



RECOVERY COLLEGE

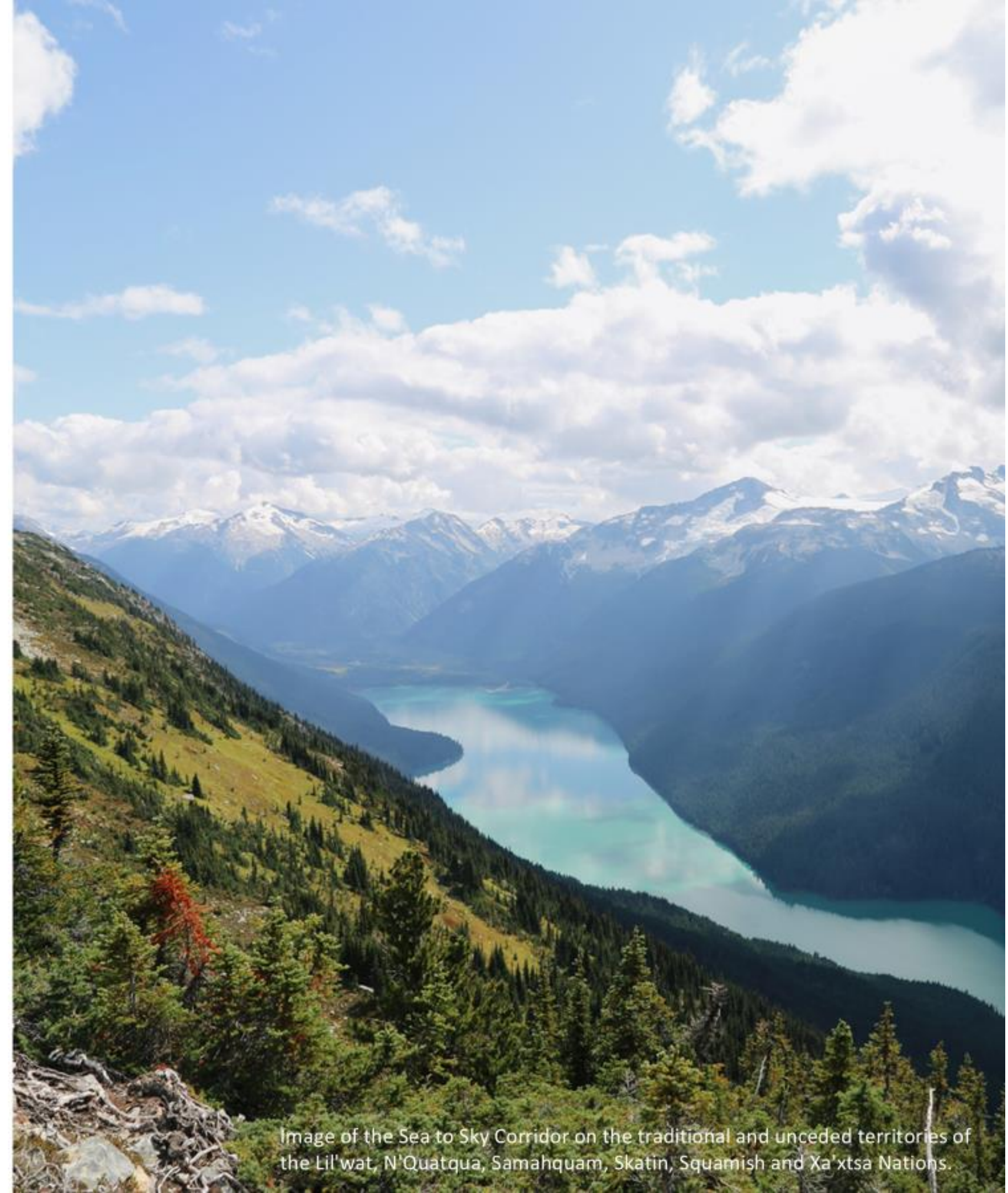
Sue Macdonald Oct 16, 2025.



Territory Acknowledgement

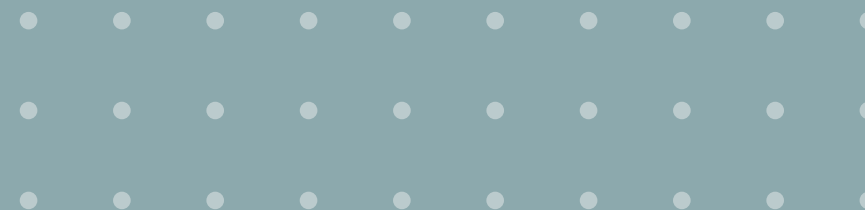
Vancouver Coastal Health is committed to delivering exceptional care to 1.25 million people, including the First Nations, Métis and Inuit, within the traditional territories of the Heiltsuk, Kitasoo-Xai'xais, Lil'wat, Musqueam, N'Quatqua, Nuxalk, Samahquam, shíshálh, Skatin, Squamish, Tla'amin, Tsleil-Waututh, 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^wməθk^wəyəm (Musqueam), Skwxwú7mesh (Squamish) and səlilwətaɬ (Tsleil-Waututh) Nations.





HELLO





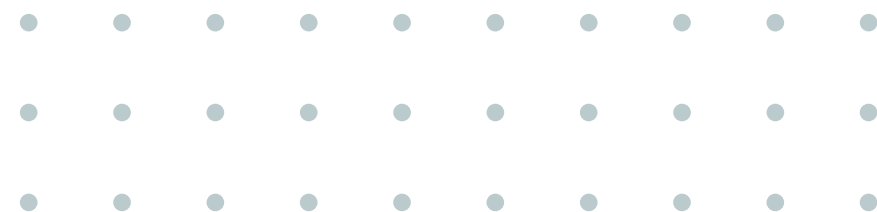
01. HISTORY OF RECOVERY
COLLEGES

02. INTERNATIONAL MOVEMENT

03. CANADIAN CONTEXT

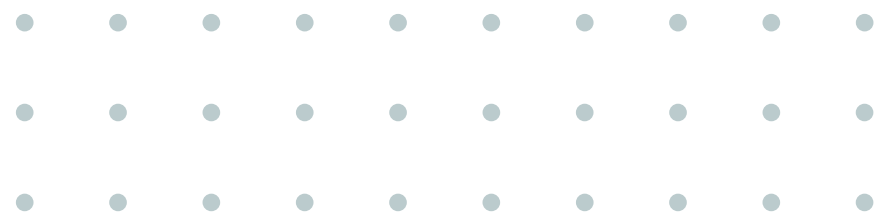
04. LOCAL PROGRAM

TODAY'S
OBJECTIVES

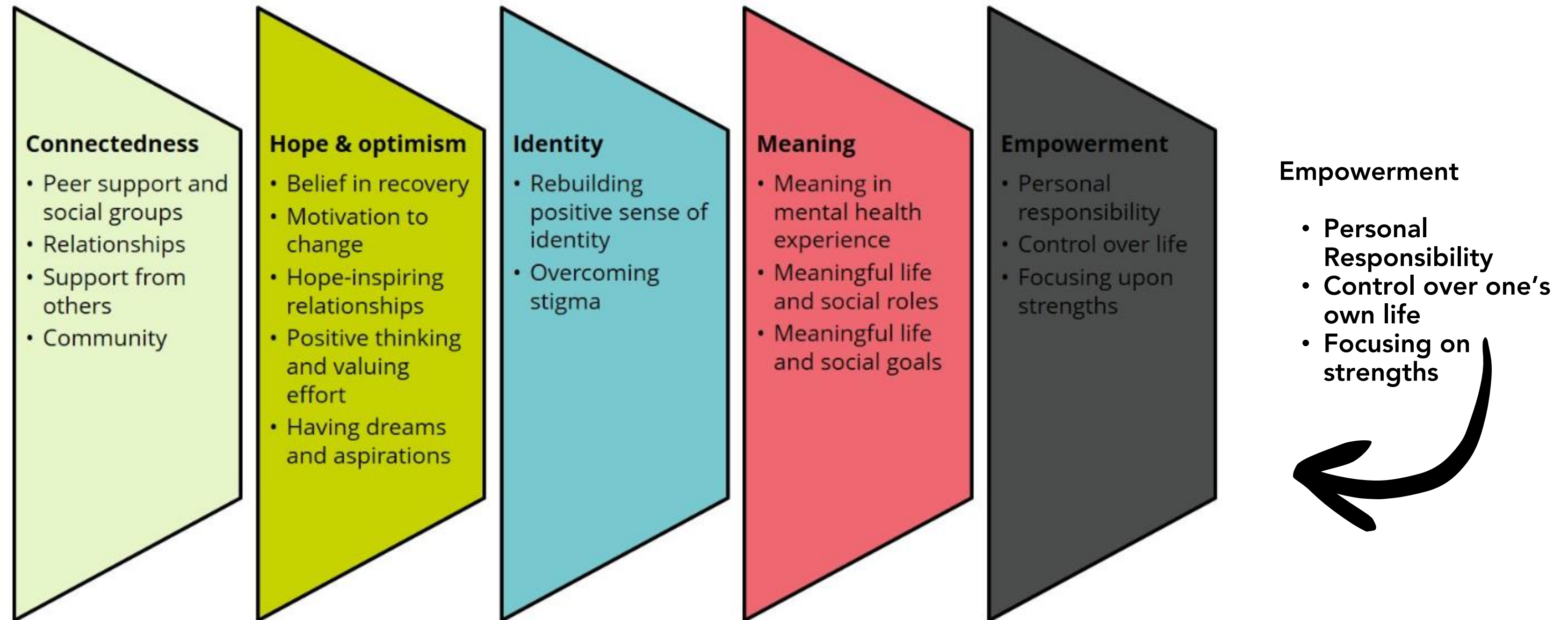


RECOVERY COLLEGE

Not a traditional
college!



The CHIME framework for personal recovery



01.

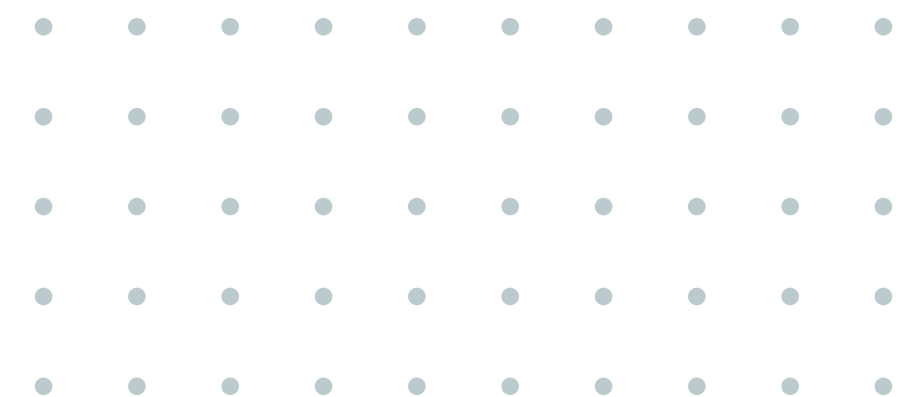
HISTORY OF RECOVERY COLLEGES





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.

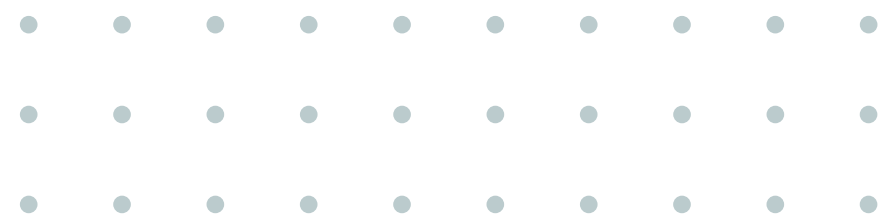
INTERNATIONAL MOVEMENT



Measurement
Tools

International
Development

Community of
Practice



03.

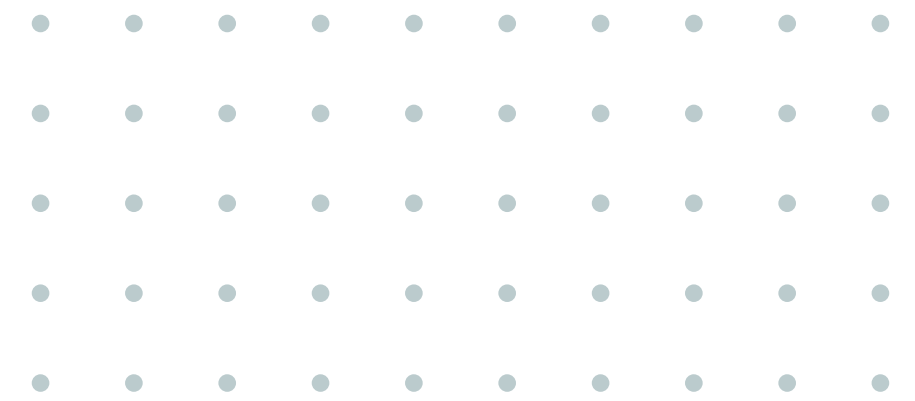
WHAT'S HAPPENING IN CANADA





Colleges across Canada

Started in 2014
As of 2025 over 30
colleges



Community of Practice

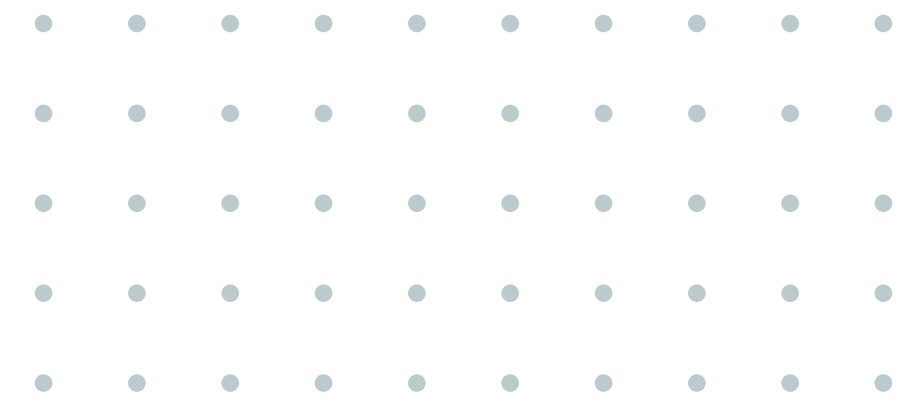
Over 60 organizations
represented +interested
individuals

IN CANADA

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

What matters most to you about your Recovery College?





RC Values and Purpose

Empowerment and skills

Hope and meaning

Community and well-being

Accessibility



Mapping the Future of the Canadian Recovery College Movement



National Metrics

Hopefulness and
Number of students



Course Sharing

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

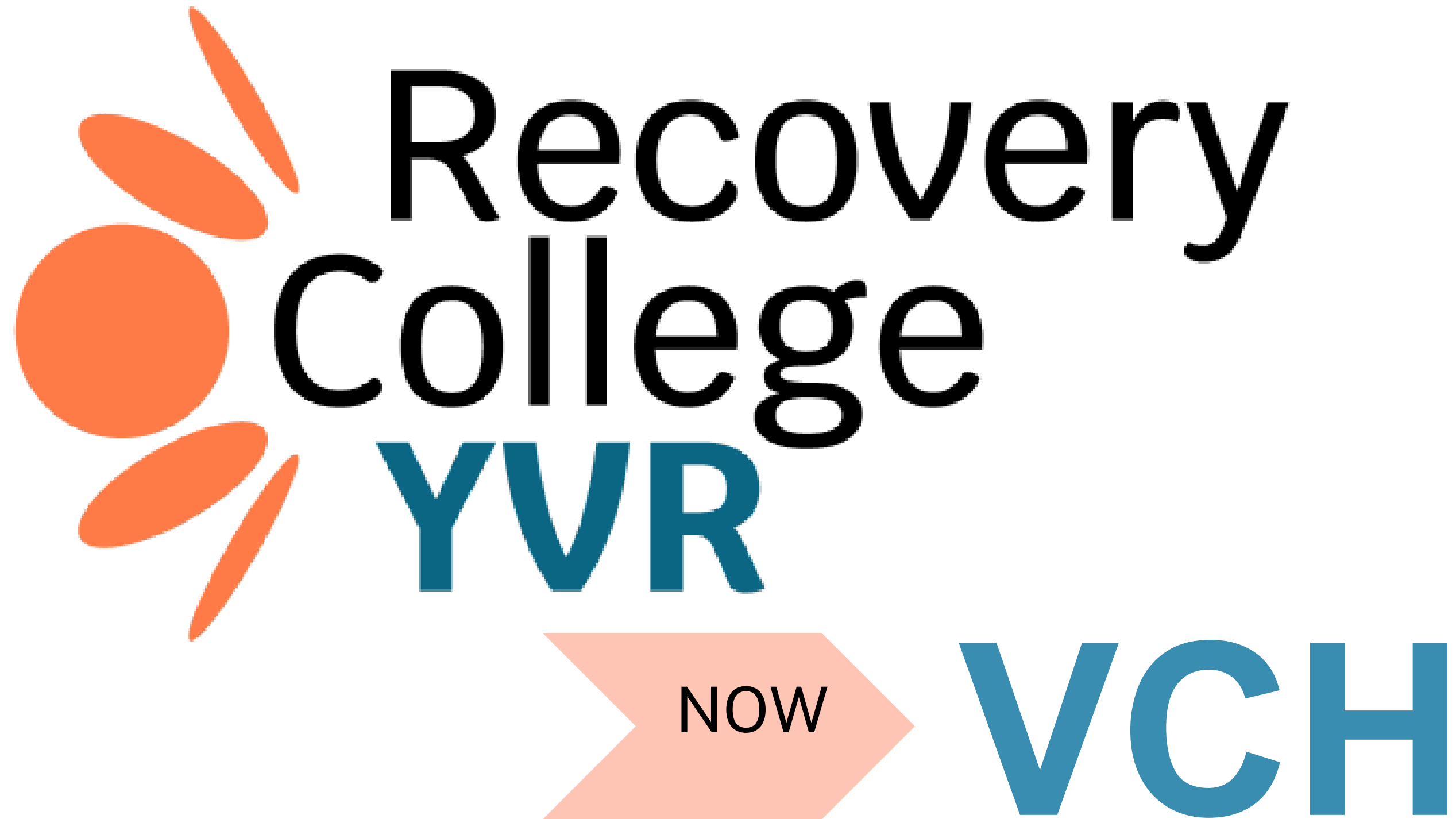


IN CANADA

04.

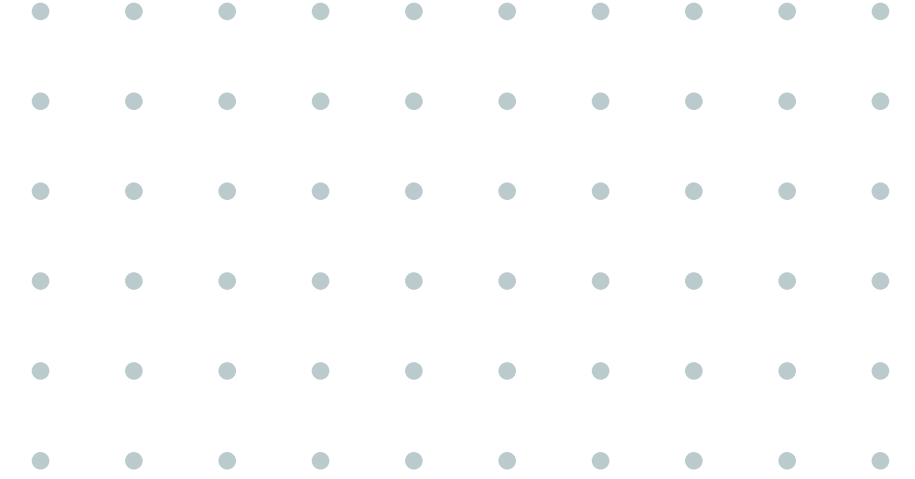
LOCAL PROGRAM





<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



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!

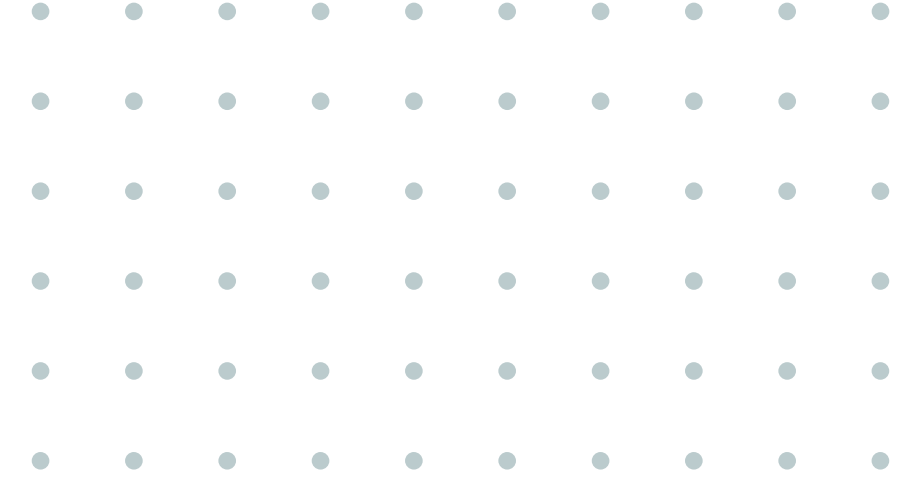


www.spotlightonmentalhealth.com/peer-led-workshops

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

Vancouver
CoastalHealth

HOW YOU CAN GET INVOLVED



Community Connections

Topics

Co-Production

Feedback

RecoveryCollegeVCH@vch.ca



THANK YOU

Sue.macdonald@vch.ca

SpotlightOnMentalHealth.com

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

