

Matthew is an occupational therapist/case manager at the Centre for Addiction and Mental Health (CAMH), and is currently working with adults with complex mental illness. Matthew also has a Status Appointment at the rank of Lecturer at the University of Toronto. Further, he is a licensed Ontario teacher, and enjoys incorporating his education skills into his clinical practice.



Matthew holds a Bachelor of Arts Honours degree in Psychology (Queen's University), a Bachelor of Education degree (Queen's University), and a Master of Science degree in Occupational Therapy (University of Toronto). He has worked with people from all walks of life with a variety of disabilities, both locally and internationally. He has received additional training in modalities such as Cognitive Behavioural Therapy, Motivational Interviewing, Cognitive Adaptation Therapy, Trauma Informed Care and Concurrent Disorders treatment. Matthew has ample experience in developing and facilitating a variety of psychosocial groups and programs within hospital and community settings.

At the University of Toronto, Matthew has designed and led many mental health labs for Master's-level students within the Department of Occupational Science & Occupational Therapy. Matthew has presented about Recovery Oriented Practice at mental health conferences, universities, church events and hospital Grand Rounds. At CAMH, Matthew is involved in many additional educational initiatives, such as becoming a Best Practice Champion and Social Determinants of Health Champion, and being trained as an Interprofessional Education Facilitator for student learners. He has been the recipient of both clinical and teaching awards at CAMH and U of T, respectively. Recently, Matthew was featured on CBC's Keeping Canada Alive program to promote mental health awareness, specifically around psychotic disorders. Matthew is passionate about providing recovery-focused support to people with complex mental illnesses, facilitating group programming, and promoting education about mental health issues to the broader population.

Matthew Tsuda is a member of the Working Group for the Promotion of Mental Health in Faith Communities.