



Patient & Family Guide

2023

Mental Health and Addictions Recovery Support Program



www.nshealth.ca

Mental Health and Addictions Recovery Support Program

This pamphlet has helpful information for you and/or your support person(s) about the Recovery Support Program.

If you or your support person(s) have any questions, please call the Recovery Support Program team:

› Phone: _____

What is the Recovery Support Program?

The Recovery Support Program is for people who:

- › are 19 years of age or older.
- › have problems with substance use and/or gambling.
- › want to stop or lower their substance use and/or gambling.
- › want to use substances and/or gamble **more safely.**

Supports include:

- Learning about harm reduction
- Learning how to lower the risks of your substance use and/or gambling
- Working with your health care team to develop a recovery plan that meets your needs
- Educational and skill-building groups
- One-on-one 30-minute sessions. You may want to talk about:
 - › Relapse prevention planning (working on your recovery goals)
 - › Learning from your relapses
 - › Learning safer using practices
 - › Healthy ways to use your leisure time
 - › Helpful supports in your community

Note: You might not have the same clinician for these sessions. The program does not offer long-term therapy.

Ask the Recovery Support Program team how to register for group and one-on-one sessions.

How do I start the Recovery Support Program?

You will meet with a team member to talk about your needs and decide together if the program is right for you. You will learn more about the program including:

- › Supports offered by the program
- › How you can make goals for your recovery and start to work on them
- › How the team works together to support your recovery
- › Other general information (like when and where services are offered, how to book sessions, parking)

What are Recovery Support Skills Groups?

These groups are 2-hour sessions on different topics that can help you:

- › Better understand substance use and/or gambling disorders
- › Learn skills for your recovery
- › Learn safer using practices
- › Connect with others and learn from their experiences

- Sessions include activities like:
 - › Group discussions
 - › Short videos
 - › Learning and practicing recovery skills
- The groups cover many different topics to help you meet your goals, like:
 - › Coping with cravings and triggers
 - › Relapse prevention
 - › Improving your health and wellness
 - › Learning about leisure and self-care
 - › Managing your emotions
 - › Healthy relationships and boundaries
- You choose which groups to attend.
- You can attend the groups in any order.
- Ask for a calendar of group sessions at the Recovery Support Centre.

Who can I call for support?

- For questions about your recovery plan, call your team.
- **For mental health and addictions crisis support, call the Provincial Mental Health and Addictions Crisis Line (24 hours a day, 7 days a week):**
 - › **Phone (toll-free): 1-888-429-8167**

If it is an emergency, call 911 or go to the nearest Emergency Department right away.

How can I give feedback?

We welcome your feedback. When you tell us about your experience, good or bad, it helps us improve the care and service we provide.

Ways to provide feedback:

- Contact the Recovery Support Program team or manager.
- Complete a client experience survey or feedback form at the Recovery Support Centre or visit:
 - › <https://mha.nshealth.ca/en/clients-and-providers/feedback-complaints>

Nova Scotia Health Patient Relations Team:

- › Phone (toll-free): 1-844-884-4177
- › www.nshealth.ca/contact-us/patient-feedback

