



What is the Recovery Transition Program (RTP)?

The RTP helps mental health and addictions patients who are in the process of transitioning from a Clinical setting to the Community. The program includes a comprehensive mix of services delivered by trained, stabilized patients, who have lived experience with addiction and/or mental illness – known as Peer Mentors – designed to help other patients and their family and caregivers find the appropriate support and services following clinical treatment.



Where is the RTP located?

**Allan Memorial Institute
Mental Health Unit**
1025 Avenue des Pins West
Montreal, QC

**Griffith Edwards Centre
Addictions Unit**
1547 Avenue des Pins West
Montreal, QC



Who are Peer Mentors?

Individuals with lived experience of mental illness and/or addiction who have received 30 hours of training and supervision in order to become 'trained Peer Mentors', able to deliver recovery-oriented support, workshops and self-management tools.

RTP Founders

Kathryn Gill, PhD
Associate Professor and member of the Division of Transcultural Psychiatry at McGill University, and Director of Research in the Mental Health Mission (MHM) of the McGill University Health Centre (MUHC)

How did the RTP come to be?

In 2015, a survey conducted among Allan Memorial Institute and Griffith Edwards Centre Addictions Unit patients showed that there was a strong need for a program where Peer Mentors would provide education, support and a living example of recovery to patients who were transitioning from a Clinical setting to the Community. On February 10th, 2016 The Recovery Transition Program won the MUHC Challenge Q+ and received a grant of \$150,000. This grant brought the program to life.



The MUHC Challenge Q+

The Challenge Q+ is an annual competition run by the MUHC aimed at promoting and rewarding innovative ideas for Quality Improvement.

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



The Value of Peer Support

Peer Support may be defined as the help and support that people with lived experience of a mental illness or addiction are able to give to one another. In parts of Canada and the USA, Peer Support in its various forms has been a widely recognised and utilised resource that has been developing since the 1960s. Research has shown that peer-run self-help groups yield improvement in psychiatric symptoms resulting in decreased hospitalisation, larger social support networks and enhanced self-esteem and social functioning.

Steering Committee

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