





GROUPS: GAINS & GOALS

A Review of Ottawa's Group Therapy Program



Financial Disclosure

➤ Nothing to Disclose



Agenda

- ✓ Learning Objectives
- ✓ Overview Ottawa Shared Care Groups
- ✓ Evaluation Results / Patient Feedback
- ✓ Challenges
- ✓ Next Steps / Future Planning
- ✓ Group Discussion - Feedback from other organizations



Learning Objectives

- Give overview of the group therapy initiative covering 5 yr span, as offered by the Ottawa Shared Mental Health Care team within the Patients Medical Home
- Share statistical findings and evaluation results over 5 yr. period in order to analyze how this information might influence clinical practice and future development
- Comment on current program delivery as well as next steps, by gaining insight from other organizations in order to improve innovation in our system design going forward.






Four Groups

Emotional Wellness (Depression & Anxiety Group)	Youth Transition Group	CBT Maintenance ("wellness check-in")	Workshop Style "Classes" Delivered
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Emotional Wellness, Coping Strategies for Depression & Anxiety: A CBT Approach







Overview of Group

- Structured CBT Group
- Pre Screening Interview
- 8 – 10 weeks
- 1 ½ hours per week
- Afternoon and Evening Groups
- Post Group individual f/u offered



Content

- Introduction to CBT Model
- Challenging Thoughts
- Use of Extended Thought Records
- Behavioural Activation
- Mindfulness/Acceptance
- Emotion Regulation Distress Tolerance Theory and Strategies

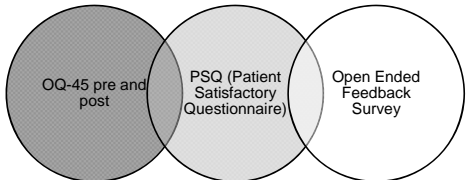





Content (continued)

- Assertive Communication
- Problem Solving
- Goal Setting
- Relapse Prevention
- Pre and Post Screening (OQ-45)



Evaluation & Feedback Tools

Results OQ-45: Explanation

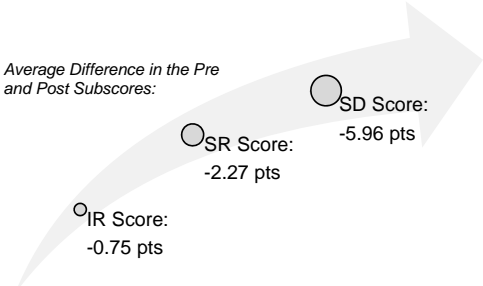
The Total Score can be divided into 3 subscales as follow:

- Symptom Distress (SD), composed of items that have been found to reflect the symptoms of anxiety disorders, affective disorders, adjustment disorders and stress related illness.
- Interpersonal relations (IR), assesses complaints such as loneliness, conflicts with others, family and marriage problems.
- Social Role (SR), measures the extent of difficulties in the social roles such as conflicts at work, overwork, distress and inefficiency in various roles.





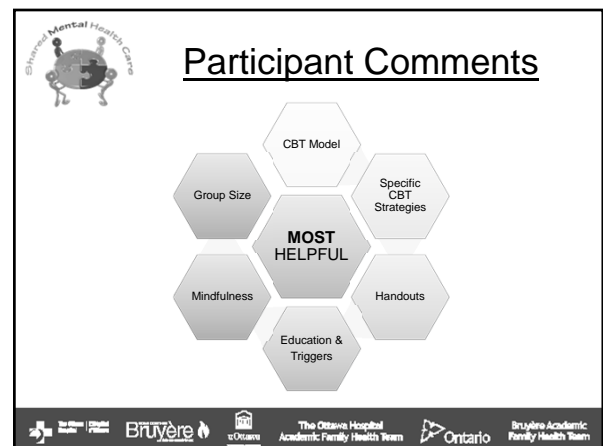
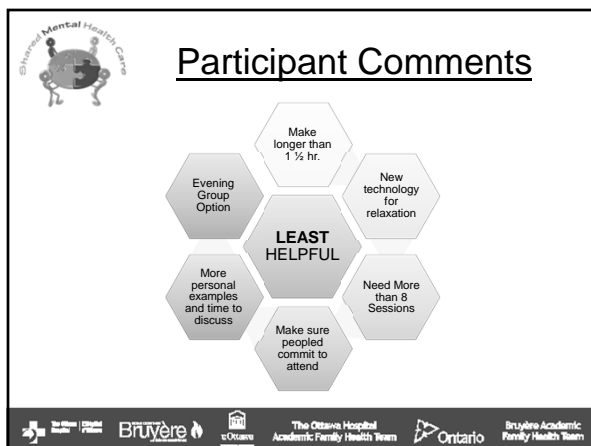
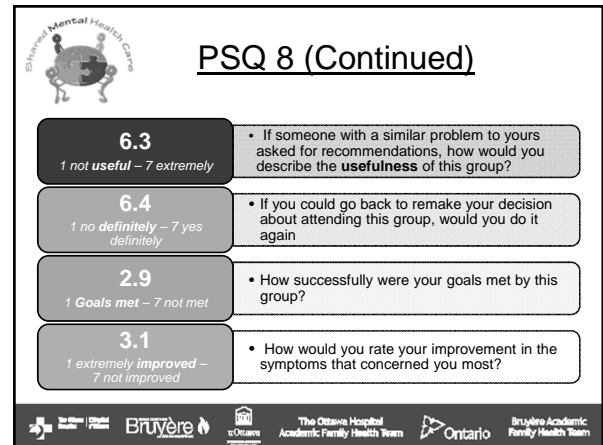
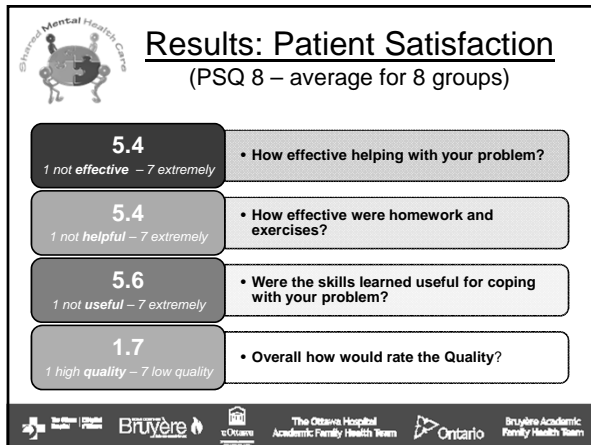
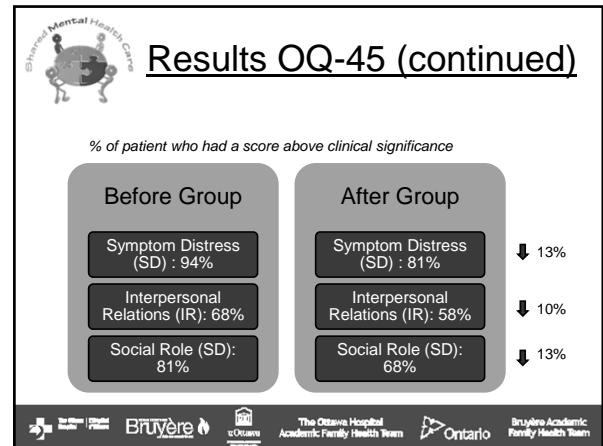
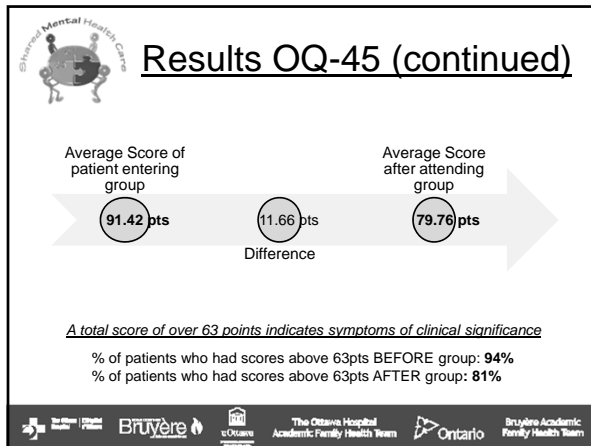
Results OQ-45 (2011- Present)


Average Difference in the Pre and Post Subscales:



- IR Score: -0.75 pts
- SR Score: -2.27 pts
- SD Score: -5.96 pts










Youth Transition Group

- Partnership FHT and community (transitional youth mental health prog)
- Age 16-24 -13 week Module group
- Covers 4 areas of skills development: De-Stress, Re-think, A (active), & Mood Boosters
- Co-facilitated shared care social worker and CHEO social worker

Mental Health Workshops

- Sleep (well attended)
- Stressentials
- Single Session CBT




Challenges



 Wait List


 Small Team


 Marketing Groups, Communication



 Complicated Cases





Future?

- ❖ Upcoming partnership with outpatient psychiatry at TOH-Civic to offer a Working With Emotions group
- ❖ Continue with Emotional Wellness Group (10 wk) and the monthly follow up drop-in
- ❖ Review role with Youth Transition Group
- ❖ Fine-tune evaluation tools and process




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