

## **MENTAL HEALTH AND ADDICTIONS ADVISORY COUNCIL – STAKEHOLDER ENGAGEMENT**

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**Question 2: What is the single most important recommendation Council could make to build Recovery Oriented Communities of Care and an enhanced ecosystem of support, knowledge and service?**

### **Short Response**

Variability. Communities of care require a range of options most likely to address varying needs. This reduce the risks and increases likelihood of developing resiliency.

### **Support Groups**

Self-help or mutual aid groups are one of the most common types of treatment for substance abuse and have proven efficacy for many mental health concerns. Often used in combination with other treatments, support groups foster essential social connections.

### **12-Step Programs**

AA has high dropout rates, but research has shown AA is effective for those who stick with it. One of its strengths is peer support and encouragement.

### **Workplaces**

Vocational rehabilitation programs to programs supporting psychologically healthy workplaces to direct workplaces supports, have been demonstrated to make a difference.

### **Naturally Occurring Supports**

Healthy, strong families (and social groups) are the crux of a social society. Loved ones can also be a potent force in supporting recovery. And, they benefit from self-help/mutual aid groups which can help them to create a healthy environment, help to repair relationships fractured by addiction or mental health concern, or to support the recovery of a loved one.

### **Psychosocial Supports**

Lasting recovery benefits from programs that target stable housing, relationships, employment, and dealing with legal problems. These increase efficacy of broader treatment plans.

### **Identify / Culture**

Cultural supports, a sense of belonging, speaking ones first language, and learning more about the self has been demonstrated to fosters self-esteem and increased self-efficacy.

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**PAA collaborates with government, health care, and stakeholders in advocating for science-based public policies such as these recommendations specific to cannabis legislation in Alberta.**