

## The Mathison Centre for Mental Health Research & Education

“Mental health has long been ignored at great social and financial cost. It’s time we start funding needed research to make a difference”

Ron Mathison,  
President & CEO,

### Making a difference through research and education

Healthy emotional and social development in the early years lays the foundation for mental health and resilience throughout life. In Canada today 1.2 million children and adolescents are affected by mental illness and 75 per cent of mental illnesses in adults began before the age of 24. The Mathison Centre for Mental Health Research & Education at the Hotchkiss Brain Institute is rapidly becoming one of the leading research hubs in Canada focusing on the mental health of children, youth and emerging adults.

### Opportunities to advance innovative investigation

The Mathison Centre has established the **Research and Innovation in Mental Health Fund** (RIMH fund) to raise \$10 million in community support to advance on-going research and education programs and explore new dimensions of precision medicine in mental health. Opportunities to support child and youth mental health research include:

- ❖ **Mental Health Trainee Support: \$1,000,000** - The Mathison Centre offers dynamic programs that attract and train high-calibre students. The Cumming School of Medicine, one of Canada’s only interdisciplinary neuroscience programs for undergraduate students uniquely positions the Centre to attract and retain the best young minds. Your support to trainees will ensure the development of the next generation of outstanding mental health researchers at undergraduate, graduate and post-doctoral levels
- ❖ **Precision Health Approach: \$1,500,000** - Every year, thousands of children and youth are treated in mental health clinics in Calgary and around the world. Mathison Centre researchers will pioneer and test approaches to inform the right treatment for the right child at the right time. The goal is to explore personalized treatments for mental health disorders.
- ❖ **Discovery and Innovation: 1,500,000** – Sparking groundbreaking research through competitive awards for innovative, high-risk, high-reward projects aligns with the strategic priorities of the Mathison Centre. Funding will support discovery projects and the recruitment of a clinician-scientist to advance our strategic focus on precision-based mental health.



❖ **Generation Alberta: A School-Based Mental Health Study: \$1,750,000** - Mathison Centre researchers are increasing the understanding of the links between mental illness and long-term social and academic outcomes. In partnership with the Mental Health Commission of Canada, this innovative community-based program is leading a consortium of local school boards in providing children in Calgary schools with the tools to confront stigma associated with mental illnesses. The holistic study engages students, parents, school staff and educators to enable us to better predict who is at risk for depression and other disorders of major public health importance.

❖ **Mental Health in Our Community (MHIOC): \$1,000,000** - Community engagement is critical in helping to increase understanding, build the knowledge base of the public and help combat the enormous burden associated with mental disorders. The MHIOC program includes community-based symposiums and public outreach events and the development of 'e-hubs' in which youth are able to complete mental health rating scales online and link to resources to help them manage their symptoms.



❖ **Child Maltreatment and its Impact on Brain and Mental Health: \$1,750,000** - In an academic-community partnership with the Sheldon Kennedy Child Advocacy Centre, a Mathison Centre research team is studying the impact of adverse childhood experiences (ACEs) on the developing brain. The study will help researchers understand the effects of trauma on a child's brain and follow the outcomes of their treatments. The goal of this research is to effectively target treatments for vulnerable children, and to inform future healthcare policies and practices.

❖ **Novel Treatments and Technologies: \$1,500,000**- Technological advances are continually emerging in the field of mental health, creating a great need for research into their adoption, effectiveness and further advancement. These new and emerging technologies impact novel treatments that make what once seemed impossible now a reality. Through community investment, the Mathison Centre will continue to use cutting-edge technology to advance research and treatment of mental health disorders such as depression and childhood psychiatric disorders. The Centre will also invest in 'big data' analytic infrastructure in order to enable integrated analyses of complex behavioural, genetic and neuroimaging information.

“The Calgary community presents a unique opportunity to advance research in child and youth mental health”

Paul Arnold, Director,  
Mathison Centre

### Transform lives through mental health research by joining us

Imagine the impact of integrating findings from a study on adverse childhood experiences into precise treatments based on individual responses to various types of treatment. The vision of the Mathison Centre is to put your investment to work that will transform the lives of children, youth and adults with mental health disorders, and the families who care for them. For more information about these investment opportunities please contact: **Donna Kwan**, Associate Director of Development, Cumming School of Medicine, University of Calgary. Cell: 403 389 2148 | E: [Donna.kwan1@ucalgary.ca](mailto:Donna.kwan1@ucalgary.ca)