Physical Activity at Ontario Shores
Recovery-Oriented Practice at Ontario Shores

Promoting Citizenship

Organizational Commitment

Supporting Personally Defined Recovery

Working Relationship

CHIME Framework

- Connectedness
- Hope
- Identity
- Meaning
- Empowerment

Leamy et al, 2011

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