LUNCH & LEARN

Thursday, Mar 19, 2026
12 - 1 p.m.
MS Teams

Exploring the Experiences of Substance Use Professionals in Recovery

Presented by Dr. Gabriela Novotna (PI)

Presentation will be recorded

Saskatchewan Health Research Foundation [SHRF] supported the study led by Gabriela Novotna, which explored lived experience of substance use and recovery among addiction counsellors in Saskatchewan. Twenty-two participants shared how burnout and stigma in small rural recovery networks often blurred personal and professional boundaries. Participants emphasized the importance of personal growth and experiential knowledge in sustaining the quality of their work; many of them considered personal and professional well-being an individual responsibility, and self-care (e.g. personal hobbies and lifestyle choices) as an antidote against a lack of organizational support, training, or acknowledgement of systemic challenges.

As a sole researcher, Dr. Novotna utilized this project to provide numerous opportunities for graduate and undergraduate students to serve as Research Assistants across various project stages. These students then received training in interviewing, data analysis, conference presentations, and manuscript co-writing. The project demonstrates the inherent value of social work research in fostering reflective practice, effective supervision, and interdisciplinary collaboration.

Dr. Gabriela Novotna is an Associate Professor in the Faculty of Social Work at the University of Regina and a Researcher with Saskatchewan Population Health and Evaluation Research Unit [SPHERU]. MORE INFO

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Contact: swrc@uregina.ca