

Abstract

Patients of primary care family health teams present with varied psychological and psychosocial issues, the majority of which can be regrouped in terms of difficulties coping with chronic illness and mood and anxiety disorders. In order to address the needs of these patients the Shared Mental Health Care team of the Ottawa Hospital and the SCO Health Services has implemented provision of therapy groups, based on a cognitive behavioural approach. This poster outlines the referral process, the screening criteria for inclusion into the group, and the format and content areas of two treatment groups: an eight-session Coping with Chronic Illness group and a second group, Emotional Wellness, focusing on management of mood and anxiety disorders. These groups are co-lead by the team psychologist and social worker. A review of the challenges faced and the lessons learned in the implementation of these groups will also be shared. The poster concludes with a review of the assessment tools used for pre-post comparisons to measure treatment effectiveness.

Group: Emotional Wellness: Strategies to Cope with Depression / Anxiety

Hosted by: Shared Mental Health Care

- ❖ **Start Date:** New session starts approximately every 8 weeks. Concurrent sessions are being considered
- ❖ **When:** Wednesday or Thursdays – 2:30 to 4:00 pm
- ❖ **Sessions per Group:** Eight
- ❖ **Place:** Site of group alternates between two of the Family Health Teams:
Elizabeth Bruyère Family Health Team
Riverside Family Health Team
- ❖ **Group Leaders:**
Dr. Pamela Cooper, Psychologist
Donna Klinck, Registered Social Worker



Objectives:

To increase each group member's ability to cope with symptoms of anxiety and depression using Cognitive Behavioural Therapy

Who can be referred?

- Patient must be 16 years or over
- Be a patient of The Ottawa Hospital's Family Health Team (Melrose & Riverside) or the Bruyère Family Health Team (Primrose & Bruyère).
- Patients dealing with depression or anxiety who are looking for strategies to improve coping

Who can make a referral?

- Must be referred by their Family Physician or a member of the Allied Health Team
- Group Leaders will conduct pre-screening interviews

How to refer patients to this group?

Fax the Shared Mental Health Care Team with the following information:

- ❖ *Patient's Name*
- ❖ *Patient's DOB*
- ❖ *Family Physician & Person Referring*
- ❖ *Specific Relevant Background Information*
- ❖ *Reason for Referral to the Group*

Screening

- Background Review:
(including overview of mental health issues and any diagnosis)
- Emotional Functioning
- Previous involvement in therapies/counselling
- Current level of coping and use of coping strategies
- Goals for participation in the group
- Group Suitability (personality style, cognitive issues?)

Emotional Wellness Group Content

Session 1. Introduction

- Review group rules including confidentiality.
- Members complete: Beck Depression Inventory and Beck Anxiety Inventory
- Introduction of Group Members

Skill building

- Identify each group member's goals using the SMART goal setting model
- Wrap up session with a brief relaxation exercise.

Homework

- Complete Activity Monitoring Sheet

Session 2 Goal setting and Bio-psychosocial model

- 5 minute relaxation exercise
- Ask for updates on group member's SMART goals.
- Review completed Activity Monitoring Sheets.

Skill building

- Introduce Bio-Psychosocial Model as a model for understanding depression and anxiety. Facilitate group discussion regarding implications of the model for recovery.

Homework:

Review handout → Tips for taking action

Complete Worry Record

Session 3 Automatic Thoughts

- 5 minute relaxation exercise
- Ask for updates on group member's SMART goals.
- Review completed Daily Worry Record

Skill building

- Uncovering Automatic Thoughts
- Introduce use of Thought Records

Homework:

Read handout → Uncovering Automatic Thoughts

- Complete Thought Record (3 columns),

Session 4 Cognitive Distortions

- 5 minute relaxation exercise
- Discuss completed thought records.

Skill building

- Introduce concept of cognitive distortions
- Work through a thought record / checking them for distortion

Homework:

- Read handout on Cognitive Distortions and Ellis' Irrational beliefs,
- Completed an extended thought record (6 columns)
- Give participants copy of Relaxation CD

Session 5 Challenging Automatic Thoughts

- 5 minute relaxation exercise
- Ask for updates on group member's SMART goals.
- Follow up on the extended thought records that were handed out.

Skill building

- Practice challenging thoughts, finding distortions and identifying more balanced thoughts

Homework:

- Read handout on typical thinking errors associated with depression.
- Complete extended thought records

Session 6 Problem Solving

- 5 minute relaxation exercise
- Review completed thought records

Skill building

- Continue practicing challenging thoughts, finding distortions and identifying more balanced thoughts
- Introduce Problem Solving and teach SOLVE problem solving model

Homework:

- Read handout on SOLVE problem solving model
- Complete extended thought records

Session 7 Core Beliefs

- 5 minute relaxation exercise
- Review completed thought records
- Reviewed use Problem solving model

Skill building

- Review the concept of Core Beliefs
- Using examples from the group worked through identification of Core Beliefs

Homework:

- Read handout on Core Beliefs
- Complete extended thought records

Session 8 Thought Stopping and Wrap up

- 5 minute relaxation exercise
- Ask for comments on Core Beliefs
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Skill building

- Introduce Thought Stopping and Thought Dropping techniques.

Wrap up

- Review concepts that were introduced and participants plans for the future
- Discuss relapse prevention

Members complete: BDI and BAI and Program Evaluation

Program Satisfaction Questionnaire

Please evaluate the group you have just completed by answering the following questions. Circle the number that best reflects your opinion. Your honest answer, whether positive or negative, will give us feedback to make the program better.

- 1) How effective was the group in helping you with your problem?
- 2) How helpful were the homework and exercises given out in this group?
- 3) Were the skills you learned useful for coping with your problem?
- 4) Overall, how would you rate the quality of this group?
- 5) If someone with a similar problem to yours asked for recommendations, how would you describe the usefulness of this group?
- 6) If you could go back to remake your decision about attending this group, would you do it again?
- 7) How successfully were your goals met by this group?
- 8) How would you rate your improvement in the symptoms that concerned you most?