



OFFICE OF THE VICE-PRESIDENT, ACADEMIC AND PROVOST

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ATTENTION Senate
FROM Jon Driver, Vice-President, Academic and
Provost, and Chair, SCUP
RE: Chair in Technology Innovations for Youth Addiction Recovery and Mental Health
(SCUP 15-26)

DATE September 15, 2015**PAGES** 1/1

At its September 9, 2015 meeting, SCUP reviewed and approved the Terms of Reference for the Chair in Technology Innovations for Youth Addiction Recovery and Mental Health.

SCUP reviewed the proposal for the naming of the Chair in Technology Innovations for Youth Addiction Recovery and Mental Health. The proposal is attached for the information of Senate.

Motion:

That Senate approve and recommend to the Board of Governors the Terms of Reference for the Chair in Technology Innovations for Youth Addiction Recovery and Mental Health.

c: U. Glässer
R. D'Arcy

SFU

MEMO

Uwe Glässer, Dean *pro tem*
Faculty of Applied Sciences

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TO: Jon Driver, Vice-President, Academic

FROM: Uwe Glässer, Dean *pro tem*, Faculty of Applied Sciences

RE: Chair Naming

cc: Cathy Daminato, Vice-President, Advancement and Alumni
Engagement
Chris Arnet, Executive Director, Advancement

DATE: July 9, 2015

Background

In partnership with the City of Surrey and John Volken Academy, the Faculty of Applied Sciences is planning to establish a Chair in Technology Innovations for Youth Addiction Recovery and Mental Health. This proposed Chair will compliment the Faculty's strong biomedical engineering group. The proposed Chair will collaborate with faculty members in Applied Sciences as well as externally with mental health and addictions professionals from Fraser Health, PHSA, John Volken Academy and others.

In recognition of the City of Surrey and John Volken Academy's contribution, we propose the creation of the *Chair in Technology Innovations for Youth Addiction Recovery and Mental Health*. This has been approved by the appropriate Dean, Vice-Presidents and President as indicated in the attached document.

I request that you submit the proposed *Chair in Technology Innovations for Youth Addiction Recovery and Mental Health* to SCUP for consultation regarding the naming, and put forward the following motion to SCUP:

Motion:

That SCUP approve and recommend to Senate the Terms of Reference for the *Chair in Technology Innovations for Youth Addiction Recovery and Mental Health*.

Thank you.

Attached: *Named Recognition Authorization - Chairs and Professorships form*
Terms of Reference for Chair/Professorship

Named Recognition Authorization – Chairs and Professorships

Pursuant to Section 4.2 of GP 35 *Named Recognition of Buildings, Academic Endowments and Academic Units* which states that Presidential approval together with the approval of the Dean, Vice-President, Academic, and Vice-President, Advancement & Alumni Engagement in consultation with the Senate Committee on University Priorities (SCUP) and Senate is required for the naming of Chairs and Professorships established in accordance with Policy A 10.06, Appointment of Specially Funded University Chairs, University Professors and Research Fellows, and Policy A 10.03, Endowments for Academic Appointments:

Donor Names: *City of Surrey and John Volken Academy*

Gift Details: *\$1 million (\$500,000 provided by each donor) to be paid over five years*

Proposed Named Recognition Details: In recognition of this gift, SFU will name the Chair in the Faculty of Applied Sciences the *Chair in Technology Innovations for Youth Addiction Recovery and Mental Health*.

Presidential, Vice-Presidential and Dean Approval:

I hereby approve the official naming of the *Chair in Technology Innovations for Youth Addiction Recovery and Mental Health*.

Andrew Petter
President and Vice-Chancellor

Jon Driver
Vice-President, Academic

Date

Date

Cathy Daminato
Vice-President,
Advancement and Alumni Engagement

Uwe Glässer
Dean *pro tem*,
Faculty of Applied Sciences

Date

Date

Senate Committee on University Priorities (SCUP) consultation held during _____ session.

Senate consultation held during _____ session.



**Gift Agreement and Terms of Reference
Simon Fraser University
City of Surrey
John Volken Academy**

Chair in Technology Innovations for Youth Addiction Recovery and Mental Health

In consideration of the mutual covenants and agreements hereinafter set forth and other good and valuable consideration, the sufficiency and receipt of which is hereby irrevocably and absolutely acknowledged, Simon Fraser University ("SFU"), City of Surrey ("the City"), and John Volken Academy ("the Academy") hereby agree to establish a Chair in Technology Innovations for Youth Addiction Recovery and Mental Health ("the Chair") and all parties agree to be guided by the Canadian Centre for Substance Abuse National Commitment to Recovery from the Disease of Addiction as outlined in Appendix C, as well as the document as follows:

1. Name of Chair

The Chair will be known as the "Chair in Technology Innovations for Youth Addiction Recovery and Mental Health." Naming and funding provisions set out in this agreement are subject to SFU's normal policies and procedures for approval. The Chair will be based at SFU Surrey Campus and the embedded laboratory at the John Volken Academy.

2. Purpose of the Chair

The Chair will be responsible for:

- Leading research that focuses on non-invasive technologies for diagnosis and recovery focused treatment in youth substance use disorder and mental health. The Chair will have an established track record in the development of multimodal neuromodulation and brain stimulation technologies for addiction and mental health.
- The Chair will have leading technology expertise across the following areas: electrophysiology, transcranial magnetic stimulation, functional brain imaging, engineering of medical devices and neuroscientific studies in recovery focused systems of care.
- The Chair will be part of a larger Youth Mental Health initiative in the City of Surrey, and work with stakeholders from universities, government, health authorities, civil services, and social service agencies to create a Youth Mental Health strategy for the City of Surrey, with a particular focus on substance use and addiction recovery.
- The Chair will serve as bridge that links the Youth Mental Health initiative to Innovation Boulevard.

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- The Chairholder will contribute to teaching activities in biomedical engineering and health technologies at SFU, and train recovery focused experts and innovators capable of tackling these large social issues; and

Specifically, the Chairholder will develop and lead the “Technology Centre for Addiction Recovery and Mental Health”, an embedded laboratory at John Volken Academy, working in partnership with the John Volken Academy and the City of Surrey on projects and initiatives related to the scope of the Chair’s research.

The Chairholder qualifications, duties and responsibilities are described in more detail in Appendix A. It is expected that the Chair will develop collaborations within SFU, with other university researchers, funding partners, and relevant organizations to augment the spectrum of expertise required to build a Centre of Excellence.

3. Contributions to fund the Chair

- 3.1 The City of Surrey will contribute to the establishment of the Chair with a contribution of \$500,000 in the form of cash, paid in equal annual instalments of \$100,000 over five years. The first instalment will be paid after the signature of this Agreement and after the completion of the recruitment of the Chair;
- 3.2 The John Volken Academy will contribute \$500,000 in the form of cash, paid in equal annual instalments of \$100,000 over five years. The first instalment will be paid after the signature of this Agreement and after the completion of the recruitment of the Chair. The John Volken Academy will also provide an in-kind contribution of laboratory space;
- 3.3 SFU will establish a tenure-track faculty position in the Faculty of Applied Sciences, provide laboratory and office space to the Chair at the SFU Surrey Campus, and continue fundraising support for the Chair from individual and foundation donors;
- 3.4 SFU will conduct an international search for the Chair, and seek input and advice from the funding partners.
- 3.5 The Chair will report annually on the activities to an advisory committee that includes the funding partners (see section 9.5), to make sure that the activities are consistent with the terms of this agreement.



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4. Use of Funds

The contributions to establish the Chair will be used to:

- 4.1 pay up to \$150,000/year for the salary and benefits of the Chair, for a term of five years,
- 4.2 provide up to \$50,000/year for a term of five years in research funding to
 - a. Develop and disseminate new research initiatives;
 - b. Provide salary support for highly qualified people (HQP) working under the direction of the Chair and performing core research; and
 - c. Defray reasonable travel and conference and other eligible (material, supplies, etc.) expenses of the Chair and research personnel in accordance with SFU policies.

Additional and ongoing funds for items listed under 4.2 will be raised by SFU. SFU may opt to endow these funds.

5. Additional Funding

The Chair will be expected to seek additional funding from national and international sources that is consistent with the commitment to addiction recovery and mental health research.

6. Core Research

It is mutually understood and agreed that the research undertaken or directly supervised by the Chair ("Core Research") will:

- 6.1 be directed by the statement of purpose and the reach defined in paragraph 2, "Purpose of the Chair," above, or as otherwise agreed to by the advisory committee defined in paragraph 7.3, "Additional Undertakings" below, to permit the maximum research impact, to best fit with the local clusters of research excellence, and to provide long-term social benefits to the City of Surrey and the province; and
- 6.2 be directed to provincial, national and international research and collaboration in relevant fields.

7. Additional Undertakings

- 7.1 The Chair will be subject to SFU's policies and procedures, including related to Ethics in Core Research concerning humans and animals.

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- 7.2 Only John Volken Academy students may participate as research participants on site at the John Volken Academy embedded laboratory, unless prior approval is granted by the Academy.

8. Warranties and Covenants

SFU represents and warrants that:

- 8.1 it is a legal entity with full right and authority in law and in fact to enter into this Agreement;
- 8.2 all amounts received hereunder will only be used for legitimate expenses incurred in the course of the Core Research, reimbursement of such expenses, or compensation for the performance of the activities described hereunder, and that receipt of such amounts is in all respects in full accordance with applicable laws, regulations and policies; and
- 8.3 all Core Research to be conducted hereunder will comply with all applicable laws, regulations and guidelines.

9. Reporting

- 9.1 The Chairholder, in his or her capacity as an SFU Professor, will report to the Director of his/her academic unit, in the Faculty of Applied Sciences, in accordance with SFU policy.
- 9.2 Every twelve (12) months the Chairholder will be required to submit written progress reports to City of Surrey and Volken Academy disclosing the progress and results of any Core Research conducted under the Chair.
- 9.3 At least twice a year, at the request of City of Surrey and/or Volken Academy, the Chairholder will meet with the City and Academy's representatives, at mutually agreeable times and places, to discuss progress and results of any Core Research conducted under the Chair.
- 9.4 City of Surrey and Volken Academy may use photographs of the Chairholder and information concerning his or her role and qualifications in their annual reports, donor-related materials and public promotional materials.
- 9.5 An advisory committee, composed of the Chair, the Dean of Applied Sciences (Chair of the Committee), one member nominated by John Volken Academy, one member nominated by City of Surrey, Associate Vice-President Research of SFU and two



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SFU Faculty members appointed by the Dean, will normally meet twice yearly to review the progress of the Chair and provide advice on future research directions. None of the members of the Advisory Committee will be paid for their service on the committee.

10. Intellectual Property

- 10.1 The term "Arising Intellectual Property", as used in this Agreement, will be defined to include any and all intellectual property conceived, developed, reduced to practice or otherwise made pursuant to or in the course of the Core Research conducted by the Chairholder's research group.
- 10.2 All right, title and interest in the Arising Intellectual Property will be owned by SFU.
- 10.3 All policies pertaining to research on SFU's premises are available at:
<http://www2.sfu.ca/policies/research/index.htm>
- 10.4 In the event certain specific Core Research is fully funded under a separate research agreement, then the rights to any Arising Intellectual Property that results from that specific Core Research will be as specified in that separate research agreement, and
- 10.5 In the event that certain specific Core Research is subject to the terms of a separate material transfer agreement with City of Surrey, the Academy or their respective affiliates, then the rights in any Arising Intellectual Property subject to that material transfer agreement will be governed by that material transfer agreement in priority to any other provisions of this Agreement.
- 10.6 The Academy will have the right to use for internal purposes the Arising Intellectual Property without cost subject to any specific limitations under a separate research agreement or material transfer agreement governing any Arising Intellectual Property.
- 10.7 Subject to the rights in the Arising Intellectual Property reserved to the Academy in section 10.6, the parties acknowledge that under SFU's Intellectual Property Policy R30.03 the rights in the Arising Intellectual Property will be allocated to the SFU member creating that Arising Intellectual Property subject to certain retained rights in favour of SFU. As such, SFU shall from time to time allocate to

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the other parties an equitable interest in any economic benefits resulting from SFU's retained rights in the Arising Intellectual Property.

10.8 Research outcomes impacting the Academy will be shared in advance of publication with the Academy and the Academy will collaborate on communications relating to the publication and dissemination of research outcomes.

10.9 All results disseminations will acknowledge the contributions of all parties.

11. Appointment

11.1 As required by SFU policy (A 10.06), Appointment of Specially Funded University Chairs, University Professors and Research Fellows (Appendix B) the person engaged to perform the duties of the Chairholder will be appointed by the Simon Fraser University Board of Governors. Appointments to the Chair will normally be selected after a national and international search process.

11.2 The Chair will be a recognized leader and researcher; and

11.3 The length of initial appointment of the Chairholder of between five (5) and ten (10) years will be determined by SFU in conjunction with SFU policy (A 10.06), Appointment of Specially Funded University Chairs, University Professors and Research Fellows. The Chair may be reappointed subject to availability of funding and following the approval process required by SFU.

12. Applicable Laws

This Agreement will be governed by and construed and enforced in accordance with the laws of the Province of British Columbia and the laws of Canada applicable herein.



Gift Agreement and Terms of Reference
Simon Fraser University
City of Surrey
John Volken Academy

Chair in Technology Innovations for Youth Addiction Recovery and Mental Health

This Agreement will take effect as of the date of the last signature, below.

Agreed By:

SIMON FRASER UNIVERSITY

Andrew Petter, President &
Vice-Chancellor, Simon Fraser University

Date

Cathy Daminato, Vice-President,
Advancement & Alumni Engagement,
Simon Fraser University

Date

Joy Johnson, Vice-President,
Research, Simon Fraser University

Date

Jon Driver, Vice-President,
Academic, Simon Fraser University

Date

CITY OF SURREY

Vince Lalonde
Vince Lalonde, City Manager
City of Surrey

July 14, 2015
Date

JOHN VOLKEN ACADEMY

Gabrielle Steed
Gabrielle Steed, Director
John Volken Academy

July 16, 2015
Date

Appendix A: Job Description

Qualifications:

- A PhD in Engineering and/or Medical Sciences or a closely related discipline
- A proven track record of research excellence related to neuroscience and mental health technology
- Ability to attract funding to support a research program with the aim of creating a Centre of Excellence in youth mental health and addiction
- A solid track record of transforming research to practical applications, with particular focus on translational impact in individuals undergoing mental health and addictions treatment
- An established track record in working closely with psychiatry and related mental health practitioners in clinical environments to integrate technology-based research and innovation
- Proven leadership skills and a team builder
- Strong commitment to and preferably a proven record in graduate level teaching and supervision of trainees
- Excellent communication skills

Duties and Responsibilities:

- Establish and maintain a leading-edge research program in Technology Innovations for Youth Addiction Recovery and Mental Health at SFU, in close collaboration with the City of Surrey and John Volken Academy
- Conduct innovative research that leads to the development of diagnostic and treatment advances using neuromodulation, transcranial magnetic stimulation, function brain imaging and electrophysiology techniques
- Attract significant funding for research and research infrastructure development from external agencies
- Develop national and international collaboration for research, training and education.
- Teach relevant courses and contribute to the training of highly qualified personnel (HQP)
- Develop and maintain a well-equipped laboratory to support research
- Participate in relevant university service activities
- Serve on appropriate committees of external organizations including government and community organizations, and contribute to the enhancement of the research profile of the City of Surrey and John Volken Academy
- Take a leadership role in technology transfer related to youth mental health and addiction diagnosis and treatment

Appendix B: Policy A 10.06, Appointment of Specially Funded University Chairs, University Professors and Research Fellows. (Policy revision date April 1, 2005)

Principle: Endowments or other external funds may be used to create prestigious tenure-track academic appointments for noted scholars. Specific terms of reference for one of these appointments must be approved by Senate.

A. University Chairs

1. The purpose of university chairs is to attract, recognize and retain scholars who are acknowledged by their peers as being pre-eminent in their research fields.

2. **Criteria for Appointment**

- 2.1 **Senior Chairs**

A candidate for a senior University Chair will normally be an established scholar who would merit the rank of full professor. This could include an individual with appropriate academic credentials whose career experience has been outside a university setting. He or she must have earned national and international recognition as being pre-eminent in her/his area of expertise. He or she will have demonstrated a continuing commitment to the support and development of emerging scholars. He or she must have been recognized by her/his peers in the discipline through the receipt of grants, awards and/or other honors.

- 2.2 **Junior Chairs**

A candidate for a junior University Chair will be a scholar at the rank of assistant or junior associate professor who has a record of scholarly achievements well beyond that normally expected of a faculty member in that rank and who, based on his/her accomplishments to date, has the clear potential to make an extraordinary contribution to her/his discipline.

3. **Appointments**

- 3.1 **Term of Appointment**

Appointment of a faculty member to a University Chair will normally be for a minimum period of 5 years and a maximum period of 10 years and may be renewed. A faculty member who is appointed to a University Chair is expected to fulfill the expectations of her/his academic rank under A 11.02, and also to carry out a defined role as holder of the University Chair - for example, fostering growth in a particular sub-discipline.

- 3.2.1 Nominations to appoint an individual as a University Chair that have the demonstrated support of the Department must first be approved by the Dean with the advice of the Chair of the Department in which the appointment would be made. The Dean may approve a nomination of a current faculty member or a new appointee.

- 3.2.2 Once a nomination has been approved, a recommendation for appointment of a current faculty member as University Chair should come forward to the Dean in the same manner as a promotion with the support of the Departmental/Faculty Tenure Committee (see A. 11.01) or of some other similarly constituted committee.

- 3.2.3 Once a nomination has been approved, a recommendation for appointment of a new appointee as University Chair should come forward to the Dean as described in A 10.01,

except that, for a senior Chair, 6 letters of reference should be included, rather than 3, along with a recommendation from the Departmental/Faculty Tenure Committee.

3.3 The Vice-President, Academic will review the recommendations forwarded by the Dean and will forward to the University Appointments Committee:

- a. the recommendation of the Vice-President, Academic on the appointment;
- b. the proposed allocation of available income between salary supplement and research support;
- c. the term of the appointment;
- d. any arrangements regarding salary supplement or research support upon termination of the award.

3.4 After considering the recommendation for appointment, the University Appointments Committee will either recommend the candidate for appointment or refer the matter back to the Department Chair with specific recommendations for further action.

3.5 The recommendation of the University Appointments Committee and the Vice-President, Academic, with the supporting documentation provided by the Dean and the Department will be forwarded to the President and to the Board of Governors for approval, following the normal procedure for Category A appointments.

3.6 If the University Appointments Committee cannot be convened because of time constraints, the President may proceed without the recommendation of the Committee, but the Committee will receive a report from the President on the action taken, the reasons and recommendations upon which that action was based.

3.7 Twelve months before the end of an appointment, the Vice-President, Academic, in consultation with the Dean and the Chair of the Department, will decide whether the University Chair will remain in the same academic area or whether it will be assigned to another area in keeping with the Senate-approved terms of reference. When a donor or funding agency has specified a particular area for an appointment, it may not be moved.

3.8 If the University Chair is to remain in the same area and if the incumbent is eligible for reappointment, the Department will consider whether the current holder of the Chair should be reappointed. Both a re-appointment and an appointment of a new individual will follow the appointment process outlined in 3.2 to 3.6 above except that the requirement for letters of reference in the case of a reappointment may be waived by the Dean.

4. End of an appointment as a University Chair holder

4.1 When an appointment as a University Chair holder ends, unless other provisions have been set out in the letter of appointment, the salary supplement and research grants provided by the source of the special funding will end, and the faculty member's salary will revert to the academic salary level without the supplement.

4.2 The appointment as University Chair will not continue when the faculty member leaves his/her academic position at Simon Fraser University.

B. University Professors

1. The purpose of university professorships is to attract, recognize and retain excellent faculty in all ranks.

2. **Criteria for Appointment**

A candidate for University Professor will be a scholar of any rank whose scholarly achievements are clearly superior relative to others of that rank and who will foster the growth of her/his discipline at Simon Fraser University and increase its profile within the broader academic community.

3. **Appointment**

3.1 Appointment of a faculty member to a University Professorship will normally be for a minimum period of 5 years or a maximum period of 10 years, and the appointment may be renewed. A faculty member who is appointed to a University Professorship is expected to fulfill the expectations of a faculty member of their rank and may also be required to carry out a defined role as holder of the Professorship - for example, fostering growth in a particular sub-discipline.

3.2.1 Nominations to appoint an individual as a University Professor Chair that have the demonstrated support of the Department must first be approved by the Dean with the advice of the Chair of the Department in which the appointment would be made. The Dean may approve a nomination of a current faculty member or a new appointee.

3.2.2 Once a nomination is approved, a recommendation for appointment of a current faculty member as University Professor should come forward to the Dean in the same manner as a promotion with the support of the Departmental/Faculty Tenure Committee (see A.11.01) or some other similarly constituted committee.

3.2.3 Once a nomination is approved, a recommendation for appointment of a new appointee as University Professor will come forward to the Dean as described in the Academic Appointments Policy (A10.01), except that 6 letters of reference should be included, rather than 3, along with a recommendation from the Departmental/Faculty Tenure Committee.

3.3 The Vice-President, Academic will review the recommendations forwarded by the Dean and will forward to the University Appointments Committee:

- a. the recommendation of the Vice-President, Academic on the appointment;
- b. the proposed allocation of available income between salary supplement and research support;
- c. the term of the appointment;
- d. any arrangements regarding salary supplement or research support upon termination of the award.

3.4 After considering the recommendation for appointment, the University Appointments Committee will either recommend the candidate for appointment or refer the matter back to the Department Chair with specific recommendations for further action.

3.5 The recommendation of the University Appointments Committee and the Vice-President, Academic, with the supporting documentation provided by the Dean and the Department will be forwarded to the President and to the Board of Governors for approval, following the normal procedure for Category A appointments.

3.6 If the University Appointments Committee cannot be convened because of time constraints, the President may proceed without the recommendation of the Committee, but the Committee will receive a report from the President on the action taken, the reasons and recommendations upon which that action was based.

3.7 Twelve months before the term of the appointment ends, the Vice-President, Academic, in consultation with the Dean and the Chair of the Department, will decide whether a specially funded Professorship will remain in the same academic area, or whether it will be assigned to another area. When a donor has specified a particular area for an endowment, the appointment may not be moved.

3.8 If the Professorship is to remain in the same area, the Department will consider whether the current holder of the Professorship should be reappointed. Both a re-appointment and an appointment of a new individual will follow the appointment process outlined in 3.2 to 3.6 above, except that the requirement for letters of reference in the case of a reappointment may be waived by the Dean.

4. End of an appointment as a University Professor

4.1 When an appointment as a University Professor ends, unless other provisions have been set out in the letter of appointment, the salary supplement and research grants will end, and the faculty member's salary will revert to the academic salary level without the supplement.

4.2 The appointment as a University Professor will not continue when the individual leaves his/her academic position at Simon Fraser University.

C. Research Fellows

1. Research Fellowships are designed to recruit entry-level scholars of exceptional promise.
2. The Vice-President, Academic will assign undesignated Research Fellowships to Faculties on an annual basis. Faculty Deans will determine who is to be appointed as a Research Fellow.
3. Normally, Research Fellows will be appointed to one-year terms.
4. The available income from the endowment will be used by the Research Fellow for expenses associated with the Fellow's research program.

Interpretation

Questions of interpretation or application of this policy or its procedures will be referred to the President, whose decision will be final.



Canadian Centre
on Substance Abuse
Centre canadien de lutte
contre les toxicomanies

Partnership. Knowledge. Change.
Collaboration. Connaissance. Changement.

A National Commitment to Recovery from the Disease of Addiction in Canada

The disease of addiction is a health issue and it impacts all Canadians.

On January 27 and 28, 2015, individuals from across Canada representing recovery, treatment, continuing care, education, research and government came together to create a united vision for what Recovery means in Canada. This document is the result of that Summit, and an important step toward promoting Recovery in Canada.

Vision

Through this National Commitment to Recovery in Canada, we collectively declare our vision for a Canada in which:

- Recovery is real, available, attainable and sustainable.
- Recovery is an ongoing journey free of stigma and discrimination.
- Individuals, families, workplaces and communities are celebrated for their perseverance and commitment to Recovery.
- Recovery-focused services and supports are based on collaboration and partnership.

Principles

There are many pathways in Recovery

Recovery involves a process of personal growth along a continuum leading to abstinence. It includes a range of services and supports that spans peer support, mutual aid, early identification and intervention, outreach and engagement, specialized treatment, relapse prevention and continuing care.

Recovery requires collaboration

Recovery-focused systems require collaboration across sectors, including peer support and mutual aid, health, social, educational, criminal justice, employment, economic, spiritual and housing sectors.

Recovery is a personal journey toward wellbeing

Recovery is an ongoing and dynamic process that is unique to the individual's strengths, culture, gender, personal qualities and experiences.

Recovery extends beyond the individual

Recovery involves family, peers, workplaces and the community.

Recovery is multidimensional

Recovery enhances physical, social, mental, emotional and spiritual health.

Recovery involves everyone

Everyone has a role to play in overcoming the stigma of addiction and in supporting and celebrating Recovery.

Let's celebrate Recovery!

Note: Participants of the National Summit on Addiction Recovery agreed to use the definitions of recovery, addiction and abstinence provided by the American Society of Addiction Medicine. These definitions are provided in the appended Glossary of Terms



Glossary of Terms

(Source: American Society of Addiction Medicine)

Abstinence

Intentional and consistent restraint from the pathological pursuit of reward and/or relief that involves the use of substances and other behaviors. These behaviors may involve, but are not necessarily limited to, gambling, video gaming, spending, compulsive eating, compulsive exercise, or compulsive sexual behaviors.

Addiction (short definition):

Addiction is a primary, chronic disease of brain reward, motivation, memory and related circuitry. Dysfunction in these circuits leads to characteristic biological, psychological, social and spiritual manifestations. This is reflected in an individual pathologically pursuing reward and/or relief by substance use and other behaviors.

Addiction is characterized by inability to consistently abstain, impairment in behavioral control, craving, diminished recognition of significant problems with one's behaviors and interpersonal relationships, and a dysfunctional emotional response. Like other chronic diseases, addiction often involves cycles of relapse and remission. Without treatment or engagement in recovery activities, addiction is progressive and can result in disability or premature death.

Recovery

A process of sustained action that addresses the biological, psychological, social and spiritual disturbances inherent in addiction. Recovery aims to improve the quality of life by seeking balance and healing in all aspects of health and wellness, while addressing an individual's consistent pursuit of abstinence, impairment in behavioral control, dealing with cravings, recognizing problems in one's behaviors and interpersonal relationships, and dealing more effectively with emotional responses.

An individual's recovery actions lead to reversal of negative, self-defeating internal processes and behaviors, allowing healing of relationships with self and others. The concepts of acceptance and surrender are also useful in this process. Since some prescribed and non-prescribed medications can interfere with recovery, it would be prudent to consult with an Addiction Specialist Physician in selected cases.