



MARCH 2022

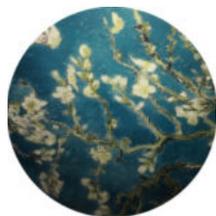
COMMUNITY RESOURCES

RTP Peer Mentors have broad experiential knowledge of community resources. Each month we will share a resource that has been beneficial to a mentor or mentee in recovering from mental illness and addiction.

Secular AA is a non-theist 12 step program that offers an online forum to meet with others in recovery from substance use disorders. Secular minded people in recovery are now able to attend meetings which have removed the emphasis on faith and rather embrace a more humanistic approach which suits my point of view —*Robert B.*

https://docs.google.com/spreadsheets/d/1AuWy7FKCG-RpyRZzEjFXkH-Rw_0VEzi/edit#gid=104829153

Peer Mentor Profile: **Robert B.**



I learned about the RTP while at the Griffith Edwards and decided it would be a nice way to show my appreciation by becoming a Peer Mentor. The training program stresses active listening by offering a non-judgemental ear which is essential in building trust with the mentee. We aren't there to fix their problems but rather to listen, help identify what matters to them and offer some of our own experiences as a person in recovery. I believe staying involved with the RTP has also been helpful for my ongoing recovery. We help each other.

As a Senior Peer Mentor, I am now a member of the training team for the 6th cohort of mentors. I was also invited to join the RTP Management Committee where I am leading a new project to evaluate mentorship experiences.

RTP
READS
monthly book club 

We meet once a month via **Zoom**

Next meeting is on

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

We'll be reading

**“The way she closed
the door”**

By: Miriam Toews

<https://www.newyorker.com/magazine/2022/02/14/the-way-she-closed-the-door>

For more information, contact
rtpublicationzine@gmail.com

Zoom Link

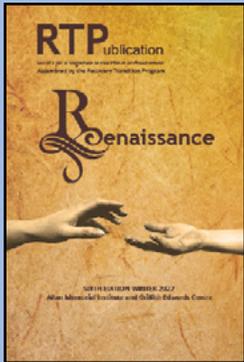
<https://us02web.zoom.us/j/83400975138?pwd=RDR2OS8xQ-0FRb0pIdzBuU1c4Mnkvdz09>

Meeting ID: **834 0097 5138**

Passcode: **626673**

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

The 6TH edition of RTPublication is here



We're pleased to announce the latest edition of the **RTPublication Zine!** This newest edition will be available this month, keep a lookout for it throughout the Allan Memorial and the Griffith Edwards or from your healthcare provider. You can expect more great poetry, literary works, art and intriguing articles.

Zine Member Profile: Jean Enright

As a volunteer in the RTP, I was invited to sit in on Zine meetings this September. I found a small and welcoming group of members, working hard to finish the 6th edition, as well as beginning production on a monthly Newsletter. Under the collaborative leadership of Joe Tavares, who, together with Cecelia Vanier have been on the Zine since it's inception, two editions have been produced by its members during the pandemic. Despite having to switch to Zoom meetings, they have been able to retain a warm and supportive atmosphere for new members.

The Zine gives artistic voice to clients, mentors, and staff in psychiatry at the MUHC. Being a former health care provider, it is such a pleasure to participate in this and other RTP programs, where the focus is on wellness in its many forms.

RTP Introduces the Chronic Pain Peer Mentorship Program (CPPMP)

Part of the initial mandate of the RTP was to bring the peer mentorship model into other clinics of the MUHC. It was envisioned that this type of program where patient's share their lived experience with fellow patients would be of mutual benefit to those with other health conditions.

The first to adopt the initiative was the Alan Edwards Pain Management Unit. The RTP Outreach & Dissemination team presented the concept to the unit's clinical team in 2019.

Following that the dissemination team worked with Drs. Lahaie and Gamsa to adapt the RTP to the needs of chronic pain patients and established the Chronic Pain Peer Mentorship Program (CPPMP). Donnalyn and Michael were trained as Peer Mentors with the RTP's 5th Cohort of Trainees in 2019. Putting what they had learnt into practice the following year the team adapted the RTP Peer Mentor Training Program for the CPPMP, and members from the CPPMP trained with the RTP to become trainers. The CPPMP Peer Mentors are now taking on referrals from clinicians.

RTP OFFICE HOURS

Monday	Closed
Tuesday	9:30am-3:00pm
Wednesday	10:00am- 2:00pm
Thursday.....	9:30am-3:00pm
Friday.....	Closed

Allan Memorial Institute Rm. P.2036

