



Better care, together.

MIND OVER MOOD IN PRIMARY CARE

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Why the Book?

- Widely available and affordable
- Written for consumers
- Clinicians guide includes outline for delivery in an 8 or 12 week group format
- Includes questionnaires to track progress
- Covers anxiety as well as depression
- Use of a single model provides consistency and decreases confusion.




Why Depression


- Most common reason for referral to Mental Health Program – accounts for 37.8% of referrals (3155 /8349 in 2007)
- Anxiety Disorders second at 14%
- Combined total for both is 51.8 %
- Depression also co morbid with many chronic medical illnesses e.g. diabetes, COPD, coronary artery disease

 **Started Talking**
September 2005

- Pilot group started April 5 2006
- The number story:
- 19 referred
- 12 screened (SCID 1 for current MDE) and accepted
- 9 attended session 1
- 8 completed

 **How Things Have Changed**

- Total # referred to group = 208
- Total # attended group = 79
- Referral Process changed to orientation session, now back to brief screenings
- Current group: second for 2009
- 38 referred
- 18 at orientation

 **HFHT Mental Health Groups**

This document provides an estimate of the hours of Mental Health Counsellor time required to facilitate existing groups.

The total identified is number of hours for **EACH** counsellor. Almost all of the groups have two facilitators at each session.

Name of Group	Women's Stress Management Level 1	Women's Stress Management Level 2	Generalized Anxiety Disorder Group	Cognitive Behaviour Therapy for Depression	Cognitive Behaviour Therapy for Insomnia
Number of Sessions	8 x 2.5 hrs each	6 x 2.5 hrs each	7 x 2.5 hrs each	14 x 2.5 hrs each	8 x 2.5 hrs each
Prep Time	8	6	10	18	8
Evaluation / Paperwork	4	4	4	6	4
Total Hours	32	25	32	59	56

These numbers are estimates only and may need adjustment as facilitators log in their actual hours in groups.



Pros of a Manualized Group Format

- Faster route to delivery of group
- Comes with evidence of some success
- Less use of clinician time for group development
- Increased sense of security and confidence for group facilitators



Cons of a Manualized Group Format

- Staying pure is difficult!
- Group facilitator may be more familiar / comfortable with other techniques or formats and have to stifle the impulse to utilize them
- May need to work at “keeping it real” when repeating the same information many times. Want to avoid sounding like a “script”



Future Plans

- Linked to the Depression Initiative
- Stanford self management groups
- Perhaps modules based on level of depression and/or topics e.g. activation, reframing, returning to the workplace etc.
- Increasing accessibility by offering evening or Saturday groups at a variety of locations
- Peer co- leaders?
- I.T. - how it can be utilized to enhance the delivery of group

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WORKSHEET 8.2: Action Plan Cont'd
GOAL: _____

Action plan	Time to begin	Possible problems	Strategies to overcome problems	Progress
Contact potential attendees Do screenings		Some referred folks may no show for screenings	Follow up with folks and referral sources re: first / week attendances. Consider allowing someone to start in week two – not after that	Phoged referrals if no group / no screenings and or first group meeting; phoged referral source re: no show for screening or if inappropriate referral; send feedback form to referral source if referred person drops out of group
Start group		Some folks may no show for start of group. Some referrals may need to start after first session		Groups were run and continue to be run twice per year; training of other mental health counsellors to run the group format; asset is allowing for more groups to be available in a variety of time / day. Feedback forms completed and sent to referral sources re: each attendee for each group – so referral sources have feedback re: person attended and progress towards meeting goals.

From Mind Over Mood by Dennis Greenberger and Christine A. Padesky. © 1995 The Guilford Press.
Sample content information from Hamilton FHT.

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Thanks for your attendance and interest!

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