

Session Description and Learning Objectives

This event will introduce Alberta service providers in the area of addiction and mental health to the practice and competencies of Recovery Oriented Practice (ROP).

ROP is an approach to providing care to patients and clients in Addiction and Mental Health Populations. Recovery approaches stand on two pillars. First, they recognize that each person is a unique individual with the right to determine his or her own path towards mental health and well-being. Second, they also understand that we all live our lives in complex societies where many intersecting factors (biological, psychological, social, economic, cultural and spiritual) have an impact on mental health and well-being. The guidelines for recovery oriented practice developed by the Mental Health Commission of Canada (MHCC) encompass both dimensions, and in so doing address everyone with direct experience of mental health problems and those who support them, as well as the many communities – in all their diversity – in which people live, work and play.

Psychosocial rehabilitation (PSR) promotes resilience, personal recovery, full community integration, and a sense of purpose and meaning for those who have been diagnosed with any mental health condition and/or addiction issue. The Psychosocial Rehabilitation of Canada (PSR Canada) have developed core competencies of practice that Canadian Recovery-Oriented Psychosocial Rehabilitation practitioners need to acquire when working in a Recovery oriented practice in Canada. This approach aligns and even intersects with Patient and Family Centered care as well as Trauma Informed Care.

A 2015 Needs Assessment conducted by Professional Development and Concurrent Capability indicated that professionals in the field of Addiction and Mental Health were looking for professional development opportunities that address topics including understanding mental health and mental illness, understanding behavioural addictions, treatment planning, counselling, establishing therapeutic relationships and client engagement. In addition a May 2016 on site survey conducted by Accreditation Canada for the accreditation process of Addiction Mental Health for Alberta Health Services indicated that some AMH services are recovery oriented. For many of the services, this approach has been embedded in their practice for many years. However, there are staff members who could benefit from further education regarding recovery-oriented practice.

Overall Learning Objectives:

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

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

Session 1: Keynote Speaker Dr. Abraham (Rami) Rudnick with Evangeline Zak

Dr. Rudnick will address psychosocial rehabilitation (Rotenberg and Rudnick 2017) and other recovery oriented mental health and substance use services (Rudnick and Roe 2011), using a person-centred, evidence-informed and socially responsible approach (Rudnick 2014).

Learning objectives:

1. Clarify what is recovery of people with mental health and/or substance use challenges.
2. Describe key principles of facilitating such recovery.
3. Provide evidence for policy, practice, and experience of such recovery facilitation.

Biography

Dr. Abraham (Rami) Rudnick is Vice President, Research and Chief Scientist of the Thunder Bay Regional Health Sciences Centre and the Thunder Bay Regional Research Institute.

Dr. Rudnick is a certified psychiatrist and a PhD-trained philosopher. He is a Professor in the Department of Psychiatry and Behavioural Neurosciences and an Associate Member in the Department of Philosophy at McMaster University, Psychiatrist-in-Chief as well as a staff psychiatrist at St. Joseph's Healthcare Hamilton, Ontario, and is a Canadian Certified Physician Executive and a Certified Psychiatric Rehabilitation Practitioner.

Dr. Rudnick brings a wealth of experience from many years in leading interprofessional health research. One of his main areas of expertise is recovery-oriented person-centered care for people with mental health challenges, and as a key part of that psychiatric/psychosocial rehabilitation. He has published many papers, chapters and books, and presented and taught across the world, as well as led and provided consultation for service development and quality improvement initiatives.

Dr. Rudnick has been recognized worldwide for his work including being a recipient of the pioneer award in recovery research granted by Psychosocial Rehabilitation (PSR) / Readaptation Psychosociale (RPS) Canada, a recipient of the Michael Smith research award granted by the Schizophrenia Society of Canada, a Fellow of the Canadian Psychiatric Association and a Distinguished Fellow and Gold Medalist of the European Society for Person Centered Healthcare as well the Chair of its Mental Health Special Interest Group.

Evangeline Zak

Evangeline's mission is that her story may reach the hearts of those who are lost, inspire those who seek to understand, and to allow youth to see the truth and pain of addiction.

She will share her story of what it was like, what happened, and what it's like now that she has finally escaped the clutches of this fatal and merciless disease.

Evangeline Zak describes herself as a grateful recovering addict. Over the past 3 years she has spoken to thousands of people in addiction treatment centers, schools, mental health summits, and medical/legal professionals about my story of drug addiction and recovery. Evangeline never thought she would become an addict, but addiction doesn't discriminate against race, religion, income, intelligence, or even

upbringing. Her story starts out with simple experimentation, but led to a painful journey of abuse, homelessness, institutions, and nearly death.

Session 2: Recovery Best practice Showcase North Zone

Developing a North Zone Strategy for Recovery Oriented Practice

Developing a North Zone Strategy for Recovery Oriented Practice was developed by Mental Health Therapist's Samantha Miller for her Master's Degree and incorporates national and international evidence-informed practice. Her strategic plan builds upon successes within the North zone to further recovery oriented practice, such as the review and re-design of the North Zone Assertive Outreach Services Program Delivery Manual. The intent is to be able to provide strategic guidance to North Zone leadership to assist front-line practitioners to review their practice and reflect on ways to further develop recovery oriented language and practices.

Learning Objectives:

1. Identify programs in Alberta that use the principles and practices of recovery oriented practice.
2. Advocate for the application of the principles and practices of recovery oriented practices in programming and planning for AMH populations.
3. Recognize elements in these services that contribute to recovery.

Session 3: Recovery Best practice Showcase Edmonton Zone

Family Connections

Family Connections TM (FC) is an evidence based skills training program that was developed in 2002 by Dr. Alan Fruzzetti and Dr. Perry Hoffman as part of their association with the National Education Alliance for Borderline Personality Disorder (NEABPD) in the United States. Both Fruzzetti and Hoffman are clinician scientists and experts in Dialectical Behavioral Therapy – the most well proven treatment for emotional dysregulation which is the hallmark of borderline personality disorder (BPD) as well as being a substantial component of many mental illnesses. The need for this program arose out of a realization that families who are supporting loved ones with mental illness have tremendous levels of burden and suffering that have negative impacts on their physical and mental health. Because of the transactional nature of the family environment, parents who are trying their best to manage without appropriate skills may unintentionally, make the situation worse. On the flip side, those suffering with mental illness who have skilled and engaged family supports are more likely to recover and live a more satisfying life.

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Session 4: Introduction to Recovery Oriented Practice: Principles and Guidelines**Description of session:**

Representatives from the Mental Health Commission of Canada and Psychosocial Rehabilitation Canada will present information on the guiding principles of recovery oriented practice as well as the competencies required for good practice.

Learning Objectives:

1. Describe the guiding principles of recovery oriented practice.
2. Recognize competencies required for recovery oriented practice.
3. Plan a review of current practice in comparison of guiding principles and competencies for recovery-oriented practice.

Biographies:**Dr. John Higenbottam**

Dr. John Higenbottam is a clinical psychologist who has held senior clinical management positions in the British Columbia health care system, including Vice President, Vancouver Hospital **and** Health Sciences Centre, Vice President, BC Rehab and Vice President, Riverview Hospital.

John currently is a health care consultant He is also a Clinical Professor, in the Department of Psychiatry, UBC and teaches in the medical undergraduate and psychiatry residency programs.

John is a Director and Treasurer, Psychosocial Rehabilitation Canada and Co-Chair, Canadian Alliance for Mental Illness and Mental Health (CAMIMH) which is Canada's major alliance of 18 mental health professional and stakeholder organizations.

He is also the incoming Editor in Chief for the *Canadian Journal of Community Mental Health*.

John's major clinical and research interests focus on serious mental illness, psychosocial rehabilitation and mental health systems and services.

Samuel Breau is a Senior Program Manager in Prevention and Promotion with the Mental Health Commission of Canada (MHCC)

An engaged citizen and advocate since a young age, Samuel is an engaged leader with over fifteen years of experience in private, public and not-for-profit sectors. As Senior Program Manager with the Mental Health Commission of Canada, Samuel is dedicated to making all voices heard, building consensus and changing attitudes, as he leads the MHCC's work focused on recovery-oriented practice.

Session 5: Recovery Best practice Showcase Central Zone**Shunda Creek Wilderness Program**

Run by Enviros, Shunda Creek is a ten-bed, adventure-based wilderness *residential treatment* program for young men ages 18-24 located outside of Rocky Mountain House. The program offers an adventure therapy based balance between addiction treatment, self-discovery, personal growth, and community experiences. Wilderness therapy is incorporated into everything we do at Shunda Creek. We camp all year and get to our destinations by canoe, bike or hiking. Treatment group happens daily, in the group

room, on the trail, at the end of a canoe trip, on a summit or bike trip destination. Group work is a critical and mandatory part of treatment.

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Session 6: Recovery Best practice Showcase Calgary ZoneRecovery College, Canadian Mental Health Association Calgary Zone

The Recovery College is an educational-based approach to help people recognize and develop their own resourcefulness and awareness in order to become experts in their own self-care, make informed choices and do the things that they want to do in life.

All of the courses are co-developed and co-delivered in partnership with our peer support workers who are experts by experience: they all have their own lived experience of mental health or addiction, or are supporting someone else with a mental health or addiction challenge.

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Session 7: Panel Discussion

A panel of knowledgeable people including people with lived experiences, policy makers, front line service providers, researchers and family support members will discuss what recovery means to them, how to change practice and implications for future research, practice and policy.

Learning Objectives:

1. Advocate for policies and practices that ensure recovery is the focus of care.
2. Describe how Recovery oriented practice language fits with other AMH and AHS initiatives.
3. Use language of Recovery Oriented Practice with patients and clients.

Session 8: Session 6: Recovery Best Practice Showcase South ZoneMedicine Hat Recovery Centre

The Medicine Hat Recovery Centre interdisciplinary team offers a welcoming atmosphere in a safe environment to adults struggling with concurrent disorders. In 2016, Addiction and Mental Health practitioners came together under one roof to serve Southern Albertans. Come and learn about the

planning that occurred in order to integrate the different practices and their multidisciplinary collaborative approach to serving this unique population within recovery oriented practice.

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Session 9: Discovery Café Moving Forward from Beliefs to Practice

This session provides a platform for all participants to consider the next steps for advancing recovery oriented practice in the Alberta context. The session will focus on participants engaging in planning for integrating ROP into their everyday practice and suggesting ways they can be supported.

Learning Objectives:

1. Demonstrate desire to build skills in recovery oriented practice.
2. Plan to increase knowledge of recovery oriented practice in everyday practice.
3. Challenge the use of non-recovery oriented practices in care.