

McMaster
University
HEALTH SCIENCES



Department of
Family Medicine

McMaster
Family Health Team

Anxiety Groups at Family Health Teams

What Have We Learned What Have Our Clients Taught US

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Presenter Disclosure

- Presenters: K. Lynn Dykeman
- Relationships with commercial interests:
No conflict of interest.

Why Do We Run Groups ? Why Do You Run Groups ?

- Better outcomes - particularly for anxiety...
- Cost effective
- Support people on wait lists
- Manage our wait list

Goals for Today

- Briefly describe McMaster Family Health Team's Anxiety Group program
- Who are we and who do we serve ?
- Explore starting a group, generating referrals, pre screening, research, dealing with challenging group behaviour, selecting group members, numbers to screen into a group, time of day to offer groups, client feedback.

McMaster FHT

- Academic URBAN FHT
- 27,000 patients
- Two sites

Current Group Offerings at the McMaster Family Health Team and How they Evolved

- Anxiety Group
- Teen Group
- SMART Aftercare Group

Occasional Group Offerings

- Social Anxiety Group
- Obsessive Compulsive Disorders Group
- Men's Group

Publicity, What Works for What Populations?

- Physicians
- Word of mouth
- Newsletter
- Website
- Mental health referrals
- Internal email – technology?

Anxiety Group Fall 2013-How did they Learn About Group

- **Facilitators:** Colleen O'Neill & Lynn Dykeman – **Date:** Fall 2013
- **How did you find out about the group?**
- Doctor (x5)
- Social Worker (x2)
- Occupational Therapist (x2)
- Newsletter

Staff Who can You include ?

- Social Work
- Occupational Therapy
- Psychology
- Physicians
- Students
- Changing Leadership

What Time of Day do you Offer Group-What Have We Learned?

- Differences in the Daytime and Evening Anxiety Group
- When do you run a teen group?
- When do you run an aftercare group?

Contact with Patients for the Anxiety Group-How Do you Handle This ?

- The letter
- The phone call x2
- No prescreen interview
- No back-to-back repeating of group
- How many do we screen in - screening in 40 and what happens when 19 come
- How do we get the teens to come.....

Group Versus Individual

- Group - individual or both
- Differences between the populations
- Regular, Teen and Aftercare Group -
who gets what

The Evolution of the Sessions-How Long-and How Large

- From 5-8-7 session - how do we limit how many sessions
- No back to back repeating of group
- Aftercare
- Attendance
- Date referred-Date attended

Methodology

- Psycho educational
- Cognitive Behavioural Therapy
- Solution Focused Therapy
- Relaxation strategies
- Mindfulness exercises
- Art Therapy

Seven Sessions

- Introduction –Why Does Anxiety Come From
- Thinking and Anxiety - Relaxation: Part 1
- Thinking and Anxiety - Relaxation: Part 2
- How to Manage a Panic Attack
- Sleep Diet and Exercise
- Communication Skills
- Self Esteem and Emotions

How the Brain Functions 101

- What do we share and what do we not share?
- How to avoid stories of pain

Resources-How Do We Find Them ?

- Cognitive behavioural worksheets
- The Big Bang Theory
- Video 23 ½ hours
- Anxiety and Phobia Workbook – Bourne
- SMART goal setting
- The comics & mediation tapes

Hand Outs for Whom

- Trial of giving out the hand outs as a book
- Decision to give weekly hand outs
- Problems with hand outs
- Benefits of Hand Outs

Addition of “Art Therapy”

- Coping Skills Tool Box
- Stress Jars
- Stress balls
- Mandala
- Canvas
- Affirmations Book

Teen Group and Resources

- Hand outs....
- Art...
- Structure verses unstructured
- Question and Answer time

Teen Group

- Ongoing Verses Structured
- Structure of a Session
- Activity
- Question and Answer
- Food

Teen Group Topics

- Where Does Anxiety Come From
- Thinking and Anxiety
- Communication Skills and Peer Issues
- Self Esteem and Accepting a Complement
- Relaxation Strategies

SMART Group

- When to offer aftercare and implications this has on who attends
- Our first two attempts
- The successful third attempt

Aftercare

- Who attends
- How to generate agendas
- What is always covered
- How to keep it from becoming stale
- Publicity and improving attendance
- How to handle story telling

Format of the Sessions

- Check In
- Structured Teaching
- Activity (Art)
- Question and Answer
- Closing

Group Participants-Managing the Session

- What to do about no shows, and what to do if someone leaves a session.
- Attendance requirements, and when is the group closed
- Men/Women (two men's only groups)
- Teens in the adult group
- Inclusion of seniors
- Developmental Disabilities

Challenges

- Showering/skin picking
- Assuming literacy
- Holidays and staff vacations
- Significant majority of one gender
- Teenagers
- Talkers/Non talkers

Feedback

- The human/society cost –the “suffering” is too great not to think about how to reach these people

Thank You

Any Questions?

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