



## AGENDA

---

1

Setting the  
context

2

About the  
study

3

Implications &  
next steps

4

Let's hear  
from you!

The **Centre for Addiction and Mental Health (CAMH)** is the largest mental health hospital in Canada, and a world leader in mental health and addiction research.

The **Provincial System Support Program (PSSP)** at CAMH works with communities, service providers and other partners across Ontario to move evidence to action to create sustainable, system-level change.



# We connect people with evidence.

Evidence Exchange Network is helping to create a more collaborative and evidence-informed mental health, addictions, and substance use system that meets the needs of all Ontarians.

[Join the Network](#)

Visit us at [eenet.ca](http://eenet.ca)

**Our partner:**



**Homewood Research Institute** is an independent charitable organization dedicated to research designed to evaluate and transform mental health and addiction services in Canada and beyond.

**Mary Jean Costello** is Research and Evaluation Scientist at Homewood Research Institute, in Guelph.

**Brian Rush** is a senior scientist at Homewood Research Institute, as well as scientist emeritus with the Institute for Mental Health Policy Research at CAMH, and a professor in the departments of Psychiatry and Public Health Sciences at University of Toronto.

**Andrew R.F. Berthelet** is a peer group facilitator and volunteer at the Community Addictions Peer Support Association (CAPSA). Andrew, who describes himself as "affable fellow", was a member of the Board of Directors of CAPSA from June 2017 to November 2019.

# 1

## Setting the context

# The chronic disease paradigm

Addiction recovery is considered a lifelong process.

Similar to how recovery is viewed for mental illness and chronic diseases.

Measuring recovery largely focuses on indicators of ongoing management and improvements in quality of life.

Ongoing recovery monitoring is becoming an important element of performance measurement and an extension of addiction treatment.





But...

There is no clear definition of the phenomenon.

This might hinder advancement of recovery-oriented practice and research.

# 2

## About the study

## What were the study methods?

Five focus groups.

Semi-structured interviews.

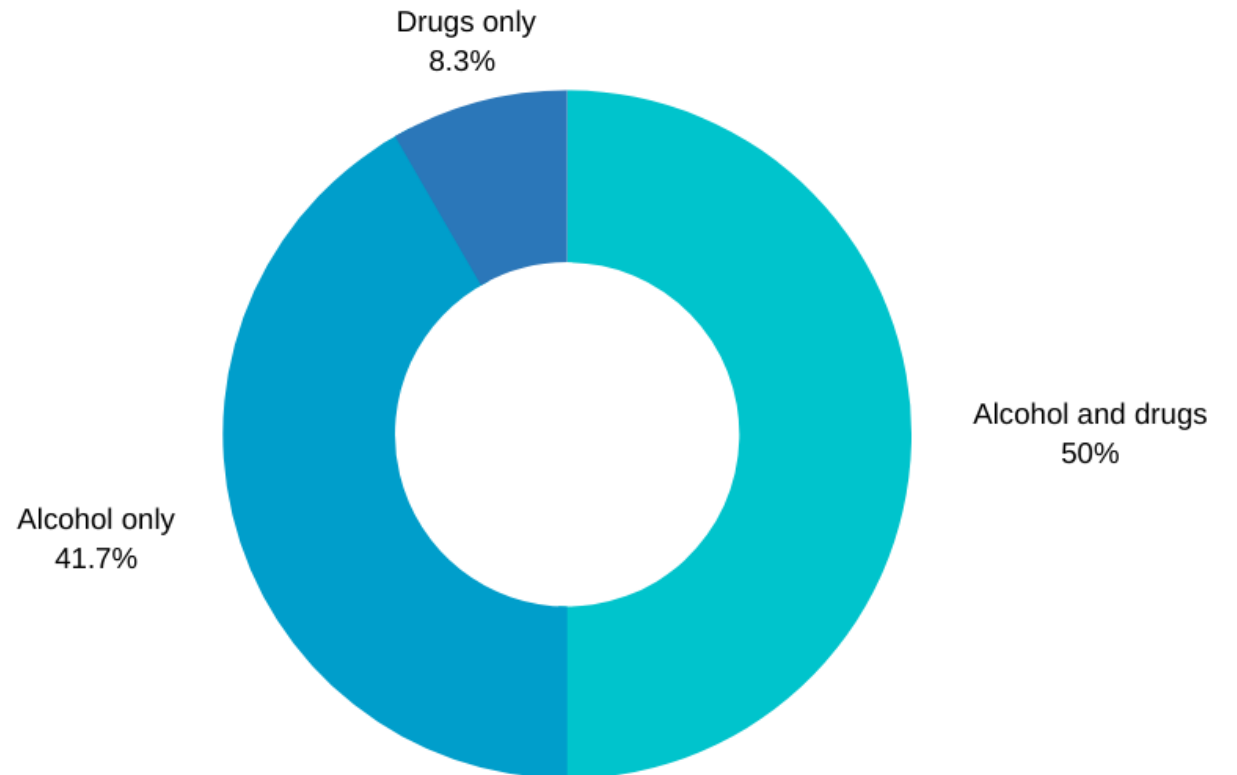
Questions focused on how they defines “successful” recovery and what they believe was harmful or helpful to their recovery.

# What were the study methods?

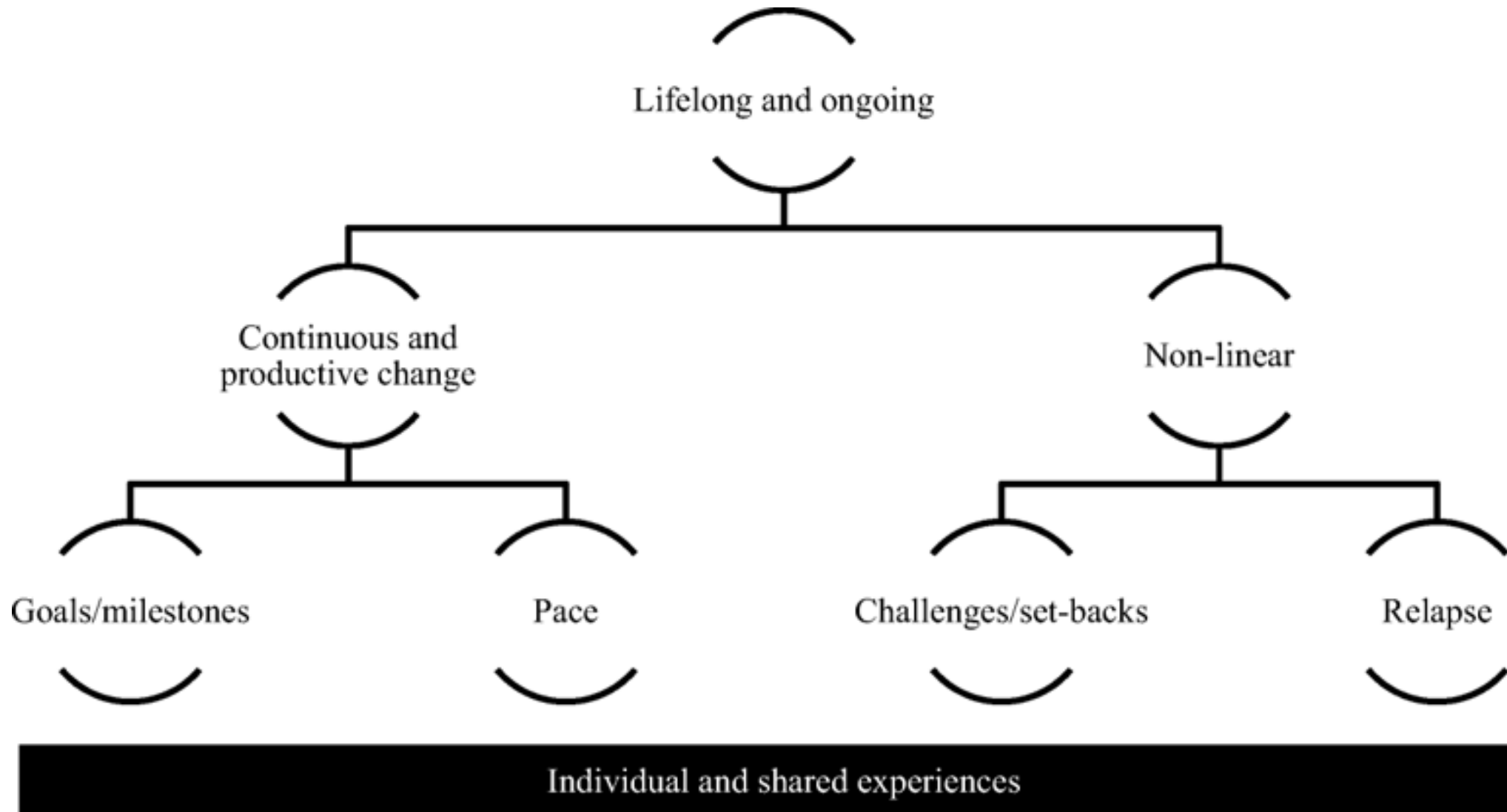
26 participants.

Average 3 months into an aftercare program (range: 1 week to 8 months).

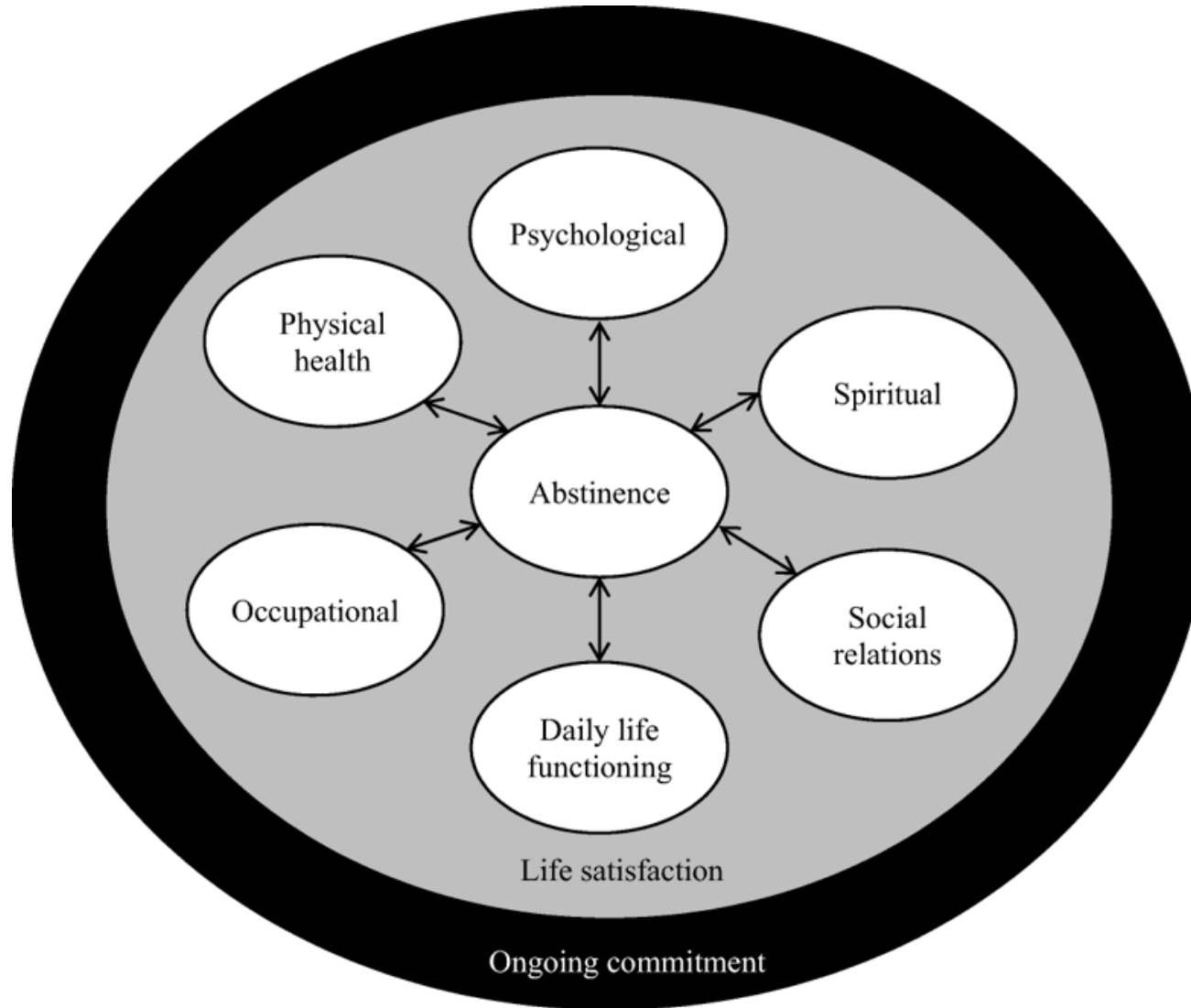
80% reported not using alcohol or drugs during that period.



# Dominant recovery process themes



# Dominant recovery-oriented outcome themes



# 3

## Implications & next steps

# Implications

Findings can enhance how we think about recovery and how we begin to monitor people early on in the recovery process.

For organizations and systems, the findings insights on the breadth of recovery-oriented outcomes that we may need to measure and monitor.

There may be a need to measure recovery outcomes at multiple time points as part of ongoing program- and system-level performance evaluations.



# 4

Let's hear from you!

**Thank You**

**camh**