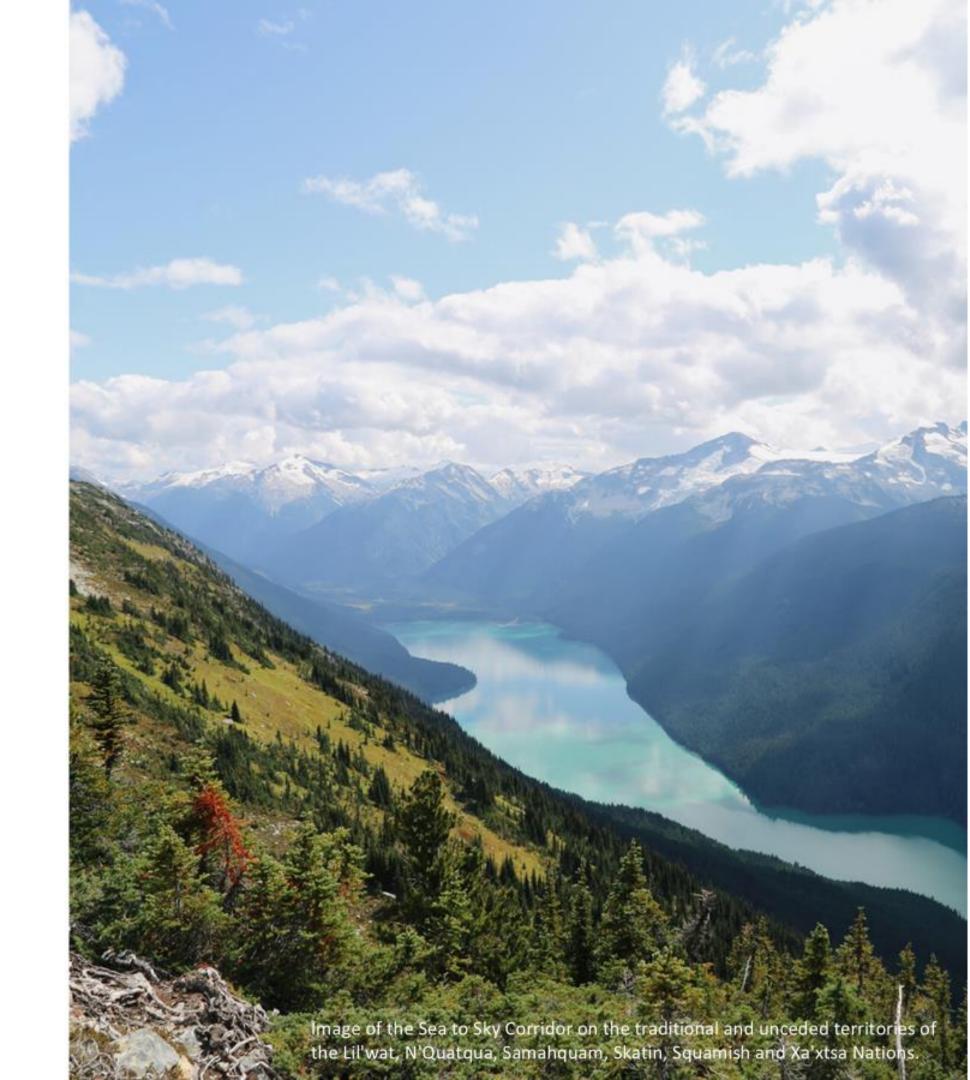


#### **Territory Acknowledgement**

Vancouver Coastal Health is committed to delivering exceptional care to 1.25 million people, including the First Nations, Métis and Inuit, within the traditional territories of the Heiltsuk, Kitasoo-Xai'xais, Lil'wat, Musqueam, N'Quatqua, Nuxalk, Samahquam, shíshálh, Skatin, Squamish, Tla'amin, Tsleil-Waututh, Wuikinuxv, and Xa'xtsa.

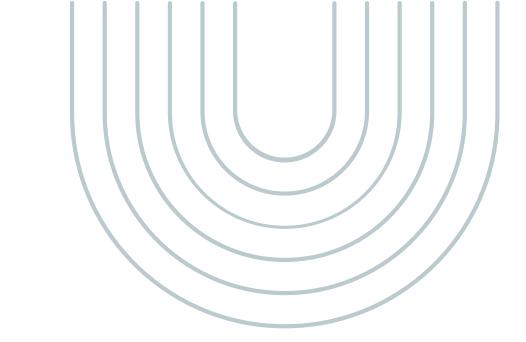
We wish to acknowledge that the land on which we gather is the traditional and unceded territory of the Coast Salish Peoples, including the x<sup>w</sup>məθk<sup>w</sup>əyəm (Musqueam), Skwxwú7mesh (Squamish) and səlilwəta<del>l</del> (Tsleil-Waututh) Nations.







### 



- O1. HISTORY OF RECOVERY COLLEGES
- 02. INTERNATIONAL MOVEMENT
- 03. CANADIAN CONTEXT
- 04. LOCAL PROGRAM

### TODAY'S OBJECTIVES

### RECOVERY COLLEGE

Not a traditional college!

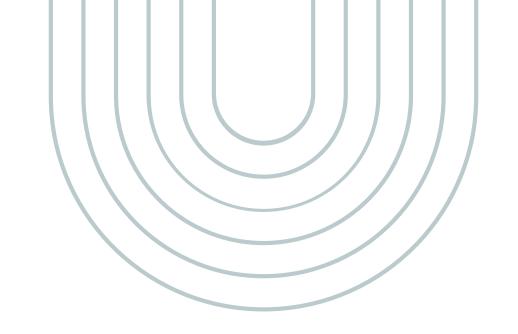


#### The CHIME framework for personal recovery

#### Hope & optimism Connectedness Identity Meaning Empowerment **Empowerment** Peer support and Belief in recovery Rebuilding Personal Meaning in social groups positive sense of responsibility mental health Motivation to Personal identity experience Control over life Relationships change Responsibility Meaningful life Overcoming Support from Hope-inspiring · Focusing upon Control over one's and social roles relationships others stigma strengths own life Meaningful life Positive thinking Community Focusing on and social goals and valuing strengths effort Having dreams and aspirations

01.

# HISTORY OF RECOVERY COLLEGES



### BEGINNING 2009

### WHERE

Australia, Belgium, Bulgaria, Canada, Czechia, Denmark, Estonia, Finland, France, Germany, Hong Kong, Hungary, Iceland, Ireland, Israel, Italy, Japan, Jersey, Netherlands, New Zealand, Norway, Poland, Singapore, Spain, Sri Lanka, Sweden, Switzerland, Thailand, Uganda, United Kingdom and United States of America, and more...

02.

### INTERNATIONAL MOVEMENT

### Measurement Tools

### International Development

### Community of Practice



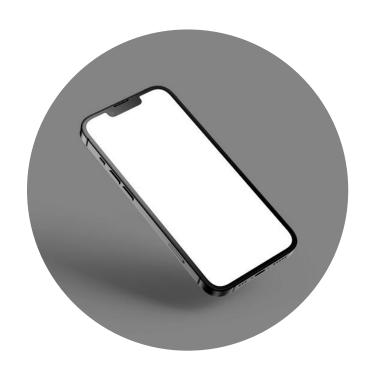
03.

## WHAT'S HAPPENING IN CANADA



### Colleges across Canada

Started in 2014 As of 2025 over 30 colleges



### Community of Practice

Over 60 organizations represented +interested individuals



IN CANADA

https://cmha.ca/what-we-do/national-programs/recoverycolleges/

#### What matters most to you about your Recovery College?

What matters most to you about your recovery conlege.								
ii e		being able to share more information in efforts to combat stigma.	Ability to be really innovative	INCLUSION	removing barriers to participation	Valuing the lived experience of everyone	Peers at the centre of the work. Valued and paid equally.	Making students feel welcome and safe
Indigenous led programming	making sure the environment (physical space) contributes to feeling safe and welcomed	Peer-led, peer-informed	Valuing lived experience	Quality courses/workshops	collaborating through co-productions to develop new content	Peers working together to reshape the mental health system	Holding people capable	Centred in Peer lens / framework
Co-designed courses	Accessibility.	Doing things with people rather than for them	Offers courses that are relevant to participants.	Representation	Peer Connections	Supporting virtual learning and reaching as many as possible	Principle-based approach	Collaboration
opportunities for peers to take on new roles with the College eg. as peer facilitators!	collaboration and co-production between learned and lived experience that values both and opens doors for PWLE to become empowered, confident contributors	Creating a space where everyone feels like they belong	Lower barriers to support.	acknowledging mental health as health. period	being able to connect all over Canada!	Peer interaction/learning	Participant centered learning	Bilingual service delivery
adult learning principals	Doing all this virtually has changed everything. We now are able to reach communities that have limited access to MH care.	AUTONOMY	Increase in peer facilitators	a non-judgmental space	To have an impact on so many folks that are needing support.	Alignment to Recovery College Principles	Peer leadership	creating connections!

### RC Values and Purpose

Empowerment and skills

Hope and meaning

Community and well-being

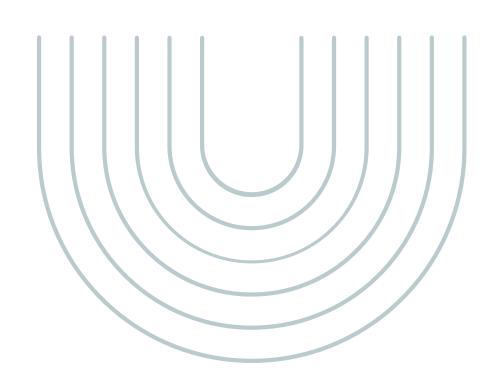
Accessibility





#### National Metrics

Hopefulness and Number of students





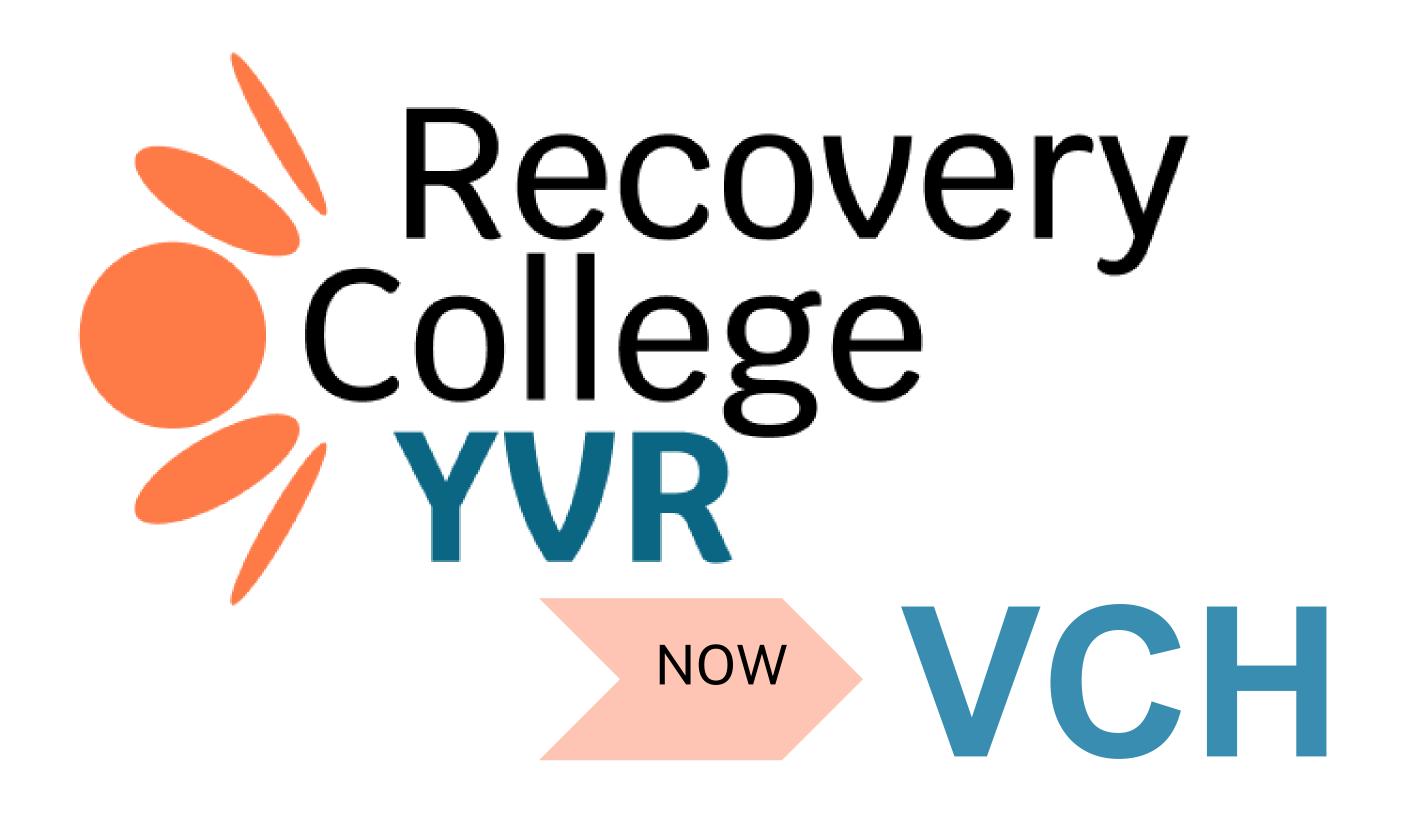
### Course Sharing

https://cmha.ca/what-we-do/national-programs/recovery-colleges/

### IN CANADA

04.

# LOCAL PROGRAM



https://www.vch.ca/en/service/recovery-college-vch

### RC VCH VISION

- •To provide mental health and substance use educational, social and support groups for peers (persons with lived and living experience), and others including those living in places where access is limited
- •To accept, validate, and empower participants to feel heard and that they belong
- •To acknowledge and support every recovery/wellness journey as unique

### RC VCH VISION (cont'd)

- •To collaborate with other organizations to create courses and groups and make available through Recovery College VCH
- •To establish a community of peers, clinicians, and others for continuous learning and improvement, to share knowledge with each other, and make changes based on past experience, research, data, and feedback.



Peer Led Workshops are co-created and co-facilitated by Peers! Using a Psychosocial Rehabilitation approach, our workshops focus on empowering people to be active participants in their recovery and well-being. Participants can include people with lived/living experience with mental health and/or substance use challenges, staff of VCH, supporters, and family members. All of our workshops are free and open to the public!



www.spotlightonmentalhealth.com/peer-led-workshops

Contact the VCH Peer Led Workshops Program: 604-708-5274 or vanpeerworkshops@vch.ca



### HOWYOU CAN GET INVOLVED

**Community Connections** 

Topics

Co-Production

Feedback

RecoveryCollegeVCH@vch.ca



Sue.macdonald@vch.ca SpotlightOnMentalHealth.com https://www.vch.ca/en/service/recovery-college-vch