



EVA ATTALI KATZ

Toronto evakatzdesign.com evakatz@icloud.com 416-576-6445

Portfolio

June 2024
Selected Works

CAMH Reconciliation Working Group

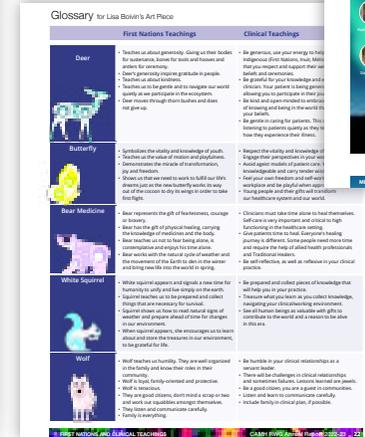
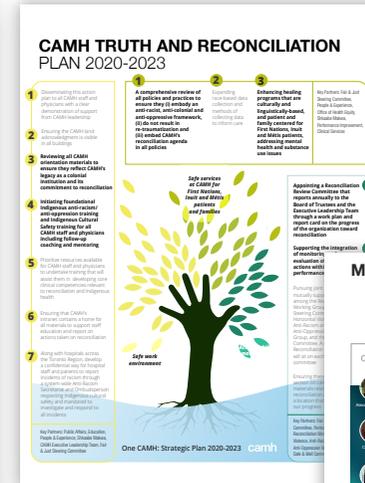
As the sole graphic designer on the CAMH Reconciliation Working Group (RWG), I collaborated closely with the committee to design various projects, including annual reports, event designs, an Indigenous-inspired recipe booklet, the CAMH Truth and Reconciliation Action Plan and the CAMH Land Acknowledgements. I also commissioned indigenous artists and art directed them to create illustrations for these projects.

- RWG Annual Report
- Land Acknowledgements
- Indigenous-inspired Recipe Booklet

Art Direction / Illustration / Branding / Digital / Print



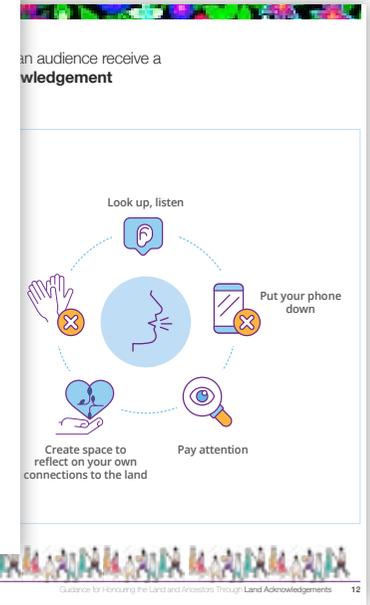
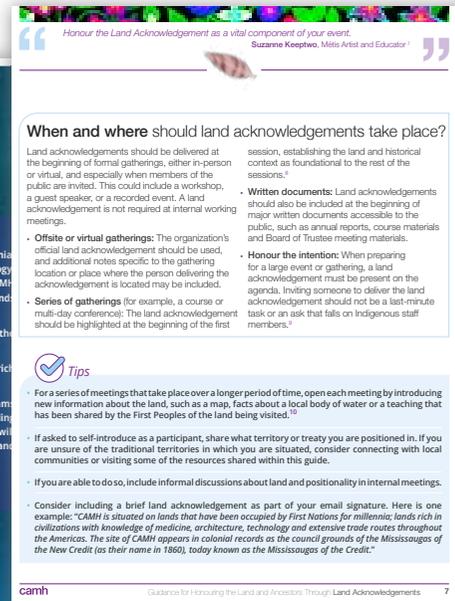
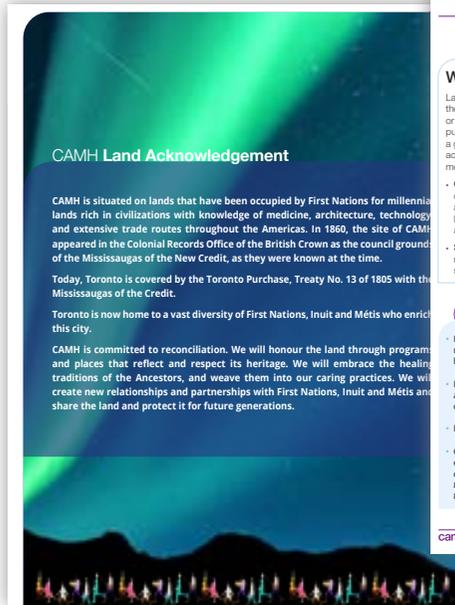
The artwork is by **Lisa Boivin**, an interdisciplinary artist, bioethicist and health care educator from the Deninu Kue First Nation in the Northwest Territories.



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RWG Annual Report



FOOD IS MEDICINE

RECIPES FOR RECONCILIATION



INDIGENOUS AND INDIGENOUS-INSPIRED RECIPES FOR 2024

Curated by Red Seal Chef-Rick Powless-Oneida Nation, Bear Clan, Six Nations Grand River Territory and CAMH Elder-Kahontakwas Diane Longboat-Mohawk Nation, Turtle Clan, Six Nations Grand River Territory

CONTENT



SOUPS

- Roasted Acorn Squash Soup
- Chicken Pozole Soup
- Jerusalem Artichoke Soup
- Haudenosaunee Wedding Soup
- Carrot Ginger Soup

MAINS

- Zucchini Bison Lasagna Rolls
- Cedar Braised Bison
- Pulled Venison Sandwiches
- Three Sisters Succotash
- Mexican Quinoa Stuffed Peppers

DESSERTS

- Haupia (Hawaiian Coconut Pudding)
- Salmonberry Gelée
- Mixed Berry Wild Rice Stuffed Baked Apples

GLOSSARY

- Sacred Foods of Indigenous Nations in Ontario



ROASTED ACORN SQUASH SOUP

SERVING	4-6
PREP TIME	20 mins
COOK TIME	1 hr
READY IN	1 hr 20 mins

INGREDIENTS

- 2 acorn squash, halved and seeded
- water, as needed
- 3 tbsp unsalted butter
- 1 large sweet onion, chopped
- 1 large carrot, peeled and chopped
- 1 clove garlic, minced
- 3 1/2 cups low-sodium chicken stock
- 1/4 cup half-and-half
- 1/2 tsp ground nutmeg
- 1/2 tsp ground cinnamon
- 1 pinch salt and ground black pepper to taste

DIRECTIONS

1. Preheat oven to 400 degrees.
2. Arrange squash cut side down in a baking dish. Pour enough water into the baking dish to cover the bottom.
3. Bake squash until easily pierced with a knife, about 45 minutes. Remove from the oven and cool until easily handled. Scoop flesh into a bowl and set aside.
4. Melt butter in a pot over medium-high heat. Add onion, carrot and garlic; cook and stir until onion has softened and turned translucent, about 5-7 minutes. Pour chicken stock into the pot; stir in squash and simmer for 20 minutes.
5. Fill blender halfway with soup mixture. Cover and hold lid down; pulse a few times, before leaving on to blend. Puree in batches until smooth and return to pot.
6. Stir in half-and-half, nutmeg and cinnamon; season with salt and pepper. Thin the soup with water if desired.

6 Food is Medicine - Recipes for Reconciliation - SOUPS



CHICKEN POZOLE SOUP

SERVING	6
PREP TIME	15 mins
COOK TIME	25 mins
READY IN	40 mins

INGREDIENTS

- 1 1/2 tbsp olive oil
- 1 medium red onion, chopped (1 1/2 cups)
- 1-5 jalapeños, seeded and minced (optional)
- 3 garlic cloves, minced (1 tbsp)
- 1 1/2 tsp chili powder, or more to taste
- 1 tsp ground cumin
- 6 cups low-sodium chicken broth
- 1 (14.5 oz) diced tomatoes
- Salt and freshly ground black pepper to taste
- 2 1/2 cups diced cooked chicken
- 1 (29-oz) lyed Corn, drained and rinsed
- 1/2 cup chopped cilantro
- 1 tbsp fresh lime juice

SERVE WITH

- 1/2 cup shredded cheddar cheese
- 6 tbsp sour cream
- Lime wedge
- 4 oz tortilla chips

DIRECTIONS

1. Heat olive oil in a large pot over medium-high heat. Add onion and sauté 5 minutes, then add jalapeños, garlic, chili powder, and cumin and sauté 1 minute longer.
2. Pour in chicken broth, tomatoes and season with salt and pepper to taste.
3. Bring mixture to a boil, then reduce to medium-low, cover and simmer until onions are soft, about 10 minutes.
4. Stir in chicken and lyed corn and heat through, about 1-2 minutes. Stir in cilantro and lime juice.
5. To serve: top with grated cheese, slice of lime and sour cream.

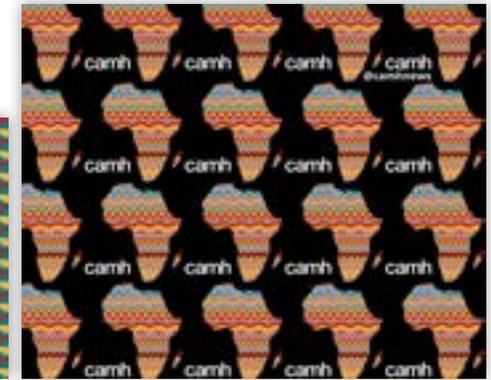
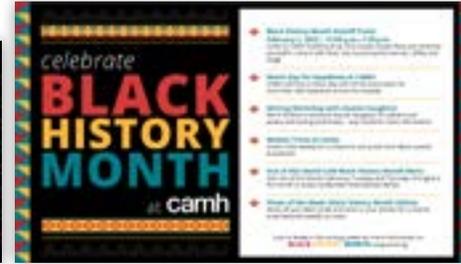
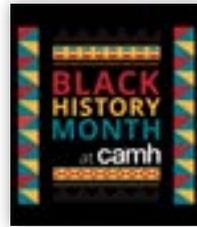
Food is Medicine - Recipes for Reconciliation - SOUPS 7

CAMH Diversity, Equity, Inclusion

DEI initiatives were a core focus during my time at CAMH. I collaborated with various committees and Employee Resource Groups (ERGs) to develop branding for organization-wide events like **Black History Month, Pride, and Indigenous History Month**. Additionally, I led design efforts for significant projects aligned with CAMH's mission, such as the **Truth and Reconciliation Action Plan** and the **Dismantling Anti-Black Racism Strategy**. I also partnered with Spiritual Care Services to create resources to support Jewish and Muslim employees during major holidays.

- Black History Month
- Pride Month
- National Indigenous History Month
- Truth and Reconciliation Action Plan
- Dismantling Anti-Black Racism Strategy
- Jewish and Muslim Employee Resources

Art Direction / Illustration / Infographic / Social Media / Branding / Digital / Print / Swags



Black History Month



Pride Month

camh

June 2021
National Indigenous History Month
 Presented by the **Aboriginal Caucus** and the **Reconciliation Working Group**

Date	Event	Details
June 2 12-1 pm	Two-Spirit Peoples - Inviting our Relations Back into the Circle	Panelist: Dr. James Makokis Moderator: Heulwen Ann Williams Traditional Opening: Cynthia White
June 9 12-1 pm	Treaties: Peace and Friendship - Realizing the Vision of Turtle Island	Panelists: Dr. Diana Steinhauer, Russell Diabo, Bob Goulais Moderator: Dr. James Makokis Traditional Opening: Walter Lindstone
June 14 12-1 pm	Virtual Sweat Lodge Teachings with Traditional Healer Kawennaronon Cynthia White	Panelist: Cynthia White Moderator: Daphne Horn Traditional Opening: Lisa Wabange
June 21	National Indigenous Peoples Day	Anishnawbe Health Toronto will be hosting a ground breaking Virtual Celebration
June 24 12-1 pm	Anishinaabe Knowledge And Culture As The Cure	Panelist: Joe Pitawanakwat Moderator: Sandy Brooks Traditional Opening: Loretta Assinewai-Fox
June 29 12-1 pm	Spirit of Sport - Physical Well-Being for Mental Well-Being	Panelists: Jeff Shattler, Kelly Babstock, Rilee ManyBears Moderator: Benn Brisland Traditional Opening: Walter Lindstone

831 May 06 2021

Email reconciliation@camh.ca for more information

camh

Live Dialogue on the Film *Kimmapiiyipitssini: The Meaning of Empathy and the Opioid Crisis in First Nations*

Opening Ceremony Moderator Panelists

Diane Longboat Laura Gagnon Dr. Jonathan Bertram Dr. Esther Tailfeathers

National Indigenous History Month

June 2023
 National Indigenous History Month camh

Decolonizing Trauma Work: in conversation with Renee Linklater
 Wednesday, June 26, 2023 | 12:00 - 1:00pm | WebEx

Join us for a special conversation moderated by Dr. Amy Gajjala to discuss Renee Linklater's book *Decolonizing Trauma Work*. The event will include a conversation with Renee about the book followed by a live Q&A.

Renee Linklater, PhD
 Senior Director, Indigenous Wellness, CAMH

Dr. Amy Gajjala
 Director, Research, Assessment and Policy, Mental Health for Young People

#MentalHealthIsHealth

camh

June 2023
National Indigenous History Month

camh

June 2 12-1 p.m.
Two-Spirit Peoples - Inviting our Relations Back into the Circle
Dr. James Makokis
 Medical Director of Shkaabe Makwa, CAMH

National Indigenous History Month

Nathional Indigenous History Month

camh

DISMANTLING ANTI-BLACK RACISM

A Strategy of Fair & Just CAMH

Prepared by the **Office of Health Equity** and the **Anti-Black Racism and Mental Health Advisory Committee**

CAMH Vision, Purpose, Mission, Belief, and Values

VISION Health redefined.

PURPOSE Position mental health at the centre of health care.

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.

BELIEF Mental health is health.

VALUES Courage, respect and excellence

DISMANTLING ANTI-BLACK RACISM

Dismantling Anti-Black Racism A Strategy of Fair & Just CAMH

RESULT 3: FOR CAMH

A MENTAL HEALTH SYSTEM, INSIDE AND OUTSIDE CAMH, WHICH AIMS TO ELIMINATE UNFAIR TREATMENT FOR BLACK POPULATIONS

In order to pursue the goals of this strategy, it is critical for CAMH to first build a supportive infrastructure from within and a mental health system outside that can deliver change.

CAMH leadership must acknowledge and address inequities experienced by Black patients and staff at CAMH. Leadership needs to make an active commitment to support the work of addressing anti-Black racism, specifically, to champion the immediate next steps put forth by this strategy. This leadership commitment must include investing in dedicated resources for this work and enhancing organizational infrastructure that will support the success of the strategy, such as new policies to explicitly address anti-Black racism. Leadership will do this by supporting the strategy, developing policies to address anti-Black racism at CAMH, and ensuring that the strategy is adequately resourced and linked to key performance indicators. These indicators will be reported on annually to the Board and the Anti-Black Racism and Mental Health Advisory Committee.

Priority Area 3.1: CAMH will use its voice as a health system leader to help ensure equitable access to and improved outcomes of mental health treatment for Black populations.

CAMH works with policy-makers and funders to implement new service approaches and helps guide the evolution of the mental health system. CAMH will use its leadership position to advocate for improvements in racial disparities in social determinants of health, access to services, and outcomes from treatment for Black populations. In addition, CAMH houses innovative programs such as SAPACCY, which can be modelled and delivered in community settings. Established in 1994, SAPACCY provides support and counselling to Black youth and their families who are dealing with mental health and addiction concerns.

13 CAMH will use its voice to advocate for better social conditions for Black populations in order to decrease the risk of mental illness and improve recovery rates.

14 CAMH will work with the Ontario Ministry of Health and Ontario Health to ensure equitable access to and uptake of appropriate structured psychotherapy for Ontario's Black populations.

15 CAMH will work with the Ontario Ministry of Health and the Mental Health Addictions Centre of Excellence to ensure equitable access to and uptake of new child mental health services for Black populations.

16 CAMH will work with the Ontario Ministry of Health to develop mental health funding models that better meet the needs of Black populations in Ontario.

Dismantling Anti-Black Racism A Strategy of Fair & Just CAMH

Our Priorities: Results CAMH Wants to Achieve

Launched in 2019, **Fair & Just CAMH** is a hospital-wide initiative committed to advancing diversity, equity and inclusion at CAMH. Fair & Just CAMH builds on recent initiatives for implementing cross-organizational change. It is a priority action within CAMH's strategic plan, One CAMH.

This strategy, which aims to dismantle anti-Black racism at CAMH, is part of the Fair & Just initiative, bringing together necessary changes at the organizational, staff and clinical levels.

RESULT 1 FOR PATIENTS AND FAMILIES
CARE FOR BLACK PATIENTS AND FAMILIES THAT IS SAFE, ACCESSIBLE AND EQUITABLE

RESULT 2 FOR STAFF
AN EQUITABLE WORKING ENVIRONMENT FOR BLACK STAFF

RESULT 3 FOR CAMH
A MENTAL HEALTH SYSTEM, INSIDE AND OUTSIDE CAMH, WHICH AIMS TO ELIMINATE UNFAIR TREATMENT FOR BLACK POPULATIONS

Supporting Jewish employees during Yom Kippur

Definition

Yom Kippur – Yom Kippur is the holiest day of the year in the Jewish calendar, translating to “Day of Atonement”. During this 26-hour period, observers may abstain from a number of activities such as eating and drinking, and spend the day in temple or synagogue.

While Yom Kippur is a day of fasting, the day before may be spent eating and preparing for this holy day, through activities such as:

- Eating honey cake, to mark the beginning of a sweet year
- Giving extra charity
- Lighting holiday candles

Holidays

Jewish employees may want time off on or around Yom Kippur. Please work with staff to accommodate any request for time off where possible.

Scheduling

Where possible, make room for Jewish employees to reconfigure their schedules to accommodate specific prayer, fasting and feast times, as well as other customs.

Fasting

Be mindful of employees who may be fasting, which can result in symptoms like headaches, nausea and feeling faint. Keep meetings to under an hour or include break times.

גמר טוב

Have a Meaningful Fast

camh | Yom Kippur Guide - Employees

PR45409 / 09/2022

Supporting Muslim employees during Ramadan

Definitions

Ramadan – the ninth month of the Islamic calendar, observed by Muslims worldwide as a month of fasting, prayer, reflection and community

Sawm – fasting, without food or water, from sunrise to sunset

Suhoor – the pre-dawn meal, the timing of which will change depending on the time of sunrise as the month progresses

Iftar – the post-sunset meal, the timing of which will change depending on the time of sunset as the month progresses

Eid-ul-Fitr – one of the most important holidays of the Muslim calendar marking the end of Ramadan

Scheduling

Where possible, make room for Muslim employees to reconfigure their lunch times, breaks, and shifts to accommodate mealtimes and prayer times, especially at the beginning and end of Ramadan.

The beginning and end of Ramadan are dependent on when the first visible crescent moon is seen, so Muslim employees might not know when fasting will start ahead of time. This may also be true of when Ramadan ends, and when the feast of Eid is held.

Most shifts will overlap with multiple prayer times and/or mealtimes. It is not unusual for Muslims who do not observe prayer at other times of the year to observe them during Ramadan.

Suhoor and Iftar are family- and community-based meals, and accommodations may be requested to allow Muslim employees to break their fast at home.

Holidays

Accommodate vacation requests where possible and plan for absences.

Muslim employees may want time off on or around Eid. This may also be a good reason for a team celebration a few days after Eid, when Muslim employees are back to work.

Fasting

Keep meetings to under an hour or include break times, and avoid scheduling long meetings near sunrise or sunset.

Fasting is hard and may result in low energy.

During the month of Ramadan, Muslim employees might not fast, or might take a break from fasting, for a variety of reasons, including but not limited to: menstruation, pregnancy, breastfeeding, medical reasons, and travel. After Ramadan ends, those who had to take a break from fasting may want to make up those fasting days; others may not.

To respect their privacy, don't ask Muslim employees why they aren't fasting on a given day.

رمضان مبارك

Ramadan Mubarak

camh | Ramadan Guide - Employees

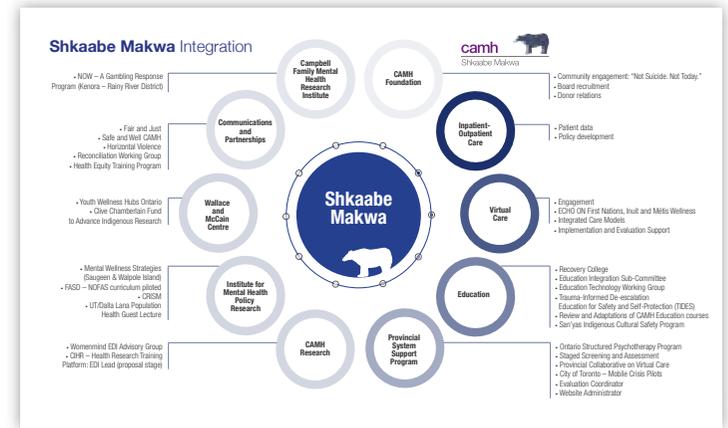
64466 / 09/2022

CAMH Shkaabe Makwa

Shkaabe Makwa at CAMH is Canada's first hospital-based center dedicated to culturally-responsive initiatives, promoting health justice and wellness for First Nations, Inuit, and Métis communities. As their brand ambassador, I collaborated with the team, adhering to their graphic guidelines, to produce work including brochures, posters, social media posts, infographics, and pull-up banners.

- Shkaabe Makwa social media post
- Shkaabe Makwa Integration infographic
- Shkaabe Makwa pull-up banner
- Shkaabe Makwa brochure
- Shkaabe Makwa event posters

Art Direction / Illustration / Branding / Social Media / Digital / Print



camh
mental health & health

Anishinaabe
Happy Good Life
Nanaadawegaaazawak wi-momaadizad
"They are being healed to live a good life, to think healthy, be physically well, and have a good heart."

Cree
Meh-tooh-reen-chi-gun-mi-noh-pa-ni-win
minoh-aya-win-ani-mah
"Health is being healed mentally, spiritually, emotionally and physically."

Inuktitut
"A good mind, healthy relationships, the person is valued by all the people and has a purpose in the community."

Michif
"Health is Good Mindedness."

Mohawk
"Health is Good Mindedness."

DIRECTOR'S MESSAGE

Renee Linklater, PhD Director, Shkaabe Makwa

"Connecting with First Nations, Inuit and Métis communities and service providers across Ontario, Shkaabe Makwa is designed to drive culturally relevant systems initiatives to achieve health equity and community wellness. We strive to transform health outcomes through the advancement of research, training and innovative healing practices that respect, honour, and harmonize traditional knowledge and medical expertise."

Swish Lodge and Sacred Fire at the Camh Ceremony Grounds.

camh
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CONTACT INFORMATION

Members of the CAMH Aboriginal Caucus standing inside the Mississauga of the Credit Terminus.

CAMH Shkaabe Makwa 33 Russell Street Toronto, Ontario, Canada M5S 2S1
416 535-8501 ext. 33707
Email: shkaabemakwa@camh.ca
www.camh.ca/shkaabemakwa

camh
Shkaabe Makwa

Launch of Shkaabe Makwa - Centre for First Nations, Inuit and Métis Wellness

Renee Linklater, PhD Director, Shkaabe Makwa
Diane Longboat CAMH Elder, Senior Project Manager, Indigenous Implementation, Shkaabe Makwa
Carol Hopkins Executive Director, Traditional Partnership Foundation

Walter Lindstone Indigenous Operations, Shkaabe Makwa
Dr. Catherine Zahn President and CEO, CAMH
Lori Spadorcia Senior Vice President, Public Affairs and Communications, CAMH

Shkaabe Makwa Facebook Page

November 12, 2020
11:00 a.m. - Noon

CAMH will be the first hospital in Canada to develop an integrated service to respond to First Nations, Inuit and Métis wellness through patient care, research, and systems-wide initiatives. For more information please contact: Renee Linklater, 416-535-8501 ext. 33707

camh Shkaabe Makwa
Centre for First Nations, Inuit and Métis Wellness

WORKFORCE DEVELOPMENT

Training Opportunities

People who are homeless and have a mental illness are often vulnerable, without access to needed services. Many do not have proper identification, including OHIP cards, and may be fearful of the health care system. Even if they do see a doctor, they often face problems getting consistent follow-up care, particularly when they can't afford transportation and the medications they are prescribed. Some people who are homeless are not connected to community supports. Symptoms of their distress may only further isolate them and cause them to withdraw socially.

Community Support

Leading the design, development and delivery of high quality training materials that are directly informed by community knowledge and cultural based clinical practice.

Annual Gatherings & Events

Organizing an annual learning and wellness gathering to support Indigenous helpers working in the field of health and wellness, with a focus on mental health & addictions.

Staged Screening & Assessment

Providing twoday in-person training for Indigenous service providers on the CAMH Q3 MI DONT. Trainees are matched with a Shkaabe Makwa certified Quality Assurance Reviewer as part of the three-month certification process.

WELLNESS INNOVATION

Youth Wellness Hubs

Supporting the Youth Wellness Hubs Indigenous Advisory Circle. The Hubs address needs related to mental health, substance use, primary care and education.

Mental Wellness Strategies

Supporting the First Nations communities to develop mental wellness strategies using community driven data and funded by Ontario's Health System Research Fund.

TELEMENTAL HEALTH SERVICES

Telepsychiatry

As part of the Telemental Health program, CAMH's Telepsychiatry is delivering real-time client care via secure video conferencing. This innovative and effective mode of health services delivery bridges geographical distances and improves access to psychiatric care by partnering with community organizations such as Family Health Teams, to provide direct and indirect client care, and Keweenawin Okimakanak Telemedicine (KOTM), to provide care to clients in First Nations communities in Ontario.

ECHO Ontario First Nations, Inuit, & Métis Wellness

Addresses mental and physical wellness from the perspective of wellness and supports front line care providers in First Nations, Inuit, and Métis communities.

RECONCILIATION WORKING GROUP & GUIDING DIRECTIONS

Reconciliation Working Group

The CAMH Reconciliation Working Group coordinates film series, panel discussions, Lunch and Learn and a speaker series with Indigenous content experts on current systems and the importance of trauma informed, culturally relevant practice in the field of mental health and wellness.

Guiding Directions

Guiding Directions is CAMH's plan to strengthen our practices & partnerships with First Nations, Inuit and Métis. The plan includes fifty-seven recommendations for change in clinical services, training, research, education, Indigenous student practices and internships, and the recruitment and retention of Indigenous staff members.

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The Reconciliation Working Group Presents:

From the Ashes
A conversation with Jesse Thistle

Guest Speaker
Jesse Thistle
Métis, Senior Professor at York University, 10x award-winning author: From the Ashes, and 4x National Bestseller, CBC Canada Reads, and an Indie Book of 2016.

Opening Ceremony
Diane Longboat
CAMH Elder, Senior Project Manager, Guiding Directions, Shkaabe Makwa

Moderator
Lori Spadorcia
Senior Vice President, Public Affairs and Communications, CAMH

Shkaabe Makwa Facebook Page

Thursday, April 29, 2021

Watch for the FB live link on the events section of the Daily Broadcast. For more information please contact: Renee Linklater, 416-535-8501 ext. 33707. An ASL interpreter will be available.

The Reconciliation Working Group Speaker Series was developed with the generous support of Jamie Beaton.

camh Shkaabe Makwa
Centre for First Nations, Inuit and Métis Wellness

CAMH Public Events Marketing

Working closely with the CAMH Volunteer Services, I spearheaded the design of significant internal campaigns aimed at engaging both patients and staff.

The **CAMH Suits Me Fine Fashion Show** features patients proudly modeling clothes from the Suits Me Fine boutique. It's an empowering moment for patients to walk down the catwalk at a public event attended by staff.

The **CAMH Pet Therapy Dog Show** invites patients and staff to meet and interact with therapy dogs and their owners, who also stroll down the catwalk together.

- CAMH Suits Me Fine Fashion Show
- CAMH Pet Therapy Dog Show

Art Direction / Illustration / Branding / Digital / Print / Swags



Suits Me Fine Fashion Show



Pet Therapy Dog Show

CAMH Logos and Typography

For various internal projects and public-facing products, I managed to balance creating a unique identity with adhering to the house brand guidelines.

Here are a few examples of the logo designs, on brand.

- Caring for CAMH
- techconnect portal and service desk
- CAMH Shkaabe Makwa
- CAMH Pride ERG
- CAMH Jewish ERG
- CAMH Asian ERG
- LIFT / FUTUR en tête
- CAMH Suits Me Fine Boutique
- Creative on Queen Art Festival

Illustration / Branding / Digital



CAMH Co-branding and Partnerships

In my role, I was involved in major partnership initiatives between CAMH and external organizations, collaborating closely with both our internal communications team and external partners.

The **CAMH X TSO** partnership orchestrated a live, Indigenous-led musical event with the Toronto Symphony Orchestra, featuring Yo-Yo Ma and Jeremy Dutcher, to promote peace and healing.

The **CAMH x CBC** partnership aimed to engage youth nationwide by encouraging personalized playlists for mental health support within schools.

The **CAMH X YouTube** initiative aimed to spotlight mental health topics and elevate CAMH's presence on the platform, in which I created a variety of eye-catching and informative thumbnails to market the videos.

- CAMH X TSO
- CAMH X CBC
- CAMH X YouTube

Art Direction / Illustration / Branding / Digital / Print



CAMH Brand Material

As an in-house designer at CAMH, I enhanced our brand guidelines developed by an external partner and acted as a dedicated brand ambassador.

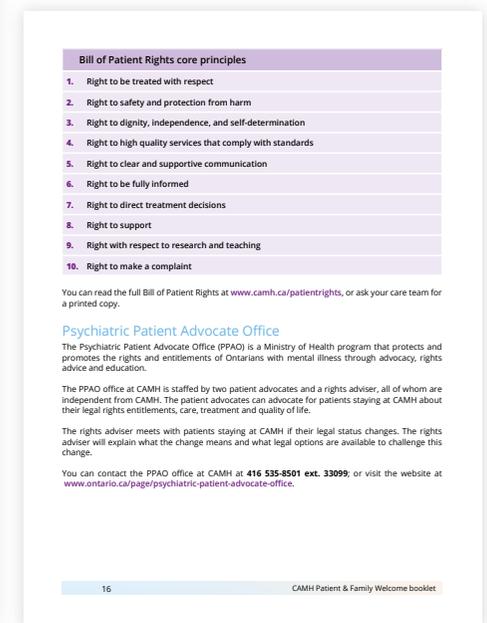
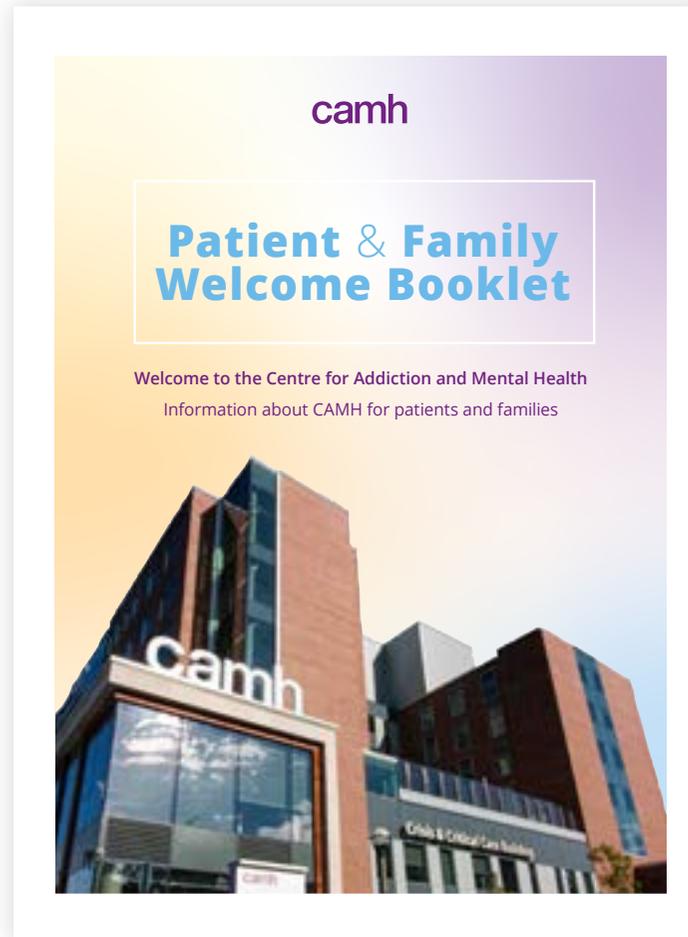
I designed a variety of client-facing materials and corporate communications, ensuring consistent adherence to brand guidelines.

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

Here are a few examples of my work:

The **CAMH Patient and Family Resource Booklet** was created in collaboration with the communications team. As the first resource patients and families receive at CAMH, it was essential to establish a warm tone and provide clearly laid out information. I created a set of flat design icons to improve the booklet's usability and accessibility.

Branding / Digital / Print / Visual Identity / Illustration



The CAMH Connexions newsletter is a quarterly publication. I collaborated closely with the Communications and First Impression teams on its creation. The goal of this newsletter is to keep the Queen Street community informed about CAMH's latest news and developments, while maintaining a tone that reflects transparency and clarity.

Branding / Digital / Print / Visual Identity

Sunrise Challenge 2023

From May 29 - June 2, 2023, we're kicking off the third CAMH Sunrise Challenge. This national campaign invites Canadians to wake up with the sun while raising money to support the groundbreaking mental health research and suicide prevention initiatives happening at CAMH. By rising together and rallying our friends, family and co-workers behind the cause, we can change the way the world sees and treats mental illness.

As Canada's largest mental health teaching hospital and a world-leading research centre in its field, CAMH sets the standards for care, research, education and leading social change. With a dedicated staff of more than 3,000 physicians, clinicians, researchers, educators and support staff, CAMH offers outstanding clinical care to more than 37,000 patients each year. The CAMH Sunrise Challenge has raised over \$3.7 million to fund research breakthroughs, transform patient care, and show people with mental illness they're not alone.



Psychedelics and Mental Health Panel Discussion

Panel Discussion
Psychedelics and mental health: the hype & the hope

Friday, June 16 | 10:00 AM - 11:30 AM | Royal Family Auditorium, 100 Queen Street West, Toronto

Psychedelics are being talked up as promising tools for promoting resilience, reducing anxiety, and supporting recovery. But what's the science behind the hype? Panel discussion with experts from CAMH and beyond.



#MentalHealthIsHealth

Continue the conversation online

camh.ca/neighbours
redevelopment.feedback@camh.ca

Please join our local community email list by emailing communityevents@camh.ca.

camh connexions camhTV camhnow camh



Spring 2023

Kicking off 2023 Community Events

We are very excited to welcome our local community back to outdoor events this season. Our vision is to foster an inclusive and welcoming campus for patients, family, staff and the community. Hosting events that welcome everyone on campus is one of the ways we do that. Please drop by the CAMH information table if you have any questions.

Toronto Flower Market - The Toronto Flower Market provides an opportunity to celebrate and support Ontario-grown flowers and plants, where growers and florists can connect directly with the CAMH community. The market will be hosted in the TD Commons at Queen Street and Shaw Street. You can find the market open from 10:00am - 3:00 pm on the following days:

Saturday, June 10
Saturday, July 15
Saturday, August 12
Saturday, September 9
Saturday, October 7 (Thanksgiving weekend)

camh mental health is health

Hippie Vintage Clothing Market

The Hippie Vintage Clothing Market is a family-friendly vendor market with a diverse set of offerings including vintage, art and smallbatch goods, including food and beverage. A percentage of proceeds of each market is donated to CAMH's Gifts of Light - specifically for patients. The market will be hosted in the TD Commons at Queen Street and Shaw Street. You can find the market open from 12:00 pm - 6:00 pm on the following days:

Saturday, June 3	Saturday, August 19
Saturday, June 24	Saturday, September 23
Saturday, July 8	Saturday, October 14
Saturday, July 22	Saturday, November 4

CAMH's recommendations to mayoral candidates

With Toronto facing a mental health crisis and the most vulnerable Torontonians suffering, CAMH is challenging Toronto's mayoral election candidates to commit to urgent actions to address the crisis and improve the lives of all Torontonians.

"Our health system and social system have reached a 'breaking point,'" says Dr. David Gruber, CAMH psychiatrist and co-chief of the General Adult Psychiatry and Health Systems Division. "We are experiencing an increase in demand for emergency services specifically related to psychosis and methamphetamine use."

CAMH is proposing Toronto mayoral candidates commit to supporting evidence-informed solutions that target serious mental illness and substance use disorders and can make an immediate impact. CAMH's recommendations are:

1. Urgently ensuring that Toronto's substance use treatment and recovery services are not an afterthought by ensuring that all patients have access to evidence-based, integrated, and person-centred care.
2. Investing in a rapid response, crisis care, and recovery program across the province of Ontario, including a dedicated, integrated, and person-centred response to those with serious mental illness and substance use.
3. Investing in a rapid response, crisis care, and recovery program across the province of Ontario, including a dedicated, integrated, and person-centred response to those with serious mental illness and substance use.



National Indigenous History Month: CAMH Pow Wow

On June 14, we invite you to join us at CAMH from 12:00-4:00pm for our 2nd annual Pow Wow. This event is being put on as part of National Indigenous History Month. This year's theme is Honoring Children and Youth, so we invite you to bring your families. All are welcome. The event will take place at the TD Commons Park (at Queen Street and Shaw Street). There will be local Indigenous-owned vendors, food, music and dancing. This event is rain or shine. We thank you for your cooperation as there may be some noise and music as part of the event.

Doors Open Toronto

On May 27 and 28 between 10:00am - 5:00pm, CAMH will participate in the City of Toronto's annual Doors Open Toronto for the sixth time. It's a city-wide event where 150 buildings of architectural, historic, cultural, and social significance open their doors to the public. This year's theme is "What does a city sound like?". A guided outdoor tour will highlight the healing nature of sound in a patient's journey to recovery. You will tour our natural park-like settings, experience musical performances by talented artists from Workman Arts, learn about the culturally therapeutic healing nature of drumming and music in the care provided by CAMH's Aboriginal Services and other CAMH musical partnerships. We hope you will join us!

1D Redevelopment Update

Coming this fall, construction work on campus will become more dynamic and lively, especially around our Community Centre. The Community Centre will be the location of the future Secure Care & Recovery building, and will be demolished at the end of 2023.

Some of you may know that CAMH just celebrated our 25th anniversary! We're proud to see how far we've come through redevelopment work to transform our campus into a place where healing care and treatment can live alongside groundbreaking innovation and research. Thank you for your patience and support as we enter this final phase. As always, you can reach us at redevelopment.feedback@camh.ca.



CAMH Accreditation branding



E-Leader Email Banner



Town Hall Digital Screen



Redevelopment Branding

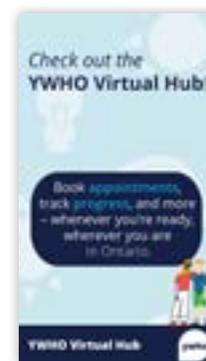
CAMH / Youth Wellness Hubs Ontario

YWHO Networks, an innovative virtual platform co-designed by CAMH, incorporates input from young people, families, service providers, e-health scholars, and government. It offers integrated, age-appropriate youth services, emphasizing mental health support.

As brand ambassador for YWHO, I inherited their guidelines and produced diverse branded materials—**brochures, social media posts, banners, and infographics**—ensuring consistency with the brand identity.

- YWHO map infographic
- YWHO social media cards
- YWHO brochure
- YWHO pull-up banner

Branding / Digital / Print / Signage / Infographic / Visual Identity



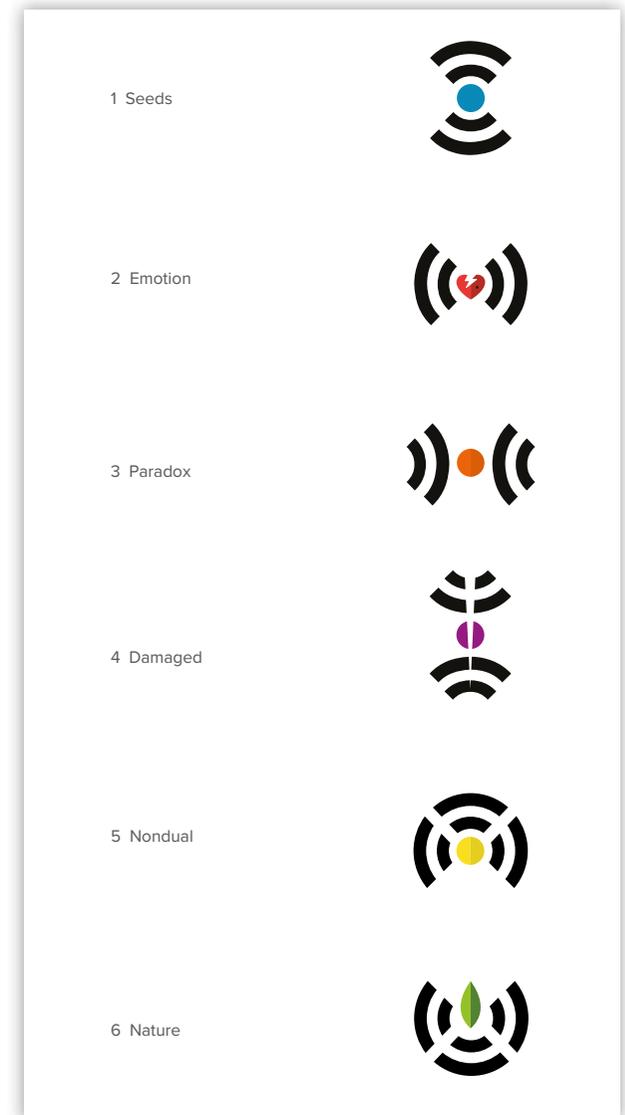
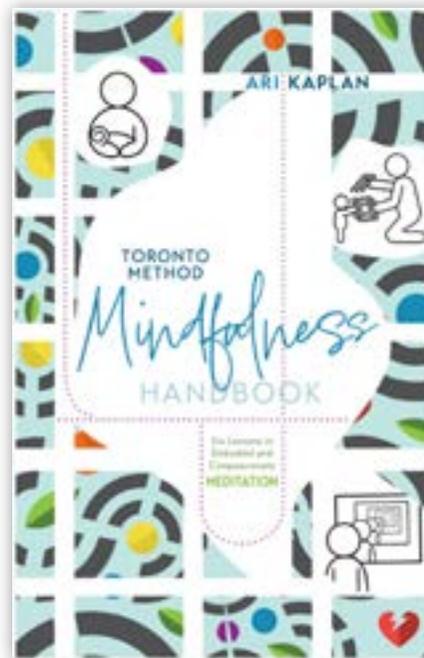
Freelance

KAPLAN • LAW is the law firm of Ari Kaplan, recognized as an expert in Pensions and Benefits Law.

I collaborated closely with Ari Kaplan, Principal of Kaplan Law, to create branded **logos** for his law practice and his mediation podcast and an **icon set** for his Mindfulness Handbook.

- Kaplan Law brand logo
- Family on Air Podcast brand logo
- Toronto Method Mindfulness Handbook cover with icon set
- Toronto Method Mindfulness icon set

Branding / Digital / Print / Visual Identity

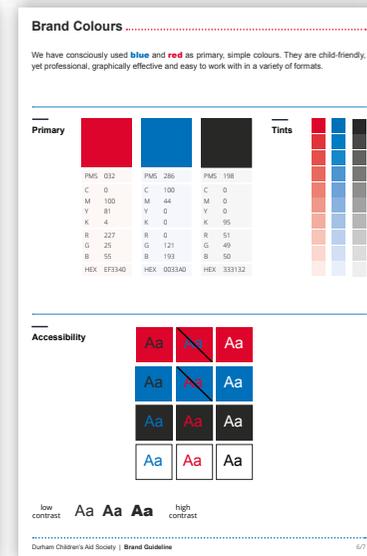
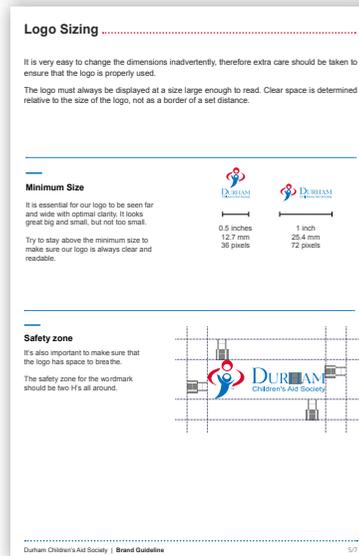
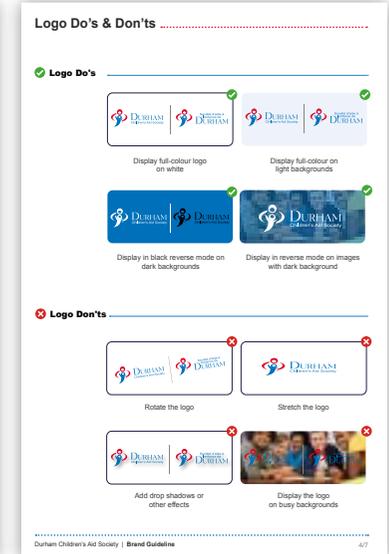
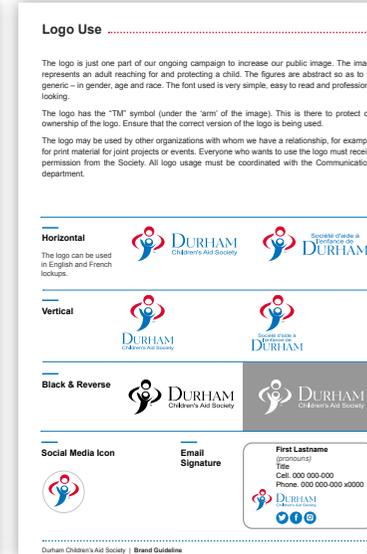
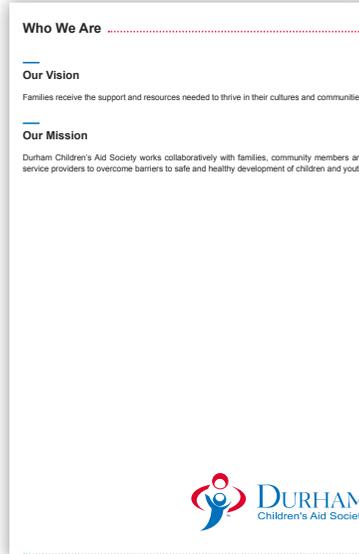


Freelance

I was commissioned to develop the brand guideline for the **Durham Children's Aid Society**.

- Durham Children's Aid Society Brand Guideline

Branding / Digital / Print / Visual Identity





EVA ATTALI KATZ

Contact info

 Toronto  evakatzdesign.com  evakatz@icloud.com  416-576-6445