

## Recovery Program Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
9:30 – 11:00 <b>Readiness to Work</b> ICFP Room B-19	9:30 – 11:00 <b>Road to Recovery</b> ICFP Room G-23	11:00-12:00 or 15:00-16:00 <b>Cognitive Remediation</b>		
	11:00-12:00 <b>Cognitive Remediation</b> ICFP Room B-19	13:00-14:30 <b>Road to Recovery</b> ICFP Room B-20	11:00-12:00 or 15:00-16:00 <b>Cognitive Remediation</b> ICFP Room B-19	
	14:00-16:00 <b>Substance Abuse Management</b> ICFP Room G-23	13:30-14:30 <b>Social Skills</b> ICFP room G-23		14 :00-15 :00 <b>Social Skills Group</b> ICFP Room G-41

## Adult Education Schedule SIS (Social Integration Services)

Monday	Tuesday	Wednesday	Thursday	Friday
9:30 – 11:00 <b>Written French made easy</b> ICFP Room G41	9:00 – 10:00 <b>Computer class</b> YM-YWHA 5400 Westbury	10:00 -12:00 <b>Parlez-vous français?</b> ICFP Room G23	9:00 -12:00 <b>Computer class</b> YM-YWHA 5400 Westbury	10 :00-12 :00 <b>Parlez-vous français?</b> ICFP Room B19
13:00-15:00 <b>Healthy Lifestyle</b> Physical Education at the gym.  Centre Sportif CDN 4880 Van Horne	10:30-12:00 <b>Eating Healthy on a budget</b> ICFP Room G-42B  14:00-16:00 <b>Substance Abuse Management</b> ICFP Room G-23	13:00-16:00 <b>Community Resources including Museum of Fine Arts Project</b>  Meeting place: Centre communautaire Côte-des-Neiges 6100 Ch. Cote-Des-Neiges	13:00-15:00 <b>Healthy Lifestyle</b> Physical Education at the gym.  Centre Sportif CDN 4880 Van Horne	<b>**Note that these classes are only offered during a regular school year (from September to June)</b>

# Recovery Program



Institute of Community and Family Psychiatry



Hôpital général juif  
Jewish General Hospital

Centre intégré  
universitaire de santé  
et de services sociaux  
du Centre-Ouest-  
de-l'Île-de-Montréal

Québec

Integrated Health  
and Social Services  
University Network  
for West-Central Montreal



### Recovery Team:

Mindy Landsman, secretary (local 21742)  
Aileen Castro, Service Coordinator/  
Occupational Therapist (local 25682)  
Anne-Marie Ouellette, Occupational Therapist  
(local 24140)  
Lynn Rose, Nurse Clinician (local 25157)  
Christiane Gagné, Teacher EMSB (local 22058)

Address:  
4333 Cote-St-Catherine Road  
H3T 1E4  
Tel: 514-340-8222

# Recovery Program

The **Recovery Program** is for persons with any mental health condition that seriously impairs their ability to lead meaningful lives.

## **The goals are to:**

- \* Promote recovery
- \* Support change and adaptation
- \* Increase performance in daily functioning
- \* Facilitate integration to community resources
- \* Improve quality of life

## **Criteria:**

- \* Clients must be stable and motivated
- \* A case manager needs to be assigned

## **Referral:**

- \* All services in psychiatry department

## **Follow-up:**

The referring person (case manager) continues their usual care in combination with group interventions.

The Recovery team will maintain communication with treatment team.

## **3 types of groups interventions:**

- 1) Recovery groups
- 2) Readiness group
- 3) Skills training groups

**Speak to your doctor or case manager for further information on how you can be referred to the program.**

## **Recovery Groups:**

**Road to Recovery:** to help individuals in the process of "Recovery" by learning coping and empowerment strategies using a workbook.

**Substance Abuse Management:** to help individuals become aware of the impact their daily consumption (drugs/alcohol) has on their well being, and to gain knowledge about the skills and strategies needed in order to change this behaviour.

## **Readiness Group:**

**Readiness to Work :** for individuals who wish to prepare themselves for integrating work (paid or volunteer).

## **Skills Training Groups:**

**Social Skills training:** for individuals who would like to improve their knowledge and develop healthier and more functional skills in communication.

**Cognitive Remediation:** for individuals who are experiencing difficulties with their cognitive skills, and who wish to get support in developing compensatory strategies in order to prepare themselves for employment or school integration. Activities for this group include using a computer software, reflection journals and regular take home assignments.

## **Adult Education Social Integration Services**



In collaboration with the **English Montreal School Board**, we also offer classes led by Christiane Gagné, Adult Education Special needs Teacher.

## **The goals of the classes are to:**

- \* Facilitate social integration
- \* Offer structure
- \* Promote health and wellness
- \* Improve quality of life

Some of the most fragile clients are able to take part. As much as possible, classes are held in the community where students can gain some degree of comfort and perhaps continue to attend that resource on the long term.

## **Referral and Follow-up:**

Clients in the classes continue to be under the care of their case managers and treatment teams.

## **The classes include:**

- \* Computer Classes at the Westbury Y
- \* Exercise Classes at the Centre Sportif Côte-des-Neiges
- \* Community Outings to various places such as the Montreal Museum of Fine Arts, public libraries, Ami-Quebec, etc.
- \* Eating Healthy on a Budget
- \* Basic French Communication Classes
- \* A Nutrition Group is also led by a dietician

Christiane Gagné - EMSB Marymount  
Adult Education Teacher  
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