



# Recovery Reimagined



## Frequently Asked Questions

### Getting Started with Recovery Reimagined

#### How do I access information about the program?

The best way to find the most up-to-date information about Recovery Reimagined is via the website: [www.tehn.ca/RecoveryReimagined](http://www.tehn.ca/RecoveryReimagined). If you have any questions or would like to connect with the program facilitators, please call or text 416-786-4168 or email [recoveryreimagined@tehn.ca](mailto:recoveryreimagined@tehn.ca).

#### I'm interested in attending the program. How do I sign up?

You can sign up for the program by completing the online intake form, located here: <https://forms.gle/395zRjQQstLixKHa6>. The intake form is hosted on Google Forms and takes about 5 minutes to complete. You can complete the form on a laptop, phone, or tablet. If you are unable to complete the intake form, please call 416-786-4168 for support.

#### What is the difference between the four groups?

Recovery Reimagined is not a typical "Day Program" and instead offers four different groups depending on your interest and availability.

- **Skills Groups** are the most accessible and low-barrier group. You are welcome to attend as many or as few Skills Groups as you would like.
- The **Intensive Program** is four-weeks and requires attendance on Mondays, Wednesdays, and Friday mornings from 10:00am-12:00pm.
- **Seeking Safety** is a concurrent trauma and substance use recovery group that is offered once weekly for an eight-week commitment. Please note that this is the only group at Recovery Reimagined that is fully "closed" - meaning the same participants begin & end the group together.
- **Continuing Care** groups are offered to folks who have completed the Intensive Program, or have been involved in Skills groups for a few months. Continuing Care groups offer a space to check-in, share challenges, and learn from each other's wisdom and experience.

### About the Program

#### Is Recovery Reimagined based in 12-step (i.e., Alcoholics Anonymous)?

No. The program is rooted in many different therapeutic modalities such as Dialectical Behaviour Therapy, Cognitive Behavioural Therapy, Motivational Interviewing, Somatic Experiencing, Structured Relapse Prevention, Psychodynamic, Emotion Focused Therapy, Narrative Therapy, and Internal Family Systems. The program is also informed by the work of: Tara Brach, Dan Siegel, Janina Fisher, and Nora Volkow.

Recovery Reimagined was built upon the following core values.

- **Low Barrier:** actively works to ensure that programming is inclusive and accessible to all.
- **Strengths-Based:** recognizes and leverage the intrinsic strengths of each individual.
- **Evidence-Based:** uses best practices in the mental health and substance use fields
- **Trauma-Informed:** prioritizes the principles of Trauma-informed Practice
- **Harm Reduction Informed:** honours all goal choices and integrates harm reduction philosophy
- **Gender-Transformative:** challenges binary gender norms and heteronormativity, while recognizing the role of unique societal pressures.
- **Anti-Oppressive Practice:** highlights and challenge interlocking systems of oppression (racism, sexism, homophobia, fatphobia, sanism, capitalism, colonialism).

## About the Program

### **Do I have to be abstinent to participate in groups?**

No. Recovery Reimagined is goal-inclusive. This means the program supports folks who have goals of harm reduction, tapering, moderation and abstinence. The program asks for members to abstain from substances before and during groups. Please connect with the program facilitators if this is a challenge for you.

### **What if I haven't used my substance of concern in a long time?**

The program supports those in all stages of their recovery. Recent use is not a requirement of the program.

### **Is Recovery Reimagined a peer-led program?**

No. Recovery Reimagined is facilitated by Masters-level Registered Social Workers (RSW). The program also supports learning and development of masters-level students who are often involved. During each group, there is time for connection, sharing of experiences, skills, and resources between group members.

### **Can I access individual counselling or case management?**

Recovery Reimagined is a group based program therefore individual counselling is not offered. The program facilitators can help with case management on an as needed basis, however will likely refer you to someone better suited to support your longer term needs.

### **Do you provide medical support or detox?**

No. However, the program is partnered with the Michael Garron Hospital Rapid Access Addiction Medicine (RAAM) Clinic. For more information on the RAAM Clinic please see their website here: <https://www.tehn.ca/programs-services/mental-health-addiction/addiction-services/rapid-access-addiction-medicine-clinic>. Recovery Reimagined is housed within Michael Garron Hospital's Withdrawal Management service. Please see further information on the WMS program: <https://www.tehn.ca/programs-services/mental-health-addiction/substance-use-withdrawal-management-services>

### **Can I get a letter of support for legal purposes?**

Oftentimes, outpatient groups are not accepted for court purposes. However, program facilitators are happy to provide letters of attendance and support. Please check with your legal representative to figure out if Recovery Reimagined is suitable for your legal needs.

### **My supports (i.e., family members, friends, etc) do not understand addiction. Can they get support?**

Family and friends are unable to accompany you within groups. However, Recovery Reimagined is in the process of creating a new group for those supporting folks with substance use concerns. Please check on the website for more information about this program in the future.

## In-Person Groups

### **Is Recovery Reimagined located at Michael Garron Hospital?**

No. Recovery Reimagined is located on the second floor of Withdrawal Management Services at 985 Danforth Avenue (Donlands and Danforth). 985 Danforth Ave is accessible via public transit, located across the street from Donlands Subway Station. Street and paid parking is limited.

## In-Person Groups

### **Is Recovery Reimagined accessible?**

Programming is located on the second floor, which is accessible by elevator and stairs. At present, there are no automatic doors. All washrooms are gender-neutral, and there is a wheelchair-accessible washroom located on the second floor. If you have any questions about accessibility, please contact the facilitators.

### **What COVID safety measures have been put in place?**

While on site, all group participants will be required to wear a medical mask that the program provides. In addition, social distancing will be required and the program enforces a limit of the number of individuals in the group room. All participants will be required to complete a screener when arriving on site with the support of program facilitators. All employees, students, and volunteers at Michael Garron Hospital are required to be fully vaccinated. We encourage all participants to get vaccinated; however, clients who have not been vaccinated are able to engage in the program. Please connect with us if you would like to receive more information about COVID-19 vaccines or boosters.

## Online Groups

### **I am not able to come on site for in-person programming. Can I still participate?**

Due to the decrease in community transmission of COVID-19, the program has returned to in-person programming. However, at this time the program continues to offer **one** online Skills Group. You can sign up for this group here: [www.calendly.com/RecoveryReimagined](http://www.calendly.com/RecoveryReimagined). If you are interested in attending online-only services we encourage you to connect with the St. Michael's Day Program by calling 1-855-505-5045.

### **What do I need to participate in the online group?**

You will need a stable internet connection, a device that has a microphone and camera (e.g., smart phone, tablet, laptop), a private space, headphones, and Zoom downloaded on your device.

## Intensive Program

### **Do I have to attend the Intensive Program all day, every day?**

No. The Intensive Program runs three days a week (Mondays, Wednesdays, and Fridays) from 10:00am-12:00pm. The program runs for four weeks and ongoing attendance in groups is required. If you are unable to make a commitment for four weeks, we encourage you to engage in Skills Groups instead.

### **What can I expect during a typical session of the Intensive Program?**

Each session of the Intensive Program is 120 minutes long with a brief break in the middle. Each session begins with a short relaxation exercise, and an opportunity to "check-in" and share how you are feeling. The first half of the Intensive Program focuses on exploring a specific topic that relates to recovery, such as: the Stages of Change, Coping with Cravings, Social Supports, etc. After a brief break, the group engages in open processing of current day-to-day recovery challenges and successes.

### **Do I get a certificate when I complete the Intensive Program?**

Yes, a certificate is provided when you complete the Intensive Program. Facilitators can also support with providing a letter that outlines your involvement within the program if requested.

## Skills Groups

### **Can I just show up for a Skills Group?**

No. Due to COVID-19 and room capacity limits, all members must reserve a seat for each session via this link: [www.calendly.com/RecoveryReimagined](http://www.calendly.com/RecoveryReimagined)

### **What can I expect during a typical skills group?**

Each Skills Group is 90 minutes long. Group begins with a short relaxation exercise, and an opportunity to “check-in” and share how you are feeling. The remainder of group focuses on exploring a specific topic that relates to recovery. There is ample time for discussion and group member input related to the topic.

### **Is this a Dialectical Therapy Behaviour (DBT) skills group?**

No. Recovery Reimagined is informed by DBT, however it is not a DBT program.

### **How long can I participate?**

Recovery Reimagined is a new program and therefore does not have participation limits at this time. However, please note this may change at any time and will be clearly communicated.

## Seeking Safety

### **What is Seeking Safety?**

Seeking Safety is an evidence-based, present-focused counselling group that helps people attain safety from trauma and substance use. Research has shown that trauma and substance use go hand-in-hand, and that the relationship between the two can be bi-directional. Many people support themselves by using substances as a coping mechanism to deal with the impacts of trauma, and substance use can increase the likelihood of experiencing a traumatic event. Please note that Seeking Safety is a manualized program that is offered at many different agencies. Recovery Reimagined offers an adapted Seeking Safety.

### **Do I have to share my trauma in group? Could I be triggered in group?**

Seeking Safety is a first-stage trauma group, and does not require group members to dive deep into detail or re-storying previous traumas. Instead, the program focuses on envisioning and enacting safety within our self and our environment. During Seeking Safety, we encourage all group members to practice sharing “headlines” instead of the details of their trauma. However, Seeking Safety can be a challenging group. It is natural to feel challenged and even triggered at moments when discussing material and experiences. There is a strong focus on grounding and emotion regulation throughout all sessions of Seeking Safety.

## Continuing Care

### **Can I come to Continuing Care as my first group at Recovery Reimagined?**

No. This group is reserved for those who have completed the Intensive Program or who have completed 12-14 Skills Groups. Please note the Continuing Care group requires active participation.

### **What does a typical Continuing Care group look like?**

Each Continuing Care Group is 90 minutes long. Each group begins with a short relaxation exercise, and an opportunity to “check-in” and share how you are feeling. The remainder of group focuses on sharing challenges, successes, and learning from each other’s wisdom and experience. Please note that the Continuing Care groups do not focus on a scheduled topic.