



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 is via the website: www.tehn.ca/RecoveryReimagined. If you have any questions, please text or call 416-786-4168 or email recoveryreimagined@tehn.ca.

What is the difference between the five programs?

Recovery Reimagined offers four 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.
 - **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 Recovery Reimagined? Why “Reimagined”?

We take 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.

Recovery Reimagined 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?

Recovery Reimagined 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?

Recovery Reimagined 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?

Recovery Reimagined 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?

Recovery Reimagined 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 Recovery Reimagined is suitable for your legal or work needs.

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 Recovery Reimagined 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 Recovery Reimagined 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.

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.

Contact Information

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

Email: recoveryreimagined@tehn.ca

Address: 985 Danforth Avenue

Website: www.tehn.ca/RecoveryReimagined

Community Commitments

Recovery Reimagined aims to provide a therapeutic space in which group members can feel safe and free from judgement and stigma. Group therapy is a 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 any identifying details.

Engagement

Root all shares in "I Statements".

Language

Discriminatory language (including racism, sexism, ableism, fatphobia, transphobia, and/or homophobia) is not permitted in the group space. This includes stigmatizing slurs related to addiction.

Substance Use

Refrain from using substance(s) from midnight the day before group. This includes alcohol and cannabis, even if they're not substances of concern.

Respect for Ourselves

Detail sharing

Take care to omit glamorization about substance use, explicit detail about trauma, and violent imagery.

Compassion

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

Take a Break

If you're feeling tired or falling asleep in group, take a break by stretching, getting some fresh air, or coming back another day.

Practice Boundaries

Listen to inner wisdom about connecting with folks outside of the group space (eg: sharing contact info).

Respect for the Space

Presence

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

Visual Triggers

Please refrain from wearing clothing advertising drugs or alcohol.

Consideration

We share space with Withdrawal Management Services. Be mindful that people live here.

Facilitators work to uphold these community commitments through gentle reminders during group, individual conversations outside of group, and the provision of alternate resources when appropriate.