



# Recovery Reimagined

## Frequently Asked Questions



### About the Program

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

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

#### What is the difference between the five programs?

RR offers five different programs depending on your interest and schedule.

- No Waitlist / Low Commitment Programs
  - **Skills Groups:** Offered 5 times weekly covering rotating topics. Attend as often as you like.
  - **Family Learning Group:** Online group offered every 2<sup>nd</sup> Thursday of the month. Space for family and friends to learn about supporting substance use recovery.
  - **Continuing Care:** Open to members who have completed the Intensive Program. Offered once weekly, alternating afternoon/evening timeslot. Speak with facilitators before first group.
- Waitlist / High Commitment Programs
  - **Intensive Program:** 5-week program on Mon/Wed/Fri mornings. Ongoing attendance & participation required.
  - **Exploring Trauma:** Concurrent substance use and trauma group. Weekly two-hour group with 7-week commitment.

#### What type of program is RR? Why “Reimagined”?

RR takes a transformative and radical approach to recovery by highlighting the role that shame, stigma, and interlocking systems of oppression play in creating and perpetuating addiction. We actively challenge this cycle by providing a space that fosters self-compassion, self-determination, and connection, and by recognizing that recovery is a non-linear process.

RR is rooted in several therapeutic modalities, including Dialectical Behaviour Therapy, Cognitive Behavioural Therapy, Structured Relapse Prevention, Emotion Focused Therapy, Narrative Therapy, and Internal Family Systems. It is not based on 12-step ideology. Instead, it is rooted in the biopsychosocial model and is built upon the following core values:

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

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

RR is inclusive of all substance use goals. Neither recent use nor abstinence are requirements of the program. RR only requires that those attending a group abstain from substances before and during groups.

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

RR is a group-based program and individual counselling is not offered at this time. The program does not provide ongoing case management. The program facilitators can offer occasional support and can refer out for participants who have longer term needs.

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

RR is partnered with the Michael Garron Hospital *Rapid Access Addiction Medicine (RAAM) Clinic*. For more information on the RAAM Clinic, please call: 416-469-6580 x. 2517

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

RR is housed within MGH's Withdrawal Management service. Please call 416-461-2010 for support.

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

Groups are reserved for people who have concerns about their own substance use. Our **Family Learning Group** is a space for loved ones interested in learning about addiction. Please refer to website for more info.

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

Groups are either 90 or 120 minutes. Each group begins with a short grounding exercise, an opportunity to check in, and group discussion centred on a topic related to recovery.

## **Is RR located at Michael Garron Hospital?**

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.

## **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 is 5 weeks long and ongoing attendance in groups is required. If you are unable to make a commitment for 5 weeks, we encourage you to engage in Skills Groups. A certificate is provided to folks who complete the Intensive Program without missing more than 4 sessions.

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## 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](http://www.calendly.com/RecoveryReimagined).

### **Do you have online groups?**

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

## Exploring Trauma

### **What is Exploring Trauma?**

Exploring Trauma is an evidence-informed, present-focused counselling group that supports safety from trauma impacts 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. A certificate is provided when you successfully complete the program.

### **Do I have to disclose my trauma in group?**

Exploring Trauma is an advanced 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 body and our environment. During Exploring Trauma, we encourage all group members to practice sharing “headlines” instead of the details of their experiences. Exploring Trauma can be a challenging group. It is natural to feel activated 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 Exploring Trauma.

## Continuing Care

### **I’ve done a lot of programming elsewhere. Can I come to Continuing Care as my first group at RR?**

This group is reserved for those who have completed the Intensive Program or Exploring Trauma. It is an open processing group for clients who have gotten to know each other and have a strong familiarity with our community commitments. Please note the Continuing Care group requires active participation.

## Online Family Learning Group

### **Does my loved one need to be involved with RR for me to join the family group?**

This group offers a space for family and friends of anyone experiencing challenges with substance use and/or is in recovery. The 75-min long, online sessions will entail learning about substance use recovery, discussing skills relating to supporting loved ones, and structured discussion questions. Your loved one does not need to be a current client of Michael Garron Hospital's RAAM Clinic or Recovery Reimagined. You must be residing and currently located in Ontario to participate in this group.

### **Contact Information**

Phone: 416-786-4168 (call or text)

Address: 985 Danforth Avenue

Website: [www.tehn.ca/RecoveryReimagined](http://www.tehn.ca/RecoveryReimagined)

# Community Commitments

Recovery Reimagined is committed to providing a therapeutic space in which all group members can feel safe and free from judgment and stigma. Group therapy is a powerful process that requires trust, vulnerability, and a collective commitment to protect ourselves, each other, and the space.



## Respect for Each Other

### Confidentiality

Take the message, leave the details.

### Engagement

Offer support through the practice of "I Statements".

### Language

Hate speech—in the form of racism, sexism, ableism, fatphobia, transphobia, or homophobia—is not welcome.

### Substance Use

Refrain from using substance(s) from midnight the day before group. If this is a challenge, please connect with a facilitator.

## Respect for Ourselves

### Self Care

Practice self care before & after group. Engaging in vulnerability can be impactful & tiring.

### Curiosity

Invite in curiosity with regard to different thoughts, feelings, and ideas.

### Take a Break

Listen to your body & take a break by stepping out, stretching, or getting some water or fresh air.

### Practice Boundaries

Listen to inner wisdom when engaging with group members outside of group (eg: sharing contact info). Connect with a facilitator if you'd like support.

## Respect for the Space

### Presence

Texting and scrolling interfere with active listening. Please step out of the room to use your phone.

### Awareness

Recognize that all group members are in different places in recovery. Be mindful of visual and verbal triggers.

### Detail sharing

When referring to past substance use or trauma, take care to share the headline & omit the story.

### Consideration

Please be mindful that we share space with Withdrawal Management Services. People are living here!