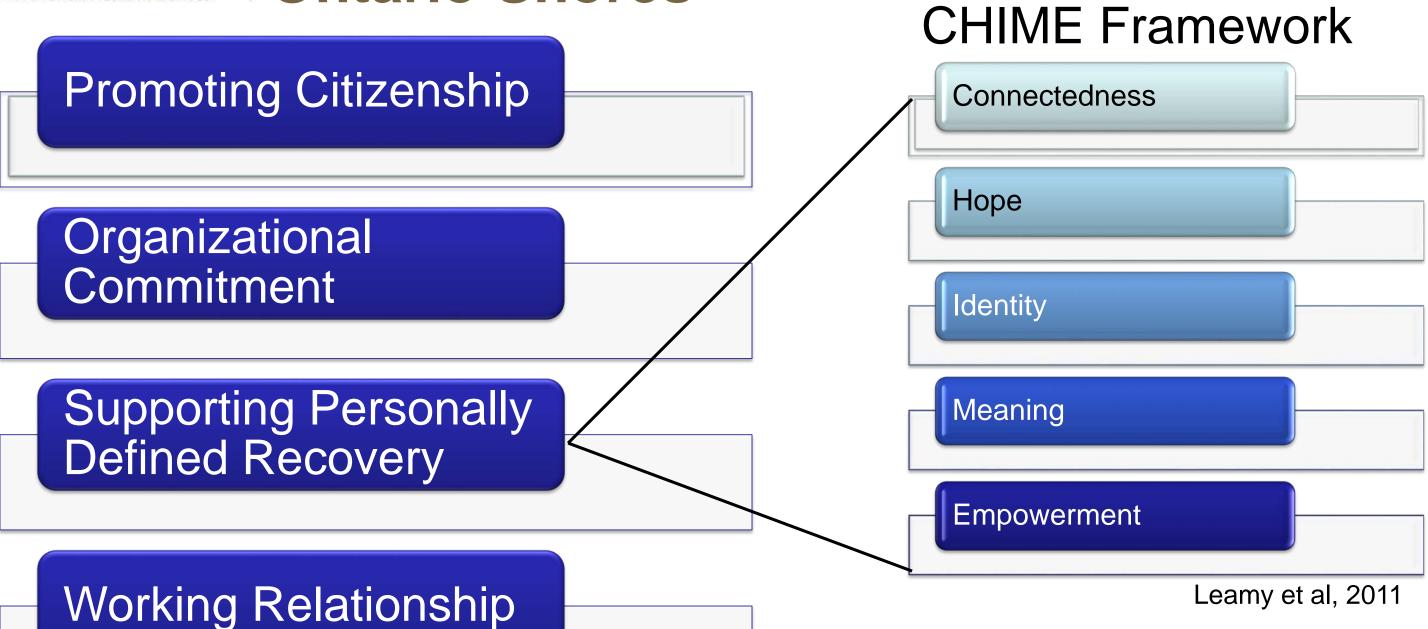


Physical Activity at Ontario Shores



Recovery-Oriented Practice at Ontario Shores



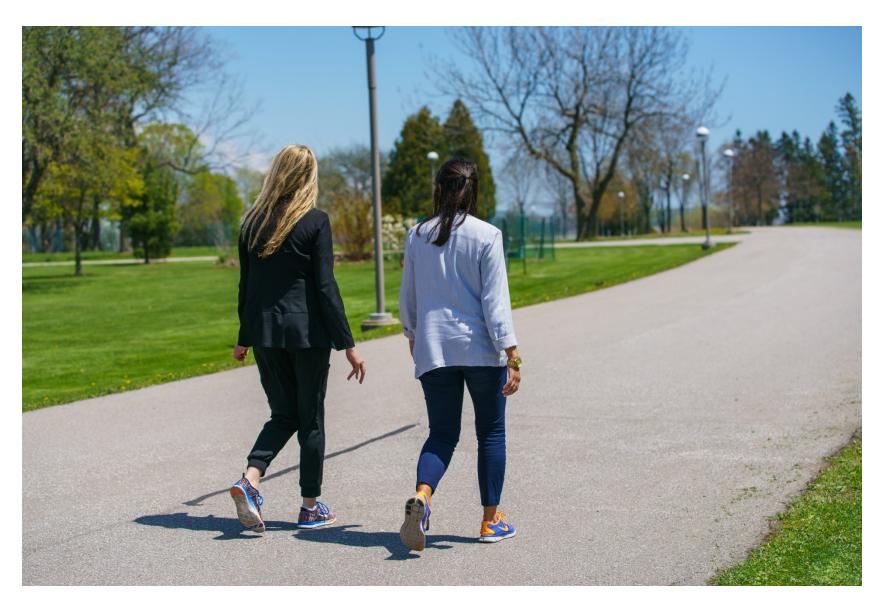
Le Boutillier et al, 2011

#UOITmentalhealth



Occupational Health and Wellness Initiatives

- Gym and weight room
- Lunch-time wellness programming
- Fitbit





Physical Activity for Patients

- Gym and weight room
- Outdoor activities and courtyards
- Community partners
 - Special events
 - Community re-integration







Recovery College and Co-Designed Programming

- Co-led by patients and staff
- Self-select "courses"





Vision for the Future

- Recovery-oriented
- Co-design
- Societal perspectives
- Stigma

