

The Recovery Journey Project (RJP) is a research study designed to monitor recovery outcomes. This report shows changes in key outcomes for people who entered treatment in the **Addiction Medicine Service (AMS)** at Homewood Health Centre between **April 2018 and March 2019** and who voluntarily participated in the RJP at admission and 12 months after completing treatment.

[Click here for a detailed background report. For more information: \[recoveryjourneyproject.com\]\(http://recoveryjourneyproject.com\)](#)



Who did we speak to?

Of the 726 people who completed treatment, **104 (14%)** participated in the 12-month* survey for the Recovery Journey Project. Note: This report only represents the recovery outcomes for this 14% and may not be generalizable across everyone.

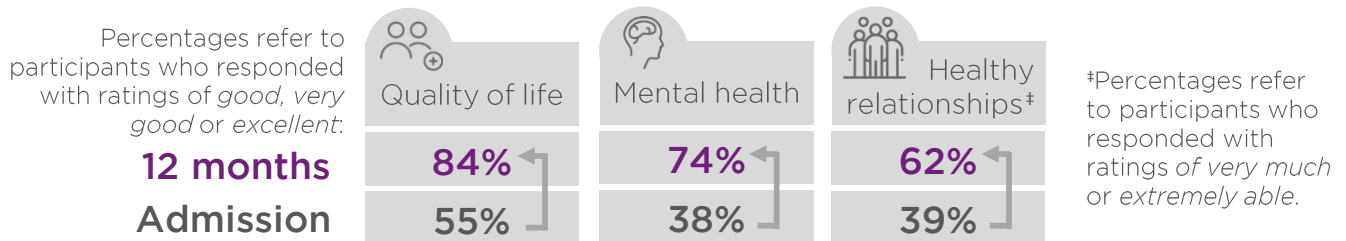


*20% of participants completed the 12-month survey at the onset of the COVID-19 pandemic (March 31, 2020 to June 7, 2020). No statistical differences were found in the survey responses received before and during COVID-19.



Outcomes at a glance

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



Substance use

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

Time point (# of respondents [†])	1 month (188)	3 months (133)	6 months (110)	12 months (83)
% of participants	73%	59%	65%	62%

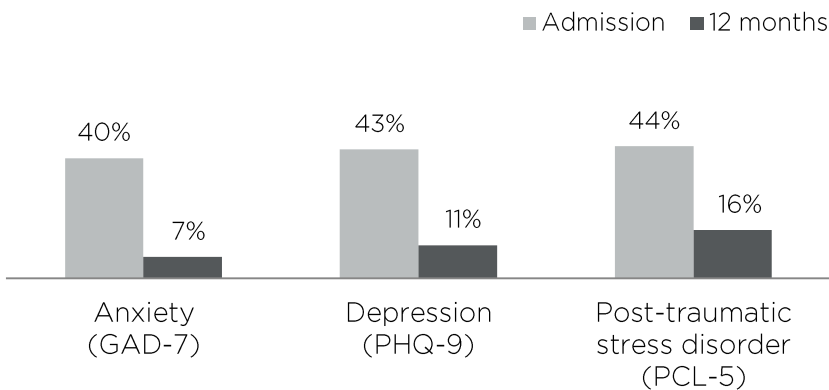
The average **number of days** on which **substances** were **used** in the past 30 days **decreased** from **20 days** at **admission** to **5 days** at **12 months** after treatment

[†]Samples reflect participants who completed a survey at admission and each of the corresponding follow-up time points after treatment. Each time point does not necessarily include the same people.



Mental health

Overall, fewer participants reported **experiencing severe anxiety, depression or post-traumatic stress disorder** 12 months after treatment.

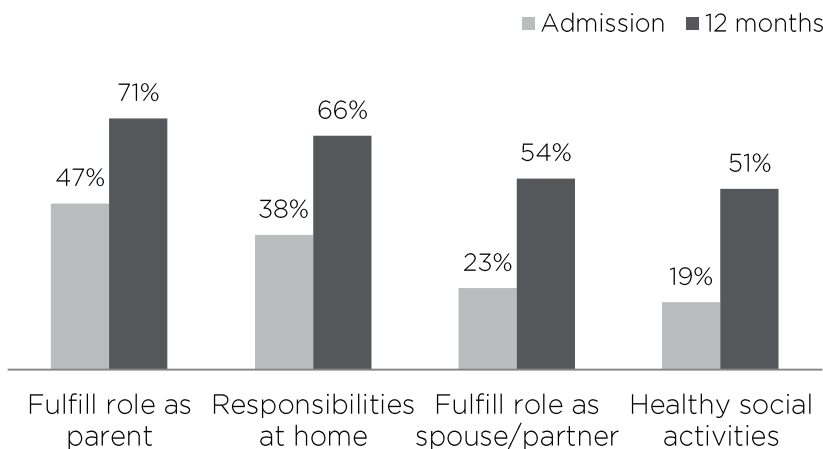


Percentages refer to participants who had GAD-7 scores ≥ 15 , PHQ-9 scores ≥ 20 , and PCL-5 scores ≥ 38 .



Social relationships and functioning

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

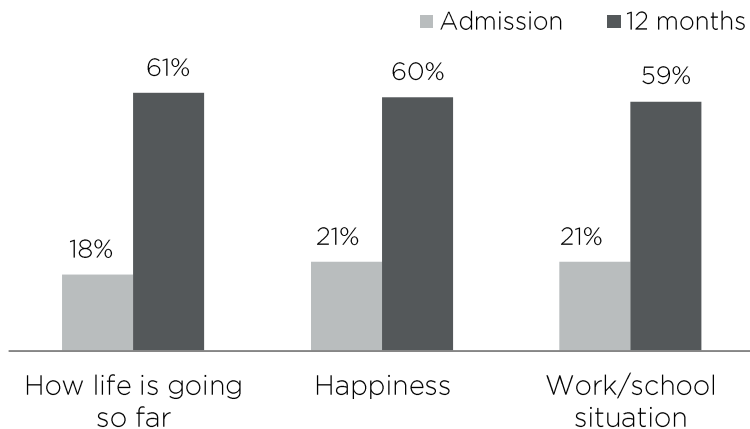


Percentages refer to participants who identified as *very much* or *extremely* able to meet roles/responsibilities.



Life satisfaction

Participants reported **increases** in level of satisfaction in various **areas of life** 12 months after treatment.



Percentages refer to participants who identified as *satisfied* or *very satisfied* on each scale of life satisfaction.