

Recovery Program Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
9:30-11:00 Readiness to Work ICFP Room G-23	10:30-12:00 Cognitive Remediation ICFP Room B-20	10:30-12:00 Cognitive Remediation ICFP Room B-20		11:00-12:30 Road to Recovery ICFP Room B-20
12:00-13:00 Nutrition <i>(5 sessions given in the spring/fall)</i> ICFP Room G-41	11:00-12:00 Tai Chi ICFP Room G-23	13:30-14:30 Social Skills ICFP room G-23	12:30-15:00 Art Studio Time ICFP Room B-20	
	13:00-15:00 360° of Wellness Youth Group ICFP Room B-20			14:00-15:00 Social Skills ICFP room G-23

Adult Education Schedule SIS (Social Integration Services)

Monday	Tuesday	Wednesday	Thursday	Friday
9:30-11:00 Written French made easy ICFP Room G41	9:00-10:00 Computer class ICFP Room B-20	10:00-12:00 Parlez-vous français? ICFP Room G-23	9:00-12:00 Computer class YM-YWHA 5400 Westbury	10:00-12:00 Parlez-vous français? ICFP Room G-23
13:00-15:00 Healthy Lifestyle Physical Education at the gym. Centre Sportif CDN 4880 Van Horne	10:30-12:00 Eating Healthy on a budget ICFP Room G-41 13:00-15:00 360° of Wellness Youth Group ICFP Room B-20	13:00-16:00 Community Resources including Museum of Fine Arts Project Meeting place: Centre communautaire Côte-des-Neiges 6100 Ch. Cote-Des-Neiges	13:00-15:00 Healthy Lifestyle Physical Education at the gym. Centre Sportif CDN 4880 Van Horne	13:00-15:00 Meeting with new students Interview and registration of new students ICFP Room B-36 **Note that these classes are only offered during a regular school year (September to June)

Recovery Program



Institute of Community and Family Psychiatry



Hôpital général juif
Jewish General Hospital



Recovery Team:

Mindy Landsman, Administrative Agent (ext. 21742)
Aileen Castro, Occupational Therapist (ext. 25682)
Anne-Marie Ouellette, Occupational Therapist (ext. 24140)
Samantha Spector, Occupational Therapist (ext. 25977)
Christiane Gagné, Teacher EMSB (ext. 2058)

Address:

4333 Cote-St-Catherine
H3T 1E4

Tel: 514-340-8222

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

Québec 

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.

4 types of groups interventions:

- 1) Recovery groups
- 2) Readiness groups
- 3) Skills training groups
- 4) Adult Education classes

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.

360° of Wellness, Youth: to provide youth with support during their transition into adulthood, as well as promote their autonomy in various life skills, socialization, weekly structure and support from peers through therapeutic activity, education, and group discussion.

Readiness Group:

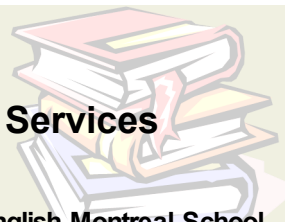
Readiness to Work : for individuals who wish to prepare themselves for integrating work (paid or volunteer).

Skills Training Groups:

Social Skills: 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 have 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

Tel: (514) 340-8222 #22058