

## Inspiring Change at Archway Outpatient Clinic

Marianne, who has experienced depression, did not always like visiting the Archway outpatient clinic. The yellow walls were too brilliant and overwhelming and the colours made the rooms feel very small. Now that a redesign project has begun, she enjoys the space more and feels Archway has become a healthier atmosphere.

"It's more calming. I'm from the north. I prefer earth tones," Marianne says about the new muted colours that the group room, hallway and first floor kitchen have been painted. "You know when you paint your bedroom or living room, it gives you a sense of well-being and a cleaner, fresher look. Change is a good thing because we have to change our lives."



**Jim Davey**, Coordinator of CAMH's Corporate Volunteer program, is pleased he was able to help kick start that change. He was giving a tour of CAMH to **Sharon Portelli**, the Registrar for ARIDO, the Association of Registered Interior Designers of Ontario, who was exploring volunteer opportunities for the staff of her organization. It occurred to Jim that the group might be able to contribute some of their skills to Archway.

"There are so many vibrant and diverse programs that happen here and the clients I've met are very inspiring. I thought it would be nice to have a space that reflected that energy. I wanted to have someone come in with a critical eye like Sharon from ARIDO, keeping my fingers crossed that she would be inspired to do something," he says.

Inspired she was. She immediately sent out a call for help to her colleagues at ARIDO and set up a planning committee with volunteers who in turn, contacted people they knew in the design and construction industry who donated all the labour and materials to the project. The response was so overwhelming, they actually had to turn some people away.

**Joan Loughran**, Recreation Therapist at CAMH, is the point person organizing the renovations on the Archway end of the project. She says that one of the first things the planning committee did was meet with the clients to get their input. They said they "wanted to bring the outdoors in", which Joan says is reflected in the colours and materials selected both for the walls and in the new durable, high quality hardwood-like vinyl flooring, which had just been installed.



"I'm still smiling. This morning I couldn't wait to show the renovated areas to both clients and staff so I could observe their reactions. Some of the reactions were *"this is amazing"* and *"it feels homey"*, Joan says. This is especially true in the downstairs kitchen where she leads a healthy baking class. Sometimes she has more than 12 clients in a very small space and the newly painted walls and flooring make the space more comfortable to be in.



*Jim Davey and Joan Loughran are thrilled with how the renovations are going so far.*

The contractors have begun painting the second floor and will be installing new durable laminate flooring which is suitable for high traffic areas. The ARIDO group is also committed to replacing the staff's outdated desks. An art consultant will be helping with the selection of art work, including a staff-client Archway mural project, which she will frame and secure safely onto the wall.

Marianne is pleased by this. "Long ago institutions were designed with art work from the world of professional institutionalized images, but now it's from the world of the clients," she says.

Joan says some clients don't actually come to programs but still need to come to Archway to meet with their psychiatrists and case managers and to pick up their medications. "Sometimes there are delays and they have to spend time here sitting and waiting. I think it's a far more calming

environment to wait in – one that's conducive to recovery."

Jim looks forward to a "reveal party" when the redesign is complete. He feels fortunate to have met the right people with understanding and compassion who could see what needed to be done, especially Sharon. "She's a woman who immediately understood the importance of creating a space of recovery and wellness and a respite for many people. That's what inspires me for my position, getting to meet people who have this type of energy and positive light."

*(Stay tuned to Insite for more stories about the Archway Clinic redesign and to learn more about Sharon Portelli and the design team and other volunteers involved in transforming the space.)*

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Wonderful, and not too soon, I hope some of the clients' paintings will be reinstalled, I would miss them.

*annick.aubert@sympatico.ca on August 12, 2013 2:57 PM*

This is an exciting change in the making....hope we won't be kept in suspense too long. Look forward to hearing/seeing more about this change.

*biraj.khosla@camh.ca on August 12, 2013 2:56 PM*

Fantastic work and kudos Jim, Joan, and Sharon! As always, good work being done by the Corporate Volunteer Program as well as the Archway Outpatient Clinic.

*Kristen Palomera-Dinglasan on August 8, 2013 8:39 AM*

Great work, Jim and Joan.

The change is long overdue and will be much appreciated.

*Barbara.trudell@camh.ca on August 7, 2013 4:39 PM*

Beautiful! And what a great way for it to happen.

*Patricia Cavanagh on August 7, 2013 3:05 PM*



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