

Provincial Recovery Council for Mental Health and Addictions

Annual Report

April 1, 2025 – March 31, 2026

MESSAGE FROM THE CHAIR

In accordance with the **Transparency and Accountability Act**, I am pleased to present the 2025–2026 Annual Report for the Provincial Recovery Council for Mental Health and Addictions (the Recovery Council). The Recovery Council is a Category Three (3) government entity under the **Transparency and Accountability Act** and plans and reports under these requirements. As Chair, my signature below acknowledges the Recovery Council is accountable for the results reported.

This year, the Recovery Council advised on the continued implementation of **Our Path of Resilience: An Action Plan to Promote Life and Prevent Suicide in Newfoundland and Labrador**, the **Provincial Alcohol Action Plan: Reducing Alcohol Harms and Costs in Newfoundland and Labrador**, and other program materials that are transforming the mental health and addictions system in Newfoundland and Labrador.

Furthermore, I had the opportunity to present on behalf of the Recovery Council to the Honourable Lela Evans, former Minister of Health and Community Services and Minister of Mental Health and Addictions, on the Recovery Council's priorities.

Sincerest gratitude to all members of the Recovery Council for their continued dedication to mental health and addictions issues in the province. On behalf of the Recovery Council, I also extend appreciation for the efforts of staff within the Department of Health and Community Services for their support in making our work possible.

Sincerely,

A handwritten signature in black ink that reads "Jeff Bourne". The signature is written in a cursive, flowing style.

September 8th, 2026

Jeff Bourne, Chair

Provincial Recovery Council for Mental Health and Addictions

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Overview

The Provincial Recovery Council for Mental Health and Addictions (the Recovery Council) reports to the Minister of Health and Community Services, provides the voice of lived and living experience, and advises on key mental health and addictions matters to support decision-making and policy development. The Recovery Council also provides input on and supports the Department of Health and Community Services' oversight of the completion of all actions outlined in the five-year provincial action plans: **Our Path of Resilience: An Action Plan to Promote Life and Prevent Suicide in Newfoundland and Labrador (Our Path of Resilience)** and the **Provincial Alcohol Action Plan: Reducing Alcohol Harms and Costs in Newfoundland and Labrador (Provincial Alcohol Action Plan)**.

The Recovery Council also provides input and advice on matters related to:

- Ongoing transformation of the provincial mental health and addictions system;
- Mental health, substance use and addictions issues affecting individuals and their families;
- Person-centered care, promoting the use of recovery-focused, harm reduction and inclusive approaches;
- Family and caregiver issues and perspectives;
- Peer support;
- Reducing stigma and discrimination; and
- Other priorities as they emerge.

The vision of the Recovery Council is that provincial policies and programs reflect the needs of persons with lived and/or living experience as identified by the Recovery Council.

Further information about the Recovery Council is located on the Department of Health and Community Services website and can be found at [Provincial Recovery Council for Mental Health and Addictions - Health and Community Services](#).

Membership

Recovery Council members are selected through an expression of interest and appointed by the Minister of Health and Community Services.

Membership, including the Chair and Vice-Chair, may bring experience from a variety of sectors; however, the primary experience most relevant to the Recovery Council includes:

- Personal lived or living experience with mental illness, substance use, and/or addictions;
- Family experience with mental illness, substance use, and/or addictions; and
- Experience with the provincial mental health and addictions system.

Membership should also include individuals with diverse experiences including, but not limited to regional representation, age, ethnicity, disability and gender.

Member terms: Recovery Council members are appointed for a term of three years and may be re-appointed for one further term of three years for a maximum of six years. Where the term of office expires and a successor has not been appointed, the member may continue to hold their position until a successor is appointed.

Funding

Members are not remunerated for their participation on the Recovery Council. Administrative costs associated with Recovery Council meetings are covered by the Department of Health and Community Services. Therefore, financial statements are not required.

The Recovery Council does not maintain a separate office, and secretariat support is provided by the Mental Health and Addictions Division, Department of Health and Community Services.

Meeting Frequency

In the 2025-26 reporting period, the Recovery Council held three virtual meetings. These meetings were held;

- October 9, 2025;
- January 15, 2026; and
- March 4, 2026.

As meetings were held virtually, no expenses were incurred.

Highlights and Partnerships

The Recovery Council maintains a strong partnership with the Department of Health and Community Services, the Provincial Indigenous Health Team and the Provincial Advisory Council for Mental Health and Addictions in providing oversight on **Our Path of Resilience** and the **Provincial Alcohol Action Plan**.

The highlights of 2025-26 include:

- Provided oversight on the implementation of **Our Path of Resilience** and the **Provincial Alcohol Action Plan**.
- Prepared and submitted its Annual Report for 2024-25, which was posted on the House of Assembly website.
- Provided input during the consultation process of the Inpatient Addictions Treatment Review completed by Optimus SBR.
- Presented its priorities to the Minister of Health and Community Services.

Report on Performance: Objectives 2023-2026.

The Recovery Council provides support to the Minister of Health and Community Services in an advisory capacity. As such, the following objective will guide its direction for the period April 1, 2023, to March 31, 2026, and will be reported yearly for the duration of this period.

Issue: Provide input and support the Department of Health and Community Services' oversight for completion of all actions contained within the **Provincial Alcohol Action Plan** and **Our Path of Resilience**.

Annual Objectives

By March 31, 2026, the Recovery Council will have provided the Minister of Health and Community Services with advice on key mental health and addictions matters to support decision-making and policy development, as well as provided input and oversight to advance work on all actions contained in **Our Path of Resilience** and the **Provincial Alcohol Action Plan**.

Indicators

- Provided input on all actions completed in **Our Path of Resilience** and the **Provincial Alcohol Action Plan**;
- Obtained expert and group member expertise;
- Invited community groups and other organizations to present information;
- Attended presentations on mental health and addictions policies and programs;
- Provided advice to the Minister of Health and Community Services; and
- Made recommendations on government-led mental health and addictions initiatives.

Initiatives Measure: Provided commentary and recommendations.

Indicator	Outcome
Provided input on all actions completed in Our Path of Resilience and the Provincial Alcohol Action Plan	The Recovery Council provided input on the Inpatient Addictions Treatment Centre under the Provincial Alcohol Action Plan. They also provided input on the Suicide Surveillance Dashboard developed under Our Path of Resilience. Council members also provided input on actions completed under Our Path of Resilience and the Provincial Alcohol Action Plan during updates provided by the Mental Health and Addictions Division.
Obtained expert and group member expertise	The Recovery Council continued to utilize the combined expertise of its members by providing feedback on actions under both action plans, the Community Mental Health Survey, the Recovery Provincial Practice Guidelines, and in preparing a presentation for the Minister of Health and Community Services.
Invited community groups and other organizations to present information	The Recovery Council invited officials from Optimus SBR to present on the Inpatient Addictions Treatment Centre Review as part of their consultation process for programs and services offered at the Grace Centre, Humberwood Treatment Centre, Hope Valley Youth Treatment Centre, and the Recovery Centre.

	They also invited a Data Analytics Consultant with the Privacy, Performance and Evaluation Division of the Department of Health and Community services to present on the Suicide Surveillance Dashboard.
Attended presentations on mental health and addictions policies and programs	Recovery Council members attended presentations on Our Path of Resilience and the Provincial Alcohol Action Plan . Invited an official from the Mental Health and Addictions Division to provide an update on the All-Party Committee on Mental Health, Substance-Use, and Addictions.
Provided advice to the Minister of Health and Community Services	The Recovery Council, the Provincial Mental Health and Addictions Advisory Council, and the Provincial Indigenous Health Team met with the Minister of Health and Community Services on January 15, 2026. The Recovery Centre presented on its top priorities which include: the establishment of sober living homes; processes used at residential treatment facilities; and remuneration of its members for lived-experience. The Recovery Council provided feedback and advice to the Minister of Mental Health and Addictions. Priority topics included: the 2024 Mental Health Survey results, the Inpatient Addictions Treatment Centre review, the Recovery Provincial Practice Guidelines, and the Suicide Surveillance Dashboard.
Made recommendations on government-led mental health and addictions initiatives	The Recovery Council made recommendations to the Minister of Health and Community services on their top priorities. They also made recommendations on several matters related to mental health and addictions services.

Opportunities and Challenges Ahead

The appointment terms for current members of the Recovery Council expired in January 2025. Members continue to serve until they are reappointed or replaced. The process of seeking new members and making appointments/reappointments is underway.

The Recovery Council continues to hold its meetings virtually. This improves access for people living in rural communities and allows for regional representation. However, it does not allow for the same level of interaction afforded by meeting in person. This emphasizes the importance of bringing the Recovery Council together at events, such as the INSPIRE Forum.

The Recovery Council will also continue to provide guidance on the development of person-centred, community-based mental health and addictions programs as they are implemented throughout the province.

Appendix A: Recovery Council Membership 2025-26

Name	Position
Jeffrey Bourne	Chair
Dr. Jason Chaulk	Co-Chair
Amnesty Cornelius	Member
Serena Payne	Member
Alexandra Young	Member
Margaret Noseworthy	Member
Sandra Hewitt-Parsons	Member
Harriett Rutie-Lampe	Member
Jill Ralph	Member

Provincial Recovery Council for Mental Health and Addictions

Secretariat Support and General Inquiries:

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