

Alberta-Based Mental Health Groups That Work, May 19, 2021

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SUMMARY KEYWORDS

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SPEAKERS

Melodie Esau

Melodie Esau 00:00

In this virtual space, we come from many different places. And I want to take a moment to acknowledge the traditional territories of the peoples of Treaty 6, Treaty 7, Treaty 8, and Treaty 10 in Alberta, which is a gathering place for First Nations people, Metis, and Inuit. I'm calling today from my home in the City of Calgary, located on land adjacent to where the Bow River meets the Elbow River and known by the traditional Blackfoot name Moh-kins-tsis. I acknowledge the traditional territories of the peoples of Treaty 7 region, which is home to the Blackfoot Confederacy, comprising the Siksika, Piikani and Kainai First Nations as well as the Tsuut'ina First Nations and Stoney Nakoda, including the Chiniki, Bearspaw and Wesley First Nations. The City of Calgary is also home of the Metis Nation of Alberta Region Three. As a settler, I am grateful to call this province in this city, my home. A couple of housekeeping items as we get started, we have audio enabled for presenters only today. If you have any technical difficulties, please feel free to send us a message in the chat or to start a private message with the host. If you have logged in using the browser and you're having any audio challenges, you may want to switch to the app or classic. You, you can do that by clicking on the three dots at the top right of your screen. We do have live transcription available for today's webinar. So there's a pod with the live transcript link at the top of the chat pod. If you click on that you'll be redirected to a separate browser window that will contain the live transcription. Comments and questions are welcome throughout the webinar. Please feel free to use the chat box to communicate those. We will have a Q&A session at the end of today's webinar, and at that time, we'll make sure to address any questions posed throughout the presentation. Today's webinar will be recorded and the chat box will not be included in the recording. The recording will be sent out to you by email as well as posted on our healthycampusalberta.ca website on the webinar page so that you can listen or share with others. So for today's webinar we are excited to be joined by four presenters. And I'm going to let each one of them introduce themselves as they begin their portion of the presentation. So without any further time, I'm going to pass things over to Julia.

Julia Vallance 02:46

Hello, thank you so much for having me here today. My name is Julia Vallance. I work for the Red Deer Primary Care Network. I'm one of the Registered Nurses that works there and I've been helping them develop in many of our programs over the past 14 years. One of my roles right now is to have been to spread our Alberta programs throughout the province especially now that we have some grant funds to do so. So today I wanted to just share with you that we have Alberta programs that work. They're born and raised in Alberta and they've been created by many of our staff and colleagues at my place of work in Red Deer and we have evaluation results to prove that they work. And our goal this year with our Alberta grant is to spread these programs as far and wide as possible. And so I'm here today to share with you what they are and stir up some interest and to see if there's classes that you would like to take to become a facilitator of our program or discipline awareness for you with regards to knowing about these programs for to share with others. So before I begin the presentation I just wanted to share my disclosures, I do have an Alberta Program COVID Mental Health Grant that I'm working with. That funding is to spread the programs like I said, and for time spent to enhance and develop the programs that we'll be discussing today: our Alberta Anxiety to Calm program, Alberta Happiness Basics, Alberta Health Basics, Alberta Relationships in Motion, Alberta Journey through Grief and Alberta Moving on with Chronic Pain. To let you know that all of our programs are based on what we call the AMSO model

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designed for Michael O'Donnell and says that we want to teach individuals a little bit better awareness of the topic. So as an example for anxiety, we want to share that 5% knowledge of what anxiety is. But the real part of our programs that work so well is our way to develop motivation. That's about 30% of our program.

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Learning skills is about 25% and then an opportunity, opportunities to practice of skills which is about 40% of our program.

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So first topic that I'll discuss is our Anxiety To Calm program. Anxiety right now in COVID times has been on the uptick and what we see is that we have about 70% of Albertans that are experiencing anxiety every single day. So this program has been around for quite some time. We've been running it for about the last 10 years. And again, like I said it was developed in Red Deer and the reason we developed it at the time was because we had a high referral rate for anxiety from our family physicians. The program is based on cognitive behavioral therapy, as CBT has repeatedly shown that it has a strong effect on the treatment across anxiety disorders and effects are sustained after treatment. It's currently in our eight week program and participants are sorry and within this program the topics that we discuss are finding calm. So what that will entail is learning exercises to help manage anxiety for example, some mindfulness skills, challenging yourself, this is where the CBT portion follows, so challenging thoughts, behaviors and emotions, and then live the last section which is around learning to make healthier choices in your lifestyle that will impact your anxiety. Like I said before, our program this is a two hour once a week program for eight weeks and our goal this year is to create a four week program. All of these programs can be run virtually or in person. I want to just let you know a little bit about the results. So 49% of people will have a decrease in anxiety scores from week one to week eight after taking the course and there are a significant number of participants that moved from the level

of extreme anxiety or panic to the lower levels. And I think this is the best part, your participant testimony. So, some of the things that people have told us about our course it's a good approach to understanding what anxiety does to us and how it impacts our lives and our health.

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Help me I'm able to step back and look at the big picture. As to what has been causing me anxiety and how to help cope or deal with it. I will use the tools I've been taught and continue to better myself in controlling the anxiety a lot better.

08:12

In the course, not always a need to panic. Those are some of the great things that we had heard. Another one of our participants is actually one of our participants that we had. And her name is Melinda and she shared with us that she got a group that since this one will be really interesting for you because she was essentially being a busy student and being with life. The doctor had recommended her to see a counselor and the counselor had actually recommended for her to attend the anxiety to calm program. It was fantastic, amazing! They said she said and she committed the eight weeks it made more. It made me more aware and conscious. She said that the simplicity of plain language classes activities and homework combined to make the course very powerful for the independence to solve her own issues increase her self control. She used her mindfulness daily and referred to the programming manual often. She now she is enrolled into some of the other programs Relationships in Motion and If she found that that also helped her understand herself better. She reports that these programs have given her the strategy she needed for a healthy life and have been a lifesaver for her. We followed up with Melinda and later she realized that these programs have actually helped her to change some of the things that she was doing and to increase her independence and resilience, and she finds that she has happiness within her personal space. She has been lifeguarding again and started a swim related company and is taking up many new interests and hobbies.

Now I'm going to let you know a little bit about our Alberta Happiness Basics program. This program is for anybody who wants to live a happier lifestyle, is for anybody who is languishing with mild or moderate depression. And it's all focused around positive psychology. We Use the PERMA model as a way of running through the groups and this is the pathway of positive emotions, the pathway of engagement, pathway of finding meaning in life, the pathway of positive relationships and the pathway of accomplishment. We do run both of these groups in both four and seven weeks format - two hours once a week. Something that is interesting as well to share with you is the program integrates empirical research concerning the science of well-being and the orientation to happiness pathways. It is appropriate for anyone, particularly those languishing like I said earlier with mild to moderate depression and it is not designed for those in crisis or who are experiencing suicidal ideation. So it is more for people who are just feeling like they are languishing. Some of the results that we have seen with this is a 20% increase in self-reported mean happiness scores. And we're also seeing first stage risk of depression scores declining an average of 31% over the course of the program. Some of our participant testimonies were "usually groups sit in circles and trade woes. This group is a class for learning how your brain works. Providing the tools to improve mental health." "I have some tools that I can go back over and over again. I feel like I turned a corner about four weeks in." "Communication positive people, the class was amazing. I would recommend this course to others. You reinforced my

gratitude will.” In some of our other evaluation results are SF12-V2 statistically significant improvements are found in the mental and physical functioning. Mental Health Continuum Short Work statistical significant results for all three dimensions for emotional, social and psychological well-being. We have done some further research with this and found that even after a nine month period of time skills were sustained and in some cases used to overcome some very difficult life circumstances.

So, with regards to our next program, which is our Alberta Health Basics program, this program is developed for helping people

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develop new lifestyle. So developing lifestyle programming. It's a two hour, once a week program for eight weeks and we are in the midst of working on a four week program as well. The topics we do discuss in this are exercise, nutrition, and mindfulness for people who are wanting to live healthier and lose weight, become more active, contribute to healthy eating to define that. And really what our main goal is to help anybody who may be living with high blood or high blood pressure, diabetes or high blood cholesterol levels Or maybe they have pre-diabetes and helping them develop the lifestyle changes they need to be successful in managing those conditions.

What we found is that 80% of respondents found that their health condition improved and we found that most people would have a 1.2 kilogram average weight loss over the 8 week program. And we also have, often we'll see a one to two inch loss around the waist. What we heard from our participants was that they were “impressed that the whole person was addressed including physical, mental and emotional” and not just about the weight. “The gradual application of each element was great. They didn't launch into a hardcore diet or exercise on the first day and that made the class feel sustainable.” And this is an “amazing program very helpful for me exactly what I needed at this point in my life”. Our average mental and physical function improved as a measure by the Health Quality of Life Survey as well for the Health Basics Program. I'm going to share with you another story.

This story is about one of our participants. Her name is Eleanor and she's in touch inspired to be healthy. She had high blood pressure for years, fatty liver disease, bad back, excess weight, and ankles that swelled and hurt when standing or traveling. She tried to lose weight on her own but could have been more committed in order to see progress. Her doctor suggested she attend the Health Basics Program. She said she loved the program. “It inspired me to take my health more seriously and showed me great results for doing that. Over the eight weeks I lost four pounds and 3.5 inches off my waist. My blood pressure has decreased and my medications have lowered. I've strengthened core with exercise and no longer have lower back pain. I have better circulation - my ankle swelling, my pain is gone. The ankle swelling down, my pain is gone and I feel great about myself and I'm fired up to be healthy.”

I wanted to share with you also our Alberta Journeying Through Grief program. It's also a two hour program run for eight weeks. It is the small process group program so we don't like to have more than 10 people in that group. The topics we are addressing each week are understanding your grief journey, your self expression, and active healing. This program is for anyone experiencing the loss of a loved one, and participants are, learn ways to explore their grief needs, deepen their emotional healing and

reinvest in life. And the reason this program was developed is again, our family physicians in our areas said grief was one of the top reasons individuals sought help from their from them within their clinics.

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The results explained that the intensity of grief decreased by over 40% between week one and eight, and participants reported a confidence in their ability to cope was increased by 56% between week one and week eight. Some of the feedback that we've received from our participants was that they enjoyed being able to share their experiences knowing they were not alone and a self-awareness, they were able to make themselves aware of what they needed to do to make the decisions.

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I wanted to share another participant story, Joan: Getting Help On My Journey Through Grief. "It's been about three years since I lost my son. Early on I saw a counselor for about six months but it didn't seem to help me. I went for a year without any support. My doctor suggested I take Journey Through Grief. After the first class I was very encouraged. They've helped me to think more about how to continue my life positively without my son. They helped me plan for anniversaries such as birthdays or the date he died and plan for positive ways I can commemorate those dates. I also learned about my self-care. I'm handling everything better, I continue to use the class journal. I would definitely recommend anyone with grief to take this course, it was definitely worth my time."

We have just a few more groups that I want to share with you. one of them is our Alberta Moving On With Persistent Pain. This group focuses on developing or broadening an already existing skill set, intended to help people who are living with persistent pain. The sessions are definitely interactive and the topics that we cover are things like the Mind-Body connection, lifestyle, and pacing. Participants learn simple changes in class and set goals to practice a skill throughout the week. Small group discussion and a positive atmosphere foster accountability and learning. These are also two hours once a week for eight weeks. Some of the results that I wanted to share with you is the pain intensity and interference averaging scores is statistically significant decrease between samples to valuations measured by the brief pain inventory. 67% of respondents indicated that they were very satisfied with the program and 98% found the program content relevant. Some of the participant testimonials "learning the mechanics of persistent pain and how to manage pain instead of eliminating it." "Learning to focus on your life rather than the pain" and "the things that were most helpful we're learning to listen to my body, learning how to adapt and delegate activities, learning how to safely increase activity and most of all learning how the mind works in relation to the pain."

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Another program that I want to share with you is the Alberta Relationships in Motion program. This as well is a two hour once a week for eight week program and it's for anybody who's wanting to improve their relationships in their life. The topics we discuss are things about their own self, learning about themselves, learning about how others impact those relationships and then what can be done together. It's not meant to be couple's counseling. It's intended to be an individual working on their own selves. The results that we have was that people had an overall positive experience and 68% were very satisfied. The feedback we received was things like "I'm more compassionate and positive and have learned how to interact with others." "Being able to switch my brain from wanting the other person to

change to reflecting on my part and making decisions and improvements from there as to where I go from here.” Another patient testimony is “I’m at peace because I have the skills and the tools for dealing with stormy relationships and situations. I don’t see myself as a victim anymore.”

I have one more story for you and then in just a little bit more to discuss and then I will pass this over to Shawna. I’m just going to explain Ida’s part in this. Ida’s story: She has a sister from Phoenix visits her twice a year. On the sisters last visit the first question she asked Ida was “What happened to you?” She was injured in 2014 and says “I just suffered from pain along with insomnia, anxiety, depression, and worry” and that life had been a real struggle for her. Physio had been recommended that she attend Persistent Pain Workshop. In the workshop, she’s now coping much better with life. She learned to listen to her body, paces her activities and sets boundaries. She applied the principles that she learned in the program every single day and she went on to take our Happiness, Anxiety And Relationships workshops as well. She finds her mental outlook so much better now. Her sister noticed a very positive change in attitude within a few minutes of meeting her at the airport and her sister said, “What happened to you?” And Ida said the “PCN happened to me!”

What I wanted to let you know now is that we do have training opportunities for you if you are interested training for any of these programs. It is free to those that are interested in becoming a facilitator. It’s done over Zoom and manuals can be used in a PDF format so it won’t increase the cost of your materials. It’s a very low cost, low end kind of a program to run in your organization. Those interested in training will need to be a health care professional with some facilitator training so individuals can be kinesiologists, nurses, counselors, psychologists, Social Work therapists, LPNs, pharmacists. And if you’re interested in taking any of these programs, we want you to contact our program sharing website for more information and then also on the Healthy Campus Alberta website. There will also be registration information there. Some of the support that we also have available is quarterly meetings for coaches and or directors or program managers to meet in our organization. We do need to have some evaluation, and we do have an evaluator who has it all laid out for you. So you do have to quickly submit the evaluation. We want to hold Train the Trainer opportunities as well if you wish to bring this to your organization. Like I said before, the cost is very minimal and all the training is free and the only cost is if you would like a hard copy of the coaching manual, if you should want it otherwise it’s free all together. If you just watch the video and the delivery itself is also very affordable if you’re offering through Zoom and sending your participants a PDF version of the participant manuals. I also wanted to just let you know about our other grant opportunities as well. We do have we have been working on partnership possibilities for sharing resources, facilitators and we’re looking at possibly opening up an Anxiety to Calm option for under the age of 18. And we’re looking at opening up 4 week programs for Happiness Basics, or Health Basics, Anxiety to Calm and Relationships In Motion and we already have that

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Basics. We do regular quality assurance and updates to our programs and we will be doing shared media coverage and promoting programs and we do have program slices that you can share on your website to get people an appetite for the programs. What I’d like to do now is pass over to Shawna, who is going to be discussing a little bit about how she uses these programs at Bow Valley College. Go ahead, Shawna.

25:11

Thanks so much.

Shawna Bava 25:13

Thank you everyone

25:14

for choosing to spend some time with us here today. My name is Shawna Bava. I'm the Manager Of Learner Wellness in employment at Bow Valley College in Calgary. And I had the privilege of becoming a Happiness Basics facilitator in 2015 when the facilitator training was held in Red Deer and I got to spend a week with a great group of people and the folks at Red Deer Primary Care Network and it's been a real treat to be a facilitator and be able to deliver these programs to students on campus. And so I'm happy to be here today and chat with you a little bit about what that's been like from my perspective. I welcome you to add any questions into the chat as I'm chatting with you for the next couple of minutes and I'll echo a lot of what I do. Yeah just said probably in what I'm speaking about what I was thinking about was the topic and title of this webinar. I thought let's start with why do I see that this really works well for our students. And first and foremost, I think the facilitator training and the way that it's been set up by the Red Deer Primary Care Network is phenomenal. The opportunity for facilitators with no cost to be trained to go through the program and to be able to do that in our virtual environment, I think is really critical. And the way that the program materials and the facilitator guides are laid out, are most helpful. On our campus, we have decided to make most of our groups run in a 90 minute format. And I know Julia was just talking about the 120 minute or two hour format.

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The way we've

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moved to a 90 minute why we've been able to move I guess to a 90 minute format is often our groups are a little bit smaller. And so they're very interactive groups. And so a lot of the time is spent in discussion and we've found that with our smaller groups, you are able to move a little more quickly through the session. We also take a slightly shorter break than in a longer group the length of a break that you might take, Another difference on our campus and I think in most campus environments is we have a self-referral into these groups. We also do have our mental health team recommending these groups to students but ultimately students can self-select in. And I think that's a little bit different than how these groups are run in primary care networks where predominantly the referral, my understanding is they're coming from doctors or physicians. I think both referral strategies work. But on our campus, we really focus on student self-referral, and selecting into these groups and we, when we're doing promotion and advertising, we focus on the skill-building elements and what students are going to be able to take

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from the group.

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And finally, where possible and where budget permits, we all know that that food is a great incentive. And so we've most often

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organized these

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groups over a lunch hour. So sort of 11:30 to 1:00 or something like that, and in some instances have been able to provide a bagged lunch so when you sign up for group you know you're coming and we work with someone on campus to provide a bag lunch for the number of students that are coming. Again, budget permitting. So why we're able to do that. So there are three groups that we're currently offering at Bow Valley College. Happiness Basics was the first program that we brought in. And there are two versions to this program. I call them the short version and the long version. We're typically offering the four week program which is the shorter version. And you'll see here what I mean by small group, we normally have about seven students commit to group and proceed through group. We often as you may experience have more students than that sign up. But we know that we don't always get 100% attendance or you know we do sometimes see quite a big drop off from the first day of group to the second and following dates. But on average about seven students are committed through the whole group and you'll see here some of the satisfaction data. We've seen students absolutely love this group. As a facilitator I love this group. It's a great positively oriented reinforcing group that that students take away practical skills. As this student said, "it gives me tools that I can actually use in my daily life." So they're very, very practical.

The second program we decided to introduce at Bow Valley was Anxiety to Calm and this is the longer group and eight week program which we thought might be a barrier, but ultimately, we've seen actually more interest in this group and more students proceeding through all eight weeks of the program. And again, this is a highly interactive group that students are quite enjoying and they sign up really quickly for this group. So we've offered it, I think about four times now on our campus and it's been well received and it's run every time.

The next slide is my last slide. We have just decided to Introduce Relationships In Motion to our campus, our first session is currently in progress. And we have 8 participants who joined that group and I've shared here although it's a little bit small, but this is sort of what one of our ads looks like in the student e-newsletter that we send out. Where we're just, you know, inviting them to think, do you struggle with relationships? Do you want to come join us in a skill building opportunity? And we've seen great uptake in students for that. And so, with that, I will pass the presentation over to Natalie from Keyano College to talk a bit about her experience.

31:40

Hi, everybody, can you hear me? Well. Everything's okay. Okay. So, thank you so much for inviting us to share a little bit what we didn't ask, ya know, so, we were very lucky to be able to do the Train the Trainer from Anxiety to Calm before Christmas. And the goal was to offer what we did is offer the group after Christmas so the eight weeks program from Anxiety to Calm. It was done during the month of

February and March. And what we chose was the Wednesday for lunch, that seemed to be the most popular time for students to be able to come to that room. And for us, all students were online most of the year because we had some floods last year. So basically, we delivered the program online. And we were proud because it was a new way of presenting for sure for us, with groups virtually. But it went kind of well, I would say it went really well. And we did it on Teams. I don't know if some of you use Team as it's almost like Zoom, but we chose Teams because it was quite a popular way to communicate with other students. Then the light and we were quite good also in attendance because eight weeks is a longer route but we were surprised to see how we had six students and they kept on coming. So we were very active on that and how we promoted the group is basically we did like what you now on the screen is basically one of how we promoted with marketing. And then so they would email us at Wellness Services if they were interested in participating and because we had so many students who had anxiety because of COVID and everything happening. For maybe for us as mental health coordinators to offer to some of our students that we were already asking individually if they wanted to join a group. So the six students that attended the group were already seen by myself as a mental health coordinator, and as a psychologist. So basically, it was easier because we already built a good relationship and they were happy to join the group. Okay. Most of the students that six students were there, they love, they love their group and I would love to share maybe two success stories that we shared in our e-newsletter we call Good morning Keyano. So we shared with the content of this for sure. But I'll read the two stories. So the first one is from female students. So She said, "I always looked forward to the group every Wednesday. I find when Wednesdays were difficult for me and going to the group allowed myself to recharge emotionally. I really enjoyed the relaxation skills that you have learned, especially the loving kindness meditation. It made me feel capable.

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As everyone was very empathetic and non-judgmental .And we couldn't be lead to each other and it normally." "Here's my feelings. I learned many research based techniques that help me lower my test anxiety like the box breathing, cognitive behavioral therapy, and keeping a journal. Love My thoughts and emotions. This helped me reframe my negative thinking to a healthier way of thinking. And it allowed me to get a better perspective on things. It also helped me reduce my test anxiety and be more successful in my courses." So these were two stories but when we did the assessment at the end, it was all very good. So our goal is to continue for sure next year, next semester, we would love to do another from Anxiety to Calm in October, and maybe in February and would love to train and get the training for Happiness, for sure, next fall and we're actually going to do the training for grief and loss. starting in June. So we're going to be training for that group so far. So we offer more of these groups at Keyano. So thank you so much and if you have any questions, I'll be around I'll be there at the end and I'll leave it to Linnea

Linnea Vendittelli 36:49

Hi everyone. I'm Linnea Vendittelli and I am the Mental Health Education Coordinator at Red Deer College. I've been in the position for about four years now and we started with offering the Primary Care Network programs in 2018. So currently we only offer

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Happiness Basics

37:10

and Anxiety To Calm. But we really are looking forward to some of the training opportunities this summer, as we're really interested in offering more facilitator training to various departments on campus, so working within the Counseling Center. Our goal is really to collaborate and work with various other departments and student support services within the college. So that being said, we're looking at also expanding the courses we would like to offer Happiness Basics as well as Relationships In Motion for now. So that being said, I have reached out to interview deans in various faculties so we have some education instructors and some kinesiology instructors, psychology instructors at nursing, social work and so forth, just so that we have an opportunity to collaborate. And with the programs and the different links of each program, sometimes we don't have capacity in our roles to be able to offer programs all the time and so hopefully with having so many different individuals trained to facilitate we will be able to offer at least one session per semester of each program. That's the goal. So we'll see how that is moving forward. But I can see they end with a positive outcome with that I'm really looking forward to it. So in terms of Alberta Happiness Basics which is one of the courses that we teach we have taught both the four weeks and the seven week program at Red Deer College. All right.

What we have noticed is that with the seven week program, we have a lot of students start off but they start to dwindle out. So maybe we have 12 students who start the program and only 2 that finish. Whereas with the four week program it's fairly consistent and we have all the individuals who start and finish. So that being said, before we get something words and so we're also really looking forward to doing some of the other programs and how they will be shortened in length, just because it seems to make it more accessible for students, just with their heavy workload and so forth. We can see I have these lovely images on the screen and what's really neat is we've actually worked with marketing and communications department on campus to create these slides for us. So in terms of promotion and awareness of the program we do have a LCD screens throughout campus So just some screens that rotate to various events and it shows that they are occurring. We have an internal newsletter that is sent to all faculty and staff who work at Red Deer College and wo we made sure to post it in there. We have it on the RDC events calendar, the counseling services event calendar, as well as emailing various stakeholders in the community, as well as in other service departments in the college, just To get the word out. We are similar to our previous two speakers, and most of our students will self-refer themselves to the program. That being said, we have our counselors as well as our intake people that will recommend the program if they think that it will be beneficial for the students. So,

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that's another great resource.

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The other program that we offer is Anxiety

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To Calm.

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We have only run this program once and it was in 2018 so it was

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in person.

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I don't have as much experience as I do with offering Happiness Basics which we've run both in person as well as online. And just in general, what we've been noticing with in person training versus online training is that it does in the online meeting does increase accessibility for students. We do you have a high proportion of mature students at RDC and sometimes it can be difficult to get child care or things like transportation or whatever the case may be. So it's really helpful for students to have that online opportunity as well. Of course some of the feedback is the only thing that would make this course better is if it was in person. However, I think moving forward assuming that COVID doesn't last forever, we will continue to do in person as well as online. So that's just part of our goal to increase accessibility for all students regardless of kind of what they're like or what roles they have in their life.

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We also promote

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and on social media so usually on Facebook or Instagram. We have a lot of People who use the link that is located in our bio on Instagram to register for the courses so I often get, I often promote the programs and then I'll receive some direct messages from students regarding more information or how they can register and things like that, so it's fairly, I find that our inboxes fairly

43:01

populated

43:03

not just with

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Primary Care Network courses, but like all the trainings that we offer In terms of like, how to access them, and so forth, so, really great place to raise that awareness or promote the program. And then I guess I'll just end with some of the positive

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reviews that we've

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experienced or that we received from students. So we have had various students who felt really lonely going into the programs. And have found that they've been able to connect with other students who may be experiencing similar emotions. or similar lifestyles right now. Especially with the pandemic and so forth. So what I found is that some of our students will end up making connections within the

program and those connections will continue. Inside the program and just going forward which I find really positive and just an addition, a small benefit

44:05

to the course.

44:08

Anyways,

44:08

so that's kind of what I have. So I will pass it back to I guess the Q&A is our next

44:17

slide here.

Melodie Esau 44:21

Great, thanks. Thank you, Julia, Shawna, and Natalie and Linnea. For those presentations, I think it's really fascinating to see how each campus is promoting and approaching these workshops and offering them on their campuses and just the variety of ways and engaging different areas of campus in that and hope that that's given you some ideas as well on how you could potentially utilize these workshops on your campus. So we have a couple of minutes now for some Q&A. If you have any questions, we invite you to type those in the chat box and maybe I'll just start with Julia. I know we had one question already in the chat box about how to sign up for the facilitator training, and if you don't mind just maybe clarifying the process. I know we have an application form that we'll be sending out in the follow-up email. But do you want to just explain that process for us.

Julia Vallance 45:26

Sure. Thank you. So what we do is if you can just actually fill out with the referral form that will be up on the Healthy Campus Alberta website and submit it back to us at programsharing@rdpcn.com. That's all there is in the paperwork and just let us know a little bit about yourself and who you are, who you are and where you come from. We will definitely get you enrolled into our programs. We do have some of our training is probably going to be closing or is already sold out. But we will be offering more opportunities in the fall. So even if you see something you're interested in, but you can't take the training right now, please reach out to us through that programsharing@rdpcn.com as we will be updating more training opportunities throughout this next year and beyond.

Melodie Esau 46:26

Great, thanks, Julia. And then just an additional question here on just clarifying again, going over qualifications, who is recommended to be taking this training.

46:40

We recommend that it's a health care professional like some sort. So with that being said, for most of our programs, you can be a mental health counselor for example a registered psychologist or a masters of Social Work. We do have

46:57

also

47:00

Registered Nurses, kinesiologist RACC therapists, pharmacists as well that run a lot of our programs or often we co-facilitate. We'll have one mental health counselor plus another health care provider. We You have LPNs that have been trained in a lot of the areas as well and

47:19

registered social workers as well. So

47:22

we're here. Are you open to the possibilities of people taking the training and providing the programming? And if I have any questions about the training that you have, I will just reach out to you in a phone call and just discuss whether or not we think that you would be a fit, but we're really trying to promote our programs. We're trying to expand this class as much as possible to make it accessible to all.

Melodie Esau 47:52

Great, thanks, Julia. And we have another question here. Do you think groups have a requirement in terms of number of facilitators per group?

Julia Vallance 48:02

Typically, we will have two facilitators run groups, but in some cases, if the groups are small and or there's difficulty accessing, maybe you just don't have the resources to run with two facilitators, then you can run it singly. Definitely preferred would be to but you know, it has been done in other places and in different areas successfully with just a single facilitator.

Melodie Esau 48:34

Great, thanks, Julia. I'll just give another minute. If anybody has any additional questions

Shawna Bava 48:42

and Melodie if I can add

48:44

just to that question,

48:46

I definitely agree with you Julia. I think I would add that you know, it's much easier from my perspective to have a single facilitator and Happiness Basics is big as of the content of the course. And I think the other consideration with respect to facilitation is the platform that you might be using online. We've definitely had success in running groups online because they're so interactive, you know. While most days it's okay to have one, facilitate, for some of the groups like on day one, when folks are new and

coming in and might be late arriving, those sorts of considerations would be ones I would offer in terms of how to best structure the group. But something like Anxiety To Calm or Relationships In Motion might benefit

49:34

From multiple facilitators.

49:36

Yeah, facilitators more so and what we've done is as we've had new facilitators join, we've often co-facilitated just until the new facilitator is comfortable.

Melodie Esau 49:54

That's great. Thanks, Shawna for adding that. So another question, can we access coaching manuals in advance to determine content and who might be most interested in facilitating each group?

Julia Vallance 50:10

Yeah, we can definitely arrange for that Sandra. If you want to reach out to me directly, I'll pop my email into the chat. And if you just want to reach out to me, I can definitely get back to you.

Melodie Esau 50:31

Great, thanks Julia.

Melodie Esau 50:42

All right, and I'll just maybe give a couple more seconds here if there's any additional questions and give one additional moment for any of our campus presenters, if there's anything that you wanted to add.

51:02

I'd like to add one more thing if that would be alright. If you aren't, okay great you but if you aren't interested in facilitating our programs, but you would like to share the resources that are available within your community. Many of the PCNs in Alberta are running these groups. And so I would really encourage you to look on albertafindadoctor.ca - that is a website where you can look up which workshops are in your area and anyone is able to access in Alberta and you can find the area. And I'll post that in the chat as well.

Melodie Esau 51:50

Great thanks Julia.

Melodie Esau 51:57

Right as we wrap up, I just again want to thank our presenters for being here this afternoon and sharing not only about the content of these programs, but some ideas on how they're being run and some of the success that's being found. There is a great opportunity, I think, for our Community of Practice in adding some tools into toolboxes in supporting students on our campuses. As we wrap up, I just invite you to oh, thanks Jen, for putting the link in there, I was trying to find I was trying to find the link to

complete the evaluation survey for this webinar. We always appreciate your feedback and knowing how we can make future webinars better. Also a reminder that we have one more webinar coming up this month, the Follow-up Workshop, Getting Started With The National Standard On Your Campus. That webinar will not be recorded because it's more discussion workshop based. So if you want to register for that, registration is open right up until the actual event and you can visit our webinar page.

53:15

for that.

Melodie Esau 53:17

Also just a reminder that the 2021 Wellness Summit is coming up in June under the theme Telling Our Stories Processes Of Reflection And Growth and we're really excited about opportunities to connect with the community that will be happening over those three days. Registration is open until June 7 and I encourage you to visit that link and register for the Summit as well. And then lastly, as a Community of Practice that's made up of stakeholders including students, staff, faculty, community, and others across the province your voice is key in shaping HCA and to ensure future events are meaningful to the entire community. So we have The Community Impact Survey that has just opened on our website and invite you to take a couple minutes, it takes about maybe 5-10 minutes to complete that, to give us some feedback on HCA. And that's my last slide. So thanks everyone for joining us this afternoon. We will be sending The recording as well as that referral form. And I'll include the information on the classes as well in an email probably tomorrow and that will also be up on the HCA website. So thank you again. Have a great afternoon.