

Planning for Alberta Recovery Event

Valuing Recovery Oriented Practice: From Beliefs to Practice

Vision/Goals for Event

- Provide education, including an opportunity for question and answers on key principles of recovery-oriented practice so that participants will leave with resources and tools that can be implemented into practice.
- Expand awareness and validate knowledge around the concept of recovery as informed by other Canadian and Alberta initiatives; building on what we know and exploring where we need to go.
 - Work towards a common understanding of practices that lead to recovery.
- Highlight recovery-oriented programs and practices in Alberta and Canada to build collaborative, mutually respectful, partnership-based relationships with people we serve as well as colleagues.
- Provide a platform to consider the next steps for advancing recovery-oriented practice across the province of Alberta.

Objectives of the event

Learning Objectives

By the end of this symposium participants will be able to:

- Describe guidelines of recovery-oriented practice.
- Demonstrate application of guidelines and competencies of recovery oriented practice.
- Implement guidelines and competencies of recovery-oriented practice with patients/clients.
- Collaborate with patients/clients to build care plans that will assist in recovery.
- Advocate for policies and practices that ensure recovery is the focus of care.

Principles/Themes for Event

1. Undertake topics with depth (vs. quickly discussing many issues)
2. Share and value lived experience
3. Consider what recovery looks like for individuals across transitions
4. Partnerships/Collaboration between the people we serve, providers, and organizations
5. Peer Support and Mentorship
6. Families and caregivers supporting recovery
7. Guiding initiatives, documents and resources:
 - Competencies of Practice for Canadian Recovery-Oriented Psychosocial Rehabilitation Practitioners
 - MHCC Guidelines for Recovery-Oriented Practice
 - AH Valuing Mental Health: report of the Alberta Mental Health Review Committee 2015

- AHS Patient and Family Centred Care Strategy
- AHS Trauma-Informed Care

Target Audience

Suggestions for the target audience for the event include:

1. Leaders and champions in addictions, mental health, and social and community supports including employment, housing, education and recreation
 - a. Alberta Health Services – Addiction and Mental Health (AMH)
 - b. AHS AMH affiliated Contracted Agencies
 - c. Cross Ministerial GOA partners
 - d. Care providers in other agencies working across the continuum of care

Event Framework

Question 1: Currently, what/how are we doing?

Objective A: Provide education on key principles of recovery-oriented practice

Guest Speakers

- Guidelines for Recovery-Oriented Practice: Orientation to Competencies of Practice for Canadian Recovery-Oriented Psychosocial Rehabilitation Practitioners and MHCC Recovery-oriented Practices and how it aligns with AHS initiatives across the continuum of care
- Valuing Lived Experience

Objective B: Highlight recovery-oriented programs and practices in Alberta and Canada

Recovery Best Practice Showcase: A 15-minute presentation to showcase an emerging/best practice in mental health and addictions services.

Question 2: Looking ahead, what can we implement/change within existing resources?

Objective C: Provide a platform to consider the next steps for advancing recovery-oriented practice.

- Keeping the momentum going: Practical ways of facilitating recovery-oriented care
 - Directory
 - Sharing and Mentorship
- Participant engagement in planning for integrating recovery principles into their practice