

Recovery Reimagined Intake Form: <https://forms.gle/URAHjgsvLj5dDSgC9>

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	10:00-12:00pm Intensive Program --- <i>In person</i>	10:00-11:30am Skills Group --- <i>In person</i>	10:00-12:00pm Intensive Program --- <i>In person</i>	10:00-11:30am Skills Group --- <i>Online</i>	10:00-12:00pm Intensive Program --- <i>In person</i>
PM	2:00- 3:30pm Skills Group --- <i>In person</i>	2:00-3:30pm Continuing Care --- <i>In person</i>	1:00-3:00pm Seeking Safety --- <i>In person</i>	2:00-3:30pm Skills Group --- <i>In person</i> <i>Women & non-binary people only</i>	All in-person groups take place at 985 Danforth Avenue. The online group is facilitated via Zoom.

Skills Group: “Drop-in” style group offered 4 times weekly. Reserve a spot for each group here: www.calendly.com/RecoveryReimagined

Intensive Program: 4-week program on Mon/Wed/Fri mornings. 1 month commitment required. New members start each Monday. Contact facilitators if interested.

Seeking Safety: Concurrent substance use and trauma group. Weekly two-hour group with 8-week commitment. Contact facilitators if interested.

Continuing Care: “Drop-in” style group offered once weekly. Open to members who have completed Intensive Program or equivalent. Speak with facilitators before signing up for your first group: www.calendly.com/RecoveryReimagined



Recovery Reimagined

Frequently Asked Questions



About the Program

How do I access information about the program and sign up?

The best way to find the most up-to-date information about Recovery Reimagined (RR) is via the website: www.tehn.ca/RecoveryReimagined. If you have any questions, please call or text 416-786-4168 or email recoveryreimagined@tehn.ca. You can sign up for the program, by completing the 5-minute online intake form, located here: <https://forms.gle/395zRjQQstLixKHa6>.

What is the difference between the five groups?

RR offers five different groups depending on your interest and availability.

- **Skills Groups** are topic-focused sessions. You are welcome to attend when it fits your schedule and there is no waitlist to attend.
- The **Intensive Program** is four-weeks and requires attendance on Mondays, Wednesdays, and Friday mornings from 10:00am-12:00pm. There is a waitlist for this program.
- **Seeking Safety** is a concurrent trauma and substance use recovery group that is offered once weekly for an eight week commitment. This program is run a handful of times throughout the year.
- **Continuing Care** groups are offered to folks who completed the Intensive Program, Seeking Safety or a minimum of 12 Skills Groups. Continuing Care offers a space to check-in, share challenges, and learn from each other's wisdom and experience.
- **Family & Friends of Recovery: A Learning Group** is offered to supporters who would like to better understand substance use concerns.

Is RR based in 12-step (i.e., Alcoholics Anonymous, Narcotics Anonymous, etc.)?

No. RR is rooted in many different therapeutic modalities such as Dialectical Behaviour Therapy, Cognitive Behavioural Therapy, Somatic Experiencing, Structured Relapse Prevention, Emotion Focused Therapy, Narrative Therapy, and Internal Family Systems.

RR was built upon the following core values.

- **Low Barrier:** actively work to ensure that programming is inclusive and accessible to all.
- **Strengths-Based:** recognize and leverage the intrinsic strengths of each individual.
- **Evidence-Based:** use existing best practices in the mental health, substance use, and concurrent disorders fields.
- **Trauma-Informed:** prioritize the principles of Trauma-informed Practice (safety, choice, collaboration, trustworthiness, empowerment)
- **Harm Reduction Informed:** honour all goal choices and integrate harm reduction philosophy and skills.
- **Gender-Transformative:** challenge binary gender norms and heteronormativity, while recognizing the role of unique societal pressures.
- **Anti-Oppressive Practice:** highlight and challenge interlocking systems of oppression (racism, sexism, homophobia, fatphobia, sanism, capitalism, colonialism).

Do I have to be abstinent to participate in groups? What if I haven't used substances for a long time?

Recent use is not a requirement of the program. RR is inclusive of all substance use goals and recognizes that recovery is non-linear. RR requires that those attending a group abstain from substances before and during groups.

Recovery Reimagined FAQs (Page 2 of 2)

Is RR a peer-led program?

RR 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 & case management?

RR is a group based program therefore individual counselling is not offered at this time. The program does not provide ongoing case management. The program facilitators can help on an as needed basis and will likely refer you to someone better suited to support your longer term needs.

Do you provide medical support?

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>

I think I need to access a detox stay? Can you help?

RR is housed within MGH'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 or work purposes?

Program facilitators are happy to provide letters of attendance and support. Please check with your legal representative or insurance provider to figure out if RR is suitable for your legal or work 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, RR offers Friends and ***Family of Recovery: A Learning Group***. Please refer to more information in the flyers.

What does a typical group look like?

A typical group is either 90 or 120 minutes. Each group begins with a short relaxation exercise, and an opportunity to "check-in". The remainder of the group focuses on exploring a specific topic related to recovery and open discussion.

In-Person Groups

Is RR located at Michael Garron Hospital?

No. We are located in the Men's Withdrawal Management Service at 985 Danforth Avenue (Donlands & Danforth). 985 Danforth Ave is accessible via public transit, located across the street from Donlands Subway Station. Street and paid parking is limited.

Is RR accessible?

Programming is located on the second floor, which is accessible by elevator and stairs. There are no automatic doors. The washroom is gender-neutral. Please contact the program facilitators for more details.

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 staff at Michael Garron Hospital are required to be fully vaccinated.

Recovery Reimagined FAQs *(Page 3 of 3)*

Intensive Program

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

The Intensive Program runs three days a week (Mondays, Wednesdays, & Fridays) from 10:00am-12:00pm. The program runs for 4 weeks and ongoing attendance in groups is required. If you are unable to make a commitment for 4 weeks, we encourage you to engage in Skills Groups instead. A certificate is provided when complete the Intensive Program. If you have missed more than 4 sessions, we are unable to provide a certificate.

Skills Groups

Can I just show up for a Skills Group?

Those who wish to attend a group must reserve a seat via this link: www.calendly.com/RecoveryReimagined.

How long can I participate?

At this time, RR does not have participation limits. This may change at any time.

Do you have online groups?

At this time, RR offers one online Skills Group. To participate, you will need a stable internet connection, a device that has a microphone and camera (e.g., smart phone, tablet, laptop), a private space, and Zoom downloaded on your device.

Seeking Safety

What is Seeking Safety?

Seeking Safety is an evidence-based, present-focused counselling group that works on attaining 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. Please note that Seeking Safety is a manualized program that is offered at many different agencies. RR offers an adapted Seeking Safety.

Do I have to share my trauma 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.

Could I be triggered in a Seeking Safety group?

Seeking Safety can be a challenging group. It is natural to feel challenged and even triggered at moments when discussing group material and experiences. However, there is a strong focus on grounding and emotion regulation throughout all sessions of Seeking Safety.

Do I get a certificate when I complete Seeking Safety?

Yes, a certificate is provided when you successfully complete Seeking Safety.

Continuing Care

Can I come to Continuing Care as my first group at RR?

No. This group is reserved for those who have completed the Intensive Program, Seeking Safety, or who have completed a minimum of 12 Skills Groups. Please note the Continuing Care group requires active participation.

Skills Groups

@ Recovery Reimagined

Skills groups are a place to connect with facilitators and other folks who are interested in exploring experiences of substance use and recovery.

Program Description

Skills Groups are 90 mins long and include both psychoeducation and opportunity for discussion. A typical group includes a short relaxation exercise, an optional check-in, and discussion about a specific topic. No ongoing commitment is required, and you are encouraged to sign up for as many groups as you like!

How to Sign Up

Step 1: Complete our online intake form

Our intake form is hosted online and takes approximately 5 minutes to complete. This form can be completed on a phone, tablet, or computer.

Intake Form Link: <https://forms.gle/gzgm7sBQbyU3erP37>

Step 2: Reserve a spot in an upcoming group

All group members are required to reserve a spot for each Skills Group that you plan to attend. You can access the reservation page via link below.

Reservation Link: www.calendly.com/RecoveryReimagined

Schedule

Please find our most up-to-date information about our schedule and calendar of upcoming topics located on our website!



Phone: 416-786-4168

Address: 985 Danforth Avenue

Website:

www.tehn.ca/RecoveryReimagined

Intensive Program

@ Recovery Reimagined

The Intensive Program is for anyone committed to a deep exploration of substance use and recovery.

Program Description

Through group work and individual therapy, program members are supported in setting and working toward substance use goals, developing distress tolerance and coping skills, and exploring a wide range of topics, including self-compassion, stages of change, and boundaries.

The Intensive program is four-weeks and requires attendance on Mondays, Wednesdays, and Friday mornings from 10:00am-12:00pm.

How to Sign Up

Complete our online intake form

Our intake form is hosted online and takes approximately 5 minutes to complete. This form can be completed on a phone, tablet, or computer.

Intake Form Link: <https://forms.gle/gzgm7sBQbyU3erP37>



Phone: 416-786-4168

Address: 985 Danforth Avenue

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Seeking Safety

@ Recovery Reimagined

Program Description

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; many people who use substances do so as a coping mechanism to deal with impacts of trauma, and substance use can increase the likelihood of experiencing a traumatic event. Seeking Safety allows us to explore our relationship to substances and integrate new forms of safe coping.

Seeking Safety is a first-stage trauma group, and does not require participants to dive deep into detail or re-story previous traumas. However, trauma experiences may be named and discussed in generalities. The program focuses on envisioning and enacting safety within the self and our environment.

Eligibility Criteria:

- Active or past substance use concern
- Be 18 years or older
- Past experience of trauma and active trauma symptoms (triggering thoughts, memories, nightmares, etc).

*Each cohort of Seeking Safety is **gender-specific**. Non-binary folks are welcome to join any cohort that feels most safe to them.*

Topics Covered:

- 1) Exploration of Safe Coping Skills
- 2) Trauma and Substance Use Cycle
- 3) Creating Meaning After Trauma
- 4) Red and Green Flags for Safety
- 5) Protecting Your Time
- 6) Integrating the Split Self
- 7) Understanding Anger
- 8) Getting Others to Support Your Ongoing Recovery



Phone:

416-786-4168

Website:

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Intake Form:

<https://forms.gle/LZ3NtFPHQh6mgrMq9>

Family & Friends of Recovery: A Learning Group

This group offers a space for family & friends of a loved one who is experiencing challenges with substance use and/or is in recovery. This is a learning-based group that will cover 6 different topics related to supporting loved ones with a substance use concern. The hour-long, online sessions will entail learning about recovery, discussing skills related to supporting loved ones, and structured discussion questions.

**The Learning Group takes place the 2nd Thursday of
each month from 6:00-pm-7:00pm via Zoom.**

- Topic 1:** Exploring the "Whys" of Addiction
- Topic 2:** Understanding the Stages of Change
- Topic 3:** Body & Brain in Addiction
- Topic 4:** Communication & Boundaries
- Topic 5:** Caring for Self
- Topic 6:** Learning about Recovery Goals

*Please note that these
sessions are "drop-in" and
can be attended in any order.
You can attend as few or as
many sessions as you like.*

How to Sign Up

Step 1: Complete our online intake form

Our intake form is hosted online and takes approximately 2 minutes to complete. This form can be completed on a phone, tablet, or computer.

Intake Form Link: <https://forms.gle/s8vWKx9Ay2TJGHni8>

Step 2: Reserve a spot in an upcoming session

Participants are required to reserve a spot for each learning group that you plan to attend. You can access the reservation page via link below.

Reservation Link: www.calendly.com/RecoveryReimagined



**RAPID ACCESS ADDICTION
MEDICINE (RAAM) CLINIC**

Phone: 416-786-4168

Website:
www.tehn.ca/RecoveryReimagined