



Information Sheet: CLC Longitudinal Impact Evaluation

1. What is this study about?

We're studying how participation in [Collaborative Learning College \(CLC\)](#) programming relates to students' personal recovery. We want to understand both the benefits and challenges of the program.

2. What tool are you using to measure personal recovery?

We're using the Questionnaire About the Process of Recovery (QPR). It's a 15-item survey co-developed by people with lived experience of mental health and/or substance use challenges. It explores personal experiences of recovery and wellness.

3. Why was the QPR chosen?

The QPR was selected by the CLC Evaluation Subcommittee—a group of students and staff who guide evaluation activities—because it captures meaningful aspects of recovery and well-being. [Watch this video to learn more about some of these aspects.](#)

4. What will I be asked to do if I participate?

You'll complete the QPR questionnaire now, and then receive follow-up email invitations to fill it out again every four months for one year (4 times in total). After this one-year period your participation in the study will be complete. Each questionnaire will take approximately 15 minutes to complete.

5. How will you contact me for follow-up?

Follow-up invitations will be sent to the email address you provide in the form.

6. Is participation mandatory?

No. Participation is entirely voluntary. You may choose not to answer any questions you do not wish to answer, and you can stop participating at any time without any consequences.

7. Will my responses be confidential?

Yes. All information collected in this online survey will be kept strictly confidential. The study team will follow all relevant Ontario privacy laws and institutional policies to protect your privacy and the confidentiality of your responses. No personal health information will be collected. Responses will not be shared with CAMH leadership or other program participants.

8. How will my identity be protected during the study?

Your email address will be replaced with an anonymous identifier code in the study data. Email addresses will only be used to send communications about the study and to match your survey responses to the amount of CLC programming you have attended. Your email address, as well as your individual survey responses, will only be accessible to Research Methods Specialist Kayle Donner, Research Coordinator Holly Harris, and Program Coordinator Jordana Rovet.



Questionnaire about the Process of Recovery (QPR)

9. How will the results be used?

We'll share a summary with CLC students, staff, and program partners to improve programming. Results may also be presented or published in academic settings.

10. How will the results be disseminated or presented?

Overall findings from this research may be shared publicly through conference presentations, academic and community-oriented publications, and other accessible or creative formats. All information you supply during the research will be held in confidence, no individual responses will be shared, and no identifiable information will appear in any report or publication of the research.

11. Will participating affect my employment or relationship with CAMH?

No. Declining to participate will not affect your employment or any relationship with CAMH.

12. What is the benefit to me?

By taking part, you'll have a chance to reflect on your own well-being and help improve the CLC experience for everyone. Your feedback will directly shape how programs support student mental health and recovery. Plus, each time you complete the survey, you'll be entered into a **\$100 raffle** (up to four chances to win).

13. Are there any risks?

There is a possibility that responding to some questions may provoke negative feelings or discomfort. You are welcome to skip any questions that you would prefer not to answer, and your responses to the remaining questions will still be used in our study results. If you have any concerns related to the questionnaire, you are encouraged to contact our study team.