



Physical Activity at Ontario Shores

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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

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Occupational Health and Wellness Initiatives

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



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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

