



Rhonda reaches out across the North to help others find their ‘voice’ and well-being.

Rhonda Robinson brings a wealth of lived experience and a sincere desire to help others achieve balance and well-being in their lives as a member of the Addiction & Mental Health Provincial Advisory Council (AMH PAC).

“I have the time and the knowledge to be able to help in a meaningful and inclusive way,” she says. “My passion motivates me to volunteer for the Council, to provide input and to be a voice for the north as I speak to the uniqueness of our needs across the North Zone.”

When it comes to providing a safe place for connection and understanding, “I have passion about being an ally to targeted demographics and to speaking up when I hear or see injustices happening.

“Through having ‘a seat’ at the AHS Provincial Addiction Counselling Practice Council, by virtue of being a member of the AMH PAC, it’s such an uplifting and impactful experience to be at the table with others with lived experience — and to hear their voices, passion and perspectives.”

Even as a newer member of the Council, Rhonda can already see its value and potential for accomplishment.

“I believe that we are listened to — and respected — and have many opportunities to be heard. The fact that we and other lived-experience councils exist to advise is, in itself, a huge accomplishment for Alberta.

“I’m seeing a shift in the old ‘us’ and ‘them’ attitudes of the past, as we come together to improve care for people affected by addiction and mental health. It gives me hope to see people with varied lived experience gather to provide advice and input on policy, procedures and change. As a Council member, I feel that the members of AHS leadership who make the decisions do listen, update, inform and explain issues to us.”

Rhonda wishes more members of the public could see the valuable work that’s being done behind the scenes, and how many points of view are being heard.

On a personal level, she’s grateful for the life-changing experiences that have brought her to council.

“I feel I have found my voice after 40 years of not feeling I had one,” she adds. “Now I get to be a voice for many who have yet to find their own voice“.



As well as serving in many volunteer roles in her community, Rhonda likes to read, bead earrings, attend self-help workshops and enjoy the quiet comforts of home.

For more information on the Addiction and Mental Health Provincial Advisory Council, visit ahs.ca/advisorycouncils, or email pac.amh@ahs.ca.