



Recovery College

Frequently Asked Questions – Student

1. What is a Recovery College?

	Recovery College Is	Recovery College Isn't
1.	Meant to compliment “traditional” specialist-driven assessment and treatment.	Meant to replace or include psychotherapy.
2.	Based on student registration	Based on clinical referral
3.	Linked to increasing hope, empowerment, self-discovery, meaning and the belief that you can do something	Necessarily related to clinical outcome (directly).
4.	Ideally for everyone (patients, caregivers, staff, etc.) though some courses may be offered for specific groups like care givers or patients only.	Based on diagnosis.

2. What are the goals of a Recovery College?

- To provide participants with access to learning that complements clinical treatment for mental illness
- To provide participants with the choice to learn new things and share their knowledge with others
- To enhance connection among participants and a feeling of community
- To enhance personal recovery

3. Who can access the Recovery College?

At present, the Recovery College is available to Ontario Shores’ registered inpatient and outpatients who would like to enroll in courses. The college will eventually be offered to anyone willing and able to access the curriculum. Ultimately, it will be for anyone – inpatients, outpatients, family, students, staff, and community members.

4. Is there a cost to accessing the Recovery College?

There is no cost to participate in the Recovery College.

5. How do I register for courses?

You are encouraged to speak with your treatment team and request that they send a referral to Peer Support on your behalf. Alternatively, you can connect with peer support directly to request that a referral be sent. A peer support worker will contact you once they have received this notification, and will set up an appointment for you to attend. Once you’ve attended this appointment and have identified the courses which you would like to register for and will be given a copy of your timetable.

6. When are courses offered?

Courses are offered in three separate semesters: Fall, Winter and Summer.

In order to register for courses, students must first schedule an appointment with Peer Support for course planning. Here are the times to schedule your peer appointment for the different semesters:

Fall: August 8 – September 16 2016

Winter: December 5 2016 – January 13 2017

Summer: April 3 – May 12 2017

If spaces are still available after registration period, registration will continue throughout the semester.

7. How long are courses within the Recovery College?

Course lengths can vary. They can range from a one day workshop, up to a 12 week long course.

8. What does a Peer Support planning session entail?

These sessions will include completing a questionnaire about how you're doing. Based on that information, you will have a discussion with your Peer to develop your own Individualized Learning Plan. After completing these forms with the Peer Support Specialist, you will work together to determine which courses you would like to attend. You will be provided with a copy of a Membership Agreement to review and sign as well as a timetable.

9. How can I be involved as a course instructor?

Completion of the Group Facilitation Skills Training (GFST) course is required in order to be eligible to co-facilitate within the college. This course is offered through the college itself. It includes information on adult learning principles, lesson planning, question management and group dynamics, presentation and public speaking skills.