MICHAEL GARRON HOSPITAL
TORONTO EAST HEALTH NETWORK

Recovery Reimagined

Information Package

Recovery Reimagined

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

416-786-4168 (text or call) **985 Danforth Avenue, Toronto**

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 aftercare?

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.**

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.