

MENTAL HEALTH AND ADDICTIONS ADVISORY COUNCIL – STAKEHOLDER ENGAGEMENT QUESTIONS AND DEFINITIONS

STAKEHOLDER ENGAGEMENT QUESTIONS

Question 1: What is the single most important recommendation Council could make to build the *Recovery-Oriented Systems of Care* and enhanced ecosystem of support, knowledge and service?

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?

Question 3: What is the one recommendation that the Council could make that would support a stronger relationship between the *Recovery Systems of Care* and the *Recovery Communities of Care*?

Question 4: What is the single most important recommendation Council could make to the existing ecosystem structure to build, enhance and measure *recovery capital*?

Question 5: What is the single most important recommendation Council could make to ensure that Indigenous ways of knowing and wise practice is incorporated into the recovery approach for Alberta?

DEFINITIONS

The following definitions have been used to guide the work of the MHAAC. These definitions have been extracted directly and/or adapted from existing sources, or made in reflection of previous research.

Recovery in Addiction ¹

Recovery is a process of sustained action that addresses the biological, psychological, social and spiritual disturbances inherent in addiction. Recovery aims to improve the quality of life by seeking balance and healing in all aspects of health and wellness, while addressing an individual's consistent pursuit of abstinence, impairment in behavioral control, dealing with cravings, recognizing problems in one's behaviors and interpersonal relationships, and dealing more effectively with emotional responses.

Recovery in Mental Health ²

Recovery in mental health is a process of achieving and maintaining remission. Additionally, the concept of recovery in mental health refers to living a satisfying, hopeful, and contributing life, even when a

¹ Definition from the American Society of Addiction Medicine (ASAM). Terminology Related to Addiction, Treatment, and Recovery. 2013. Referenced in British Columbia Centre on Substance Use, "Strategies to strengthen recovery in British Columbia - the path forward," British Columbia Centre on Substance Use, Vancouver, 2018, where it was extracted from <http://www.asam.org/docs/default-source/public-policy-statements/1-terminology-atr-7-135f81099472bc604ca5b7ff000030b21a.pdf?sfvrsn=0> on Mar 6 2018.

² From Mental Health Commission of Canada, "Changing Directions, Changing Lives: The mental health strategy for Canadians," Mental Health Commission of Canada, Calgary, 2012; and, Mental Health Commission of Canada, "Recovery," Mental Health Commission of Canada, [Online]. Available: <https://www.mentalhealthcommission.ca/English/what-we-do/recovery>. [Accessed 26 November 2019].

person may be experiencing ongoing symptoms of a mental health problem or illness. Recovery journeys build on individual, family, cultural, and community strengths and can be supported by many types of services, supports, and treatments.

Recovery Capital³

Recovery capital refers to all resources, internal and external, that a person may call upon to enter recovery from addiction and/or mental illness and then rely upon to help them navigate their personal journey or pathway of recovery. Our reserve of recovery capital can become steadily and progressively depleted during untreated periods of addiction and mental illness, and it can steadily increase during treatment and longer-term recovery. Every single service, intervention, treatment, or support we provide for people to help them on their journey from active disease to long-term, self-directed recovery should result in a measurable increase in recovery capital. When people experience a temporary lapse or full relapse into addiction or mental illness after periods of symptom-free recovery it is usually an indicator that they need additional recovery capital, often in areas that have been previously neglected during or after treatment.

Alberta's Recovery Ecosystem

Alberta's Recovery Ecosystem is comprised of two somewhat overlapping and linked care structures, the Recovery-Oriented System of Care and Recovery-Oriented Communities of Care

- Recovery-Oriented System of Care
- Recovery-Oriented Communities of Care

Recovery-Oriented System of Care⁴

The Alberta Recovery-Oriented System of Care is a coordinated network of services and supports providing entry points and treatment resources for people at risk or suffering from addiction and mental health problems, assisting them to achieve remission and enter recovery. These services and supports are provided through schools, police, healthcare, mental health, outreach/harm reduction programs, professional counsellors, specialized treatment programs, hospitals, social services, the justice system and Recovery Coaches.

Recovery-oriented care is person-centred, building on the strengths and resiliency of individuals, families and communities resulting in improved health, wellness, and quality of life for those with or at risk of addictions and mental health issues. The central focus is to build individual and community recovery capital and to support the recovery ecosystem including traditional Indigenous healing practises. The

³ Extracted from: W. White and W. Cloud, "Recovery capital: A primer for addictions professionals," *Counselor*, vol. 9, no. 5, pp. 22-27, 2008. W. Cloud and R. Granfield, "Conceptualizing Recovery Capital: Expansion of a Theoretical Construct," *Substance Use & Misuse*, vol. 43, no. 12-13, pp. 1971-1986, 2008. R. Granfield and W. Cloud, *Coming clean: Overcoming addiction without treatment*, New York: New York University Press, 1999.

⁴ Adapted from Substance Abuse and Mental Health Services Administration (SAMHSA), "Recovery-Oriented Systems of Care (ROSC) Resource Guide," Substance Abuse and Mental Health Services Administration (SAMHSA), 2010; British Columbia Centre on Substance Use, "Strategies to strengthen recovery in British Columbia - the path forward," British Columbia Centre on Substance Use, Vancouver, 2018.

Recovery-Oriented System of Care provides seamless linkages to and collaborates with Recovery-Oriented Communities of Care.

Recovery-Oriented Communities of Care

The Alberta Recovery-Oriented Communities of Care is a growing network of community-based services and supports for people at risk or suffering from addiction and mental health problems, including those who have begun their journeys of recovery, helping them build recovery capital, preventing progression of mental health and addictive disorders and supporting their journeys of sustained recovery. Recovery-Oriented Communities of Care include Recovery Coaches, families, peer volunteers, mutual support groups, faith-based recovery programs, recovery community centres, recovery houses, campus/school recovery programs, recovery workplaces and other non-profit recovery supporting programs.

Like Recovery-Oriented System of Care, the central focus is to recognize, promote and support the many components of Recovery-Oriented Communities, including traditional Indigenous communities and healing practices within the recovery ecosystem. Also like Recovery-Oriented System of Care, Recovery-Oriented Communities are seamlessly linked to the services and supports of the Recovery-Oriented System of Care.