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NATIONAL RECOVERY COLLEGE METRICS PILOT PROJECT

BACKGROUND

In early 2023, the Canadian Recovery College Community of Practice began exploring alignment across Canadian Recovery Colleges to build capacity, strengthen collaborations, and advocate for the growth and sustainability of the Canadian Recovery College movement. Consistent with these aims, in collaboration with Recovery College staff, students, researchers, and evaluators across the country, the Community of Practice co-produced two national Recovery College pilot metrics and an associated implementation plan.[1]

THE METRICS

METRIC 1: HOPE

The degree to which Recovery College students agree with the following statement: ***"Participating in the Recovery College makes me feel more hopeful."***

METRIC 2: REACH

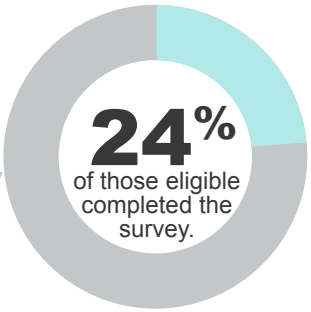
Number of unique attendees in Recovery College courses.

The metrics were piloted from **September 1st, 2024** to **December 31st, 2024**. The goal of the pilot was to determine the feasibility of implementing co-produced national Recovery College metrics.

OVERVIEW OF THE PILOT

21[2] pilot sites

6 provinces



[1] We gratefully acknowledge the support of the Canadian Institutes of Health Research. This work was made possible through a Café Scientifique Grant (S15-189234), which enabled the Canadian Recovery College Community to come together to co-produce an implementation plan for the national metrics.
[2] While the 21 pilot sites span six provinces, the 18 reporting sites represent five provinces.

METRIC 1: **HOPE** NATIONAL FINDINGS

Via a **REDCap survey**, individuals who attended participating Recovery Colleges in Canada between **September 1st** and **December 31st, 2024** were asked to indicate the degree to which they agree with the following statement:
"Participating in the Recovery College makes me feel more hopeful."

601 people responded. Here is what they said:

62.1% **strongly agree** (373 respondents)

29.3% **agree** (176 respondents)

6.3% **neither agree or disagree** (38 respondents)

1.5% **disagree** (9 respondents)

0.8% **strongly disagree** (5 respondents)

REGIONAL FINDINGS[3]

WEST REGION

46.3% strongly agree (25)
38.9% agree (21)
9.3% neither agree or disagree (5)
5.6% disagree (3)
0% strongly disagree (0)

54 responded

PRAIRIE REGION

55.1% strongly agree (75)
35.3% agree (48)
5.9% neither agree or disagree (8)
0.7% disagree (1)
2.9% strongly disagree (4)

136 responded

CENTRAL REGION

66.4% strongly agree (273)
26% agree (107)
6.1% neither agree or disagree (25)
1.2% disagree (5)
0.2% strongly disagree (1)

411 responded

[3] The West Region encompasses British Columbia; the Prairie Region includes Alberta, Saskatchewan, and Manitoba; and the Central Region covers Ontario and Quebec. There were no pilot sites in the Atlantic Region, which includes New Brunswick, Nova Scotia, Prince Edward Island, and Newfoundland. To the best of our knowledge at the time of the pilot, there were no Recovery Colleges operating in the Northern Region, which encompasses the Northwest Territories, Nunavut, and Yukon.

METRIC 2: **REACH**[4]

Staff identified the number of unique attendees participating in at least one Recovery College offering across the pilot sites between September 1st and December 31st, 2024. Here is what they found:

2498 people attended Recovery College offerings across the pilot sites between September 1st and December 31st, 2024.

REGIONAL FINDINGS

277 people attended Recovery College offerings across the **two pilot sites** in the **West Region** between September 1st and December 31st, 2024.

990 people attended Recovery College offerings across the **four pilot sites** in the **Prairie Region** between September 1st and December 31st, 2024.

1231 people attended Recovery College offerings across the **12 pilot sites** in the **Central Region** between September 1st and December 31st, 2024.

DISCUSSION

The pilot was deemed a success. The data highlights how RCs collectively impact the hopefulness of those attending, supports tracking trends as the movement grows, and will inform approaches for coordinated quality improvement, expansion, and sustainability at local, regional, and national levels.

LIMITATIONS

Six pilot sites reported that some students did not provide an email address and, as a result, did not receive the hope survey.
To address this limitation, a paper survey for the hope question will be available going forward. Participants will be asked to self-screen to ensure they are only completing the survey once per data collection period.

NEXT STEPS

The next data collection phase will prioritize expanding representation from implementation sites in Atlantic Canada, leveraging pilot results for knowledge translation and quality improvement, and refining data collection processes. Future efforts will also explore additional national metrics.

CONTACT

If you have any questions or are interested in getting involved, please contact **Holly Harris, Research Coordinator** at CAMH, at holly.harris@camh.ca.

[4] The number of unique attendees at individual RCs may vary based on factors such as duration of operation, resources, location, population characteristics, class size limits, and delivery mode (virtual or in-person).
The number of people that attend an individual Recovery College is not indicative of its success as a program.

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