

# Recovery Reimagined

## Information Package



**Recovery Reimagined** offers a range of outpatient trauma-informed substance use recovery programs through Michael Garron Hospital's Withdrawal Management Services. We take a transformative approach to recovery by highlighting the role that shame, stigma, and social norms play in creating and perpetuating addiction. We actively challenge this cycle by providing a space that fosters self-compassion, autonomy, and connection, and by recognizing that recovery is a non-linear process. We are a goal-inclusive program, and neither recent use nor abstinence are requirements for participation.

Groups at Recovery Reimagined provide an opportunity to learn about substance use and recovery, set and work towards substance use goals, and practice new coping skills. Each group begins with a short grounding exercise, an opportunity to check in, and group discussion centred on a topic related to recovery.

### Skills Groups

- Participants can get started at any time
- Each session is 90 minutes long
- Participants can attend as few or as many sessions as they would like

#### **Mondays @ 2:00pm**

- Open to everyone

#### **Tuesdays @ 2:00pm** *(every other week)*

- Open to women & non-binary people

#### **Wednesdays @ 2:00pm** *(every other week)*

- Open to 2SLGBTQIA+ people

#### **Thursdays @ 10:00am**

- Open to everyone, online only

#### **Thursdays @ 2:00pm**

- Open to everyone

### Intensive Program

- There is typically a wait to start
- Priority spots are reserved for people who attend Skills Groups
- 5 week-long program, with required attendance

#### **Mondays @ 10:00am-12:00pm**

#### **Wednesdays @ 10:00am-12:00pm**

#### **Fridays @ 10:00am-12:00pm**

### **How do I get started?**

#### **Step 1:**

Self-refer by completing the intake form:

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

#### **Step 2:**

Reserve a spot in a Skills group:

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

# Frequently Asked Questions

**Do I have to be sober to participate in groups?** Recovery Reimagined (RR) is for anyone looking to explore their relationship to substance use and looking to develop new coping skills. RR only requires that those attending a group abstain from substances before and during groups.

**Can I access individual support?** RR is a group-based program, and does not provide ongoing case management or individual therapy. The program facilitators provide occasional support and referrals to other programming.

**Do you provide medical support or detox stays?** RR is partnered with both the MGH *Rapid Access Addiction Medicine (RAAM) Clinic* and *Withdrawal Management Services* (detox). RAAM Clinic: 416-469-6580 x. 2517. WMS: 416-461-2010

**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 determine if RR is suitable for your legal or work needs.

**Is RR located at Michael Garron Hospital?** No. We're located offsite 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.

**Are Skills Groups drop in?** 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 offer other programming?**

- **Exploring Trauma** is an advanced first-stage trauma group that focuses on envisioning and enacting safety within our self and our environment. Exploring Trauma runs once weekly for 6 consecutive weeks and offered in-person a few times a year. Exploring Trauma is **offered to community members who have either graduated the Intensive Program or consistently attend Skills Groups**.
- **Continuing Care** groups offer a space to check in, share challenges, and learn from each other's wisdom and experience. Continuing Care groups are available to folks who have **completed the Intensive Program or Exploring Trauma**.