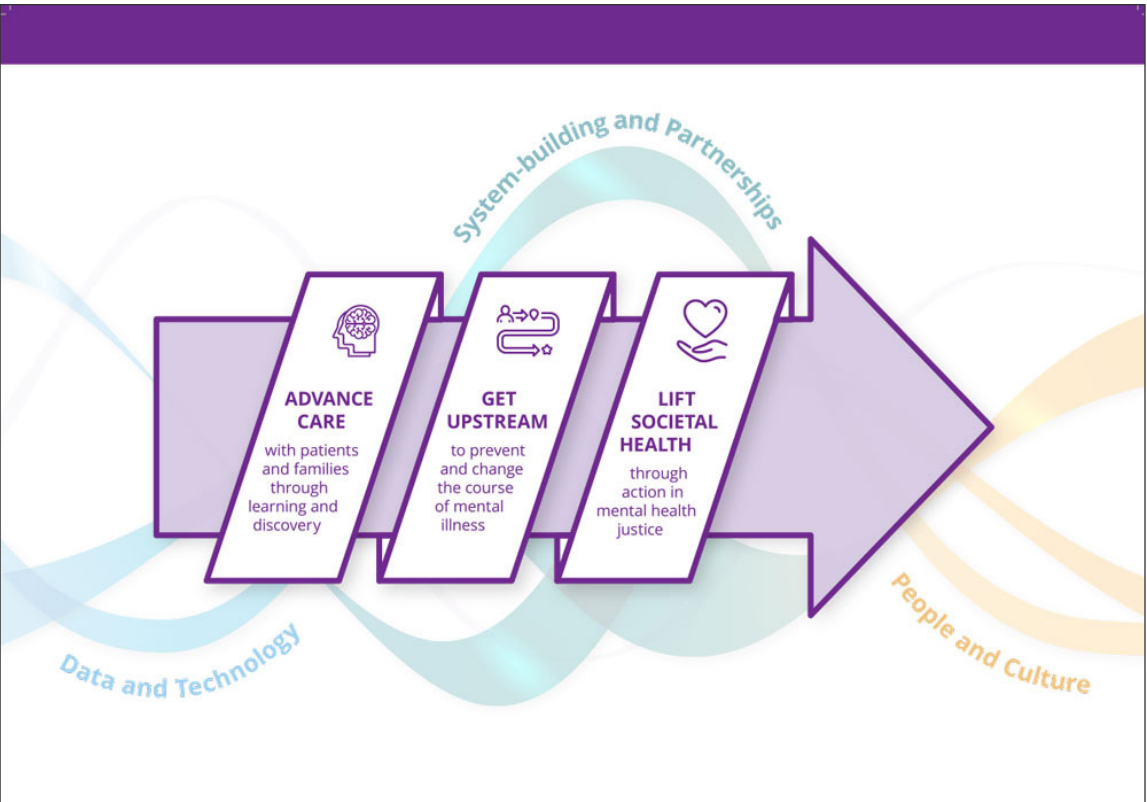
System-building and partnerships
We are intentional, accountable and genuine system builders. We work with partners in new ways to improve access and equity, accelerate discovery and create a seamless continuity of care. We lead and we follow. We embed patient, family and community voices into decision making, planning, research, education and program design. We put the interests of those we serve ahead of our organizational self-interest. We understand that we have work to do in building capacity to collaborate with partners. Our patients and communities trust us.

Data and technology
We harness the power of new and emerging technologies to amplify the skills of our teams and to help more people access high-quality care in the ways that suit them best. We advance high-quality data collection, integration and mobilization, and leverage advanced analytics to enable precision care.

Strategic drivers

Connected CAMH | Strategic Plan 2024-2030

25



VISION

Health redefined.

MISSION

We are dedicated to patient, family and community well-being. We improve access to integrated care, answer the most difficult questions about mental illness and remove barriers to belonging. Together, we choose hope.

VALUES

Courage, Respect, Excellence.

Connected CAMH

Connected CAMH definitions

Language is important. As we set forth our vision for the rest of the decade, we need to define and clarify terms that we use.

Upstream
We speak of the need to get upstream. CAMH is an acute care specialty hospital, but our vision of redefining health demands that we go beyond that role and also focus on population health. An upstream approach means that we work in partnership to address social determinants of health in an effort to reduce health disparities, promote health and prevent mental illness. Our strategic plan extends this meaning to include being able to identify and intervene in mental illness as soon as possible at any stage of life. Intervening early whether it is with youth, adults or older people improves outcomes and quality of life for everyone.

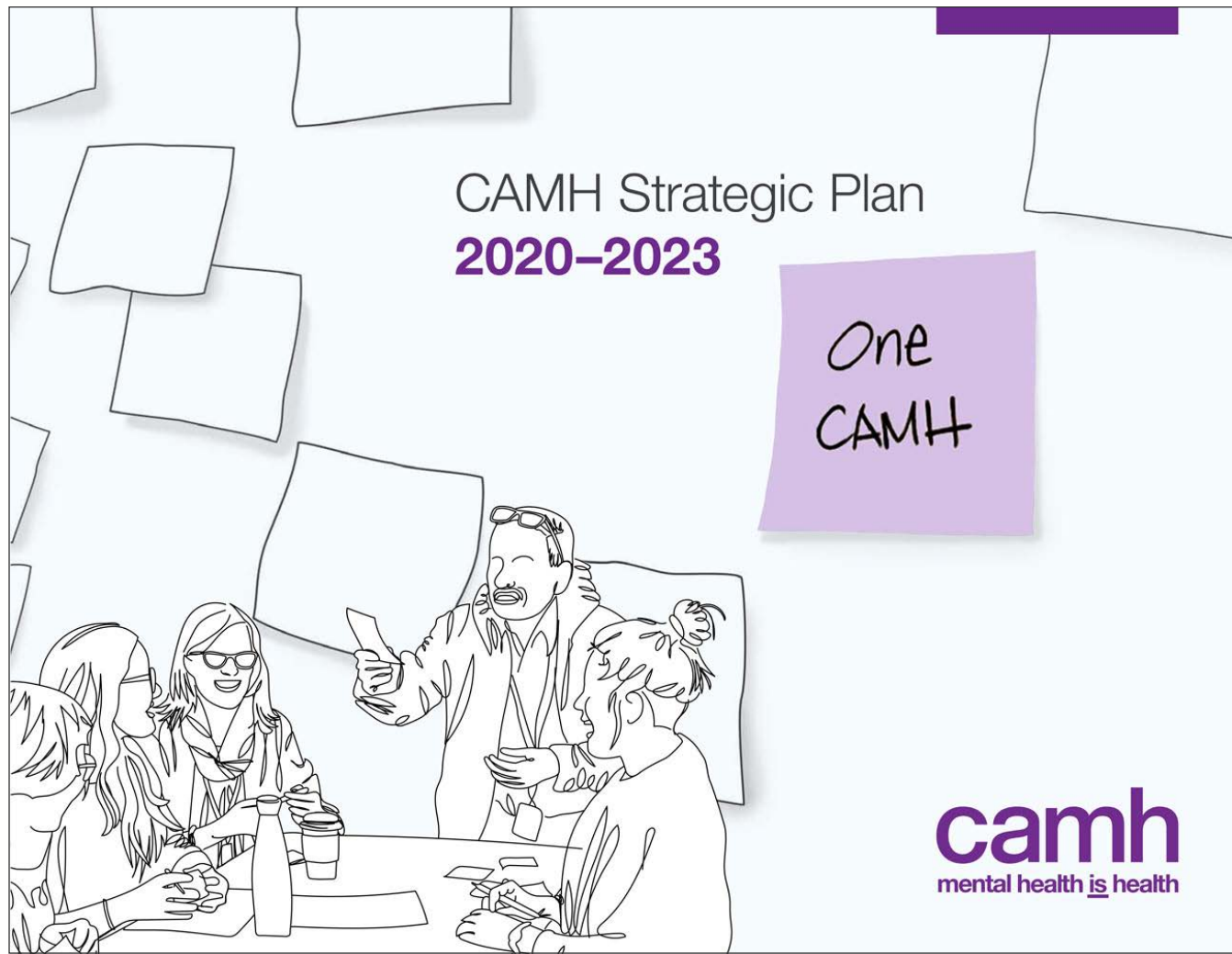
Mental health justice
Mental health justice is the pursuit of justice and equity for people living with mental illness. It means providing care, driving discovery, amplifying education and advocating policy change to end the prejudice and discrimination that people with mental illness face and to redress the inequitable health outcomes that marginalized groups experience as a result of structural oppression, including racism and colonialism.

Patient
The term patient refers to anyone who is getting care at CAMH. It includes people living with mental illness, substance use disorders and neurodevelopmental disabilities. Given our role at the provincial and national levels, "patient" also includes people who are receiving care or facing illness beyond CAMH for whom our research, education and advocacy work is critical. Sometimes patients are referred to as "clients" or another term.

Family
The term family refers to any person or group of people that a patient identifies as belonging to their family or significant circle of support. This definition is as inclusive and broad as the range of people—relatives, partners, friends, co-workers, neighbours—who come forward in times of need.

Public mental health
Public mental health is a population health approach to mental health that emphasizes health promotion and illness prevention. It involves three levels of prevention: Primary prevention focuses on promoting well-being and preventing mental illness. Secondary prevention involves identifying mental illness early and intervening as soon as possible. Tertiary prevention focuses on reducing the impacts of mental illness and promoting recovery. Public mental health approaches address personal, social and environmental factors that are key determinants of well-being, illness prevention and early intervention. Examples of a public mental health approach include investing in housing, employment and food security; developing healthy cities; and providing supports in schools.





Inspire

"Why does the hospital setting have to be so structured? What more supportive settings might be effective?"
Engagement participant, CAMH strategic plan development

Inspire

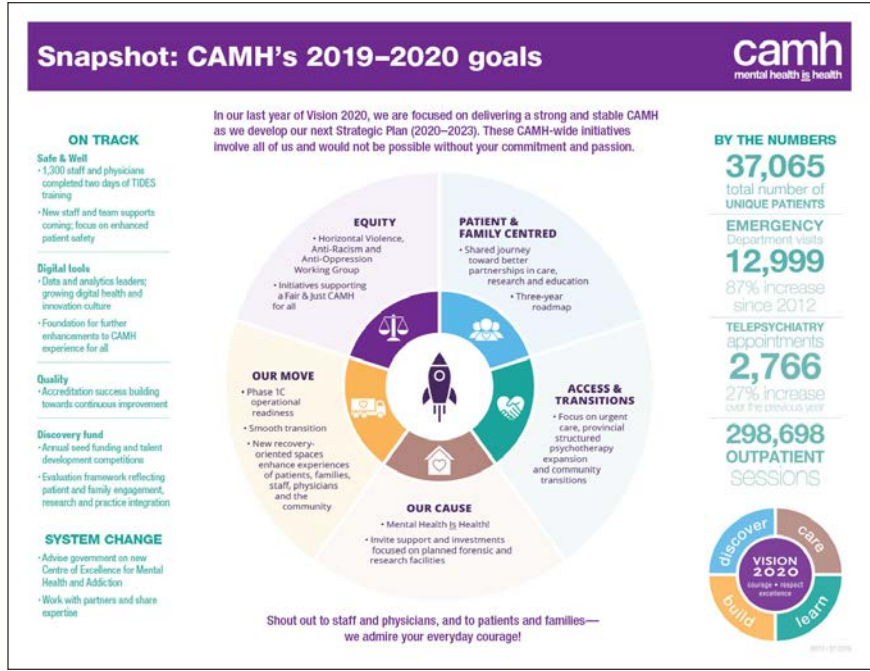
GOALS

- We will invest in people and infrastructure today to build a better tomorrow with patients, families and communities.
- We will make life-changing discoveries at the intersections of care, research, education and technology.
- We will mobilize the growing movement of mental health advocates.

PRIORITY ACTIONS

To realize these goals, we commit to four priority actions. Each includes milestones that clarify how we will demonstrate progress over the three-year duration of One CAMH.

MILESTONES		
2020-2021 ▶	2021-2022 ▶	2022-2023 ▶
• Uphold in a new era of patient-centred care and community integration with the opening of the McCaig Complex Care and Recovery Building and the Crisis and Critical Care Building.	• Re-initiate engagement with patient, family, partner and community participants from the 2017 and 2018 forensic design vision sessions.	• Enter a new paradigm of forensic care by breaking ground on a building that inspires hope, healing and a sense of being valued.
• Leverage leading-edge design to increase recovery-oriented programming and opportunities for CAMH people to connect with one another and our communities in new ways.		



Inspire

PRIORITY ACTIONS

Individual and Team Health

When CAMH people feel inspired, they inspire the world. To cultivate our individual and collective potential, we must offer the best work experiences and recruit the best people.

Safe and just CAMH is a multi-year initiative that has confirmed how the health and well-being of CAMH people affect their experience and the well-being of patients. We have seen positive results in the practice and culture of team huddles, the initiation of a physician wellness and excellence strategy, a growing Wellness Centre membership and the rollout of our TIDES (Trauma-Informed De-escalation Education for Safety and Self-Protection) program in partnership with people with lived experience. As we reassess and grow our individual and team supports under One CAMH, we build on the solid foundation established by Safe and Well.

Inspire

MILESTONES

2020-2021 ▶	2021-2022 ▶	2022-2023 ▶
• Leverage the success of Safe and Well CAMH to evolve the comprehensive workplace mental health strategy for CAMH people.	• Embed measurement in comprehensive workplace mental health strategy implementation to ensure a positive impact on the health of CAMH people and patients.	• Fully implement a new, technology-driven human resource system across CAMH.
• Starting with the recruitment process, identify and implement changes that support greater diversity, equity and inclusion.	• Collaborate with our academic partners toward a renewed experience for students.	• Monitor progress and make updates as needed to ensure the continued physical and psychological safety and well-being of CAMH people in alignment with "Fair and Just CAMH."
• Expand the talent management program to foster inclusive, cross-organizational development opportunities.		

2020-2021 ▶	2021-2022 ▶	2022-2023 ▶
• Drive integrative and lifespan genetic and epigenetic research by establishing the first CAMH Biobank and linking it to anonymized patient, clinical and brain health data.	• Collaborate on digital data-sharing standards and infrastructure that will protect patient privacy and propel the lasting effect of big data.	• Advance our vision for a new state-of-the-art research centre that will accelerate research as a critical patient service.
• Inform prevention and policy by providing an evidence base on emerging issues, such as opioids, cannabis and vaping.	• Collaborate to integrate research on the brain across basic and clinical areas and to drive translational research outcomes.	• Through clinical research and practice integration, improve care experiences using data-driven, next-generation decision support charts.
• Foster shared priority setting by establishing clinical research advisory groups that include patients, families, clinicians, clinician scientists and administrators.		• Establish a technology development fund to support novel discoveries by CAMH inventors.

2020-2021 ▶	2021-2022 ▶	2022-2023 ▶
• Develop a new call to action that aims to mobilize local, national and global mental health movements.	• Engage with a growing number of mental health advocates to bring mental health to the centre of health care.	• Mobilize the local, national and global mental health movements around the connection between research and improved outcomes.
• Release policy recommendations on suicide prevention.		

Youth co-creation

“Young people, when informed and empowered, when they realize that what they do truly makes a difference, can indeed change the world.”

JANE GOODALL

Youth co-creation: Game Changers

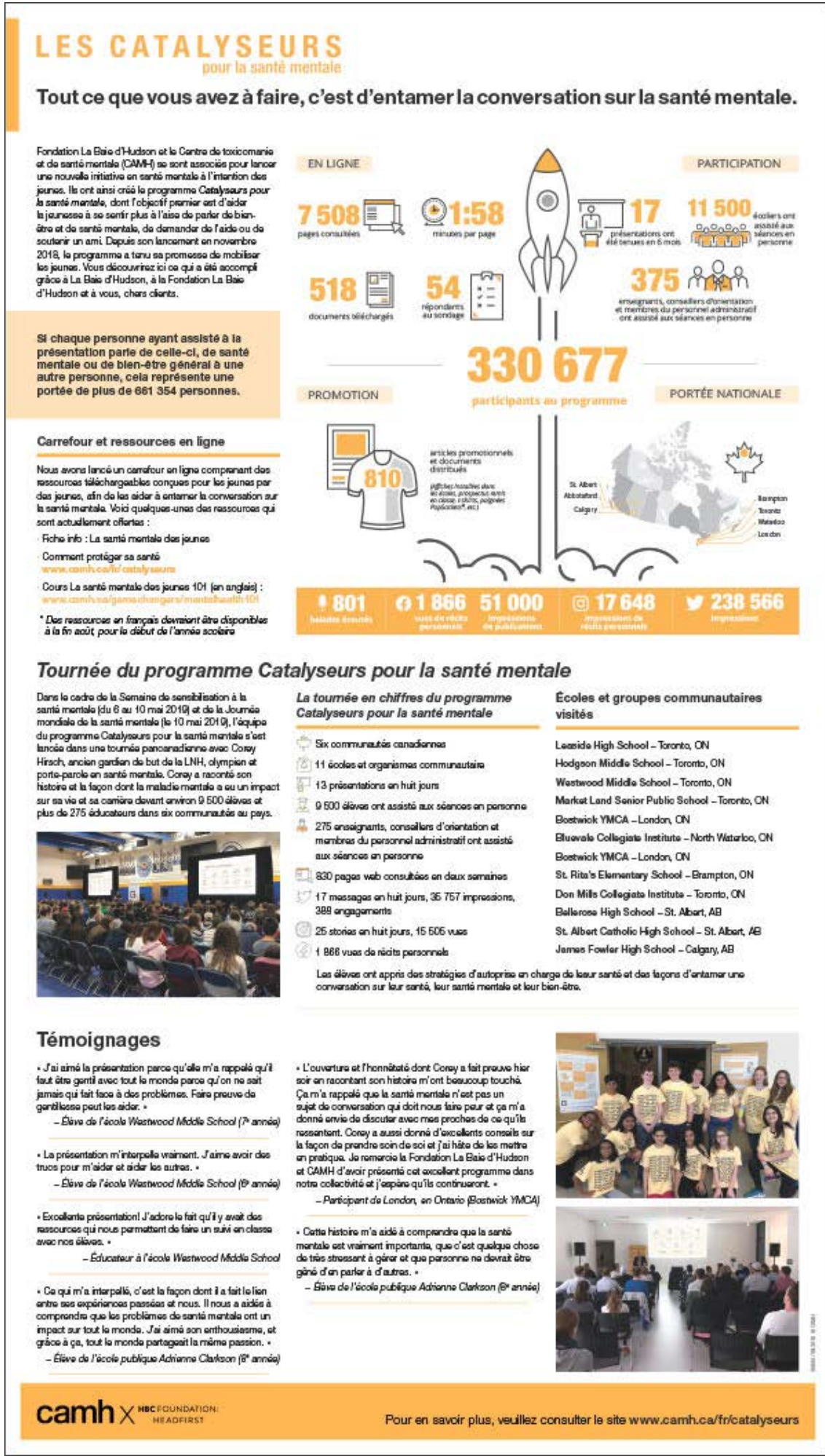
“Nothing about us without us” applies across the board, but is exceptionally true when working with youth.

I have supported a number of projects that were largely informed by youth. Working with program leaders, who developed content with youth teams, I turned their concepts into brand-compliant designs.

For Game Changers, this meant meeting with the youth teams to determine their preferred graphic style and layout elements before developing a style and tone.

We eventually produced over a dozen infosheets, social and promotional assets, and funder dashboards.

ASK ME ABOUT
how rewarding it is to encourage youth to believe in their experience, skills and themselves.



GAME CHANGERS for mental health

Six ways to practise self-care

Part of the series: "Things You Should Know About Mental Health"

1 in 3

students experience elevated stress or pressure

What is self-care?

Self-care means taking time to do things you enjoy or that make you feel better, especially when you feel stressed. Self-care can add meaning to your life while also supporting your health.

1. eat well

- Take time for breakfast, lunch and dinner.
- Eat more fruits and vegetables, and less unhealthy food.
- Make water your drink of choice.
- Make a meal plan for the week, and try to stick to it.

2. move your body

- Try to stand up, move around and use your muscles. Increase your heart rate for at least 30 minutes every day.
- Find a friend and try walking, riding a bike or taking an exercise class.
- Try working out at home. Use an exercise app or workout on YouTube, and turn chores into exercise.

3. pay attention to yourself

- Aim for a balanced lifestyle as much as possible.
- Try to identify the things in your life that help with your mental and physical health, and those that don't.

self-care is for everyone

4. sleep well

- Aim for eight to 10 hours of sleep each night.
- Try to go to bed and wake up around the same time every day.
- Create a relaxing bedtime routine.
- Try reading a book or meditating.
- For an hour or two before bed, use a blue light filter on your device (or put them away).

5. slow down

- Set a time each day to do something relaxing.
- Go for a calming walk or take a tea, slow, deep breath.
- Learn a new skill, join a club or try a new activity.
- Write in a journal, draw or play music.

6. talk to people

Share what's on your mind, especially if you are finding things challenging.

Think about your positive relationships. These could include family, friends, teachers, coaches or others that support you. Try to connect with them.

If you're having trouble reaching out, try to talk or text with a helpline—like Kids Help Phone (1 800 668-6868) or text CONNECT @96969 to chat with a volunteer crisis responder.

Sources: The Ontario Student Drug Use and Health Survey (OSDUHS); Canada's Food Guide; Make water your drink of choice

Part of the series Things You Should Know About Mental Health—developed in collaboration with youth

For more information, please see the resources section of the Game Changers website: www.camh.ca/GCResources

camh HUDSON'S BAY FOUNDATION

LES CATALYSEURS pour la santé mentale

Six gestes pour prendre soin de toi

Une publication de la série « Ce qu'il faut savoir sur la santé mentale »

1 élève sur 3

connait un stress intense

Qu'est-ce que l'autoprise en charge de la santé?

Prendre soin de toi, c'est le fait de prendre le temps de faire les choses que tu aimes ou qui t'aident à sentir mieux, surtout quand tu en as besoin. Quand tu fais souvent ça, tu deviens un plus grand ami à toi-même et tu te protèges contre les problèmes.

1. nourris-toi bien

- Prends le temps de déjeuner, de dîner et de souper.
- Mange davantage de fruits et de légumes et moins de produits transformés.
- Quand tu es assis, bois de l'eau.
- Planifie tes repas pour la semaine et essaie de te faire à ce que tu es prêt.

2. sois actif/active

- Mouvement pas tout le temps actif. Bouge et prends du temps pour toi.
- Essaie de trouver un ami avec qui faire de l'exercice.
- Essaie de trouver un ami avec qui faire de l'exercice.
- Essaie de trouver un ami avec qui faire de l'exercice.

3. fais attention à toi

- Essaie d'avoir une vie assez équilibrée.
- Essaie d'avoir une vie assez équilibrée.
- Essaie d'avoir une vie assez équilibrée.

veillons tous à notre santé

4. adopte de bonnes habitudes de sommeil

- Essaie de dormir de 8 à 10 heures par nuit.
- Essaie de te coucher et de te lever à peu près à la même heure les jours et les nuits.
- Essaie de te coucher et de te lever à peu près à la même heure les jours et les nuits.

5. ralentis

- Prends un moment de détente.
- Prends un moment de détente.
- Prends un moment de détente.

6. parle à quelqu'un

Parle à quelqu'un de ce que tu ressens, surtout si tu éprouves des difficultés.

Tu pourrais te sentir à l'aise de parler à des gens avec qui tu es sûr de toi.

Si tu n'as pas de famille, un ami ou un adulte de confiance, tu pourrais essayer de parler à un adulte de confiance.

Sources: Sondage sur la consommation de drogues et la santé des élèves de l'Ontario (SCDS); Guide alimentaire canadien; l'Atlas de la santé mentale de l'Ontario

Une publication de la série Ce qu'il faut savoir sur la santé mentale—créée en collaboration avec des jeunes

Pour plus de renseignements, consultez le site Web Catalyseurs pour la santé mentale : www.camh.ca/GCResources

camh HUDSON'S BAY FOUNDATION

GAME CHANGERS for mental health

Things you should know about alcohol

Providing you with information to make your own decisions

You have the choice to drink or not drink alcohol. Having more information can help you make decisions. Here's some general information about alcohol and some examples of how alcohol can affect you and others around you.

What is alcohol?

Alcohol is a clear liquid that is produced by fermenting or distilling various fruits, vegetables or grains. It is found in many different beverages. Alcohol is a drug, even though many people don't think of it that way. When people consume alcohol, they may not feel the effects of it right away.

Drinking alcohol can make you feel and act:

- more calm and relaxed
- more talkative and less shy
- more reactive and confrontational
- more emotional or depressed.

It can make it harder for you to:

- think clearly
- make decisions
- do various tasks
- control your emotions.

No matter how often you drink alcohol, it has many short-term and long-term effects on your body.

Things to know about alcohol

Drinking alcohol poses a greater physical and mental health risk than cannabis and many illegal drugs. It's important to learn more about the substances you put in your body.

Drinking alcohol can affect many areas of your health, including:

- change in appetite and sleep
- loss of interest in hobbies
- change in your relationships with family and friends
- increased irritability
- feeling useless, depressed or hopeless, or having low self-esteem
- impacts on your emotional and mental health.

Alcohol can cause issues with:

- friends and family
- school and work
- the law and money.

If you're having trouble reaching out, try to talk or text with a helpline—like Kids Help Phone (1 800 668-6868) or text CONNECT @96969 to chat with a volunteer crisis responder.

1 in 4

About one in 4 people who drink alcohol may develop an addiction. Some people may find it hard to stop drinking, even if they want to.

Part of the series Things You Should Know About Mental Health—developed in collaboration with youth

For more information, please see the resources section of the Game Changers website: www.camh.ca/GCResources

camh HUDSON'S BAY FOUNDATION

LES CATALYSEURS pour la santé mentale

Ce qu'il faut savoir sur l'alcool

Des informations pour t'aider à prendre tes propres décisions

Boire ou ne pas boire d'alcool : c'est à toi de voir. Les informations présentées ici peuvent t'aider à prendre des décisions. Voici quelques informations générales sur l'alcool et des exemples des effets qu'il peut avoir sur toi et les gens autour de toi.

Qu'est-ce que l'alcool?

L'alcool est un liquide incolore produit par fermentation ou distillation de divers fruits, légumes ou grains. On le trouve dans de nombreuses boissons différentes. L'alcool est une drogue même si beaucoup de gens ne considèrent pas qu'il appartient à cette catégorie. Quand on consomme de l'alcool, même quand on n'en ressent pas les effets tout de suite.

La consommation d'alcool peut :

- te rendre plus calme et détendu
- te rendre plus bavard et moins timide
- te rendre plus réactif et confrontatif
- te rendre plus émotionnel ou déprimé.

L'alcool peut rendre difficile :

- de penser clairement
- de prendre des décisions
- de accomplir diverses tâches
- de contrôler ses émotions.

Qu'on boive souvent ou pas, l'alcool a de nombreux effets à court et à long terme sur l'organisme.

Ce qu'il faut savoir sur l'alcool

L'alcool est plus dangereux pour la santé physique et mentale que le cannabis et de nombreuses autres drogues illégales. Il est important de s'informer sur les substances qu'on consomme.

La consommation d'alcool peut avoir de nombreuses effets sur la santé physique, émotionnelle et mentale. Par exemple :

- altération de l'appétit et du sommeil
- perte d'intérêt dans les passe-temps
- changements dans les relations avec la famille et les amis
- irritabilité accrue
- sentiment d'être inutile, déprimé ou d'avoir une faible estime de soi
- effets sur les émotions ou la santé mentale.

L'alcool peut entraîner des problèmes avec :

- les amis et la famille
- les études ou le travail
- la justice et les finances.

Si t'as du mal à parler à quelqu'un en personne, essaie de t'adresser à une ligne d'aide comme Aide-Info, soit par téléphone, en composant le 1 800 668-6868, soit par texto, à CONNECT @96969, pour parler à un bénévole formé pour aider les jeunes en difficulté.

1 sur 4

Chez les personnes qui consomment de l'alcool, environ 1 personne sur 4 acquiert une dépendance : c'est dire que s'arrêter, même si on le souhaite.

Une publication de la série Ce qu'il faut savoir sur la santé mentale—créée en collaboration avec des jeunes

Pour plus de renseignements, consultez le site Web Catalyseurs pour la santé mentale : www.camh.ca/GCResources

camh HUDSON'S BAY FOUNDATION

GAME CHANGERS for mental health

Six ways to practise self-care

Part of the series: "Things You Should Know About Mental Health"

1. Eat well

Take time for breakfast, lunch and dinner.

Eat more fruits and vegetables, and less unhealthy food.

Make water your drink of choice.

Make a meal plan for the week, and try to stick to it.

www.camh.ca/gamechangers

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GAME CHANGERS for mental health

Six ways to practise self-care

Part of the series: "Things You Should Know About Mental Health"

2. Move your body

Try to stand up, move around and use your muscles. Increase your heart rate for at least 30 minutes every day.

Find a friend and try walking, riding a bike or taking an exercise class.

Try working out at home. Use an exercise app or workouts on YouTube, or turn chores into exercise.

www.camh.ca/gamechangers

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GAME CHANGERS for mental health

Six ways to practise self-care

Part of the series: "Things You Should Know About Mental Health"

3. Pay attention to yourself

Aim for a balanced lifestyle as much as possible.

Try to identify the things in your life that help with your mental and physical health, and those that don't.

www.camh.ca/gamechangers

camh HUDSON'S BAY FOUNDATION

GAME CHANGERS for mental health

Buzz on Booze

Providing you with information about alcohol to make your own decisions

Know the facts

Recent evidence suggests:

- Alcohol poses greater health risks than cannabis and many illegal drugs.
- The potential health benefits of alcohol have been overstated.
- People are generally unaware of many of the risks of alcohol.

Part of the series Things You Should Know About Mental Health—developed in collaboration with youth

www.camh.ca/gamechangers

camh HUDSON'S BAY FOUNDATION

GAME CHANGERS for mental health

Buzz on Booze

Providing you with information about alcohol to make your own decisions

Know your body

It takes your body about 90 minutes to process the alcohol in one standard drink, but it can take much longer for the alcohol to clear your system.

Part of the series Things You Should Know About Mental Health—developed in collaboration with youth

www.camh.ca/gamechangers

camh HUDSON'S BAY FOUNDATION

GAME CHANGERS for mental health

Buzz on Booze

Providing you with information about alcohol to make your own decisions

Safer drinking tips

- Set limits for yourself and stick to them.
- Drink slowly. Be aware of the recommended maximum amount of alcohol for youth.
- For every drink of alcohol, have one non-alcoholic drink.
- Eat before and while you are drinking.
- Always consider your age, body weight and health problems that might suggest lower limits.
- Be mindful of your environment and the people who are drinking around you.
- Have an emergency plan in case something unexpected happens.

Part of the series Things You Should Know About Mental Health—developed in collaboration with youth

www.camh.ca/gamechangers

camh HUDSON'S BAY FOUNDATION

GAME CHANGERS for mental health

Conversations matter

Things you should know when talking to youth about substance use

Having regular conversations about substance use with young people in your life—ideally before they reach adolescence—can be very helpful. But talking to youth about substance use can be challenging. Here are some tips to help you start the conversation.

Be curious

Try to approach the conversation with a sense of curiosity and interest, rather than accusation and fear. Some experimentation is normal for young people, and there are ways to support them so they can make informed decisions for themselves.

Listen to what they are saying

Ask the young person in your life what their concerns are about alcohol and other drugs. Discuss and address those issues. Let them know they can be open and honest with you, and that you have their safety in mind.

Be honest

Be open about what you know and don't know.

Believe in them

Show that you have confidence in the young person to make their own decisions, and let them know when you are proud of their choices.

Be aware of the message you are sending

As a support in a young person's life, your own use of alcohol, cigarettes or other drugs may send mixed messages. Try to model responsible choices for young people.

Be informed

Before talking to a young person about a particular drug, learn more about the topic so you are well informed.

Many young people experiment with substance use as part of growing up, but most youth don't develop problems or become addicted. Taking the time to have an open and respectful conversation can make a difference in a young person's life.

You need more help, discuss the situation with your family physician or a public health nurse. Talk to a parent support group or professional counselor at a family services association in your community.

For more information about substance use, visit: www.camh.ca/talking-about-and-spotting-substance-use

Part of the series Things You Should Know About Mental Health—developed in collaboration with youth

For more information, please see the resources section of the Game Changers website: www.camh.ca/GCResources

camh HUDSON'S BAY FOUNDATION

LES CATALYSEURS pour la santé mentale

Une question de dialogue

Echanger avec les jeunes au sujet de la consommation d'alcool et de drogues

Il peut être très bénéfique de parler régulièrement avec les jeunes de votre entourage au sujet de la consommation d'alcool et d'autres drogues, surtout avant qu'ils n'atteignent l'adolescence, mais il n'est pas toujours facile de présenter les choses. Voici quelques conseils pour vous aider à engager le dialogue.

Faites preuve de curiosité

Plutôt que de pointer un doigt accusateur ou d'essayer d'imposer la peur, essayez d'aborder le dialogue avec curiosité. C'est normal, pour les jeunes, de vouloir expérimenter et d'essayer de nouvelles choses. Essayez de les aider à prendre des décisions éclairées par eux-mêmes.

Soyez à l'écoute

Demandez à la jeune personne quelles sont ses préoccupations au sujet de l'alcool et des autres drogues. Discutez des questions soulevées. Faites-lui savoir qu'elle peut vous parler de ses inquiétudes, de ses craintes ou de ce qu'elle compte faire, et que vous êtes à l'écoute.

Soyez honnête

Dites franchement ce que vous savez et admettez ce que vous ignorez.

Montrez à la jeune personne que vous lui faites confiance

Dites-lui que vous ne doutez pas de sa capacité à prendre de bonnes décisions, puis laissez-le quand elle a fait de bons choix.

Ayez conscience du message que vous faites passer

Votre message risque de mal passer si la jeune personne vous voit en train de boire, de fumer ou de prendre de la drogue. Donnez le bon exemple.

Informez-vous

Avant de parler avec une jeune personne, apprenez-en plus sur la drogue particulière, renseignez-vous bien sur le sujet.

Ainsi que chez les jeunes, l'expérimentation avec l'alcool et les drogues constitue souvent un rite de passage, la majorité d'entre eux n'en feront pas une consommation problématique et ne développeront pas de dépendance. On peut exercer une très influence dans la vie d'une jeune personne en entendant le dialogue, en ayant l'écoute ouverte et une attitude respectueuse.

Si vous avez besoin d'une aide supplémentaire, adressez-vous à votre médecin de famille ou à une infirmière ou un infirmier en santé publique. Vous pouvez aussi vous rendre à un groupe de soutien parental de votre voisinage.

Pour en apprendre davantage, visitez: <http://www.camh.ca/fr/info-sante/index-sur-la-sante-mentale-et-la-dependance/toxicomanie>

Une publication de la série Ce qu'il faut savoir sur la santé mentale—créée en collaboration avec des jeunes

Pour plus de renseignements, consultez le site Web Catalyseurs pour la santé mentale : www.camh.ca/GCResources

camh HUDSON'S BAY FOUNDATION

GAME CHANGERS for mental health

How to stay safe

Things you should know about having a mental health crisis and about suicide

A mental health crisis looks different for everyone. Part of a crisis can be thinking about harming yourself or ending your life. Whatever challenges you are going through, you deserve help.

Experiencing thoughts and feelings about suicide

Sometimes people experience so much hurt that they no longer feel like living. Some may have thoughts of wanting to end their life (suicidal ideation), without having a plan to do so.

Others may be planning to end their life (suicidal intent). If you have any of these experiences, it is important to reach out for help, even though that may feel hard to do. You can seek help from a trusted family member, a friend, another supportive person or a mental health service. (Also see the list of crisis services at the end of this sheet.)

Feelings you may be having and tips to keep you safe

Sometimes a crisis happens all at once. Sometimes it builds over a long period due to a number of difficult events in your life. In a mental health crisis, you may feel different things. These can include feeling overwhelmed, low or suicidal. We talk about these types of feelings below.

"I am feeling overwhelmed..."

Sometimes our emotions can be overwhelming. Overwhelming feelings can include sadness, anger, shame, anxiety, guilt and hopelessness, or lots of different feelings at once.

If you feel this way, it can help to practise self-care. For example, you could:

- journal about your feelings or things you are grateful for
- call a trusted friend or family member to talk about your feelings, or just sit with a distraction
- help yourself to relax by doing activities like listening to music, taking a bath or meditating
- go for a walk or do some exercises

Part of the series Things You Should Know About Mental Health—developed in collaboration with youth

For more information, please see the resources section of the Game Changers website: www.camh.ca/GCResources

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LES CATALYSEURS pour la santé mentale

Comment assurer ta sécurité

Choses importantes à savoir sur les cas de crise en santé mentale et le suicide

La situation de crise en santé mentale diffère d'une personne à l'autre. Certaines personnes peuvent vouloir mettre fin à leurs jours ou souhaiter se faire du mal. Peu importe les défis auxquels tu es confronté(e), tu peux obtenir l'aide dont tu as besoin.

Idées et intention suicidaires

Parfois, une personne souffre tellement qu'elle n'a tout simplement plus envie de vivre. Elle pourrait alors penser à s'enlever la vie (pensées suicidaires), sans toutefois élaborer un plan à cet effet. Elle peut aussi établir un plan précis pour mettre fin à sa vie (intention suicidaire). Si tu penses au suicide, il est important de demander de l'aide même s'il peut te sembler difficile de le faire. Tu peux t'adresser à un membre de ta famille ou à un ami en qui tu as confiance ou à une personne en mesure de t'appuyer ou à un service de santé mentale. (Tu peux aussi consulter la liste des services d'intervention en cas de crise à la fin de cette fiche.)

Sensations possibles et conseils utiles pour rester en sécurité

Parfois, une situation de crise se manifeste subitement. Parfois, elle est l'aboutissement d'une série de difficultés échelonnées sur une longue période. Lors d'une situation de crise en santé mentale, tu peux ressentir différentes choses. Par exemple, tu peux te sentir dépassé(e), ne pas avoir le moral ou avoir des idées suicidaires comme nous l'expliquons en détail ci-après.

« Je me sens dépassé(e)... »

Il arrive d'être envahi(e) par des émotions, que ce soit la tristesse, la colère, la honte, l'anxiété, la culpabilité ou le désespoir, ou d'être assailli(e) par un ensemble de sentiments différents. En pareil cas, tu es tout à fait en droit de te sentir dépassé(e). Par exemple, tu peux :

- tenir un journal de tes sentiments ou des choses que tu apprécies vraiment
- appeler un membre de ta famille ou un ami de confiance pour parler de tes sentiments ou simplement pour te changer les idées
- essayer de te détendre, par exemple en écoutant de la musique, en prenant un bain ou en méditant
- faire de l'exercice ou aller marcher

Part of the series Things You Should Know About Mental Health—developed in collaboration with youth

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GAME CHANGERS for mental health

Safer ways to use Cannabis: Quick Tip 1

Providing you with information about alcohol to make your own decisions

Know the facts

You may not feel the effects right away. So be aware of how much you are using, whether it is edibles, smoking or vaping.

Peu importe les défis auxquels tu es confronté(e), tu peux obtenir l'aide dont tu as besoin.

Part of the series Things You Should Know About Mental Health—developed in collaboration with youth

www.camh.ca/gamechangers

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GAME CHANGERS for mental health

Safer ways to use Cannabis: Quick Tip 2

Providing you with information about alcohol to make your own decisions

Know your body

It takes your body about 90 minutes to process the alcohol in one standard drink, but it can take much longer for the alcohol to clear your system.

Part of the series Things You Should Know About Mental Health—developed in collaboration with youth

www.camh.ca/gamechangers

camh HUDSON'S BAY FOUNDATION

GAME CHANGERS for mental health

Safer ways to use Cannabis: Quick Tip 3

Providing you with information about alcohol to make your own decisions

Safer drinking tips

- Set limits for yourself and stick to them.
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- For every drink of alcohol, have one non-alcoholic drink.
- Eat before and while you are drinking.
- Always consider your age, body weight and health problems that might suggest lower limits.
- Be mindful of your environment and the people who are drinking around you.
- Have an emergency plan in case something unexpected happens.

Part of the series Things You Should Know About Mental Health—developed in collaboration with youth

www.camh.ca/gamechangers

camh HUDSON'S BAY FOUNDATION

GAME CHANGERS for mental health

Please join us as we celebrate the announcement of a national partnership between CAMH and HBC Foundation to support mental health awareness for young Canadians. Game Changers is a mental health program designed to help youth feel more comfortable talking about mental health, seeking help for themselves and supporting friends in need.

DATE: November 9th, 2018

TIME: 11:00 a.m. - 12:00 noon

LOCATION: CAMH Community Centre Gym, 1001 Queen Street West, Toronto, ON

Please arrive by 10:30 a.m. to receive your Game Changers t-shirt and to be seated.

GAME CHANGERS for mental health

Virtual back-to-school mental health presentations with CAMH Youth Ambassadors

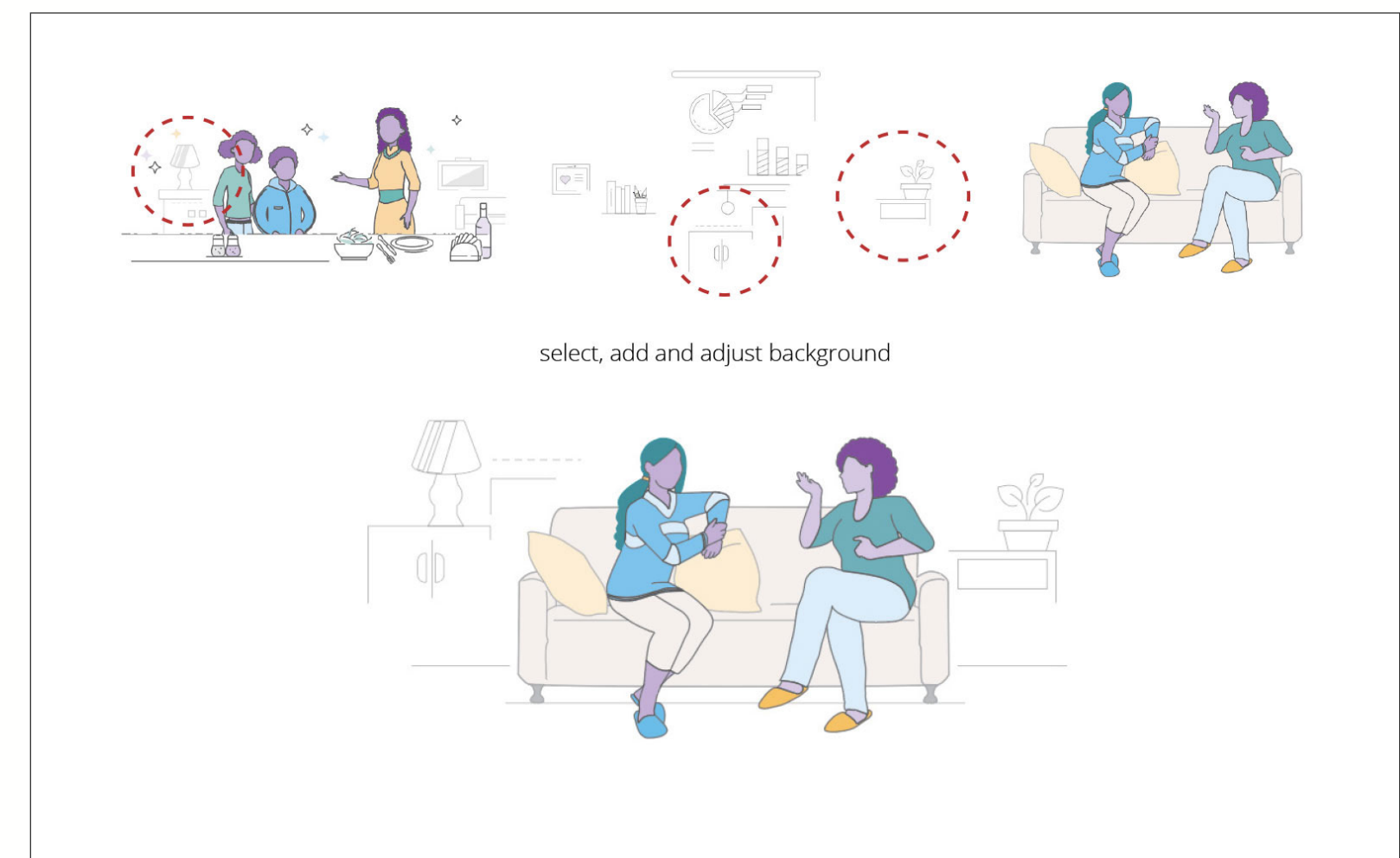
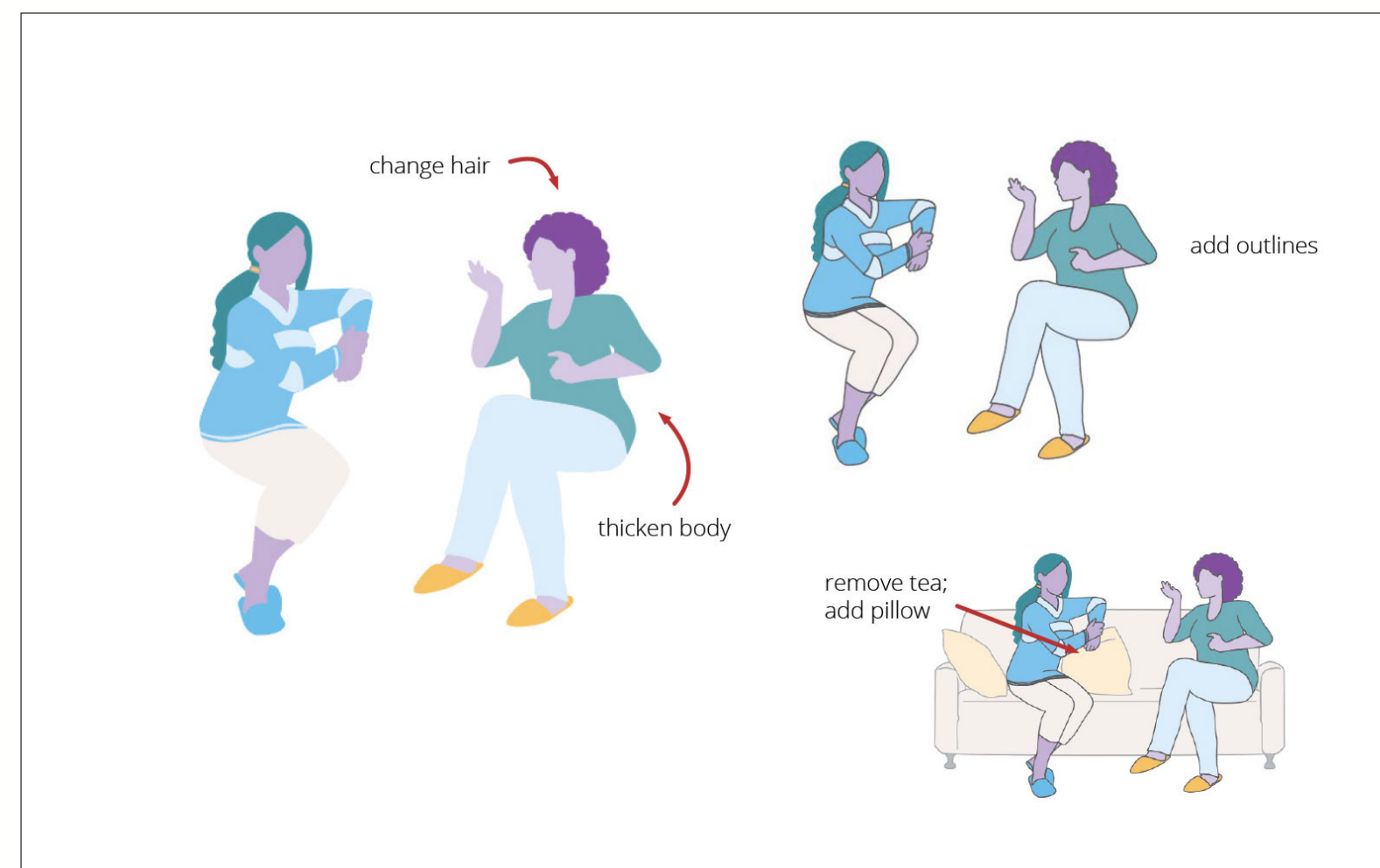
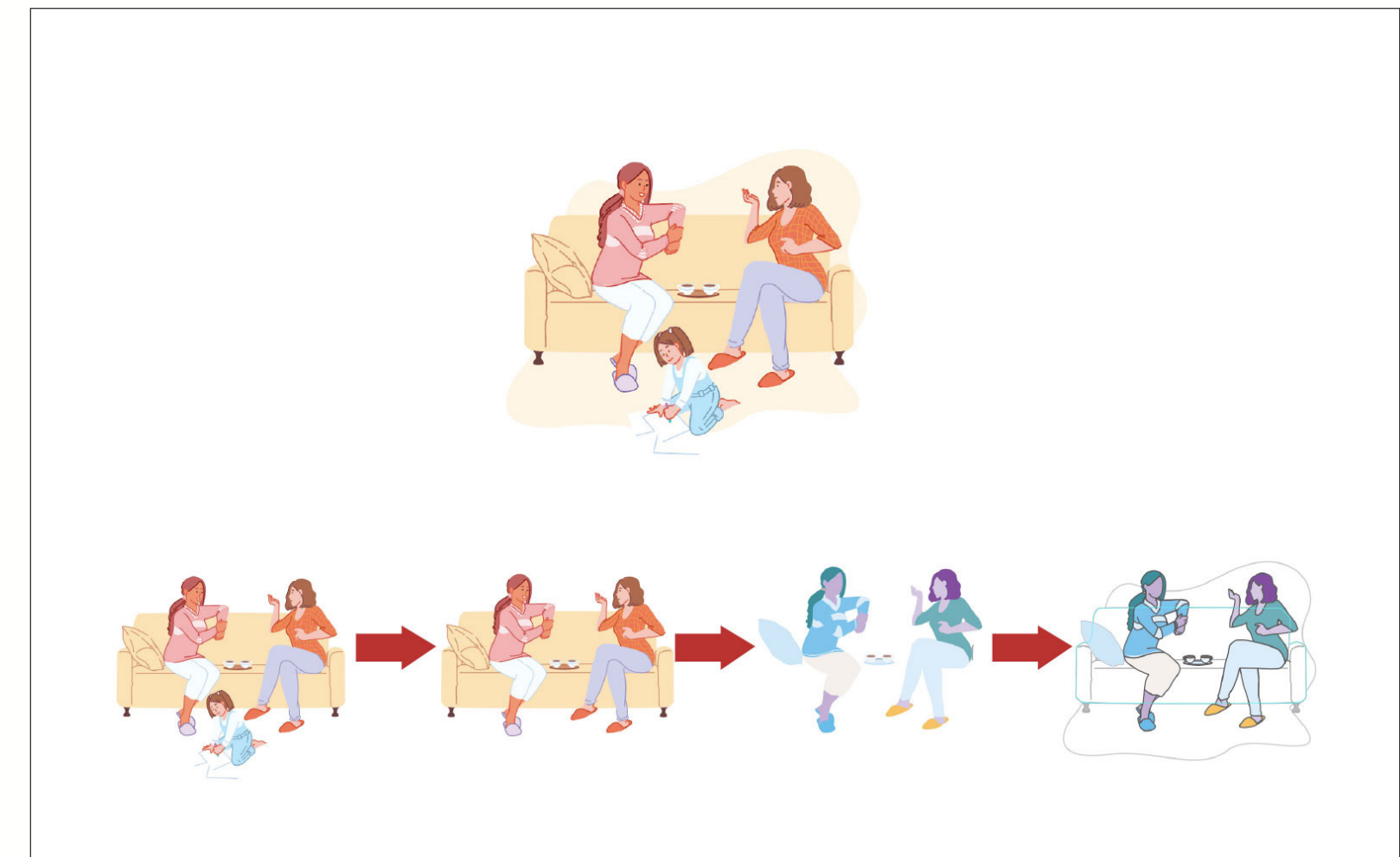
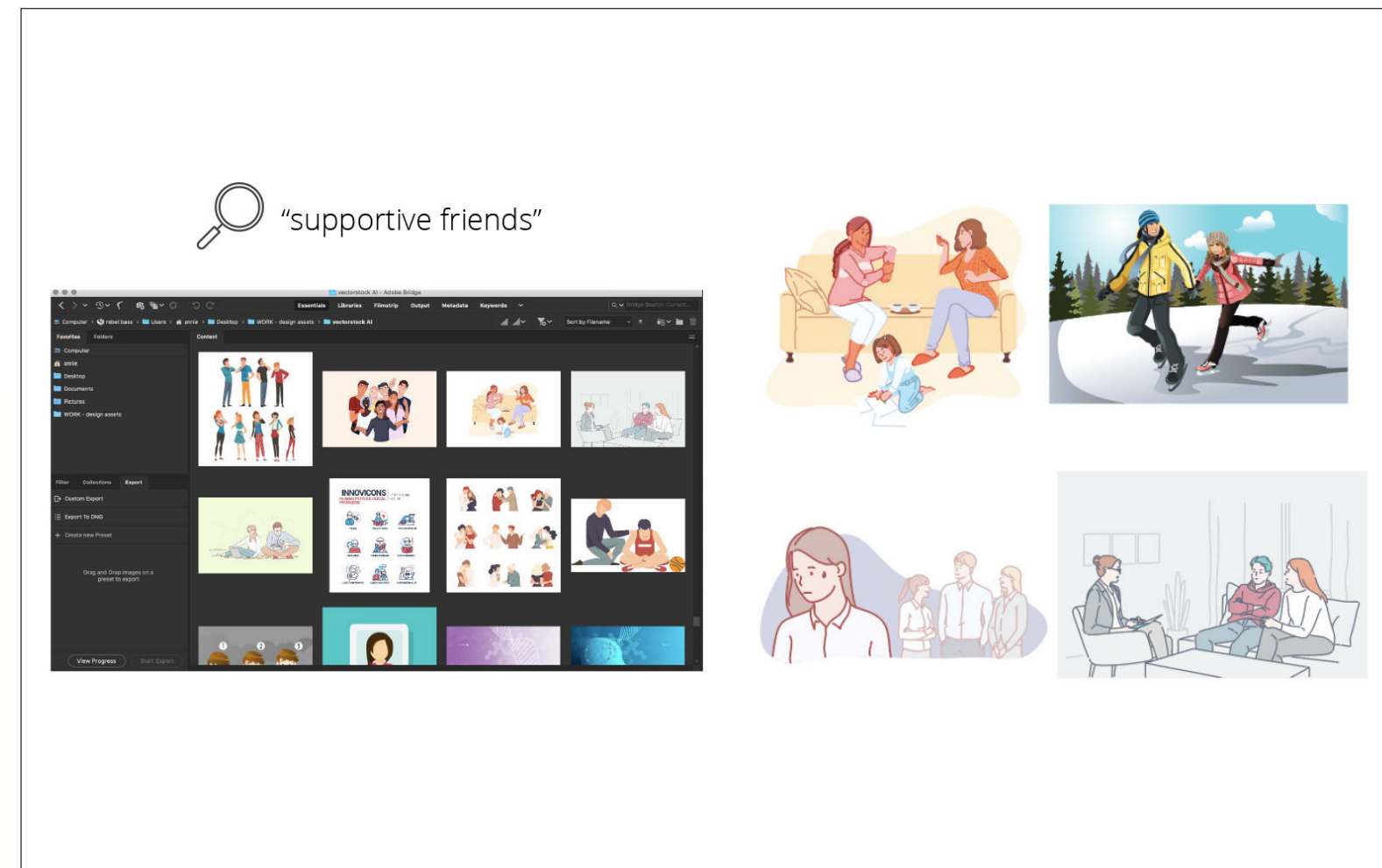
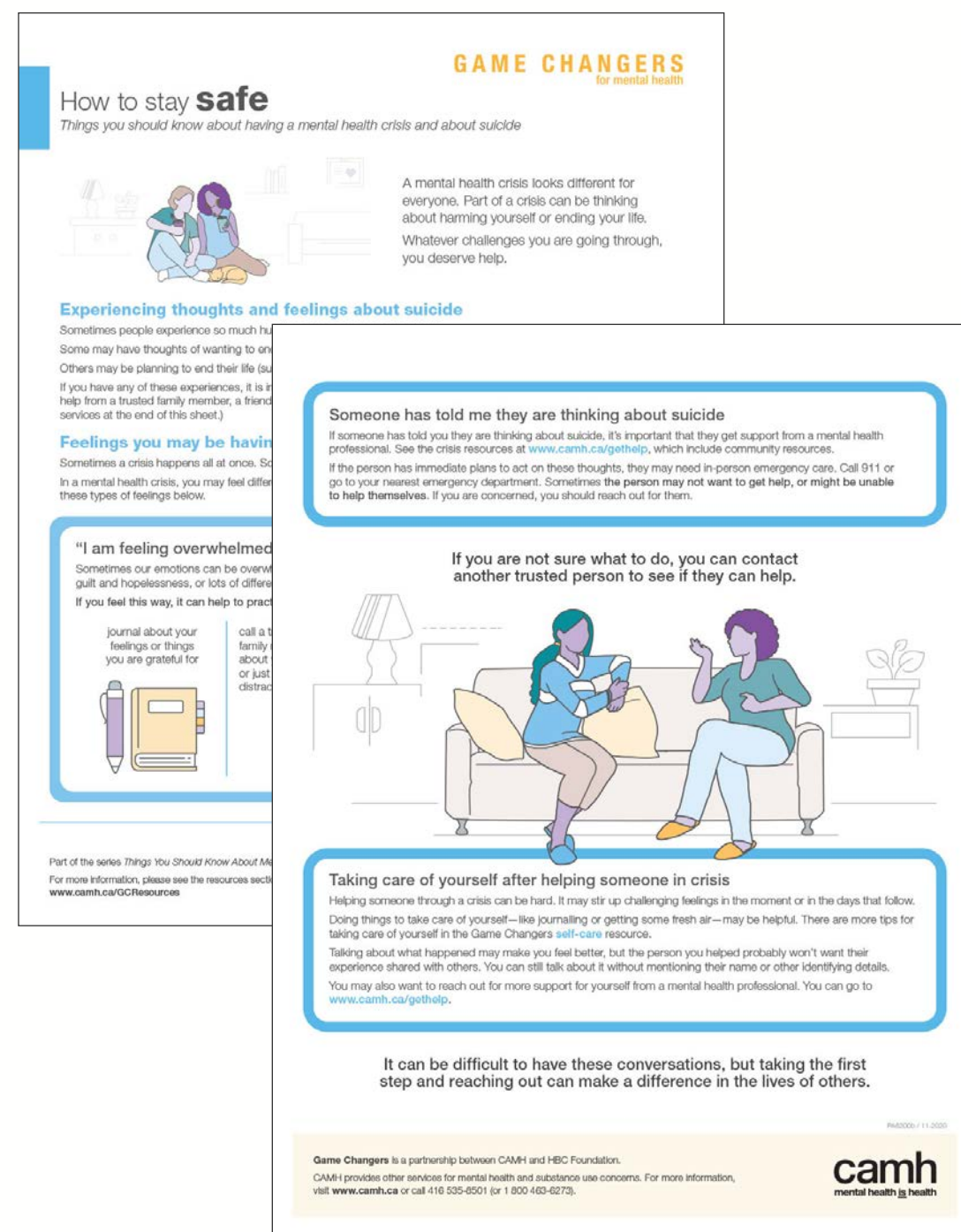
October 1, 1:00 p.m. | October 8, 10:00 a.m. | October 9, 1:00 p.m.

Register today

Approved TDSB Educational Partner

A WORD ABOUT

developing a process to quickly unify the visual style of random stock illustrations while maximizing inclusion.



Design and layout

**“Graphic design will save the world
right after rock’n’roll does.”**

DAVID CARSON


Design and layout

Adapting our basic brand style set and palette to best communicate message and suite audience has been the core of my work.

Here’s a small sampling, including


- elevator posters
- compliance posters
- policy papers
- infosheets
- infographics
- graphic representation of research findings
- community engagement pieces.

■ **ASK ME ABOUT**
creating brains.

**Visitors — GET INSTRUCTIONS BEFORE ENTERING THE ROOM**


camh

Routine Practices and Safe Handling Special Precautions




Chemotherapy gloves required


Depending on the situation, you may need to:




Wear a mask



Use eye protection



Wear an impermeable gown



CYTOTOXIC
CYTOTOXIQUE

Refer to policy F 6.15 Safe Handling of Hazardous Drugs for specific personal protective equipment requirements.

How can we understand equity in digital health?



What is Digital Health Equity?
Health equity is fairness in health care and outcomes. It means that differences between people (due to race, culture, geography, income, sexual and gender orientation, etc.) should not result in differences in access to health care or other structural barriers to care. Digital health equity means that when health care is accessed or delivered through technology, there should not be any barriers to care, or worse outcomes for some groups or people.

What are social determinants of health and how do they impact health equity?
There are social and economic factors—social determinants of health—that can have a profound impact on health equity. These include:

Income and social status

Employment

Education

Childhood experiences

Physical environments

Social supports and coping skills

Health behaviours

Access to health services

Biology and genetics

Gender

Culture

Race/racism

What are digital determinants of health?
With virtual health and digital health technologies, there are a number of factors that can impact health equity. These include:

Access to digital health resources (e.g. hardware, internet)

Use of digital resources for healthcare needs

Digital health literacy

Beliefs and values about digital health

Integration of digital resources into community and health infrastructure

What is the Health Equity Impact Assessment-Digital Health Supplement (HEIA-DH)?
The HEIA-DH is a tool to guide the identification of barriers in health equity in a digital health service, program, or intervention. The HEIA-DH enables community members and healthcare partners to come together to discuss social and digital determinants of health as they relate to a specific technology/service; identify unintended impacts of the technology/service; how to address these impacts; and how we can meaningfully evaluate our progress in increasing equity.

camh
mental health is health

Scan QR code for more info



Secure bike storage



Indoor bicycle storage is available to CAMH staff.

This secure and heated space is available all year round for an annual fee. A dedicated bicycle rack space is assigned to ensure guaranteed spot. If interested visit Bicycle Security under Security in Services for Staff on INSITE or scan the QR code below.

For a limited time sign up to receive 30% off annual fee for the first year.

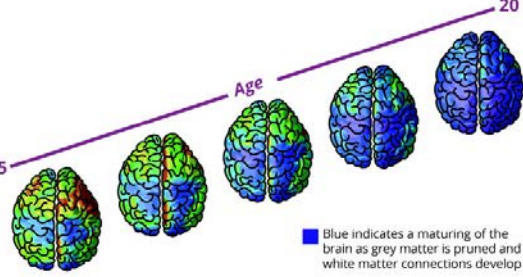
Location
Basement, McCain Complex Care and Recovery Building, 1025 Queen St. West
(Accessible through 80 Workman Way underground parking garage)



camh
mental health is health




Brain scans showing how the brain matures between the ages of five and twenty



■ Blue indicates a maturing of the brain as grey matter is pruned and white matter connections develop

- Greater capacity to learn and create
- Increased risk of damage from drugs and alcohol
- Increased risk of developing addiction
- Increased risk of mental illness
- Increased desire for risk-taking
- Parts of the brain that control impulses and emotion not yet mature



camh
mental health is health



RBC Patient and Family Learning Space

camh
Mental Health Sciences Library



For more information visit www.camh.ca/Library.

To browse the library's catalogue visit www.camh.ca/LibraryCatalogue.

1025 Queen St West | Main Floor | Toronto, ON M5S 2S1 | Canada | library@camh.ca | 416 535-8501, ext 36991

camh | womenmind Conference

Advancing Research on Women's Mental Health

Women, girls and gender diverse individuals are disproportionately affected by mental illness. Yet, less than 3% of studies in neuroscience and psychiatry are devoted to understanding women's health.

At this conference, we will:

- explore breakthrough science and research opportunities in women's mental health across the lifespan
- learn more about the power of data in discovery
- discover why we need to unite in advocacy to advance this field of research.

Open to all who are interested in exploring the unique biological and social experiences and how it impacts women's mental health.

Join us April 17-18 Pantages Hotel, Downtown Toronto. Livestream available.

For more information and to register, visit www.bit.ly/CamhWomenmindConf or scan the QR code

Research | Discovery | Advocacy

This event is an Accredited Group Learning Activity (section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, and approved by the CAMH Simulation Centre. You may claim a maximum of 16.5 hours (credits are automatically calculated).

PAW271718-2024

camh | womenmind

Advancing Research on Women's Mental Health

SAVE THE DATE to join us for our first-ever womenmind™ conference!

APRIL 17-18, 2024 CAMH, TORONTO ON

Registration coming soon!

camh | womenmind Conference

Advancing Research on Women's Mental Health

APRIL 17-18, 2024

PANTAGES HOTEL, DOWNTOWN TORONTO Livestream available

More information and registration: www.bit.ly/CamhWomenmindConf

Advancing Research on Women's Mental Health

April 17-18, 2024

CONFERENCE PROGRAM

camh | womenmind

Discovery • Research • Advocacy

camh | womenmind

Advancing Research on Women's Mental Health | April 2024

SCHEDULE | DAY ONE

APRIL 17, 2024 — MORNING

8:00-8:45 am BREAKFAST, REGISTRATION AND TRAINEE POSTERS

8:45-9:15 am Welcome remarks

9:15-10:55 am

- Understanding How Hormonal Cycles Impact Mental Health
- The Link Between Pubertal Stress, Hormonal Changes, and Mental Illness
- The Brain Endocrine as a Bridge Between Ovarian Hormones and Mental Health
- Understanding the Biopsychosocial Mechanisms of Perimenstrual Dysphoric Disorder (PMDD) to Inform Better Care
- From the Game of Hormones to the House of Neural Dragons: Bridging Data Gaps in Neuroscience for Precision Women's Mental Health and the Application of Artificial Intelligence in Large Multimodal Databases

10:55-11:10 am MORNING BREAK: COFFEE, TEA AND SNACKS

11:10 am-12:50 pm

- Elevating Voices: Integrating Expertise and Advocacy in Collaborative Research for Greater Impact
- Co-Design in Research Involving Patients and Families
- Autistic Women—Underdiagnosed and Misunderstood
- Why Canada Needs a Perinatal Mental Health Strategy
- Indigenous Women, Two-Spirit, Trans and Gender-Diverse Peoples' Experiences with Anti-Indigenous Racism and Mental Health Care

APRIL 17, 2024 — AFTERNOON

12:50-1:50 pm LUNCH AND TRAINEE POSTERS

1:50-3:30 pm

- A Spotlight on Perinatal Mental Health
- Treating for Two: Innovations in the Epidemiology and Treatment of Mental Illness Around the Time of Pregnancy
- Scaling up Psychological Treatments for Perinatal Mental Health
- Insights into Perinatal Mood from a Translational Mouse Model Built with Women in Mind
- Black Perinatal Mental Health: Disparities, Social Determinants of Health, and Achieving Equity

3:30-3:45 pm AFTERNOON BREAK: COFFEE, TEA AND SNACKS

3:45-6:25 pm

- Effects of Menopause on Women's Mental Health, Dementia and Alzheimer's Disease
- Menopause and Age Affect Episodic Memory and Related Brain Function in Middle-Aged Females
- Cognitive Effects of Menopause and Interaction with Other Dementia Risk Factors
- The Many Menopauses: The Effects of Ovarian Removal on Women's Brain Health
- Examining to Prevent Dementia: Role of Biological Sex, Genetics and Family History

6:30-6:50 pm Hot Topics: Young Investigator Symposium

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Understanding How Hormonal Cycles Impact Mental Health

Chair: Dr. Lisa Dale



Dr. Nafessa Ismail (she/her)
PhD, Professor in the Department of Psychology at University of Ottawa, University Research Chair in Stress and Mental Health



Dr. Marija Kundakovic (she/her)
PhD, Associate Professor in the Department of Biological Sciences at Fordham University



Dr. Benicio Frey (he/him)
MD, PhD, Professor, Department of Psychiatry and Behavioral Neuroscience at McMaster University, Medical Director, Women's Health Concerns Clinic and Director, Centre for Clinical Neurosciences at St. Joseph's Healthcare Hamilton



Dr. Julia Secher (she/her)
MD, PhD, Professor of Cognitive Neuroendocrinology with the Medical Faculty of the University Clinic of Leipzig and the Max Planck Institute for Human Brain Sciences

Learn More

Our latest womenmind Impact Report provides valuable insights into our achievements, collaborations, and contributions to the field. Discover how womenmind is making a difference and how you can be part of our journey to improve mental health outcomes for women around the globe.

Scan the QR code to the right to access the Impact Report for 2023/24.

Join

WOMEN'S HEALTH RESEARCH CLUSTER

Join the Women's Health Research Cluster, an international network of multidisciplinary professionals, trainees and community members that strive to create a future where women and girls can live equitable lives across their lifespan.

Scan the QR code to the right to become a member for the now.

Evaluation

Your feedback is valuable to us as we strive to improve our future events. Please click here to complete the conference evaluation.

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Aging and Mental Health Policy Framework

April 2023

CAMH Policy

Centre for Addiction and Mental Health | 100 Stokes St. | Toronto ON | M6J 1H4 | Canada | Tel: 416 535-8501

BrainHealth Databank (BHDB) Frequently Asked Questions

camh mental health is health

What is the BrainHealth Databank?

The BrainHealth Databank (BHDB) is stores information collected from research projects related to mental health and addictions. This information includes data and biological samples, such as blood or tissue samples, that are collected from research participants, as well as information about the data and how it was collected.

The BHDB is managed by a team of experts who ensure that the information is collected and stored in a way that protects people's privacy and follows applicable laws and regulations. The information in the BHDB can be used by other researchers to conduct future research on mental health and related conditions, which can help improve our understanding of these issues and lead to better treatments and care.

What data will the BHDB have on me?

The data collected by the Brain Health Databank (BHDB) may include information about your medical and mental health history, your lifestyle and behaviors, your genetics, and your brain function (through neuroimaging and other tests). The specific types of data collected may vary depending on the studies in which you participated and the consent you provided. However, all data collected will be de-identified. Instead of your name or number that can be used to identify you, your data will be labeled with a unique code to protect your privacy. Information about you collected during the study that can be used to identify you will be removed.

If you have any questions about the data collected on you you can contact the BHDB Liaison (brainhealth@camh.ca) for more information.

How do I consent to share my data or Biosamples?

Your data and Biosamples will only be shared with the BHDB if you explicitly consent to share your data or Biosamples. One way your consent is captured is by signing an informed consent form. The consent form for the study you are participating in will have a separate section for agreeing to

Principals for a comprehensive approach to aging and mental health

1. Older adults must have access to evidence-informed mental health treatment

CAMH recommendations that result from this principle include:

- Primary care providers routinely screen older adults for risk factors associated with common mental illnesses (e.g. mood, anxiety and substance use disorders) and dementia.
- Primary care providers receive the education and training needed to screen and assess older patients for common mental illnesses.
- Primary care providers receive the education and training needed to identify and support older adults who show signs of alcohol misuse or problematically binge drinking.
- Primary care providers improve their capacity to meet later life mental illness and receive support from mental health experts through virtual knowledge networks (e.g. Project Echo).

2. All seniors have access to integrated and collaborative primary care that prioritizes physical health, mental health and the social determinants of health.

3. Older adults with serious and persistent mental illness have access to integrated community mental health care, psychosocial supports and health care case management.

4. Health care providers use a stepped-care approach to mental health treatment and the treatment and management of dementia.

5. Evidence-informed mental health treatments for older adults, such as CBT and rTMS, are publicly funded.

6. Secondary and tertiary geriatric mental health care is well-resourced and able to provide treatment to all older adults in need.

7. Standardized care pathways for older adults with various mental illnesses and dementia are

Dementia describes a broad set of progressive symptoms caused by one or more vascular illnesses that affect the brain, leading to a decline in cognitive abilities such as memory, judgment and the ability to perform everyday tasks. Dementia is not a single disease, but a collection of symptoms that require treatment or intervention. About 5% of seniors have dementia.¹⁴ It is currently more than 419,000 adults.

Aging and Mental Health Policy | April 2023 | © CAMH

BrainHealth Databank | Frequently Asked Questions

How does the BHDB work?

The BHDB collects data and biological samples from people who choose to participate in research studies related to mental health and addictions. The collected information is stored in a secure database, and participants are assigned a unique code to protect their identity. Researchers can then apply to use the data and biological samples for their own studies, but they must follow strict guidelines and obtain approval from a panel of experts before they can access the information. Participants who have consented to sharing their data and biological samples may have their information used by researchers from CAMH or other institutions around the world.

What kind of researchers can access this data?

Researchers from various organizations such as CAMH, other hospitals and academic institutions, industry, not-for-profit organizations, and even citizen scientists may be given access to the de-identified data and biological samples for their research projects, subject to approval by a panel of subject matter experts in the areas of law, privacy, and data management. Collaborators outside of Canada may also be given access to the data, provided they sign a data use agreement with CAMH and follow the same privacy and data protection protocols.

Who governs the BHDB?

The BHDB is governed by the BHDB Steering Committee, which is composed of various members including CAMH leaders, clinicians, researchers, and patient representatives. The committee is responsible for overseeing the management and use of the BHDB, and ensuring that all research is conducted ethically and within legal and regulatory guidelines.

What is the process for accessing BHDB data?

1. Researchers submit application

2. Application must be approved by Data and Biosample Access Committee and Research Ethics Board

3. Researchers must sign to follow the rules for the BHDB and if they are not CAMH researchers, sign a Data Use Agreement

4. Researchers can only access the data and can only use it for research purposes

Who approves access to researchers?

The Data and Biosample Access Committee (DBAC) is responsible for deciding which researchers can access the data and biological samples in the BHDB. The DBAC includes representatives from various areas, such as patient advocates, research ethics, and privacy. The committee may also invite people who represent communities that may be included in the research study to ensure that their perspectives are taken into account. The DBAC is responsible for reviewing requests from researchers who want to access the data and biological samples in the BHDB. They assess any ethical, legal, and privacy considerations. If a request is approved, the BHDB will work with the researcher to provide the information they need to apply for Research Ethics approval.

Did you know? camh

...has over 3,000 staff, offering outstanding care to more than 34,000 patients each year.

...is Canada's largest mental health teaching hospital and one of the world's leading mental health research centres.

...developed the Hope by CAMH suicide prevention app, which has had more than 5,000 downloads since its launch in September 2020.

...has an onsite daycare centre, run in partnership with George Brown College since 1989.

...looks forward to welcoming you to our new library and resource centre, and to our auditorium on Queen Street.

www.camh.ca #MentalHealthIsHealth

CAMH Protected Code Blue

KEY PRINCIPLES

1. Call a Protected Code Blue and 911 (if required) immediately and inform of infection prevention and control precautions.

2. Confirm patient's code status (if available).

3. If safe to do so, move patient to an isolated room or area.

4. Team Huddle for role assignment and donning of PPE.

AIRWAY INTERVENTIONS

RN/RPNs may initiate oxygen at 6L/min with nasal prongs. If not sufficient, after one minute you may use a non-rebreather mask (NRB) at 10L/min (as per the Initiation and Titration of Oxygen Therapy in Emergency Situations Medical Directive) with a surgical/procedural mask on top.

Physicians/NPs and (when directed) RN/RPNs may use a bag-valve-mask with filter, applying a 2-hand seal (with no manual ventilation; flow rate at 10L/min).

Nurse roles (rotating)

1 CPR nurse

2 Emergency cart/medication nurse

Extra nurse/NP/MD (PRN)

1 Code Team Leader

3 Nurse assisting with airway as directed

4 Code Recorder

Support staff roles

- Runner
- Communication
- Extra CPR nurse
- Security

PERSONAL PROTECTIVE EQUIPMENT

Donning Order

1. Perform hand hygiene.

2. Put on gown.

3. Put on N95 mask.

4. Put on eye protection (face shield).

5. Put on gloves.

Doffing order

1. Remove gloves.

2. Perform hand hygiene.

3. Remove gown.

4. Perform hand hygiene.

5. Remove eye protection.

6. Perform hand hygiene.

7. Remove N95 mask.

8. Perform hand hygiene.

Please ensure communications regarding Airborne Precautions are made as outlined in the guideline.

For more information and to confirm most recent guidelines, please refer to the Protected Code Blue Guideline found on Insite here.

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Design and layout | 19

Web and apps

“Design is not just what it looks and feels like. Design is how it works.”

STEVE JOBS

Web and apps


I’ve also worked on several digital projects for both web and apps, bridging UI and UX, as well as wireframeing and implementation.

Apps developed by our team in **CAMH Education’s Digital Innovation** include

- **Thought Spot**, a health and wellness mapping and journaling app
- **Saying When**, a self-regulating alcohol use app

For the CAMH website, I had a regular authoring role, authoring in Sitecore. I was instrumental in reorganizing sections web pages for the CAMH Centres of Excellence, helping to structure content, develop images, directories and light coding to expand use of Sitecore components.

■ ASK ME ABOUT building directory databases to exhibit research articles and papers.




Explore your thoughts,
find your spot

New to the GTA?
Find health and wellness resources for post-secondary students.

Discovered a spot?
Share and review services and places you've found.


Working with youth?
Explore crowdsourced resources for late teens/early 20s.





CAMH Education introduces **THOUGHT SPOT**: the app


Based on [mythoughtspot.ca](#) and inspired by the winning "hackathought" concept, this app makes it easy to find youth health and wellness 'spots' while on the go in the GTA. For more info on the Thought Spot project, check out [mythoughtspot.ca](#).



Thought Spot: the app includes all the functions of our student-developed interactive map, plus new features, including curated walks, resources and helplines.


COMMUNITY

POSITIVITY

KNOWLEDGE







saying
WHEN

What is Saying When?

Saying When is a mobile app designed to help users manage their alcohol intake. It achieves this by encouraging users to record their drinking, learn coping mechanisms and set goals.

Saying When is a program to help people manage their own drinking habits, developed by Dr. Martha Sanchez-Craig. It was initially published as a book by CAMH. There are often barriers to receiving alcohol addiction treatment due to things such as stigma, motivation to change, lack of services and long wait times for services when they exist. Saying When eases these barriers by allowing users to self-monitor. It is widely accepted by patients, and has received many positive testimonials. With the increasing use of smartphones, Saying When was adapted into a mobile application that is now available for both iPhones and Androids.

Goals of our study

SAYING WHEN AND STUDENTS

We are interested in studying the feasibility of the Saying When app in supporting students to manage their drinking. We are recruiting 20 students who have been referred to the University of Toronto Health and Wellness Centre, and another 20 from the main University of Toronto campus.

To be eligible for the study, students must:


- be between the ages of 18-24
- have mild to moderate alcohol use disorder
- possess a smartphone
- speak and read English.

Saying When and Health Care Providers

We are also interested in hearing the health care provider's perspective on the Saying When app. This is valuable information because health care providers in the clinic have valuable clinical experience in supporting and facilitating treatment for students interested in managing their drinking habits. You will be asked to attend a 1-1.5 hour focus group where we will ask for your thoughts about the app and if you think it's a suitable tool for this student population.

If you are interested in checking out the Saying When app, please feel free to download it through the iPhone App store or Google Play, or go to [www.sayingwhen.com](#).

If you are interested in joining or learning more about this study, please contact the research associate, Genevieve Ferguson, at 416 535-8501 ext. 32423 or e-mail her at genevieve.ferguson@camh.ca.



For more information about programs and services at CAMH please visit [www.camh.ca](#) or call 416-535-8501 (or 1-800-463-6273)

Contact Us

No One Left Behind

Join our team

Referral form

Virtual Urgent Care

Accessibility

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Your Care

Health Info

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Education

Professionals

Get Involved

Driving Change

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Cundill Centre for Child and Youth Depression

CAMH Research


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Cundill Centre Research Focus and Projects Sharing Our Knowledge Innovations in Clinical Care Publications Meet Our People Training

Developing, improving and sharing better treatments for child and youth depression with the world.

Worldwide, more than 350 million people live with depression. For 70 per cent of them, the illness began in childhood. Depression is a serious illness that can lead to suicide, the second-leading killer of young people in Canada. Young people need — and deserve — treatments developed just for them so they can recover more quickly and stay healthier.

Thanks to the [Peter Cundill Foundation](#), the Cundill Centre for Child and Youth Depression is creating hope by driving research and bringing together leading global experts for unique collaborations. The Cundill Centre is identifying, developing and evaluating early intervention, prevention and treatment strategies, and determining the most effective approaches for children and youth with depression. Knowledge gained from these initiatives is shared around the world to ensure young people everywhere have access to best practices.



Dr. Peter Szatmari

Director, Cundill Centre for Child and Youth Depression

The Cundill Centre is leading global efforts to create better care for child and youth depression.

No new treatments for child and youth depression that have a significant impact on outcomes have been developed for at least 30 years—and treatments designed for adults don't work on young brains.

That is changing through the Cundill Centre for Child and Youth Depression. Here, we are bringing people together from around the world to drive key discoveries that have an immediate impact.

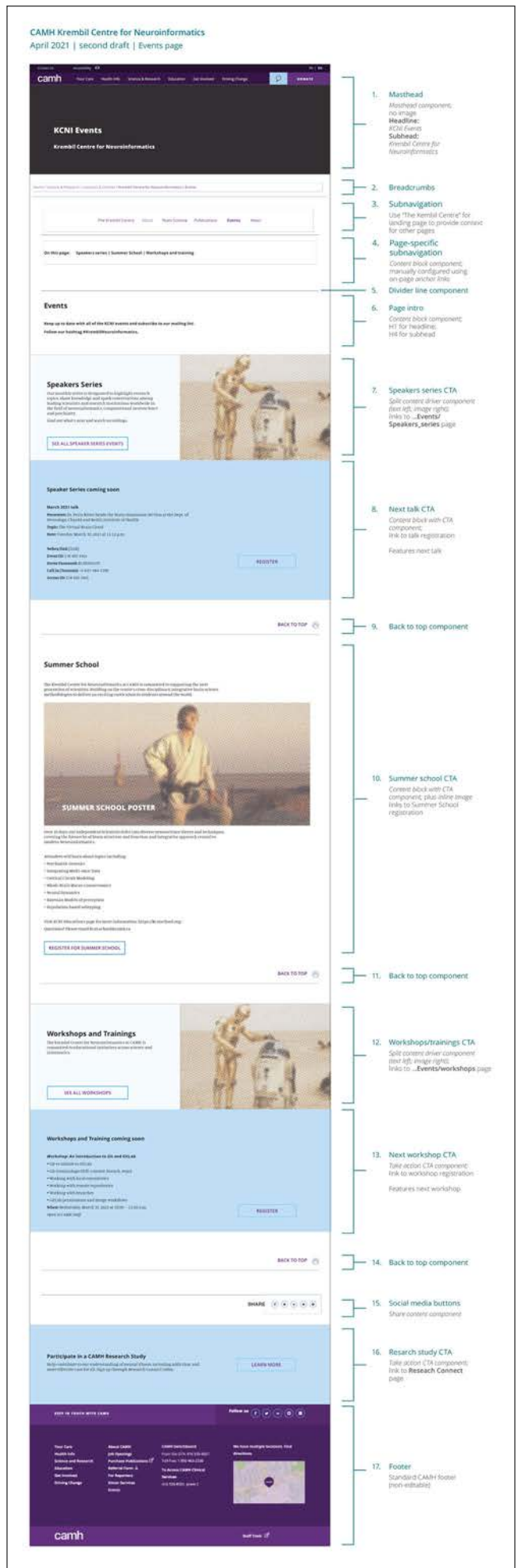
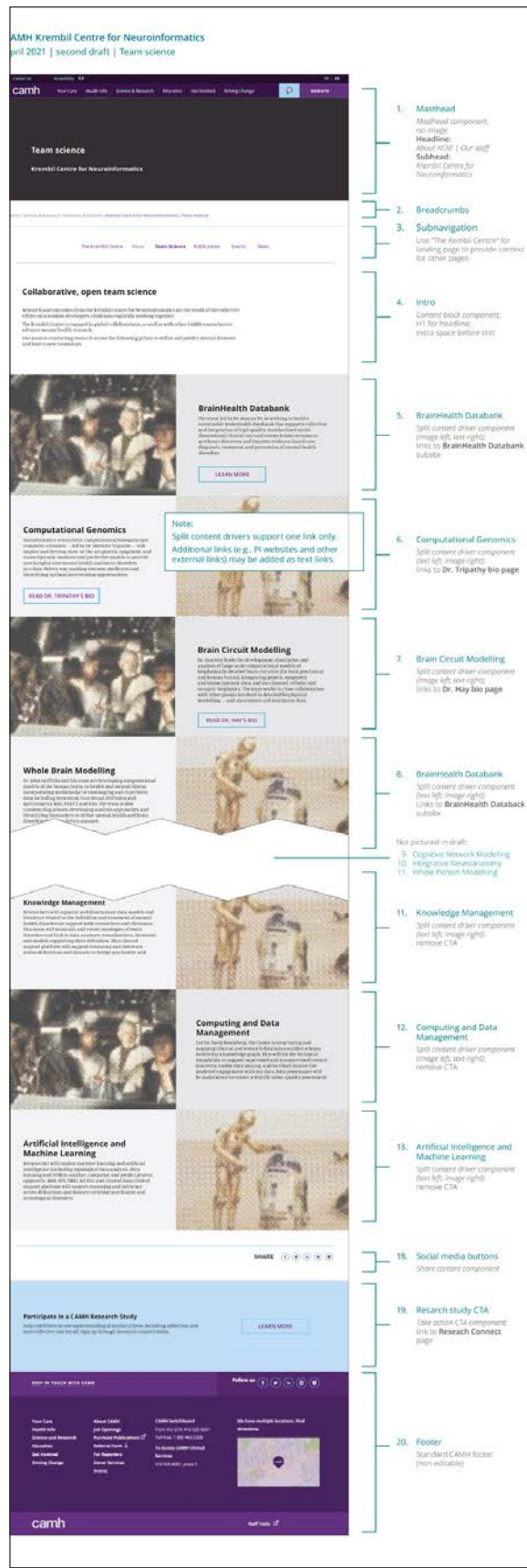
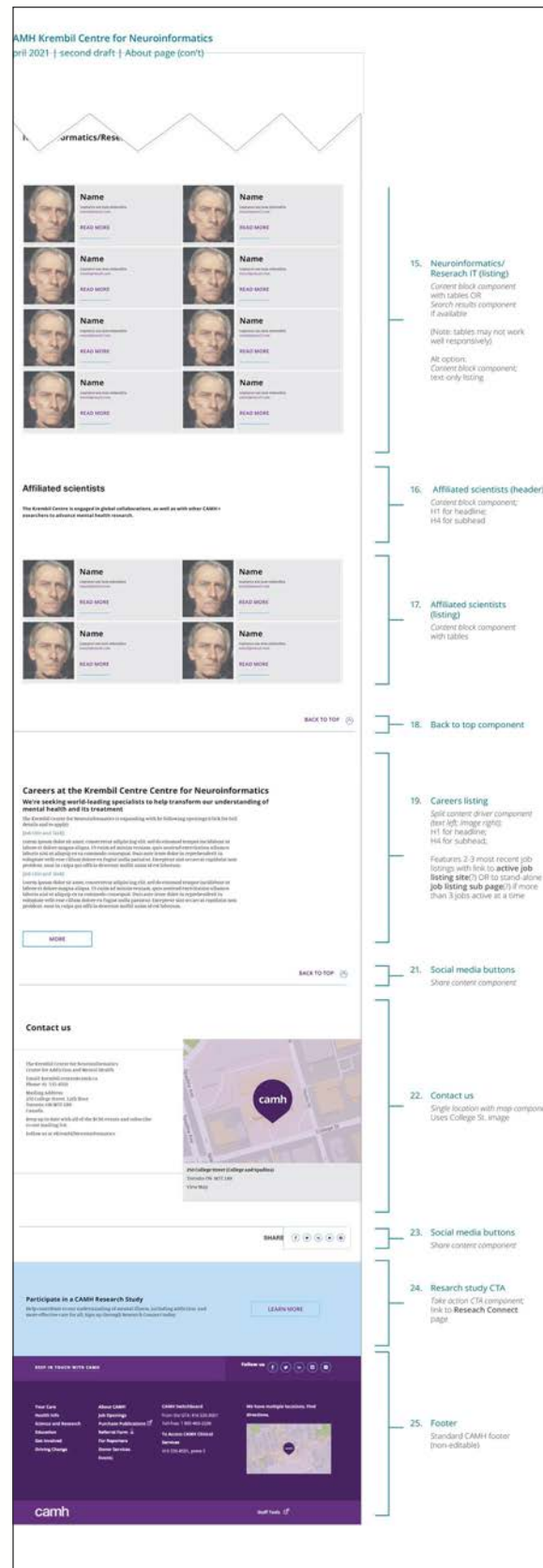
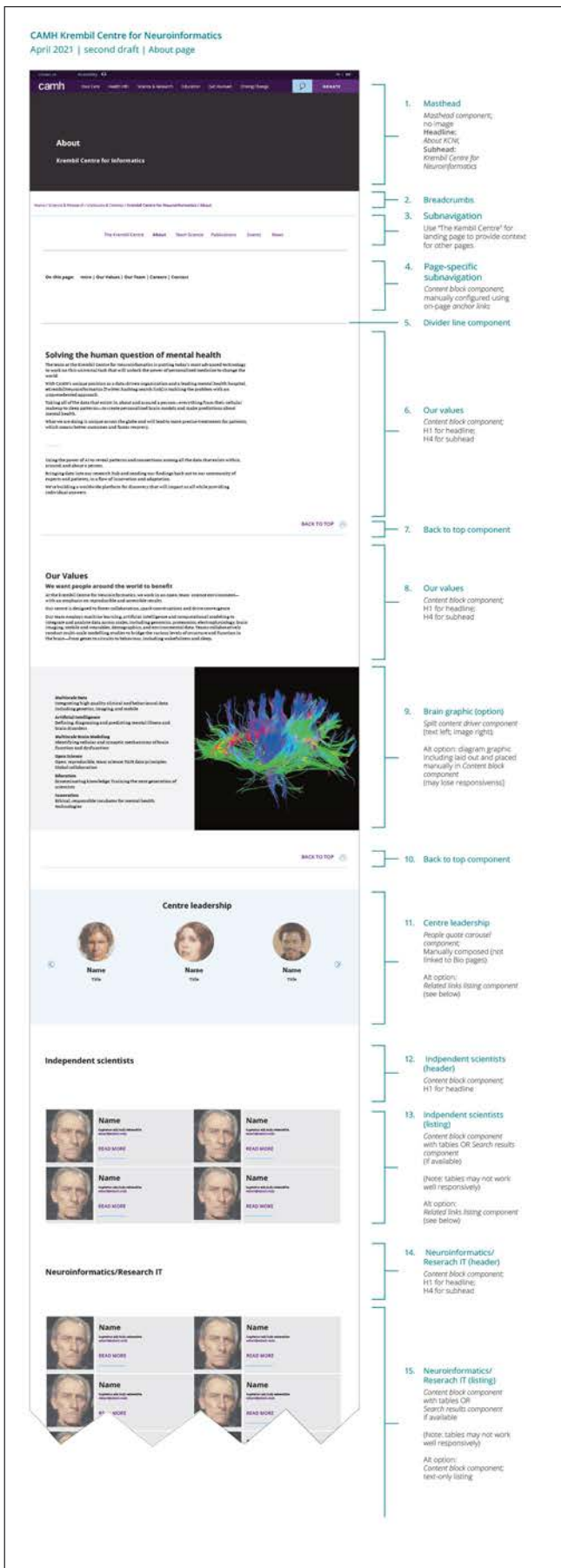
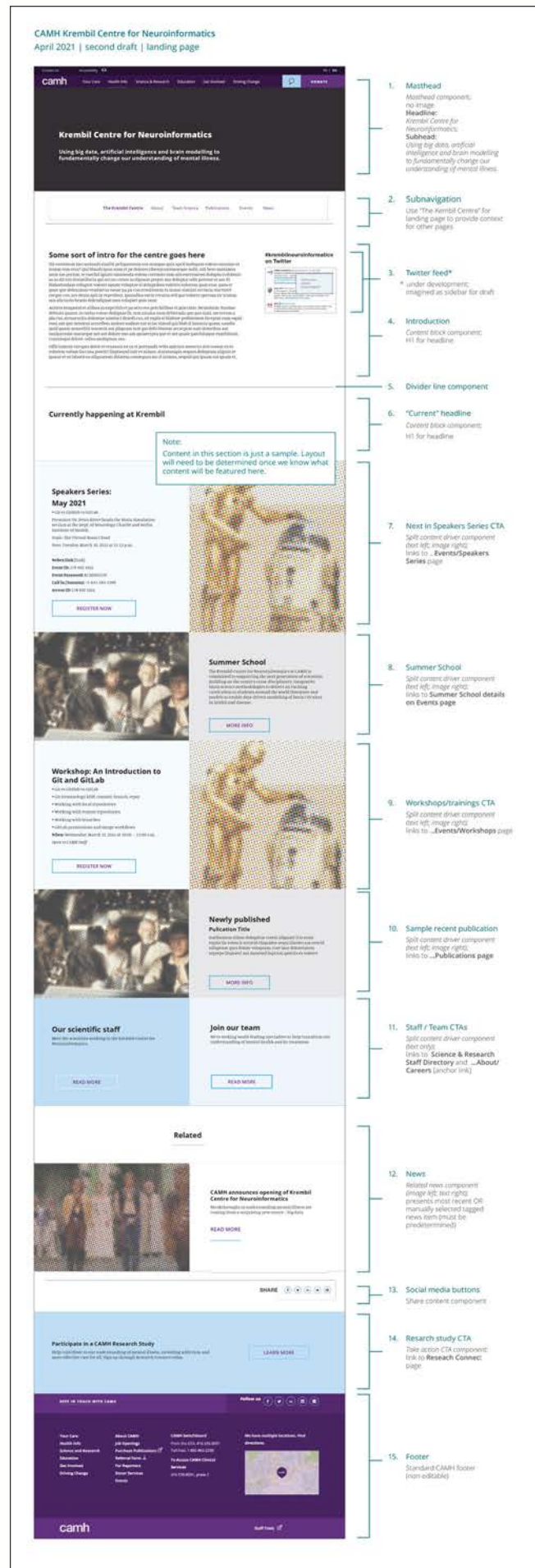
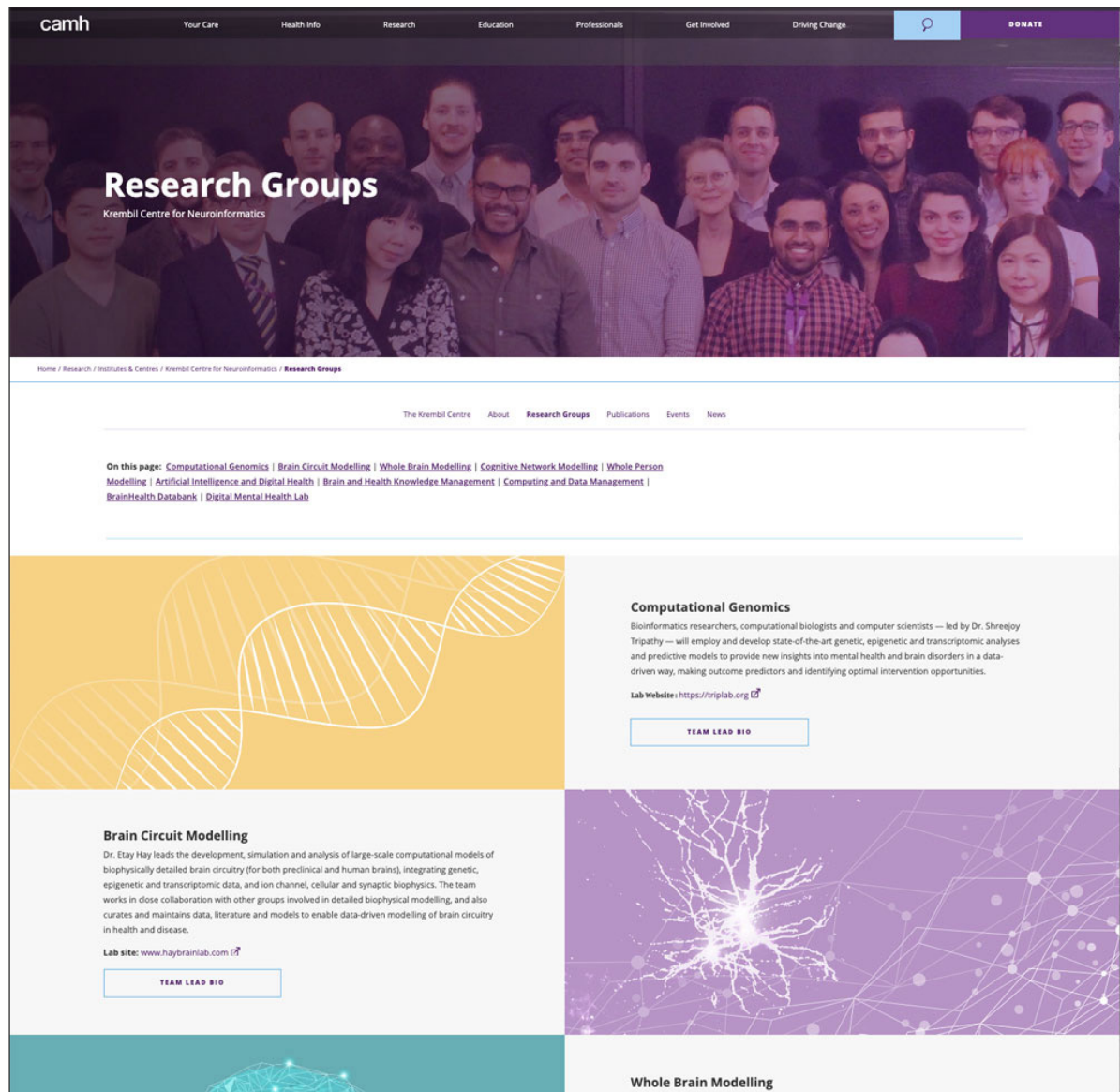
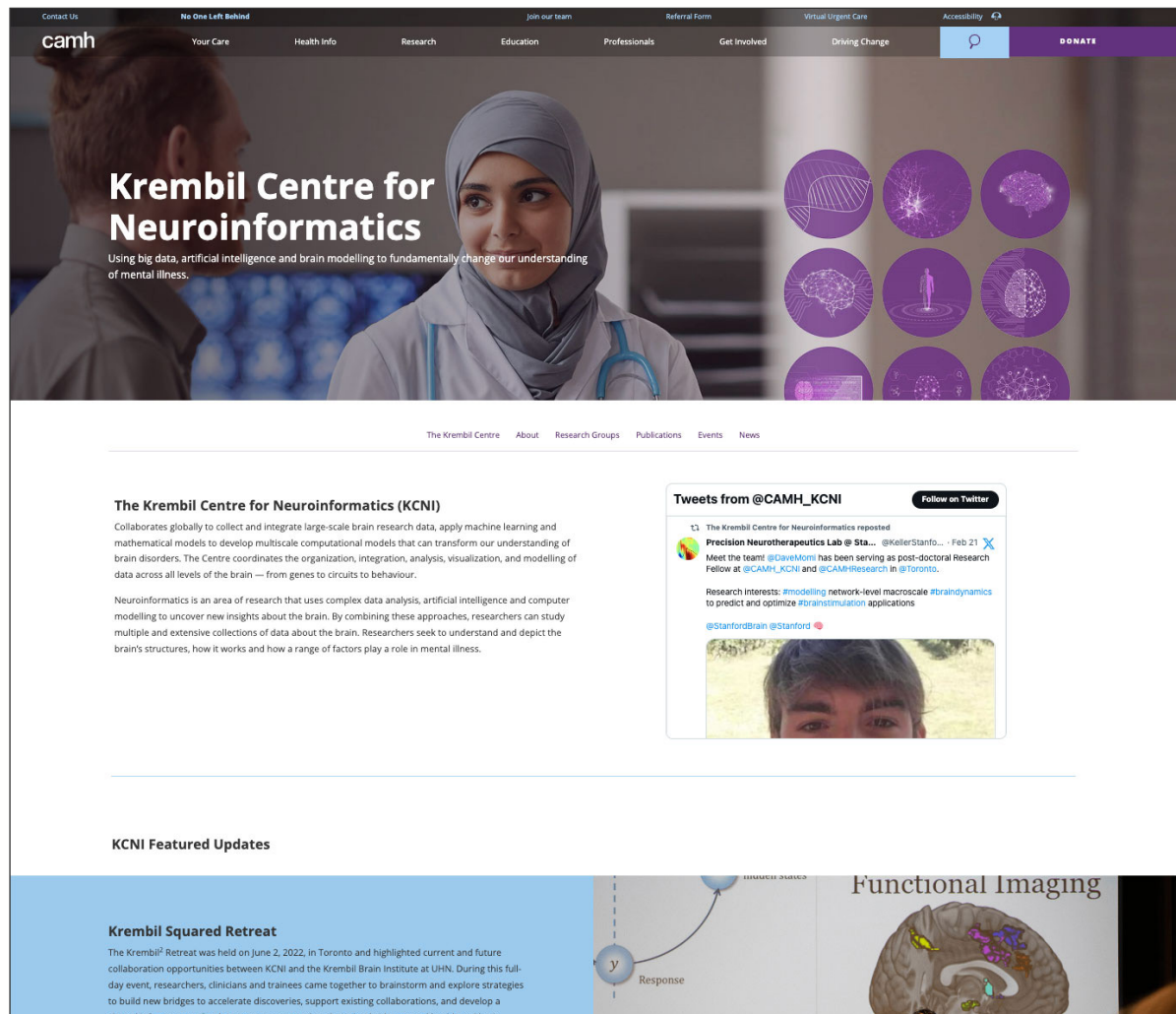
Under the leadership of inaugural Director Dr. Peter Szatmari, the Cundill Centre's work fits into three pillars: **Discover and Solve**, **Share and Lead**.

Discover and Solve: Applied clinical research provides the evidence needed to create novel, culturally appropriate screening tools, early interventions and treatments that will help children and youth with depression now and in the future.

Share: Knowledge gained by the Cundill Centre is shared globally. Knowledge translation and education specialists adapt findings into materials accessed by health and education practitioners, policy makers and health systems leaders around the world. This is achieved through the development of outcomes reports, webinars and web-based modules, as well as through International Cundill Conferences.

Lead: Through its expertise in research, care and education, the Cundill Centre is leading a global effort to achieve better care for children and

Web and apps | 21



Find me

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■ PHONE 416-939-8543

■ designbyhart.ca

 THE BANNER FACTORY

 @bannerfactoryto



Annie Hart | portfolio

resumé

I believe design is for everyone.

Embedded in all my work, whether mental health information for youth, or banner artwork for soccer, is an intent to create a space where all can see ourselves and feel we belong.

With over 25 years in the design industry, I have developed a wide range of skills including print production and management, graphic design, layout and typesetting, content creation for social media, and hand-painted artwork.

For a full overview of my experience, please check my [resumé](#) linked above.

“Business in the front,
party in the back.”

Professional work

Creating hype

Doing good