

HERSTORY

An innovative group model for mental health care using peer facilitation and patient co-design

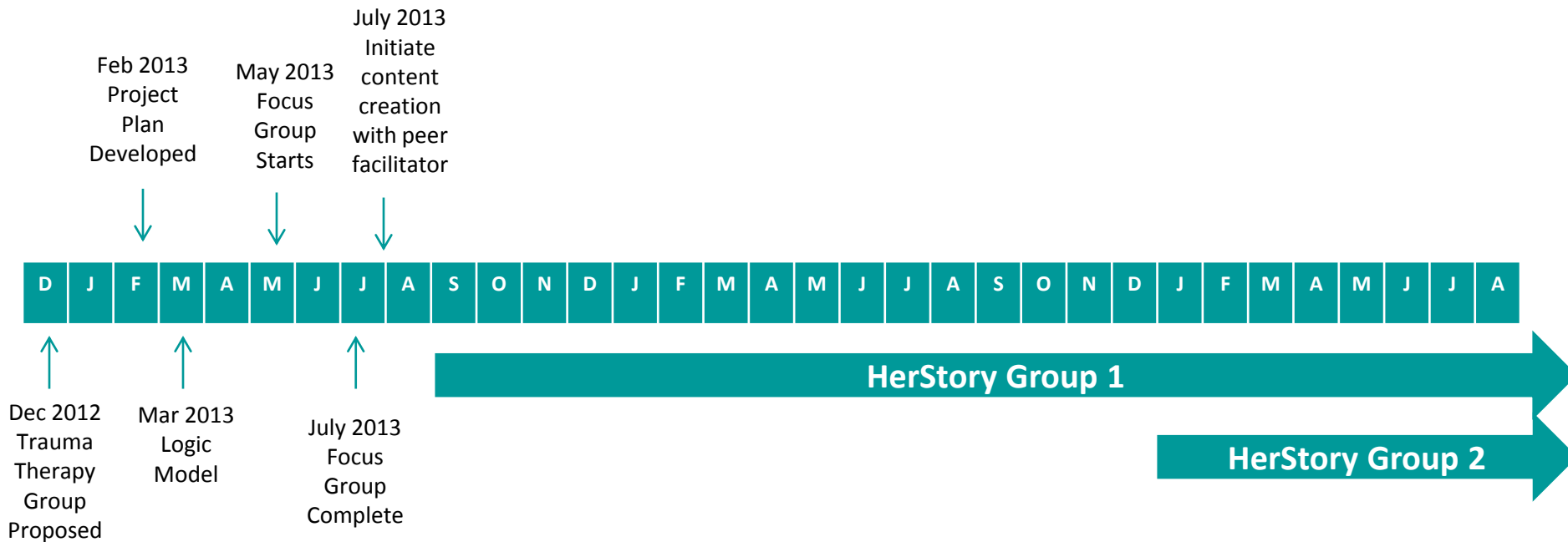
Dr. Lora Cruise
Lora Judge, MSW
Sharon Van Manen

October 29, 2015

HERSTORY



Timeline



Unique Features

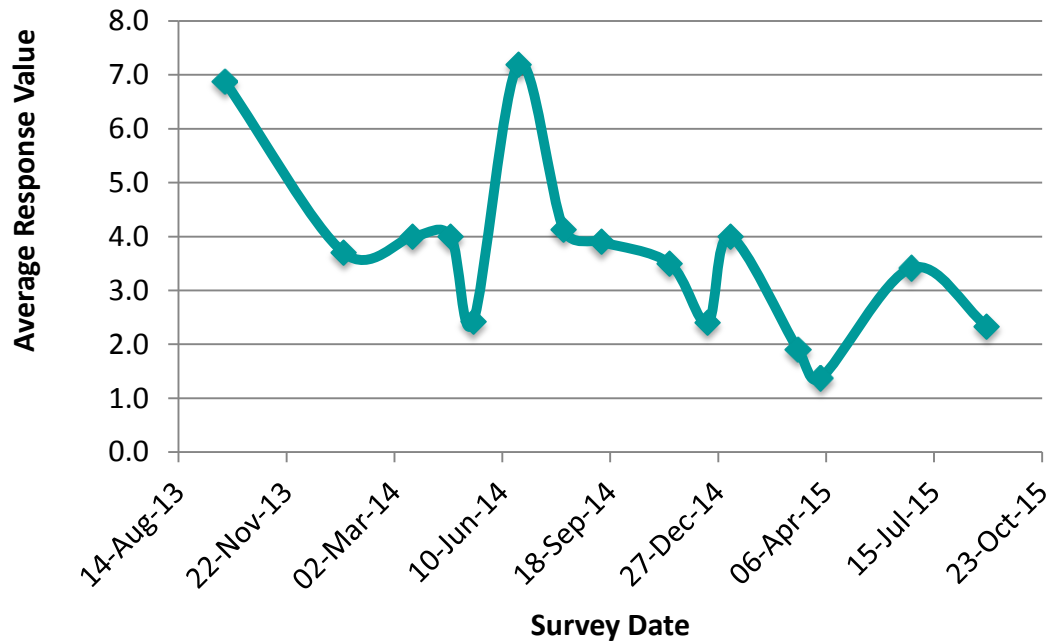
- Co-Facilitation Model
 - Ongoing Group
 - Accepts new members into established group
 - Max capacity of 10
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Peer Co-Facilitation

- Making a connection based on shared experiences offers the most hope for women when what works is seen as present in the facilitator's experience
 - The Copeland Centre
 - Sharon Van Manen
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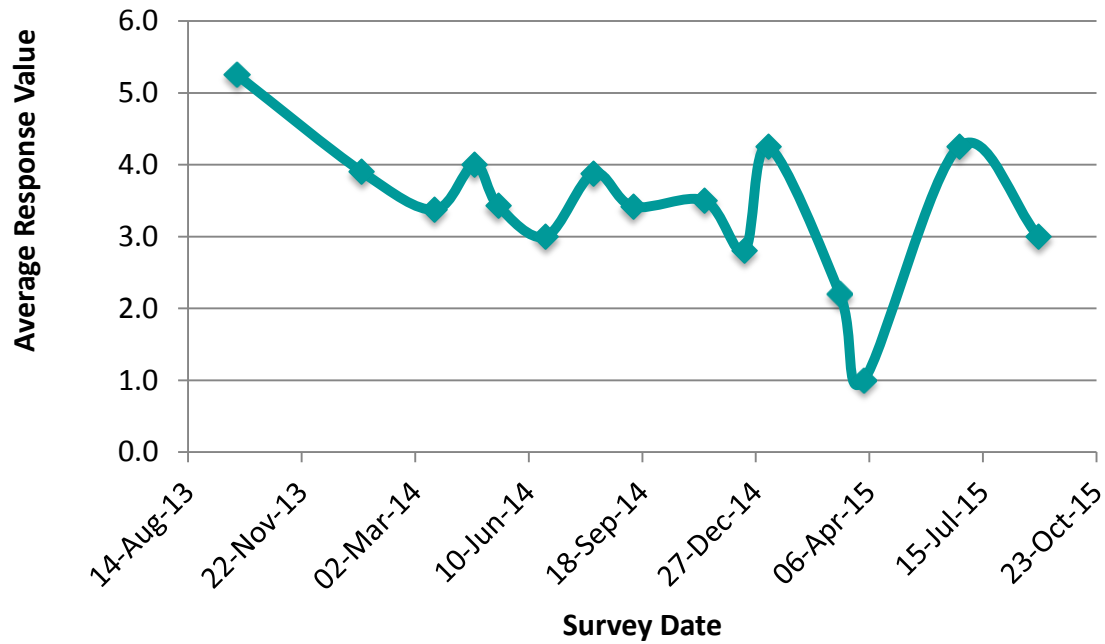


Depression Scores

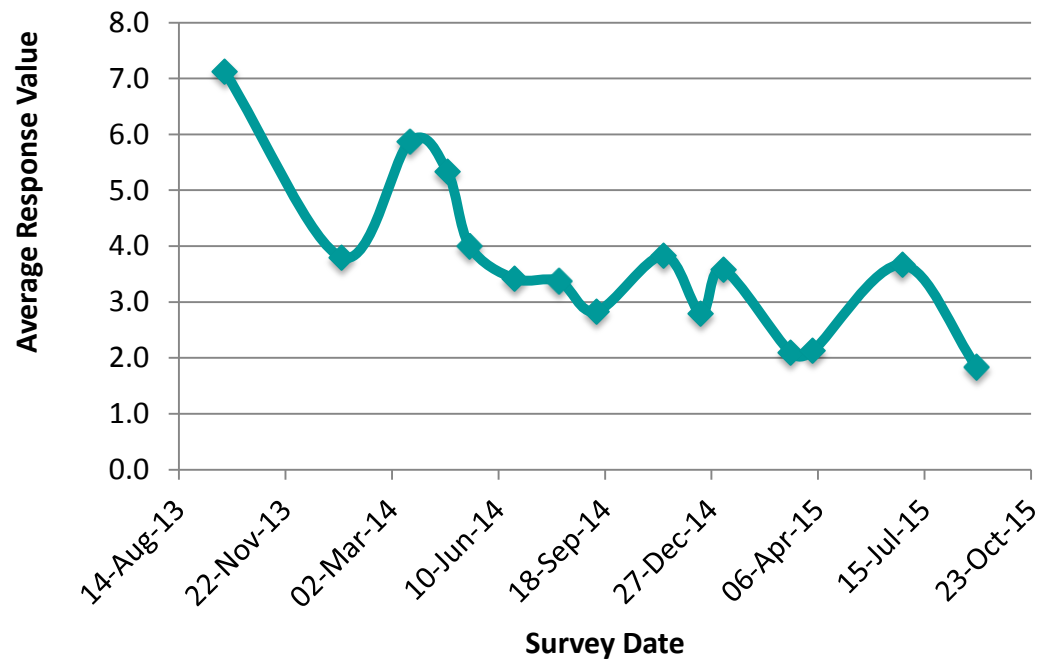




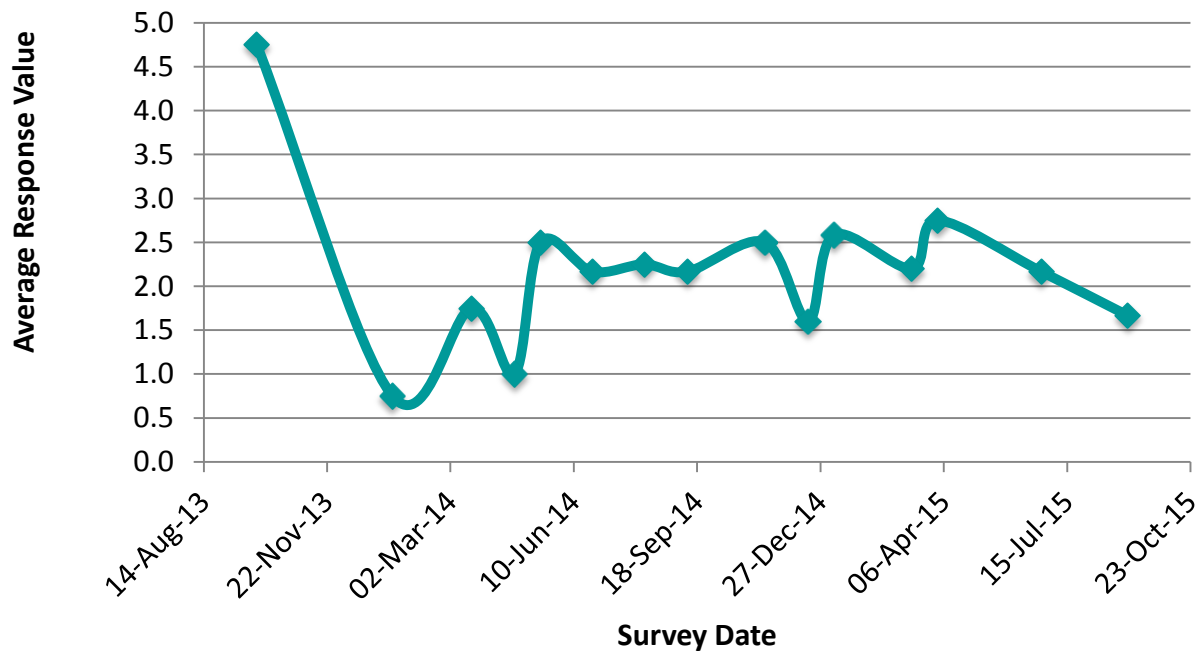
Anxiety Scores



Somatic Symptoms

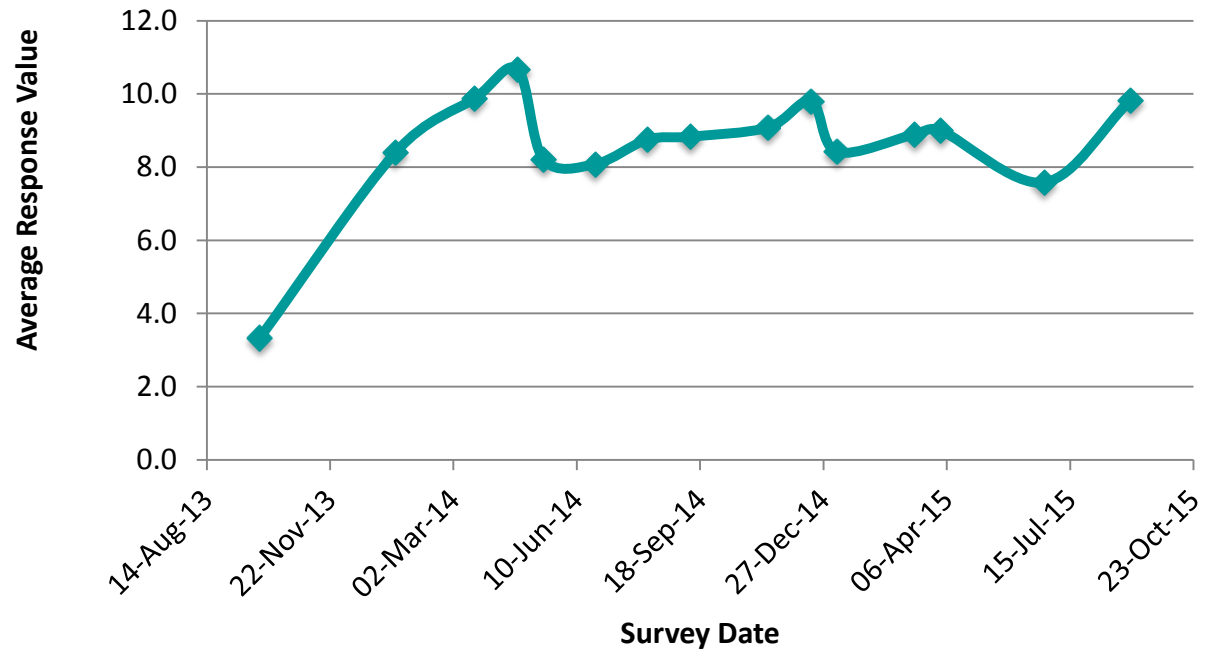


Feelings of Shame



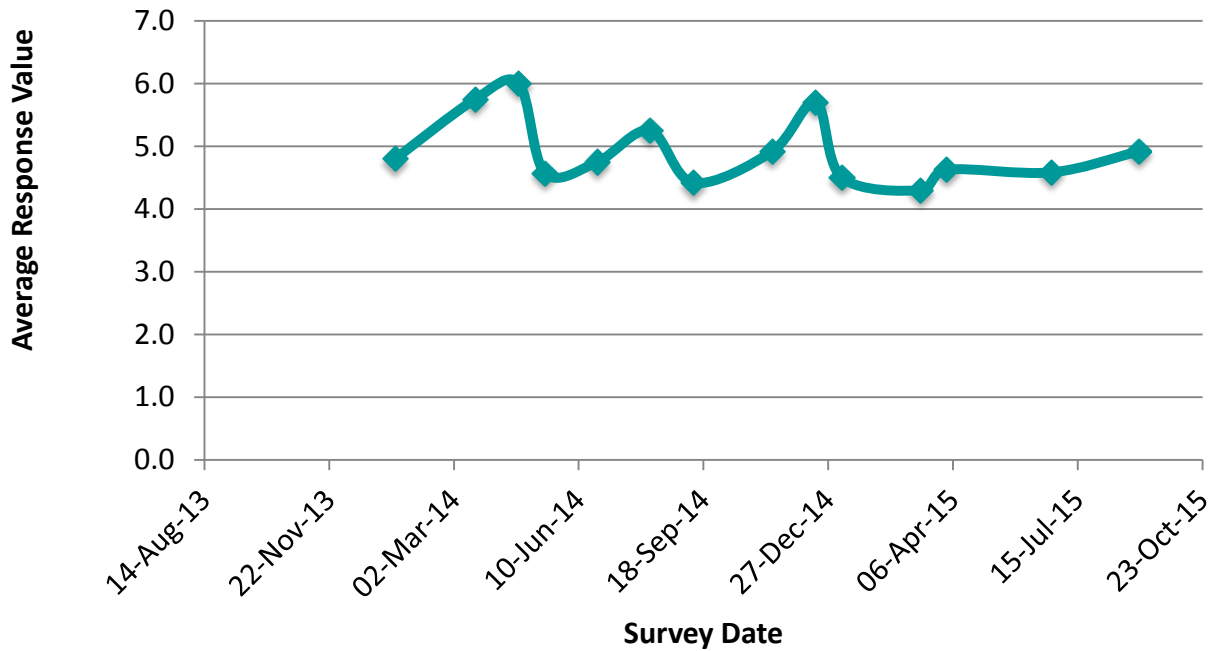


Emotional Regulation





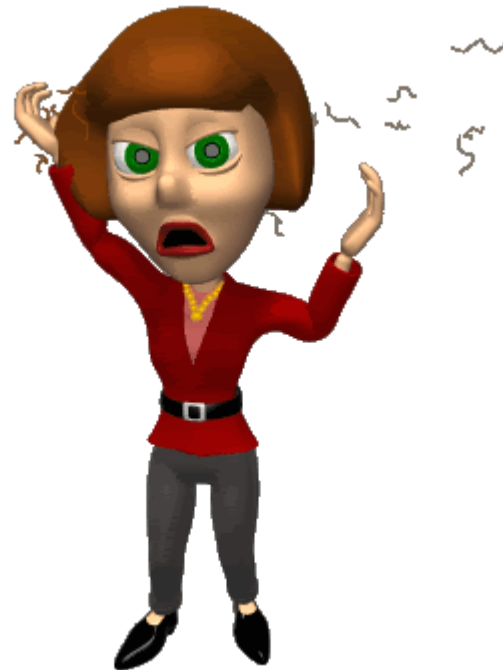
Trusting Relationships



Measures

- Validated
 - PHQ9
 - Beck Anxiety
 - Not Validated
 - Empowerment Scales
 - Somatic Scales
 - Based on trauma literature review
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Learnings

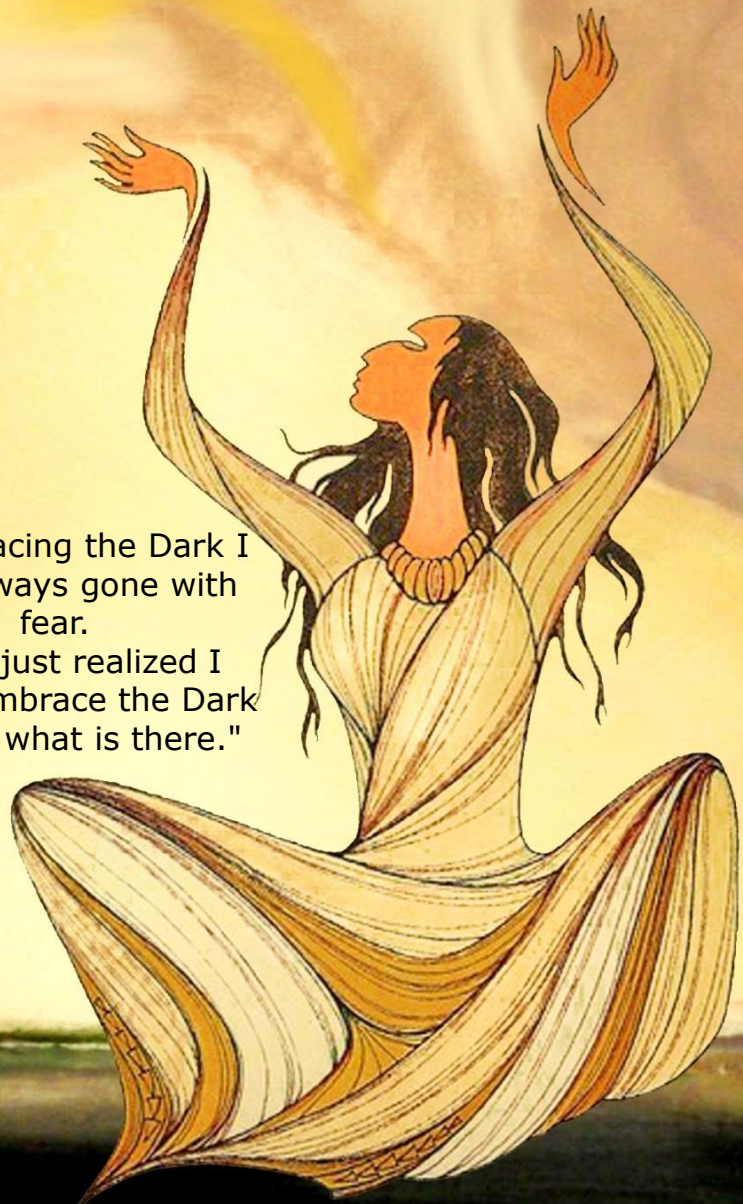


"...Since I began attending the HerStory group, I feel different. For the first time in years I see color in my mind. The change may appear small but to me it is huge. I deeply appreciate the warm, encouraging and accepting environment that is HerStory which makes what I experience weekly so positive."

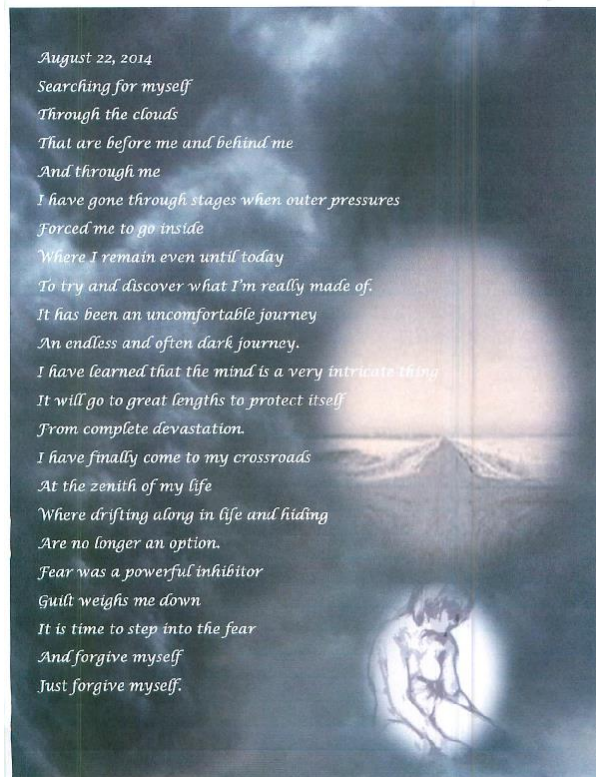
"When facing the Dark I have always gone with fear.

I have just realized I should embrace the Dark and see what is there."

"I lived for 15 yrs struggling with various kinds of eating disorders (anorexia, bulimia, calorie counting, etc) and no matter how hard I tried to get better, nothing worked. I went into HerStory not knowing what to expect but in my wildest dreams I never imagined that this group would heal my eating issues! It had nothing to do with food afterall - the eating disorder was a direct result of the childhood trauma I experienced and I never would have put the two and two together if it wasn't for HerStory..."



Evolution of Participant Art



Presenter Disclosure

- **Presenters: Lora Judge MSW, Dr. Lora Cruise**
 - **Relationships with commercial interests:**
 - none to declare
 - **Potential for conflict(s) of interest:**
 - none to declare
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Disclosure of Commercial Support

- Potential for conflict(s) of interest:
 - none to declare

Mitigating Potential Bias
