

camh

Gifts of Light

Impact Report

2023



A Note from Paula Harrington

Despite lockdowns, policy changes, and constant unknowns, Gifts of Light stayed persistent and remained focused on the patient experience, thanks to your unwavering support. On behalf of the entire Gifts of Light team, I want to extend our sincerest gratitude for your commitment to this irreplaceable initiative.

We step up where we're needed at the hospital and while there continues to be significant hurdles encountered by our team, we continue to move forward with hope and positivity, remaining a positive support to CAMH.

This year, we experienced an increase in store orders as well as patient visits from the previous year. As the requests for supports and services grows, the Gifts of Light team steps up their response ensuring safety, quality and consistency in all of our offerings.

In person events, experiences and programs resumed for the summer and then returned to virtual as we encountered more waves of the pandemic. Despite the transitions back and forth, we remained diligent in focusing on the patient experience including supporting CAMH's frontline workers so that they can continue to provide quality care for their patients throughout the pandemic.

The Gifts of Light team also saw many changes. We've welcomed new team members and have celebrated new additions to families as well. It's been a big year!

Gifts of Light continues to be an embedded part of CAMH having visible positive impact on patients, staff, patient supports and the community. We couldn't do it without you and your confidence in our impact. Thank you!

Sincerely,



Paula Harrington

Director, Employee Experience



Featured Programs

Gifts of Light has provided 1,900 unique and engaging programming sessions for units throughout CAMH, reaching 2,900 new participants this past year and impacting over 7,000 short- and long-stay clients as well as outpatients through 2,500+ hours of programming.

Mural in the Therapeutic Neighborhood

Gifts of Light supported this collaborative art piece facilitated by Art Cart artist, Amanda Lederle, for clients registered in the Therapeutic Neighborhood. Therapeutic Neighborhood clients had an opportunity to participate through the concept design and were involved throughout the painting of the mural itself. The zig zag mountain range is accompanied by text that reads “moving along the journey, mental health unites us all,” and instills the message of hope that mental health is also not a straight line, normalizing all aspects of the recovery journey. This mural is visible to all who attend the Therapeutic Neighborhood as well as bordering buildings and those looking from the Psychosis Recovery Tower balconies.



Songwriting Program

For our songwriting program, our facilitator Katie and our clinicians supported clients in writing 178 verses across four units. Some of these were compiled and written into a song that makes it clear why it is important to continue to invest in specialized expressive arts programs. They give our clients a platform to connect with themselves and voice their journey.

The final lyrics for “CAMH Wishlist”

CCC-5

I wish I could be a bird so I could fly in the sky
I wish I could cry
I wish I could be free
I wish I had more patience so that I wouldn't flee

CCC-4

I wish I was gentler with myself
I wish I had better health
I wish I could travel the world
I wish we danced and twirled

TN

I wish I lived in a simpler time
I wish that we could find peace for everyone
I wish for a solution that came to us as one
I wish the beat of life would reverberate through my spine

MWS

I wish that you were here beside me
I wish that you'd never leave
I wish I had the time back that I wasted
I wish I could go back for you and have faced it

Gifts of Light by the Numbers

2,809 

Patient programming hours facilitated by Gifts of Light vendors and partners

10,198 

Patients served through the Gifts of Light Store and inventory

1,938 

Total Orders filled from the Gifts of Light Store

4,000 

Total Gifts delivered during the holidays

151 

Volunteer hours

34 

Number of special events and experiences (*virtual and in-person*)



\$29,055

Holiday Grants for special events and holiday dinner (instead of an annual holiday party due to Covid)



Gifts of Light Store Updates

2022/2023 Store Metrics

10,198
PATIENTS
SERVED

through the GOL store

1,938
ORDERS
FULFILLED

through the GOL store

GOL Store Digital Inventory Order Form

We are happy to report that the digital store order form has been in effect for over a year and it has proven to offer clinicians a more efficient and quick way of requesting much needed necessities for their patients.

We've had nothing but positive feedback about the digital order form from frontline clinicians. They have said it is easy to use and items they can request are clearly visible to them. As a result, they are able to efficiently ensure their patients receive the items they need.

The order pick up process has also been working great. Clinicians are happy with having the flexibility of picking up orders on their own time, as this process has made it easier for them to work into their schedules.

Staff Drop-In Hours

After having to pause and resume staff drop-in hours a number of times over the course of the pandemic, drop-in hours for the store have finally become consistent over the last year. Clinicians have once again had the option to visit the GOL store and browse items for themselves. The organization and efficiency of the store has jumped out to clinicians the most, allowing them to easily identify items and quickly get what they need for patients.



Program and Events Highlights

We've continued to support CAMH patients and staff with creative virtual and in person experiences from April to December 2021. We were able to have vendors return in person last summer for both outdoor and indoor events.

In January, we welcomed our new Patient Experience Coordinator Erin, who was with us a short time before heading off on maternity leave. In March, we then welcomed Regina to cover Erin and she has already shared and implemented some great patient offering for this fiscal year ahead!

Smile Serenades and Improv

During the height of the pandemic, Smile Serenades had to pivot to a virtual format. When looking to bring the popular unit-to-unit musical visits back, the Serenaders began to provide outdoor serenades, bringing a different experience to the beloved program known to many clients. The Serenaders also created an improv group that would allow them to continue to visit the units in-person and bring lots of laughter and joy through a unique platform that encouraged self-expression.



The Halton Place stables program is continuing to grow as it is set to accommodate the Forensic Inpatient Services again in June 2023.

“ Halton Place Stables

I am so thankful for the Gift of Light funding that allows me to run a Horse Stables program for outpatients in the Forensic Mental Health Program. I was able to restart the program in April 2022 and have been running the program every week with 8-12 clients.

Clients who started off as observers are becoming more engaged each week. Clients are developing trust and learning to build healthy relationships. One of the clients has shared that attending every week is helping him stay away from substances. Housing staff have commented since the clients started the program that there has been less confrontations at home and the client returns happy.

Outpatients were very isolated over the pandemic and the horse stables program is something that we have been able to run safely with clients that has decreased social isolation.

Since we started, many students who are doing a placement at CAMH have also had the opportunity to attend the program and have commented on the amazing learning opportunity and the positive changes that they see in the clients when they are at the horse stables.

Amanda Dam - Occupational Therapist at Forensic Outpatient Services

Program and Events Highlights

Music in the Park with Mobile Arts Programming (MAP)

Thanks to the hard work and strong promotional efforts from the Gifts of Light Team, MAP was able to host an outdoor live music event! This featured five very talented individuals who have had consistent participation in MAP's programming over the years, each with a different and unique musical contribution and performance. The performers were able to showcase their individual talents to a crowd of hospital staff and patients who were happy to clap, dance and sing along to the songs as they were being performed. Following many different pandemic related restrictions, it was nice for all of us to come together and watch some amazing performances!



Bike Program

Gifts of Light provides and maintains eight bicycles and helmets for hospital-wide use. Many different programs at CAMH utilize the bikes to support positive leisure experiences for their clients.

“ I would often hear clients say “that was great” afterwards or that they had not biked in years and it brought back memories from their childhood. What I noticed as an RT was that the biking brought a smile to their faces that I don't often get to see on the unit. It was a nice alternative for clients to engage in physical activity than what is offered on the unit. As well, biking allowed clients to be in the present moment as they had to focus on the road, cars and stop signs and it provided them the distraction from their treatment and cognitive impairments. I can't wait to do it again next summer!

Cassandra Hale, Recreation Therapist PRT7

“ We saw the positive effects of mood changes in clients when they came to this group. It allowed us to take them to places like the Lakeshore successfully while blending in with the community.

Carmen Leung, Recreation Therapist Unit 1-4

“ The clients always looked forward to getting off the unit and spending time outside. It gave them the opportunity to meet up with friends from other units. From my perspective, it was great to see clients enjoy being outside and for some of who used the bikes, it gave them the chance to feel some freedom from the unit and get some fun exercise!

Elizabeth Brotherstone, Recreation Therapist PRT5

Partnership with TSO

As part of collaboration with TSO, GOL supported the “Art of Healing Program.”

The “Art of Healing” is an eight-week group program for clients to share in storytelling, learn about orchestral music and to co-create a musical composition. This program is offered in the spirit of Reconciliation. Recruitment prioritizes First Nation, Inuit and Metis clients, but is open to all with no musical training required. The program is designed with an Indigenous lens and way of working.

Kahontakwas Diane Longboat, Elder at CAMH, will call in the Ancestors to guide the sessions and be present to offer opening and closing prayers on the first and last weeks.

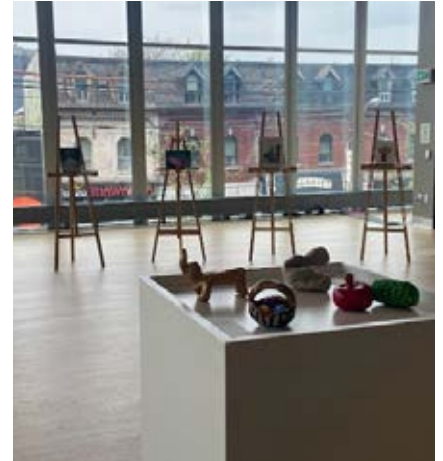
Clients will work in a group led by Composer Ian Cusson to create a new musical composition that will reflect their healing journey and support the healing process for themselves and others.

Ian Cusson will create an original musical composition based on these collaborative co-design sessions and this piece will be performed by TSO musicians, for the clients and guests at the CAMH Arrell Family Auditorium in June. This piece will also be performed by the TSO in their home venue for the public as part of their 2023 program.

Program and Events Highlights

Art Cart In-Person Showcase

We are excited to announce that for this Art Cart season, not only will we be having a virtual exhibition, but due to popular demand, we will be bringing back the in-person showcase. This showcase highlights the amazing work and creations that clients have produced through their time participating in the popular patient program while at CAMH. It's very gratifying to see the clients who created the artwork come and share in the excitement behind their work with other clinicians and community members!



Participant Survey Results

4.78

of 5 stars for
the program

100%

plan on continuing
to make art

89%

agreed that instructors
introduced them to
useful skills, ideas
and/or techniques

100%

agreed their instructors
communicated clearly, were
organized and prepared, and
made them felt supported

Clinician Survey Results

4.88

of 5 stars for
the program

75%

have experienced
the program before

100%

of participants
looked forward
to Art Cart
program

100%

would like
to have Art
Cart back on
their unit

What participants have said about Art Cart

"It was one of the
highlights of my week."

"I had enjoyable hours
in this art class and I
thank the teacher and
the organizers"

"I love the whole idea,
got new skills and it
was really good for my
mental health"

"The art instructor was
excellent"

Thank you

Your commitment to Gifts of Light has a direct, day-to-day impact on wellbeing of CAMH clients. Because of you, we can look forward to seeing another successful year of Gifts of Light programs and initiatives.

We are consistently thrilled to see how much impact a philanthropy-fueled and volunteer-led program has on our clients, their families and our community. The effort our volunteers put in to ensure that all Gifts of Light programming is fun, safe, and beneficial is possible because of your generosity.

We hope you take pride in our shared accomplishments and are inspired by the positive impact you've had in how Gifts of Lights offers our patients joy, compassion and dignity.

Now is the time for us to rally and come together to build a community that is committed to building a future where no one is left behind, and Gifts of Light is a great first step. Thank you for helping us change mental health care forever.

Thank you.

Sincerely,



Deborah Gillis
President & CEO, CAMH Foundation



Centre for Addiction and Mental Health Foundation

100 Stokes Street, 5th floor, Bell Gateway Building
Toronto, Ontario Canada M6J 1H4

camh.ca

Charitable Registration Number: 106932320RR0001

camh
FOUNDATION