

THE RECOVERY TRANSITION PROGRAM: AN INNOVATIVE RECOVERY-ORIENTED, PEER-BASED MENTORING PROGRAM IN ADDICTION SERVICES

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The Recovery Transition Program (RTP): Rationale, design, and delivery of an innovative recovery-oriented, peer-based mentoring program into addiction and mental health services

The RTP is an award-winning complementary approach to standard care implemented by patients and staff in the Mental Health Mission at the McGill University Health Centre (MUHC). The RTP was designed to reduce relapses, improve recovery and patient experiences of care. In the RTP trained patient volunteers – called Peer Mentors – provide one-on-one peer mentoring, create workshops, facilitate group discussions, run family/caregiver meetings, and participate in creative activities. Collectively the RTP provides a supportive, learning and skill-building environment designed to help Peer Mentors, patients and families in their recovery.

This workshop will outline the rationale/design of the program, its mission and mandate, as well as practical issues related to ethics, supervision of Peer Mentors, governance, financing, policies (e.g. code of conduct) and procedures (e.g. forms, referral methods). Discussion will include the design and delivery of the 30-

hour Peer Mentor Training Program that covers topics related to roles, confidentiality, communication and listening skills, boundaries and self-disclosure, dealing with crisis, and self-care.

Results of the formal RTP program evaluation will be presented. This includes both quantitative (surveys) and qualitative (interviews) methods aimed at exploring core aspects of the mentoring experience, as well as perceptions of care and satisfaction with RTP services among patients, staff and Peer Mentors.

Workshop participants will receive information and materials that would enable them to consider setting up an RTP program in their own mental health settings. ■