



Groups in Motion from Concept to Implementation: The interaction between clinical practice & research



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Faculty/Presenter Disclosure

- None to disclose



Outline

- Groups in Motion:
 - Vision & purpose
- What is Groups in Motion
- Evaluation of Groups in Motion:
 - Attendance data
 - Client satisfaction data
- Future evaluation plans



Thank-you's: Project Team

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VISION & PURPOSE



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Vision:

- **To encourage patient participation**

in activities

**that complement individual treatment plans
and are recovery focused**



Purpose:

- Provide a coordinated and structured environment that encourages patient participation & activity in their own recovery focused treatment:
 - ↑ opportunities for clients to join previously unavailable groups;
 - ↑ access to quality groups (EBPs)
 - ↑ patient mobility off units
 - ↑ collaboration among interprofessional staff
 - ↓ redundancy to ↑ variety of groups



WHAT IS GROUPS IN MOTION?



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What is Groups in Motion?

- Groups in Motion
 - is not new
 - already existed
 - is not meant to replace groups currently running
 - is a method for cataloguing all the groups being offered at Ontario Shores in one place for easy identification for all patients, their families & staff



What's in a name?



Why “Groups in Motion?”

- As clients attend various groups they are in motion, physically moving from one area of the hospital to another
- Clients are also in motion as they reach personal goals, moving along their path to recovery



3 Types of Groups

1. Education & Work:

- Uses meaningful activities such as job placements, individual volunteer placements and/or educational programs to enhance learning/ job skills to prepare individuals for employment and/or education to achieve an optimal well being

2. Psychotherapy:

- Uses psychological, medical & rehabilitation perspectives to treat mental illness with the goal of helping individuals achieve their optimal well-being. Treatment helps individuals respond to challenging situations and learn healthy coping skills

3. Wellness:

- Uses individual and group activities to enhance positive health, quality of life and sense of well-being of an individual in many different areas such as social, occupational, spiritual, physical, emotional, financial, mental & environmental

Creation of a catalogue & calendar

- The catalogue consists of
 - Description of Groups in Motion
 - Alphabetical list of groups & their descriptions
 - Treatment team description
 - Map
 - Index: according to types of groups
- Calendar: updated monthly so participants can view:
 - which groups are currently active
 - where the groups are located
 - whether a referral is needed (or drop in)
 - if the group is open or closed

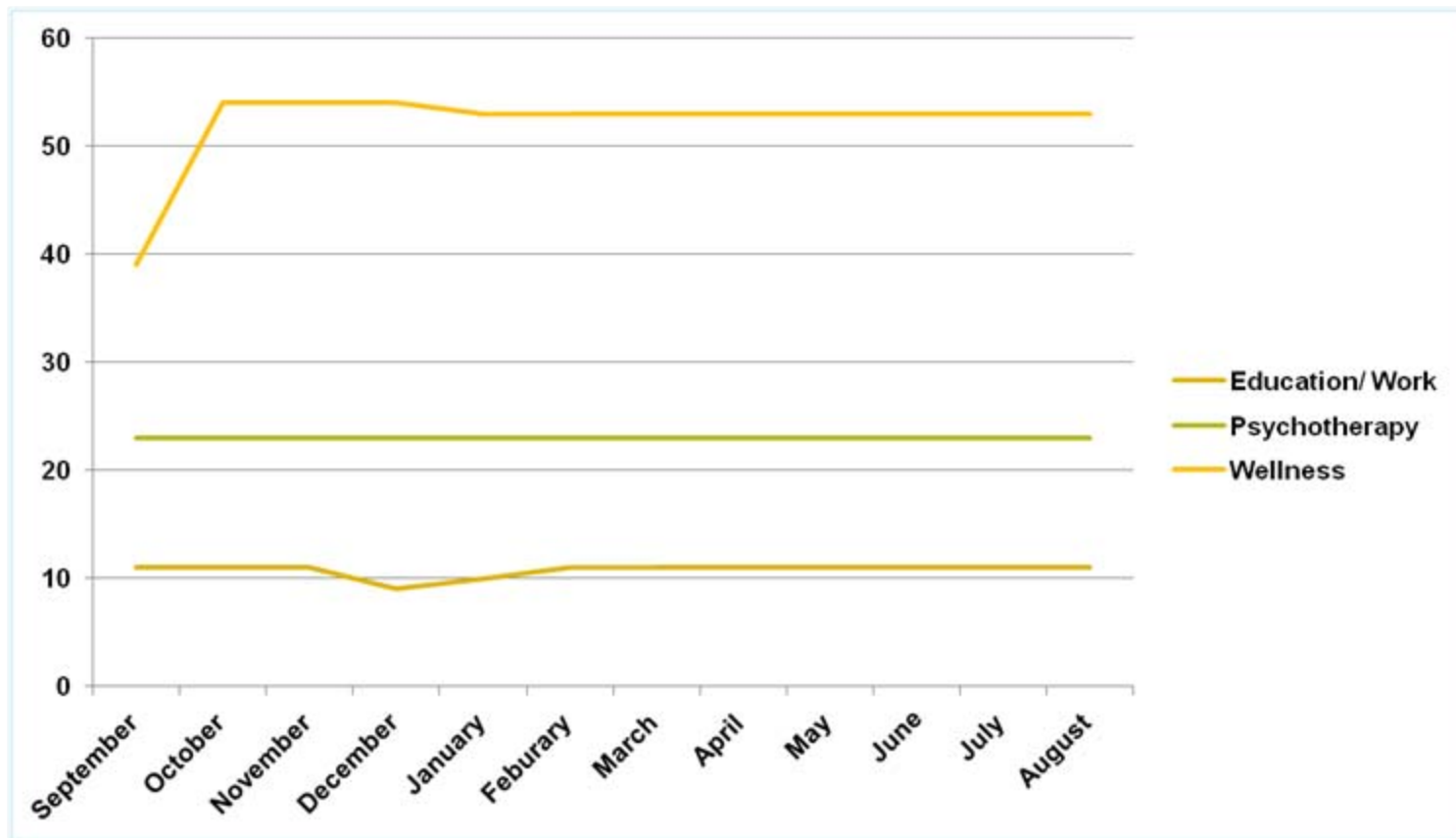


EVALUATION OF GROUPS IN MOTION

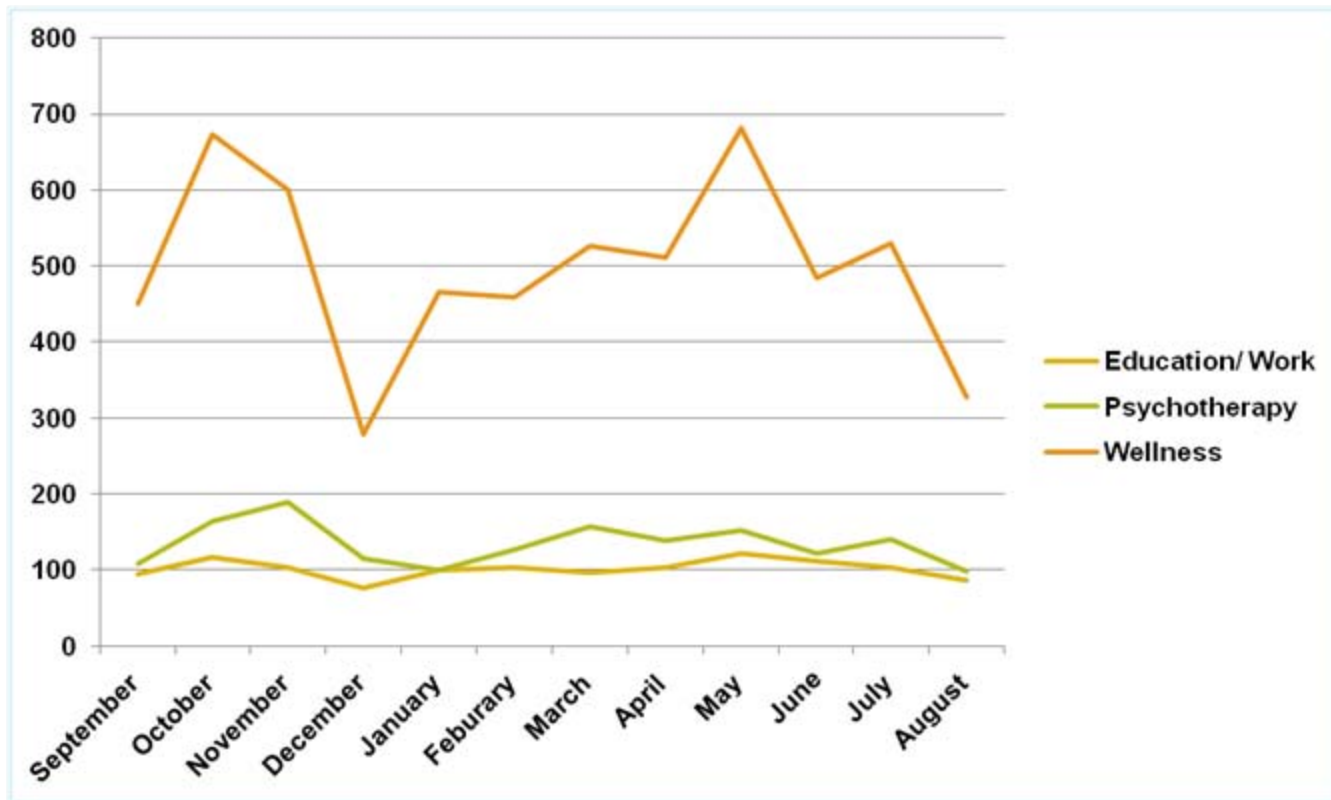


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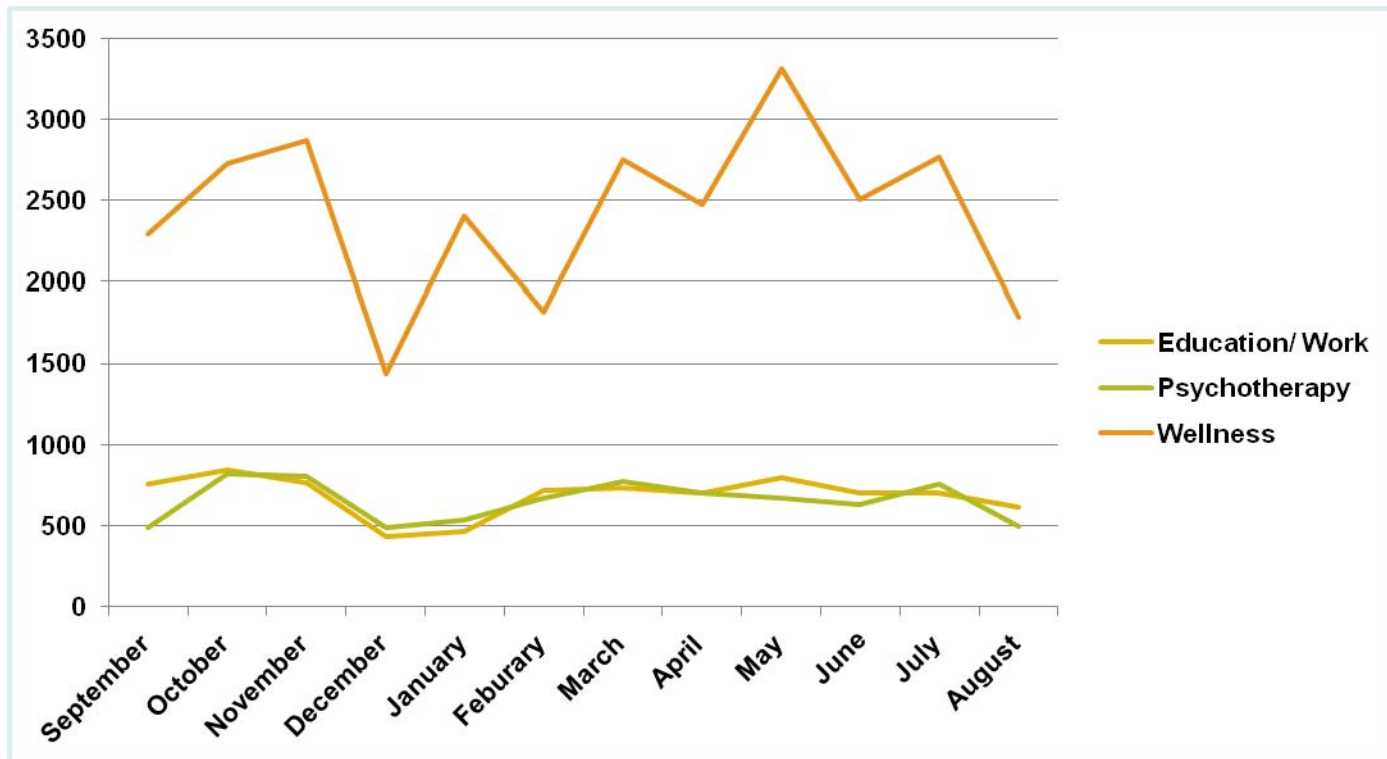
of different groups offered



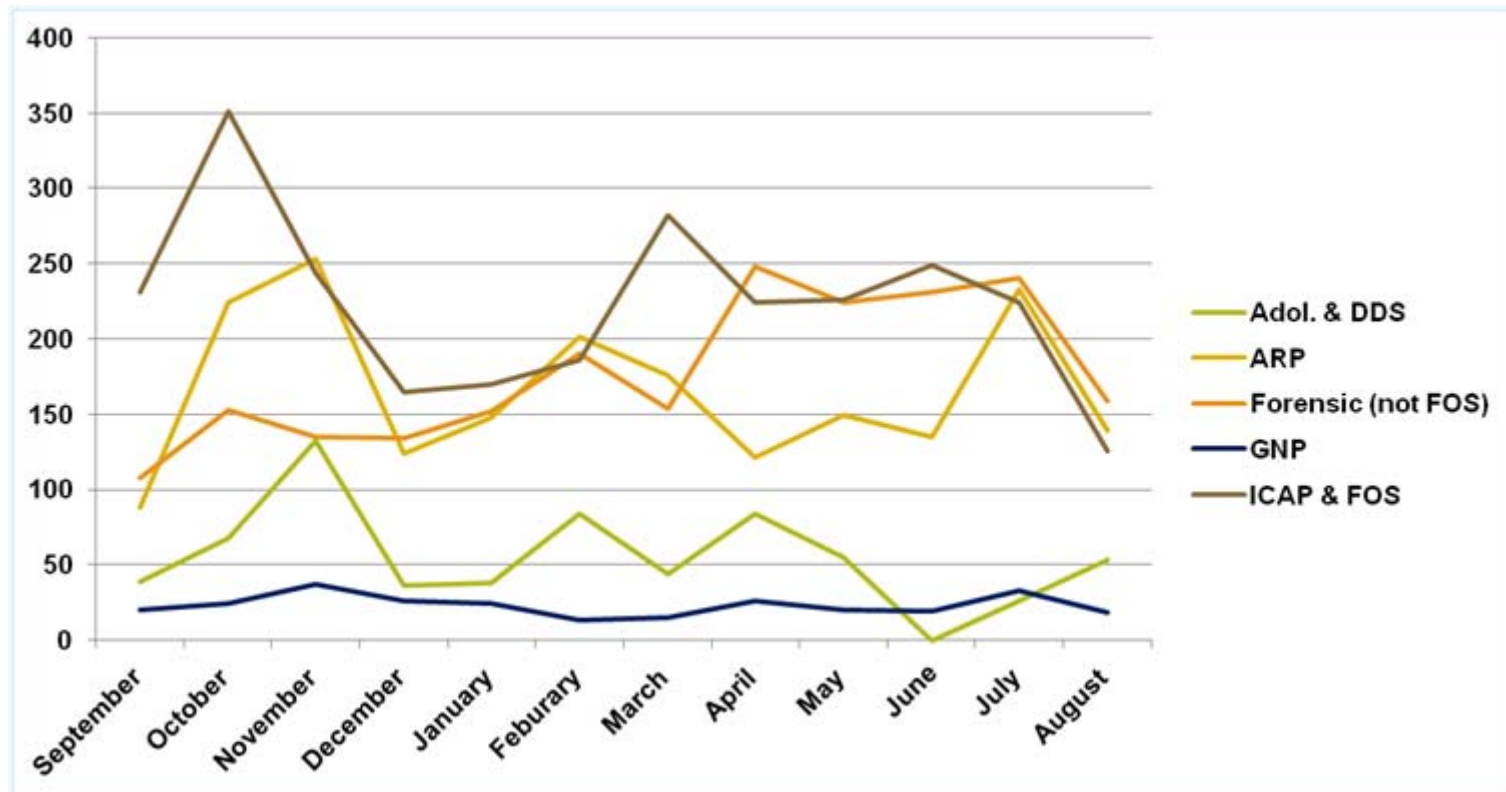
of sessions offered



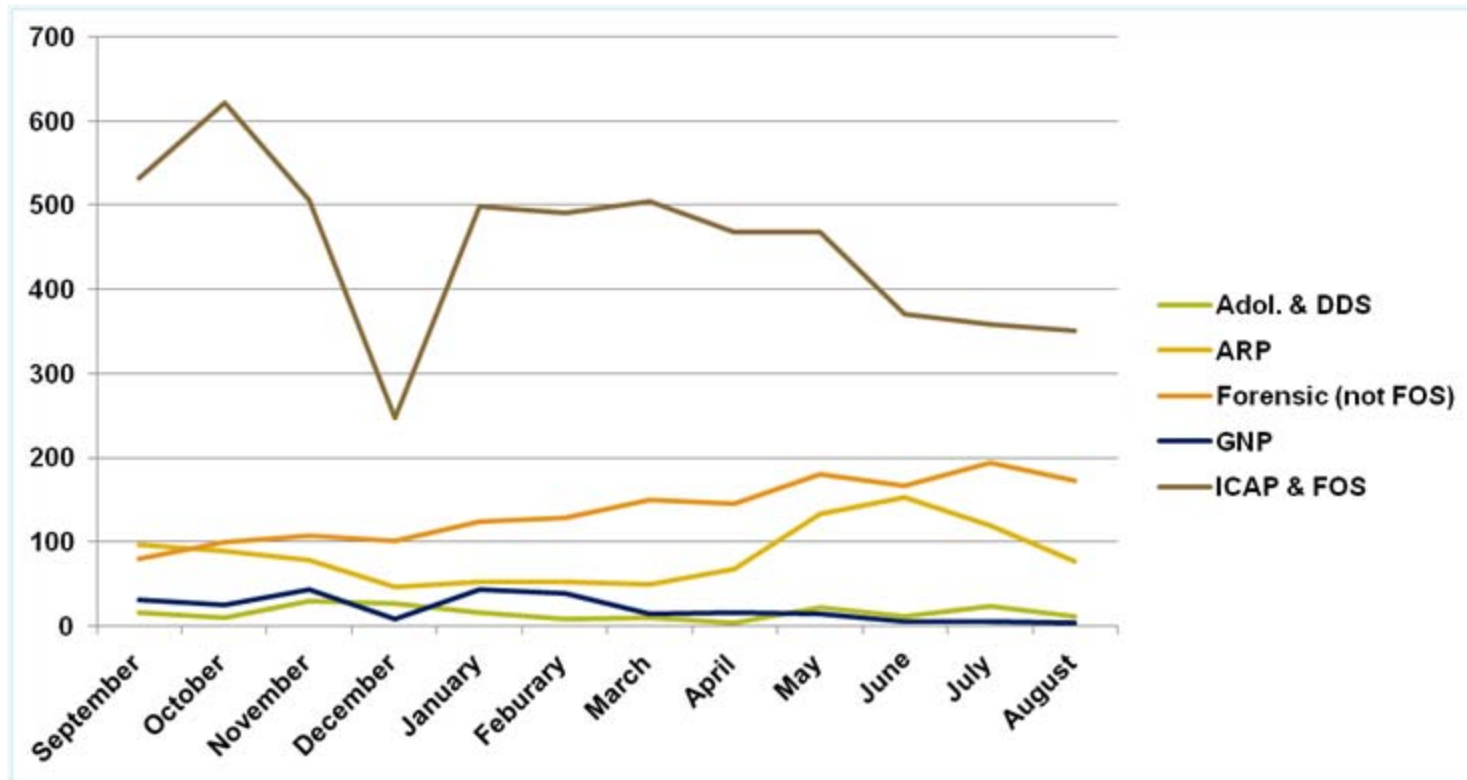
Group attendance



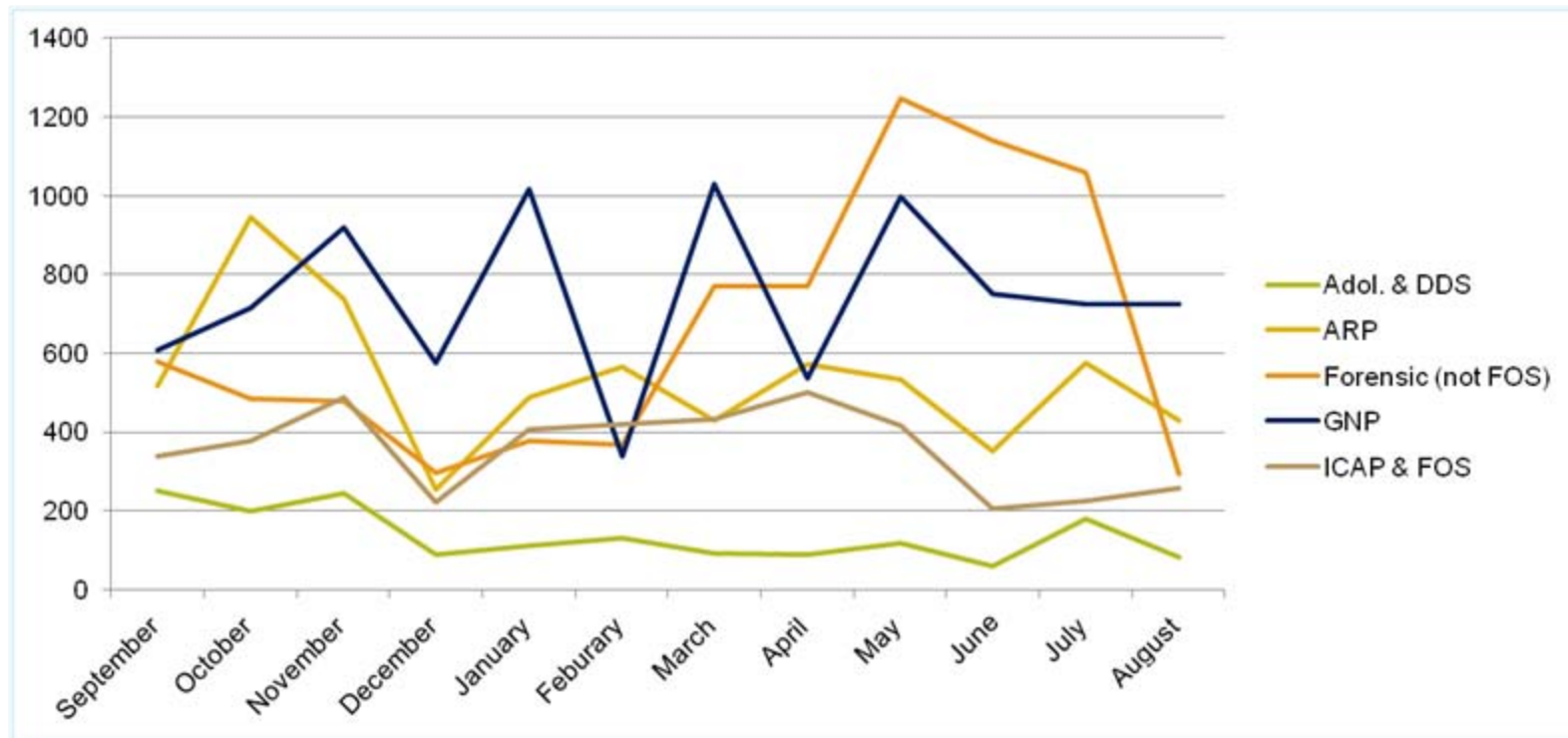
Psychotherapy attendance by program



Education/Work attendance by program



Wellness attendance by program



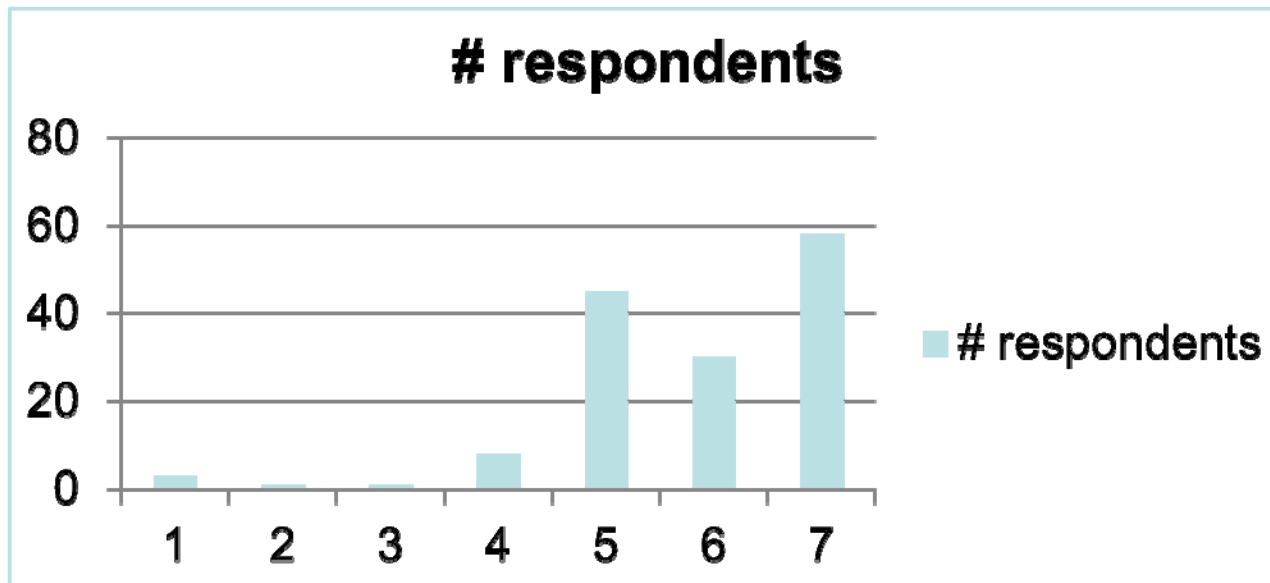
Monthly evaluations of all groups*:

Overall, is your care here at Ontario Shores, being helped with this group?	Please indicate your response to the question below by circling the appropriate number: Very Little 1 2 3 4 5 6 A Lot 7
What did you find helpful about this group?	
What would have made your experience with this group better?	

Each group facilitator asked to collect common indicator from: March 1, 2013
(data presented until September 2013)

Overall, is your care here at Ontario Shores being helped with this group?

- Range: 1-7
- N = 147 respondents; ~ 30 groups
- Average: 6



What did you find helpful about this group?

- **Provided information**
 - e.g., learning about cravings, educational, informative
- **Teaches coping strategies**
 - e.g., say no, call crisis, relaxation, relapse plan
- **Makes me feel good**
 - e.g., relaxing, calming, quiet time
- **Activates**
 - e.g., different from usual activities, have something to do
- **Provides a social venue**
 - e.g., brings people together, getting to meet new people
- **Motivates**
 - e.g., gives me something to look forward to, enlightening, earned high school credit
- **Teaching method**
 - e.g., videos on recovery, the tool kit



What would have made your experience with this group better?

- Method of presentation
 - e.g., more discussion, visuals, longer sessions, combine sessions, more structured environment, shorter group time, more quizzes and games;
- Location
 - e.g., off the hospital, quieter & darker room
- Evaluations
 - e.g., evaluations, more quizzes about what learned from group
- Peer interactions
 - e.g., more interaction with friends, more people attending on a regular basis
- Types of groups
 - e.g., better topics, having discussions about things other than issues, individuals choose topics, activity such as yoga
- Food
 - e.g., popcorn, coffee, a snack at the end



Potential avenues:

- **Compare pre- & post-launch:**
 - Patient satisfaction
 - Length of stay
 - Code whites
 - Use of seclusion
 - Use of restraints
- **Looking at group facilitator to discuss outcome measures appropriate for their group in order to measure change pre- and post-group, such as**
 - Measures of symptomatology
 - Quality of life measures
 - Measures of physical fitness

