

An Innovative Approach to Community Based Group
Treatment for Youth with Anxiety and/or Depression

Youth Overcoming Depression and Anxiety

Woodview Children's Centre

www.woodview.ca

Transitions For Youth

www.tfyhalton.ca

Presenters

- Lorraine Jeffrey, Woodview
- Theresa Wilson, Halton Catholic District School Board
- Jo-Anne Kershaw, Halton District School Board
- Sue Brooks, Transitions For Youth
- Brook Gardner, Y.O.D.A.
- Jennifer Brown, Y.O.D.A.
- Teresa Brown, Y.O.D.A.
- Youth presenters

Agenda

- Development and Partnerships of Y.O.D.A.
- Implementation and Practice
- Youth Engagement
- Report on Program Evaluation Grant
- Future Considerations
- Discussion – Questions and Answers

Development and Partnerships of Y.O.D.A.

Development

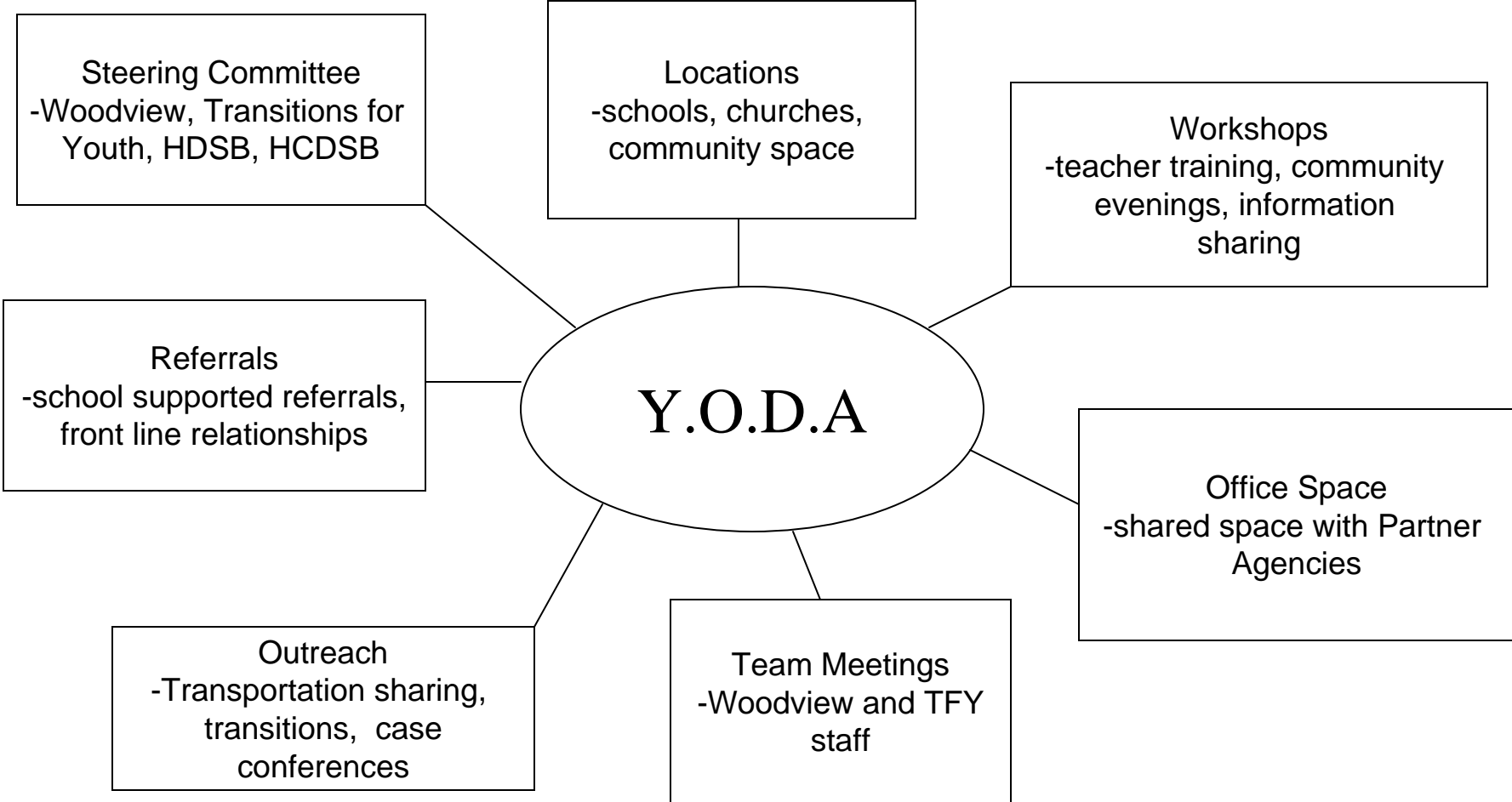
- Halton Planning Table
- Mental Health Fund, Ministry of Child and Family Services
- Woodview Children's Centre and Transitions For Youth
- Steering Committee
- Staff Hiring

Development

Description of Youth Overcoming Depression and Anxiety

- Program for Grades 6, 7, and 8 students in Halton experiencing symptoms of anxiety and / or depression
- Group Treatment
- Parent Education
- In Home Support
- 1:1 Counselling
- School Advocacy and Support
- Community Service Coordination
- Ongoing Data Collection and Feedback
- Program Evaluation

Partnerships



IMPLEMENTATION & PRACTICE

- What is Y.O.D.A.
- Evidence Based Practice
- CBT & Beyond
- Youth Engagement

What is Y.O.D.A

- 12 Week Group Treatment Program
- One half day per week
- Three hour sessions
- Youth in grades 6, 7 & 8
- Referrals from schools, parents, hospitals, community agencies

What is Y.O.D.A.

- “A place where you can act like yourself without being hassled”
- A place where “I learned how to laugh”
- A place where “I learned how to value myself”
- A place where “I learned how to free write and get my feelings out”
- A place where “I learned how to relax”

Con't...

- A place where I learned that “I’m good at lots of stuff and not a follower”
- A place where “I learned how to talk to people”
- A place where “I am proud of who I am and I am less of a worrier”
- A place where “I don’t think about killing myself as much”

Evidence Based Practice

- Clinical Consultation with Mental Health Practitioners (RSW's, Psychologists)
- Community Consultation of Current Practices
- Utilization of FRIENDS Program for Youth (Dr. Paula Barrett, Pathways Health & Research Centre, Brisbane Australia)

CBT & Beyond

- Developing Problem Solving Strategies
- Powerful Positive Thinking
- Social Skill Development
- Trust Building
- Group Cohesion and Support Networks
- Self-Esteem and Leadership

CBT & Beyond

- Peer Support Network
 - Mountain, Journey Beads, Daily Check-In, “Ask-It Basket”
- Elaboration of FRIENDS
 - Role playing, feelings charades, self-esteem “Jenga”, SWAP, use of strategy puzzles and games, weekly take home challenges, riddles, Communication Pictionary

More....

- Humour
- Relaxation Techniques
 - Deep Breathing, Muscle Relaxation, Visualization, Meditation, Story Telling and Free Writing
- Introductory Yoga
- Personal Reflection
 - goal check-in and self evaluation, auction, individual follow up work with facilitator

Youth Engagement

- Activities
- Flexibility
- Youth Group Survey

Activities

- Helpful strategies
- Keeping it interesting
- Things for home

Flexibility

- Individualized
- Modified
- Influence of Group Dynamics
- Consideration of Learning Styles
- Client Directed

Youth Group Survey

Impact of youth influence and feedback

See Appendix 1

Report on Program Evaluation Grant

See Appendix 2

Future Considerations

- Further Research Initiatives
- Participation in Provincial Adolescent Anxiety Working Group
- Expansion of Y.O.D.A. to younger and / or older segment of population
- Assisting other willing communities in the development of similar programs

Discussion

Questions and Answers

Contact Us

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