

## Information Letter for the Recovery Journey Project

We are inviting you to participate in a research project conducted by Homewood Research Institute (HRI) and lead by Dr. Jean Costello. HRI is an independent charitable organization, separate from Homewood Health. HRI partners with Homewood Health and other organizations to do research on mental health and addiction that aims to improve care and outcomes. This project is funded by charitable donations made to HRI.

### **What is the project about?**

The purpose of this project is to better understand how the recovery process continues beyond treatment. Every recovery pathway matters - we need to learn about the steps people take, the progress made and challenges faced along the way.

### **Why should I participate?**

By participating in this project, you will be contributing to the only ongoing study on recovery in the country and to the future of mental health and addiction treatment in Canada. We aim to engage 5000+ participants across Canada that have received treatment from Homewood Health.

### **What is involved?**

- You will be completing a series of web-based surveys about recovery (about 30 minutes in length). The first survey will be sent to you 1 month after your discharge date from Homewood Health. A similar survey will be sent to you again 3, 6, and 12 months after your discharge date.
- You can complete the surveys using a computer, smartphone, or tablet.
- The surveys will ask you about your self-rated quality of life, physical activity and health, social relationships, mental health, substance use, etc.
- HRI will request data collected as part of your Homewood Health stay and link it to your recovery survey responses, using a hospital administration number, to evaluate how the services you received at Homewood have contributed to your recovery.

### **How do I participate?**

You will be emailed an invitation from HRI to participate. All AMP patients are eligible to participate in the project. Homewood Health will automatically provide HRI with your email address and first name in order to invite you to participate. If you did not provide Homewood Health with an email address, HRI will not be able to invite you to participate in this project.

**Your participation in this study is voluntary.** You are free to withdraw from the project at any time. Your participation in the project will not affect the services you receive from Homewood Health now or in the future or waive any rights to legal recourse in the event of research-related harm.

**If you do NOT want to participate,** you may withdraw after receiving an email for this project by pressing 'unsubscribe' at the bottom of the message. Any answers you have given up until that point will be stored in

the study database unless you state otherwise. You may also contact the Project Coordinator at any time by email [admin@recoveryjourneyproject.com](mailto:admin@recoveryjourneyproject.com) or telephone 519-767-3560 and leave a message indicating your first name, last initial and decision to withdraw.

### **What are the potential risks and benefits?**

The surveys you will be asked to complete may make you feel tired or uncomfortable. You may stop and take a break from the survey at any time. You may also skip questions that you may feel uncomfortable answering. Along with the personal benefit you may or may not have from taking part in this project, you will be helping add to the understanding of recovery in Canada.

### **How will the information be used?**

The information you provide will be combined across all participants to address research and evaluation questions. No identifying information will be presented. HRI plans to share results from this project in a variety of ways to reach many different audiences, including but not limited to: presentations at conferences, manuscripts in academic journals, and infographics shared on HRI's website or via social media.

### **Is my information confidential and secure?**

- Yes, all answers you provide will be confidential, password protected, and stored on a secure server.
- All of your surveys will be linked by a survey number. A master list of participant names and survey numbers will be kept separate from your answers and will be securely stored.
- No members of Homewood Health will see your individual responses from the surveys. The information you provide as part of this project will be securely stored for 10 years from the end of the project. At that time, all of your information will be deleted.
- HRI will only use your email address to contact you for the purpose of the Recovery Journey Project, unless you indicate otherwise. HRI will never share your email address.
- The Research Ethics Board at the Regional Centre for Excellence in Guelph, Ontario approved this research.

### **Questions or Concerns**

If you have questions about the project, please feel free to contact me. If you have questions or need more information about your rights as a research participant, please contact Steve Abdool, Bioethicist & Chair for the Regional Centre for Excellence in Ethics, Research Ethics Board at [SAbdool@homewoodhealth.com](mailto:SAbdool@homewoodhealth.com) or at: (519) 824-1010 Ext. 32118.

Thank you for your participation.

Sincerely,



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