



Welcome to Wellness & Recovery College

Wellness & Recovery College

Welcome to the Windsor-Essex Wellness & Recovery College!



What is a Recovery College?

“A Recovery College can be described as a unique learning centre where people with lived experience of mental health issues, peers, family members and mental health professionals use their knowledge and experience to work collaboratively and on equal terms to co-develop and co-deliver courses on a range of topics that support well-being and recovery.”

-Perkins, Repper, Rinaldi & Brown, 2012

Recovery Colleges:

- Started in the US in 2000
- Expanded to Europe in 2009
- Now worldwide
- CMHA's now operate 19 across Canada



A Recovery College:

- Is an innovative, unique learning centre
- Is a place to learn and develop new skills
- Fosters a culture of hopefulness
- Reveals new possibilities & opportunities

Who Are Recovery Colleges For?

Recovery College Defined

“Recovery Colleges offer a new way to support recovery and can be transformative for both individuals and organizations.”

-Perkins, Meddings, Williams, & Repper, 2018

A Recovery College is a:

- Place of self-discovery
- Place to gain new knowledge and skills
- Place to explore new roles
- Supportive environment

Recovery Colleges are built upon co-production, co-delivery and co-learning.

Students are actively engaged, valued and empowered within a culture of mutual respect.



Successful Recovery Colleges



Six Critical Dimensions

1. Educational
2. Collaborative
3. Strength-based and person-centered
4. Progressive
5. Community connections
6. Inclusive

Perkins, R., Meddings, S., Williams, S., & Repper, J. (2018), Recovery Colleges 10 Years On, Nottingham, ImROC, p5

Recovery Defined

From the Perspective of the Person with Lived Experience

- Gaining & retaining hope
- Understanding your abilities & disabilities
- Engaging in an active life
- Personal autonomy
- Social identity
- Having a meaning & purpose in life
- A positive sense of self
- CHIME Model:
 - Connection
 - Hope
 - Integrity
 - Meaning
 - Empowerment

Peer Support

The Journey of Peer Support

- Peer support dates back to the early 1970s
- 2007 MHCC published *Making the Case for Peer Support*
- 2010 Peer Support Canada – *Core Competencies of Peer Workers, Code of Conduct for Peer Support*
- 2013 creation of *Guidelines for the Practice and Training of Peer Support, Values of Peer Support, Principles of Practice*



It Takes Time

Building a College

- Community survey
- Funding – successful Ontario Trillium Foundation grant
- Staffing – Peer Support Workers
- Partners: Provincial / National /International Communities of Practice



The Student Experience



Each Semester our Students...

- Cultivate well-being, building a Self-Care Action Plan
- Developing coping skills and plans
- Learning how to create boundaries, adaptability, and resiliency
- Learning about CHIME & how it connects to their recovery journey
- Make connections in a social setting
- Obtain community resources for support and connections

Wellness & Recovery College

Enrollment

- Online at www.windsor-essex.cmha.ca/wellness-recovery-college/
- Encourage students to enroll themselves
- Student and classes **NOT** clients and groups
- CRMS
 - Data for funders
 - Collaboration of client care
 - Stepped Model of Care
 - Bridge

Wellness & Recovery College

Our Classes

- What is Wellness & Recovery College?
- What is Peer Support?
- Wellness
- Our Journey
- Coffee Conversations
- Grieving During the Holidays
- Addictions 101
- Rent Smart
- Our Journey for Caregivers
- Financial Literacy
- CHIME
- Well-being
- Peer Support Core Competencies Training
- HOPE
- I Am Enough
- The Social Connection
- Connections Walks / Coffee Conversations



**Canadian Mental
Health Association**
Windsor-Essex County

Community well-being is our sole focus.

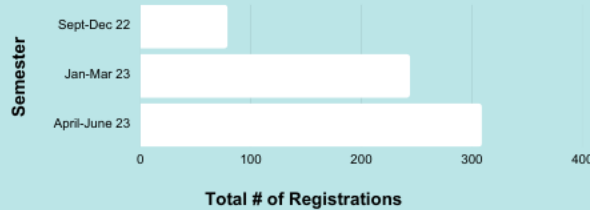
CMHA WINDSOR-ESSEX
**WELLNESS
& RECOVERY**
COLLEGE

IN-CLASS

OVER
**190
HOURS**

COMPLETED IN
CLASS BY END OF
JUNE 2023

309 Total registrations since opening in September 2022



COURSES

12 different courses
offered through
Wellness & Recovery
College



TESTIMONIAL

"In the beginning I was a big mess – sad, upset, rock bottom – because of addictions and mental health. I didn't know what to expect from Recovery College and each week/day got better and felt like home. I gained connections, support, routine, relationships. It helped me raise my emotions and I was super excited to come to WRC.

By attending WRC it gave me strength to go to a job fair and I got a job. I have been in solid recovery since I started WRC. One on one peer support helped me. I was no longer alone.

I recommend WRC because it has changed my life. And it will change someone else's life."

-Michel, Wellness & Recovery College Student

A RECOVERY COLLEGE

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- Is a supportive environment
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- Is a place of self-discovery
 - Is a place to gain new knowledge & skills
 - Is a place to explore new roles

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Perkins, Repper, Rinaldi & Brown, 2012

PEER SUPPORT



"PEER SUPPORT PROGRAMS WORK BY OFFERING PEOPLE SUPPORT, ENCOURAGEMENT, AND HOPE THAT RECOVERY IS POSSIBLE. PEER SUPPORT CONSIDERS THE WELLNESS OF THE WHOLE PERSON AND FOCUSES ON HEALTH AND RECOVERY RATHER THAN ILLNESS AND DISABILITY, IN ORDER TO ASSIST PEOPLE IN FINDING THEIR OWN PATH TO RECOVERY."

Mental Health Commission of Canada

Reductions in hospitalizations for mental health problems

Reductions in symptom distress

Research shows peer support is associated with:

Improvements in social support

Improvement in quality of life

VALUES OF PEER SUPPORT

Hope & Recovery

Self-determination

Health & Wellness

Lifelong Learning & Personal Growth

Dignity, Respect & Social Inclusion



<https://windsoressex.cmha.ca/wellness-recovery-college/>

Wellness & Recovery College

What We Have Learned

- Languages
- Reading level
- Ability to manage class size: NOT A DROP IN
- Various mental health diagnoses'
- Integration of staff CMHA: What is Peer support/WRC
 - Boundaries of peer support – not clinical
 - Warm transfers to support peer NEEDS
 - Co-facilitation: Trial and error of clinical support present vs lived experience
- Courses designed on student feedback- informal and formal from evaluations

Wellness & Recovery College

What We Have Learned

- Transportation: bus tickets
- Research and development from ground up : UK model
- Food security: snacks
- Enrolling outside of digital
- FUNDING: future
- Students feel empowered and their confidence surges:
progression from attending classes, to peer support training, to
assisting with classes and modules

Wellness & Recovery College

Next Steps: HOPE

- Research and evaluation with CAMH
- To be a leader in Recovery Colleges
- Continue to submit grants
- Where do our Trained Peers fit in? Volunteers? Valuing their time
- Community partnerships: Homelessness/ Detox/ Hospital



Canadian Mental
Health Association
Windsor-Essex County

Community well-being is our sole focus.



STUDENT TESTIMONIALS

“

We all have different stories but we have one thing in common: recovery and the same steps.

”

“This has been the best thing I’ve ever done.”

“I feel included
in the world.”

“I am not alone.”

“I have less days
of depression.”

“

Wellness & Recovery College has helped me achieve a sense of accomplishment and community in my recovery. It has helped solidify positive attitudes and behaviours towards my recovery.

”

“We learn so much from one another when we take time to listen to each other.”

“Mental illness is something I have, it is not who I am”

“

I learned how to talk more, get more comfortable with other people, made some new friends. I feel more comfortable with others and myself.

”

“Helped me get out of the house. Gave me a little bit of purpose for the day.”

www.https://windsoressex.cmha.ca/wellness-recovery-college/

Thank You!

CMHA-WECB and the Wellness & Recovery College with to thank our funder:.

Ontario
Trillium
Foundation



Fondation
Trillium
de l'Ontario

An agency of the Government of Ontario
Un organisme du gouvernement de l'Ontario

CMHA WINDSOR-ESSEX
**WELLNESS
& RECOVERY**
C O L L E G E

Thank You!

For Updates

- Follow us on social media @CMHAWECB on Facebook, Twitter, Instagram, LinkedIn and YouTube
- Check out our website:
www.windsor-essex.cmha.ca/wellness-recovery-college/