



ENGLISH + FRANÇAIS

Recovery Foundations | Fondements du rétablissement

An English-French workbook for practical recovery planning. | Un cahier anglais-français pour planifier concrètement le rétablissement.

Use one language, move between both, or complete the pages with a bilingual support person. | Utilisez une langue, passez de l'une à l'autre ou remplissez les pages avec une personne de soutien bilingue.

THE RECOVERY DESK

Practical tools for recovery

How to use this workbook | Comment utiliser ce cahier

Choose only what fits your situation. You can pause, skip a question, or complete a page with a trusted support. | Choisissez seulement ce qui convient à votre situation. Vous pouvez faire une pause, sauter une question ou remplir une page avec une personne de confiance.



Safety | Sécurité

- If you may hurt yourself or someone else, call 911. In Canada, call or text 988 for suicide crisis support.
- Si vous risquez de vous blesser ou de blesser quelqu'un, composez le 911. Au Canada, appelez ou textez le 988 pour du soutien en cas de crise suicidaire.
- For overdose, severe withdrawal, chest pain, trouble breathing, confusion, seizure, or inability to wake someone, call 911.
- En cas de surdose, de sevrage grave, de douleur thoracique, de difficulté à respirer, de confusion, de convulsions ou si une personne ne se réveille pas, composez le 911.

Scope | Portée

- This is general education. It does not diagnose, treat, or replace professional care.
- Il s'agit d'information générale. Ce cahier ne pose pas de diagnostic, ne constitue pas un traitement et ne remplace pas les soins professionnels.

My reasons for recovery | Mes raisons pour le rétablissement

Connect the next step to what matters. | Reliez la prochaine étape à ce qui compte.



What matters to me now? | Qu'est-ce qui compte pour moi maintenant?

People, health, freedom, values, stability, culture, purpose, or another reason.

Personnes, santé, liberté, valeurs, stabilité, culture, sens ou une autre raison.

One action that fits this reason | Une action qui correspond à cette raison

Keep it small and possible today.

Gardez-la petite et réalisable aujourd'hui.

Craving plan | Plan pour les envies de consommer

Prepare before attention narrows. | Préparez-vous avant que l'attention se rétrécisse.



My common triggers | Mes déclencheurs fréquents

People, places, feelings, times, pain, money, conflict, or access.

Personnes, lieux, émotions, moments, douleur, argent, conflits ou accès.

My first three actions | Mes trois premières actions

Delay, change location, reduce access, meet a need, and contact support.

Retarder, changer de lieu, réduire l'accès, répondre à un besoin et contacter du soutien.

Who I will contact | Qui vais-je contacter?

Name, number, and what I can ask for.

Nom, numero et ce que je peux demander.

HALT check-in | Verification FAFF

Check basic needs that can intensify distress. | Vérifiez les besoins de base qui peuvent intensifier la détresse.



Hungry | Faim | Faim | Hungry

What can I eat or drink?

Qu'est-ce que je peux manger ou boire?

Angry | Fache | Fâché | Angry

What hurt, fear, boundary, or injustice is present?

Quelle blessure, peur, limite ou injustice est présente?

Lonely | Seul | Seul | Lonely

What safe connection is possible?

Quel lien sécuritaire est possible?

Tired | Fatigue | Fatigue | Tired

What kind of rest or care do I need?

De quel type de repos ou de soin ai-je besoin?

My personal evidence check

A tool earns a place in your plan by being safe, usable, and helpful in your real context.



What I tried

Name the page, skill, plan, or conversation and the situation in which you used it.

What changed

Intensity, access, time, connection, safety, clarity, or the next action—before and after.

What I will do next

Keep, adapt, combine, stop, or bring to an appropriate professional.

Evidence and source notes

This resource is evidence-informed, not a substitute for assessment or a promise of outcome. Sources were selected for authority, relevance, and direct connection to the workbook methods.



Core references

- SAMHSA. TIP 35: Enhancing Motivation for Change in Substance Use Disorder Treatment (2019). store.samhsa.gov/product/tip-35-enhancing-motivation-change-substance-use-disorder-treatment/pep19-02-01-003
- SAMHSA. TIP 41: Substance Abuse Treatment: Group Therapy (2005). store.samhsa.gov/product/tip-41-substance-abuse-treatment-group-therapy/sma15-3991
- SAMHSA. TIP 57: Trauma-Informed Care in Behavioral Health Services (2014). store.samhsa.gov/product/tip-57-trauma-informed-care-behavioral-health-services/sma14-4816
- SAMHSA. TIP 63: Medications for Opioid Use Disorder (2021). library.samhsa.gov/product/tip-63-medications-opioid-use-disorder/pep21-02-01-002
- National Institute on Drug Abuse. Principles of Drug Addiction Treatment: A Research-Based Guide, third edition (2018). nida.nih.gov/publications/principles-drug-addiction-treatment-research-based-guide-third-edition

Research and safety references

- Bowen S, et al. Relative efficacy of mindfulness-based relapse prevention, standard relapse prevention, and treatment as usual. JAMA Psychiatry. 2014;71(5):547-556. doi:10.1001/jamapsychiatry.2013.4546
- World Health Organization. Community management of opioid overdose (2014). who.int/publications/i/item/9789241548816
- Health Canada. Naloxone (updated 2026). canada.ca/en/health-canada/services/opioids/naloxone.html
- 9-8-8: Suicide Crisis Helpline. 988.ca

How to read these claims

- The workbook combines established practice principles with original educational exercises; the complete workbook has not itself been tested in a clinical trial.
- Evidence describes average findings and professional guidance. Fit, access, culture, readiness, health, and circumstances still matter.
- Source links were checked in September 2026. Guidance and local services can change; verify current instructions with the source or a qualified professional.