

Recovery and Rehabilitation Program

The Recovery and Rehabilitation Program (R&R) is a 40-bed treatment program operated by Coast Mental Health and is located on the beautiful lands of səmiq̓wəʔelə. This program supports people in recovery for severe mental illness and substance use disorders.



Quick Fact

səmiq̓wəʔelə meaning “Place of the Great Blue Heron” was renamed by the kwikwəʔəm First Nation for the 244-acre site in Coquitlam, B.C., which was previously known as Riverview Lands.



Clients are referred from Red Fish Healing Centre and Heartwood Centre for Women and enter the program to continue their recovery efforts. The program offers concurrent psychiatric, substance use and physical health treatments. These work in combination with recovery and psychosocial approaches to support the development of life skills and recovery goals.

The average length of stay for clients is 12 months; on average there are 40 admissions and 40 discharges per year.

This program is a partnership with the Provincial Health Services Authority since November 2014.

Recovery Model

- Recovery-focused programs and interventions (i.e. relapse prevention)
- Skills building modeling and practice (i.e. budgeting, cooking, relational skills, etc.)
- Mind and body work to increase self-awareness and self-efficacy (i.e. cognitive remediation, problem solving, emotions regulation, etc.)
- Meaningful time management through leisure and relaxation

Healthcare Team:

- 2 PSYCHIATRISTS
- 2 GENERAL PRACTITIONERS
- 22 MENTAL HEALTH REHABILITATION WORKERS
- 10 NURSES
- 2 SOCIAL WORKERS
- PROGRAM MANAGER
- NURSE MANAGER
- +Plus Peer Support Workers, and alternative therapy contractors (i.e. music therapy)

A Client's Journey



Philosophy

- Based on psychosocial rehabilitation principles (mutual respect, skill building and strengthening self-efficacy)
- Client-centered (client-centered goals, informed decisions)
- Strength-based (building on client's skills, knowledge and interests)
- Culturally relevant (connecting to the individual's background and spiritual foundation)
- Trauma-informed (building trust, avoidance of re-traumatizing, emotional regulation)
- Abstinence-focused (harm reduction as means to achieve drug-free lifestyle)



Phil has successfully graduated from the Coast Mental Health Recovery & Rehabilitation treatment center. In his late twenties, he was diagnosed with Schizophrenia. His symptoms at the time created a strain on his relationships with friends and family.

"My mental health and addiction problems overwhelmed me," remembered Phil. "I made some half-hearted attempts at recovery and spent two decades in and out of institutions. It wasn't until my dad died in 2019 that I became serious about recovery. I attended the Burnaby Centre for Mental Health & Addiction, and from there I was able to access Coast's R&R program in October 2020."

For questions related to this program, please visit our website or contact ...