Patient & Family Guide 2023 Mental Health and Addictions Recovery Support Program



### 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-andproviders/feedback-complaints

#### Nova Scotia Health Patient Relations Team:

- > Phone (toll-free): 1-844-884-4177
- > www.nshealth.ca/contact-us/patientfeedback

#### Looking for more health information?

Find this pamphlet and all our patient resources here: https://library.nshealth.ca/PatientEducation
 Contact your local public library for books, videos, magazines, and other resources.
 For more information, go to http://library.novascotia.ca
Connect with a registered nurse in Nova Scotia any time: call 811 or visit https://811.novascotia.ca
Learn about other programs and services in your community: call 211 or visit http://ns.211.ca

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