



# About the RTP

[www.recoverytransitionprogram.com](http://www.recoverytransitionprogram.com)



## What is the Recovery Transition Program (RTP)?

The RTP was created with the belief that **those who live with mental illness and/or addictions are often best equipped to give hope and encouragement to others with similar struggles**. The program is made up of a comprehensive mix of services delivered by specially trained patients – known as Peer Mentors – designed to help patients and their family and caregivers find the appropriate support and services following clinical treatment. The RTP was developed via collaboration among patients, families and staff in order to meet gaps in mental health care.

The RTP provides:

- One-on-one peer support offered by Peer Mentors
- Workshops for patients and family given by Peer Mentors
- Access to Resource and Information Centres that facilitate connecting with the community as well as pursuing work and educational goals

The RTP aims to enhance the patient experience, **promote long-term recovery by reducing relapses and re-admissions, and improve quality of life**.

## Who are Peer Mentors?

The RTP trains individuals with lived experience of mental illness and/or addiction to become 'RTP Peer Mentors', able to deliver recovery-oriented support, workshops and self-management tools. Peer Mentors collaborate with healthcare providers to identify specific patient needs, and plan RTP support/workshops that promote stability and long-term recovery.

Role of the RTP Peer Mentors:

- Model and assist in developing effective coping, interpersonal, and life skills.
- Assist peers in exploring community and personal resources which would be beneficial to their specific needs.
- Help break down stigma and isolation of mental illness and addiction that can impede recovery and increase chances of relapse.
- See themselves as a vital part of mental health services, being careful to stay within their own mandate and enhance the mandate of other service providers.
- Serve as a liaison in the ongoing dialogue among patients, families and clinicians.
- Create dynamic links, offering a new vocabulary and a different perspective.

## Where is the RTP located?

On-site RTP Resource and Information Centres are staffed by Peer Mentors and volunteers who provide support and offer access to computers, internet services and information on community resources. RTP Centres can be found at the:

### **Allan Memorial Institute**

*Mental Health Unit*

1025 Avenue des Pins West

Montreal, QC

H3A 1A1

Room: P.2036

Tel: (514) 934-1934 Ext: 34544

Email: [recoverytransitionprogram@gmail.com](mailto:recoverytransitionprogram@gmail.com)

### **Griffith Edwards Centre**

*Addictions Unit*

1547 Avenue des Pins West

Montreal, QC

H3G 1B3

Room: Gs1.120

Tel: (514) 934-1934 Ext: 43766

Email: [recoverytransitionprogram@gmail.com](mailto:recoverytransitionprogram@gmail.com)



## Why and How was the RTP Created?

2015

### The Patient Survey

In the summer of 2015, a joint task force of care providers and patient representatives, from the Allan Memorial Institute and Griffith Edwards Centre Addictions Unit designed and administered a survey, polling patients on their satisfaction with their care and the potential for its improvement.

### The Proposal

Based on survey results, the task force drafted a proposal for a program where Peer Mentors would be trained to provide education, support and a living example of recovery to patients who were still in the process of transitioning from a Clinical setting to the Community. The program would be called the Recovery Transition Program (RTP). The proposal for the program was then submitted to the MUHC's Challenge Q+.

2016

### The Challenge Q+

The Challenge Q+ is an annual competition run by the MUHC aimed at promoting and rewarding innovative ideas for Quality Improvement. Each year, proposals submitted by the various faculties and departments of the MUHC are appraised by a panel of healthcare professionals and patient representatives for their innovation, sustainability and patient involvement. The winner of this competition is rewarded with a grant of \$150,000 to design and run the initiative outlined in their proposal.

### And the Winner is...

On February 10, 2016 The Recovery Transition Program was selected as the winner of the MUHC Challenge Q+ and received a grant of \$150,000 to bring the project to life.

*"It is, as the reviewers noted, a noteworthy proposal because of the unique way it addresses the needs of the patients throughout the entire process, from design to implementation. I have every confidence that this project will achieve the desired results of easing patients' transitions to community care when they are ready to be discharged from the MUHC, creating a culture in which patients feel included and empowered in their care, and working towards providing care at the highest level."*

- Dr. Nadia Szkrumelak, MUHC Psychiatrist-in-Chief



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## About the Founders

### **Kathryn Gill, PhD**

*RTP Chairperson and Co-lead, MUHC*

Kathryn Gill obtained her PhD in Psychology (1990) and conducted post-doctoral studies in Pharmacology at the Alcohol Research Centre (Supervisor: Dr. Dick Dietrich), and in Psychiatry at the Addiction Research and Treatment Services (Supervisor, Dr. Tom Crowley) at the University of Colorado Health Sciences Centre in Denver. While in Colorado she trained clinically in the treatment of substance dependence, and initiated a program of research on genetic vulnerability to substance dependence among Aboriginal peoples, and the treatment of opioid dependence. Currently she is an Associate Professor and member of the Division of Transcultural Psychiatry at McGill University, and the Director of Research in the Mental Health Mission (MHM) of the McGill University Health Centre (MUHC).

### **Ronna Schwartz, M.A., OTR**

*RTP Chairperson and Co-lead, MUHC*

Clinical Administrative Professional Coordinator the McGill University Health Centre (MUHC) Early Psychosis and Schizophrenia Spectrum Program (EPSSP). Occupational Therapist in the MUHC's two Early Psychosis clinics (PEPP and EPIC).

## The Steering Committee

The RTP is headed by a Steering Committee that meets on a regular basis to oversee all operations to make sure progress is being made in a timely manner, develop service guidelines, and create criteria to evaluate the program. The Steering Committee is made up of key individuals, including co-founders, a program coordinator, Peer Mentors, MUHC representatives, Volunteers and a family member.

Kathryn Gill .....	Chairperson and Co-lead, MUHC
Ronna Schwartz .....	Chairperson and Co-lead, MUHC
Patricia Lucas .....	RTP Coordinator, MUHC
Julia Bene .....	Peer Mentor
Jean Enright .....	Volunteer
Orly Estein .....	Peer Mentor Supervision, MUHC
Kia Faridi .....	MUHC
Robert Glesinger .....	Volunteer
Michael Menezes .....	Peer Mentor
Melissa Myers .....	MUHC
Antonis Paraherakis .....	MUHC
Michelle Smith .....	Volunteer
Cecelia Vanier .....	Peer Mentor
Robert Vanier .....	Family Member