

# My Recovery Plan: Key Terms and Acronyms

## Key Terms (alphabetical order)

**My Recovery Plan (MRP)** – As part of Alberta’s plan to build a comprehensive recovery-oriented system of care, the MRP platform began implementation in 2022.

- MRP is a digital platform created by Last Door Recovery Society (LDRS) that helps individuals assess, plan, monitor and measure their recovery journey. The goal is to strengthen the internal and external resources needed to achieve and maintain recovery.
- Albertans will be able to personalize and have more ownership of their recovery journey via a client portal, and will be able to use the platform across addiction treatment services providers.
- Publicly funded service providers will be able to monitor their clients’ progress and assess the impact of their own program, leading to better outcomes for the people they serve.

**Navigator** – A Navigator is the addiction counsellor/therapist/clinician/other agency staff that supports clients in their use of MRP. The Navigator can assign or guide a client through their assessment, work with clients to choose goals and tasks based on that assessment, add resources to a client’s recovery plan, and otherwise support their recovery journey and use of MRP.

**Priority Populations** – Some groups have needs which may require more immediate access to treatment or more specialized approaches during their treatment in order to ensure they receive the support they require. These include individuals with disabilities, those involved in the justice system (e.g. leaving corrections facilities), pregnant women, LGBTQ2S+, veterans and active duty military, those with co-occurring disorders, and others.

**REC-CAP** – REC-CAP is an evidence-based assessment & recovery planning tool based on recovery capital developed by Dr. David Best. The tool:

- Assesses an individual’s recovery strengths, barriers and unmet service needs.
- Supports trained navigators to guide individuals in the execution of concrete recovery goals.
- Delivers longitudinal measurement of recovery capital gains over intervals.

**Recovery capital** – consists of identifiable resources, internal and external, that a person may call upon to enter and continue recovery. Recovery capital is the combination of personal, social, community and other supports that a person can draw upon to begin and sustain their recovery from addiction.

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**Recovery Capital Index (RCI) Score** – When an assessment is completed through MRP, a RCI Score is created. A higher score means that the client’s recovery capital is high, while a lower score means that the client’s recovery capital is low. This score is compared over time as new assessments are completed, with the goal to increase the client’s RCI. The RCI is one tool the navigator can use to help assist the client and better help the navigator in understanding the client’s condition.

**Recovery in addiction** – is sustained action addressing inherent biological, social, and spiritual disturbances, aiming to improve quality of life by seeking balance and healing in all aspects of health and wellness and consistent pursuit of abstinence.

**Recovery in mental health** – is achieving and maintaining remission and living a satisfying, hopeful, and contributing life, even when a person may be experiencing ongoing symptoms of a mental health problem or illness.

**Recovery oriented system of care (ROSC)** – is a coordinated network of person-centered, community-based services and supports that builds on the strengths and resilience of individuals, families, and communities to achieve a life free of illicit drugs, and improved health, wellness, and quality of life for those with or at risk of alcohol and drug problems or mental health issues.

**Resource Library** – A Resource Library is where an agency uploads all the internal and external resources they use to help an individual increase their recovery capital. Some examples are the local housing office, local recovery meetings, health services and documents or videos.

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### My Recovery Plan Acronyms and Abbreviation List

AH	Alberta Health
AHS	Alberta Health Services
AMH	Addiction and Mental Health
EMR	Electronic Medical Records
HIA	Health Information Act
IT	Information Technology
LDRS	Last Door Recovery Society
MDRATE	Medical Detoxification and Residential Addiction Treatment Expansion
MHA	Ministry of Mental Health and Addiction
MHAAC	Mental Health and Addiction Advisory Council
MRP	My Recovery Plan
PAMH	Provincial Addiction and Mental Health
QR code	Quick Response code
RC	Recovery Capital
RCI	Recovery Capital Index
REC-CAP	Recovery Capital Assessment Tool