



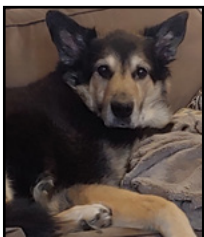
FEBRUARY 2022

KATHRYN GILL AND RONNA SCHWARTZ RETIRE

The Recovery Transition Program’s two clinical co-creators have retired, and the RTP is now part of the MUHC Department of Psychiatry. Both Kathryn and Ronna believed that sharing lived experience enhances healing. This belief has been borne out over the past six years by the many RTP accomplishments which they oversaw, in addition to their clinical jobs. On February 20, from 1-2 pm, we will thank Kathryn and Ronna for these accomplishments.

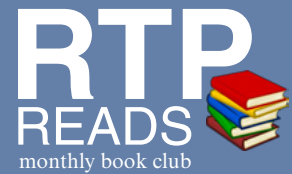
We are thrilled to report that Dr. Nancy Low, one of our champions, will be our connection as part of the MUHC, and will provide clinical and decisional support as we move forward. Kathryn and Ronna will continue as volunteers in the RTP, ensuring some continuity and bringing their various talents to bear.

Peer Mentor Supervisor Profile: Imogen



I was trained as a Peer Mentor in the second cohort, and several of my mentees have since trained as mentors themselves. I co-edited the first editions of the RTPublication (zine) and I started up our RTP Reads book club. Throughout the pandemic, the zine has continued to be produced and mentees have, of course, continued to be mentored. RTP Reads has morphed into an online short-story reading group.

I am currently the Peer Mentor supervisor. I have the pleasure of witnessing our highly skilled and empathic sixth cohort make important differences in the lives of people struggling with mental illness and addiction. We’re all looking forward to the end of COVID when we can meet with mentees again in person, and introduce new workshops and other initiatives to the RTP.



We meet once a month via **Zoom**

Next meeting is on

Friday, February 25th
2:00pm-3:00pm

We’ll be reading poetry!

Bring something you like and share it with the group

For more information, contact rtpublicationzine@gmail.com

Zoom Link

<https://us02web.zoom.us/j/83400975138?pwd=RDR2OS8xQ-0FRbOpIdzBuU1c4Mnkvdz09>

Meeting ID: **834 0097 5138**
Passcode: **626673**

Patients, Health Care Providers, Staff, Family, Friends are welcome!



MusiArt Keeps Busy



Between 2011 and 2012, Dany Bouchard and MusiArt from the MGH and La clef des chants from the region of des Deux Sevres in France enjoyed cultural exchange visits in each other's countries. The two choirs collaborated on an original song—Chœur à chœur. The lyrics describe the process of coming out of isolation, of socializing through music, and of sharing this passion with the community through concerts, recordings and travel. These are things that have recently been put on hold for many and which Dany and MusiArt look forward to resuming as soon as it's safe to do so. Even though the choir has not been allowed to sing together for the last two years, they have continued working on their latest CD virtually, through Teams. It's nearly completed and they hope to release it sometime next year, so we'll keep you posted!

Since last January, the Music Therapy program has put a new workshop into place called the Choir's Band, which will accompany the choir. It is made up of a drummer, bass player, guitarists, saxophone and more. There are also new Mental Health Music Therapy workshops being planned for the Allan Memorial.

Recently, Dany Bouchard created a music video to mark the tenth anniversary of the Montreal/France exchange visits, featuring Chœur à chœur and a lot of familiar faces. You can view it here:

<https://youtu.be/UW8yABQ9c1s>

Zine Member Profile: Cecelia Vanier



Four years ago, my work as a Peer Mentor ended while my commitment to RTP Fundraising was ramping up. By

joining the Zine team, I was able to showcase what the Fundraising team was up to—promoting upcoming events and reporting back on how we did. I also had the pleasure of interviewing various staff members and sharing their stories with our readers.

Helping produce a zine edition, from theme conception to fully edited, finished product, is one of the most fulfilling things I've done. The sense of satisfaction we all get, flipping through the pages of a brand new "hot off the presses" edition is well worth the time invested.

I'm proud of all the work we've done. However, "Take 2," the 2nd edition, was my personal favourite. In it, I wrote about the Griffith Edwards Centre, a place that helped save my life. The zine also featured a poem I wrote following the death of a loved one. Putting those words and that image onto paper helped me to process my grief and marked an important transition in my life.

RTP OFFICE HOURS

Monday Closed
 Tuesday 9:30am-3:00pm
 Wednesday Closed
 Thursday 9:30am-3:00pm
 Friday Closed

Allan Memorial Institute Rm. P.2036