

Alberta Recovery Colleges Year 1 Lessons Learned



1 The Recovery College approach benefits people.

Recovery College provides skills and connections to support peoples' mental health. Recovery College also has positive impacts on the community and mental health system.

2 Recovery College is for everyone.

Recovery College supports people across the spectrum of mental health needs. It also serves diverse communities and reduces stigma around mental health.

3 Peers are invaluable.

Peer facilitators are essential to Recovery Colleges. They provide an inclusive environment that helps people engage with their mental health journey.

4 Recovery College bridges mental health care gaps.

Recovery College services help people manage crises. Recovery College helps fill mental health care gaps related to waitlists and service inaccessibility.

5 COVID-19 has changed the mental health landscape.

Recovery College has presented an accessible way to support mental health by offering online and hybrid courses.

6 The Alberta Provincial Recovery College is growing.

Recovery College has grown over the past year and is committed to continued growth and improvement into the future.

