

The Recovery Journey Project (RJP) is a research study designed to measure recovery outcomes. The RJP is conducted and led by HRI – an independent research organization. HRI works with treatment providers, including Homewood Health Centre (HHC), to do research that aims to improve mental health and addiction services and outcomes. This report shows changes in key outcomes for patients admitted to the **Addiction Medicine Service** at HHC between **April 2016 and March 2017** and who participated in the RJP at admission and 12 months after completing treatment.

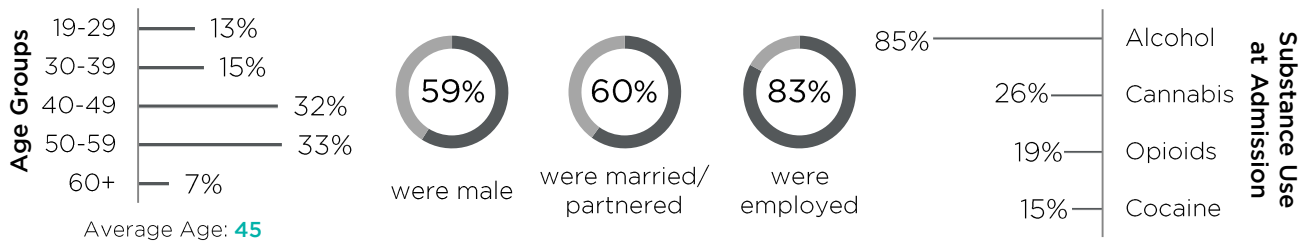
For more information visit: www.recoveryjourneyproject.com



Who did we speak to?

112 patients participating in the Recovery Journey Project

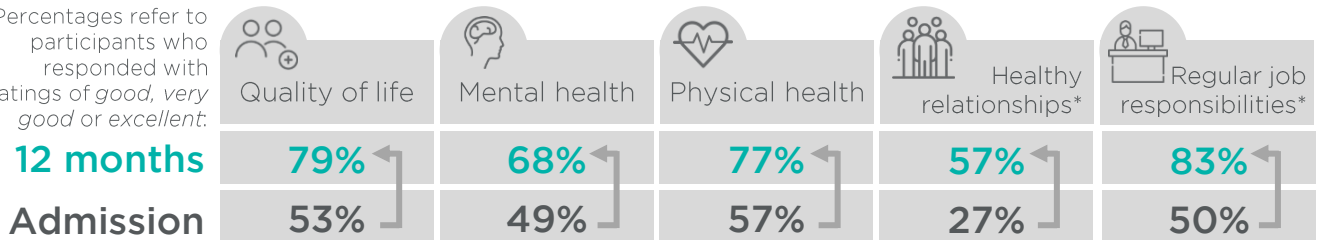
(Participants completed treatment and completed questionnaires at both the admission and 12 month time points).



Outcomes at a glance

Participants reported **improvements** in many areas of life **12 months after treatment**:

Percentages refer to participants who responded with ratings of *good, very good or excellent*.



* Percentages refer to participants who responded with ratings of *very much or extremely able*.



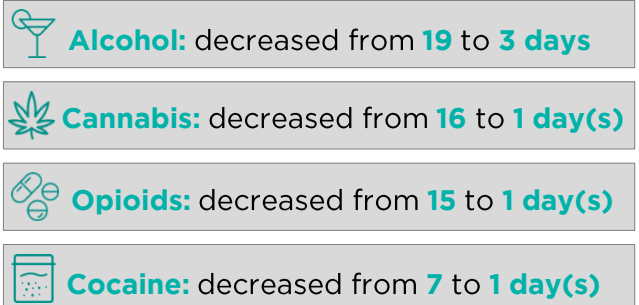
Substance use

% of participants who have **not used any substances** since completing treatment:

Follow-up time point (# of respondents†)	% of participants
1 month (147)	73%
3 months (120)	67%
6 months (119)	67%
12 months (104)	63%

† Sample sizes reflect participants who completed the survey at admission and each of the corresponding follow-up time points after leaving treatment.

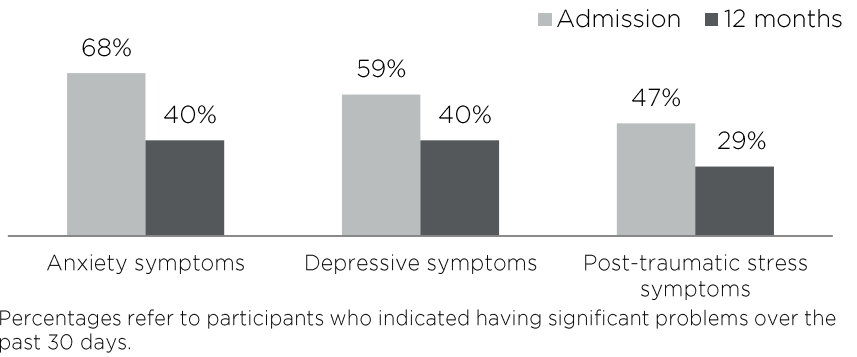
Between **admission** and **12 months** after treatment, the average **number of days** on which substances were **used** in the past 30 days **decreased...**





Mental health

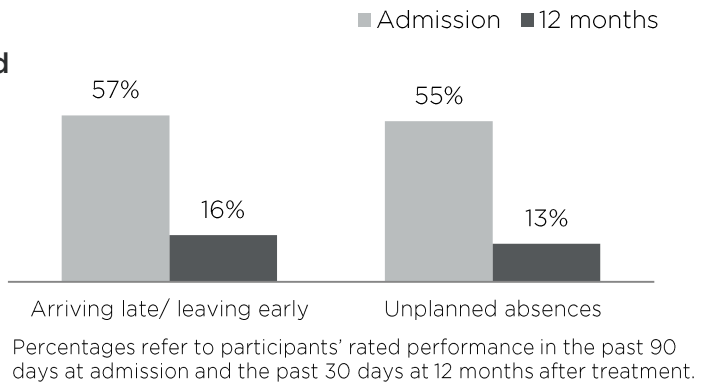
Overall, **fewer** participants experienced **significant problems** with their **mental health** 12 months after treatment.



Occupational performance

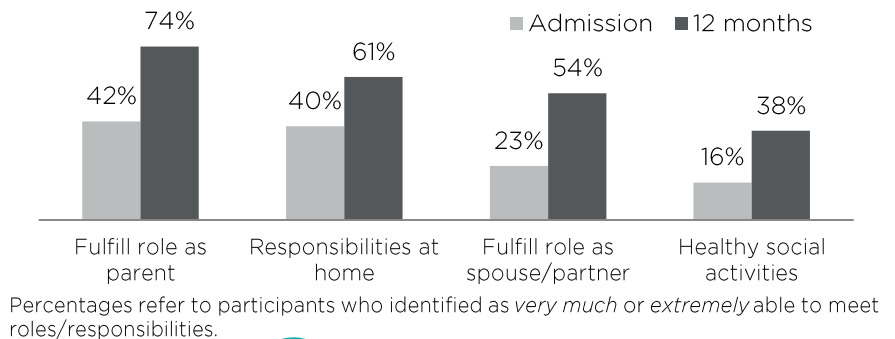
72% of participants who reported being employed at admission **returned to a job** within 12 months after completing treatment.

Overall, **fewer** participants reported **problems** with their **attendance at work** 12 months after treatment.



Social relationships and functioning

Participants reported **improvements** in their ability to meet various **social roles** and **responsibilities** 12 months after treatment.



Physical health

57% of participants reported meeting the **Canadian Physical Activity Guidelines*** 12 months after treatment compared to **45%** at admission.



* Guidelines recommend participating in at least 150 minutes of moderate to vigorous physical activity per week, in bouts of 10 minutes or more.



Life satisfaction

