



## **Nomination**

### **Mental health and addictions**

**Mount Sinai Academic FHT - Mental Health Team  
Emotion-Focused Mindfulness Group to Enhance Coping and Resilience in Family  
Medicine Patients Living with Common Mental Illnesses**



Our team is proud to nominate our Emotion Focused Mindfulness (EFM) group for the Bright Lights Award. The group aims to help patients living with common mental illnesses gain skills to better navigate the distressing emotions they experience. It is an 8 week program with a weekend retreat. Patients meditate, journal and share their meditation experiences and learn to approach whatever arises with compassion, tolerance and curiosity. The EFM group is a program that merits recognition because it addresses three components: 1. It provides service to a wide range of patients living with common mental illnesses 2. It contributes to scholarly work through

research evaluation 3. It is being scaled-up through mentorship opportunities with other FHTs

The team asks patients to complete a group evaluation at the end of every 8 week group program. The form asks questions using a 5 point Likert scale about content, facilitation and application to patients' lives. There is also a section for qualitative feedback regarding the most and least helpful components of the group as well as room for additional comments. Feedback from evaluation forms is overwhelmingly positive. Some patient feedback is incorporated into modifications to the group program, however due to research methodology, the team was bound to the content and design of the group in most ways.