



Recovery Education
for Addictions and Complex Trauma



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Distinctives:

Trauma vs. addictions focus, Free to Client, De-stigmatization, Community integration, Evaluation & research.

RE/ACT is a 12 week out-patient program using a hybrid model combining physical and online presence. It provides a safe space for individuals to explore and heal from personal trauma and to take back control of their lives. Each cohort consists of up to 15 persons who become a supportive peer network. React is an initiative of the DWCC.

- ▶ Phase 1 (4 weeks) addresses the impact of trauma on the brain and behaviours.
- ▶ Phase 2 (8 weeks) unpacks the traumatic experiences, learning new responses to adversity, introduction of one-on-one counselling.
- ▶ Phase 3 (Ongoing) Social networking, group discussions available on a weekly basis, ongoing counselling support.
- ▶ Research and evaluation built into React Windsor will pursue rigorous evaluation and best practices.

Current Reality:

- ▶ There is a noticeable increase in addictive behaviours and mental illness experienced in families across the city.
- ▶ This is a trend seen in every city across the country. It not only negatively affects family life but burdens the justice and healthcare systems and social service agencies.

Existing Supports:

- ▶ Support systems including healthcare and the addiction recovery programs are overwhelmed with the need.
- ▶ There is an ever-growing waiting lists for existing programs often well past a person's readiness to get help.
- ▶ There is a current shortage of community out-patient day programming which React provides.
- ▶ The cost for long term In-patient programs to the client are often beyond capacity to afford them. React's cost is \$150 per cohort member per week.
- ▶ Limited research on program evaluation hinders the capacity for learning best practices and measuring success.

Current Trends in Research:

- ▶ Two recent breakthroughs in understanding addictions are impact of trauma in early childhood, and isolation.
- ▶ Research shows that almost all addicted persons experienced repetitive traumatic experiences in early childhood that has shaped the brain's response to adversity. *"Every person we counsel is dealing with repetitive painful experiences in childhood."* (Charlie Moscatello, HDGH)
- ▶ Isolation aggravates addictive behaviour and mental illnesses. To withdraw or be alienated due to stigmatization magnifies the unhealthy responses.

RE/ACT is built on this new perspective:

- ▶ Trauma centred care: Primary focus addresses the trauma driving maladaptive behaviours.
- ▶ Trauma centred care reframes addictions as a disease for healing rather than a stigmatizing moral behaviour.
- ▶ Creating safe communities provide the place for belonging and support during the realignment of habits formed over the years.
- ▶ As an out-patient program the Cohort learns to daily integrate new learning in the larger community.
- ▶ React's Advisory Board consists of members from across the city and available on request.
- ▶ Donations are tax receiptable through Downtown Windsor Community Collaborative

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