

Recovery Reimagined

Information Package



Recovery Reimagined is a trauma-informed substance use recovery program offered through Michael Garron Hospital's Withdrawal Management Services. We take a transformative approach to recovery by highlighting the role that shame and stigma 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 @ 10:00am

- Open to everyone, online only

Wednesdays @ 2:00pm

(Alternating Speciality Groups)

- Week 1: 2SLGBTQIA+ people
- Week 2: Women and Non-binary people

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

Thursdays @ 10:00am-12:00pm

How do I get started?

Step 1:

Self-refer by completing the intake form:

www.tehn.ca/RecoveryReimagined

Step 2:

Reserve a spot in a Skills group:

www.calendly.com/RecoveryReimagined

Frequently Asked Questions

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

Can I access individual support? We're a group-based program and don't provide ongoing case management or individual therapy. Program facilitators provide occasional support and referrals to other programming.

Do you provide medical support or detox stays? We're partnered with MGH's *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? We're happy to provide letters of attendance and support. Please check with your legal representative or insurance provider to determine if the program is suitable for your legal or work needs.

Are you located at Michael Garron Hospital? No. Recovery Reimagined groups run out of Men's Withdrawal Management Service at **985 Danforth Avenue** (Donlands & Danforth). We're located across the street from Donlands subway station. Street and paid parking are limited.

Is the building accessible? The Recovery Reimagined group room is 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.

Do you offer other programming?

- **Continuing Care** offers 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**.
- **Exploring Trauma** is an advanced first-stage trauma group that focuses on understanding the relationship between trauma impacts and substance use. Exploring Trauma runs once weekly for 6 consecutive weeks and is 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**.