



Mental health resources for patients, survivors, and their families: Presentation to the Pediatric Oncology Group of Ontario

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Region and South Simcoe



Agenda

1. BounceBack for teens

- Available by direct referral (including self referral) for teens 15-17 in Ontario

2. Ontario Structured Psychotherapy

- Available to 18+
- Includes fast access (e.g., BounceBack) AND individual and group psychotherapy

 **BounceBack**®
reclaim your health

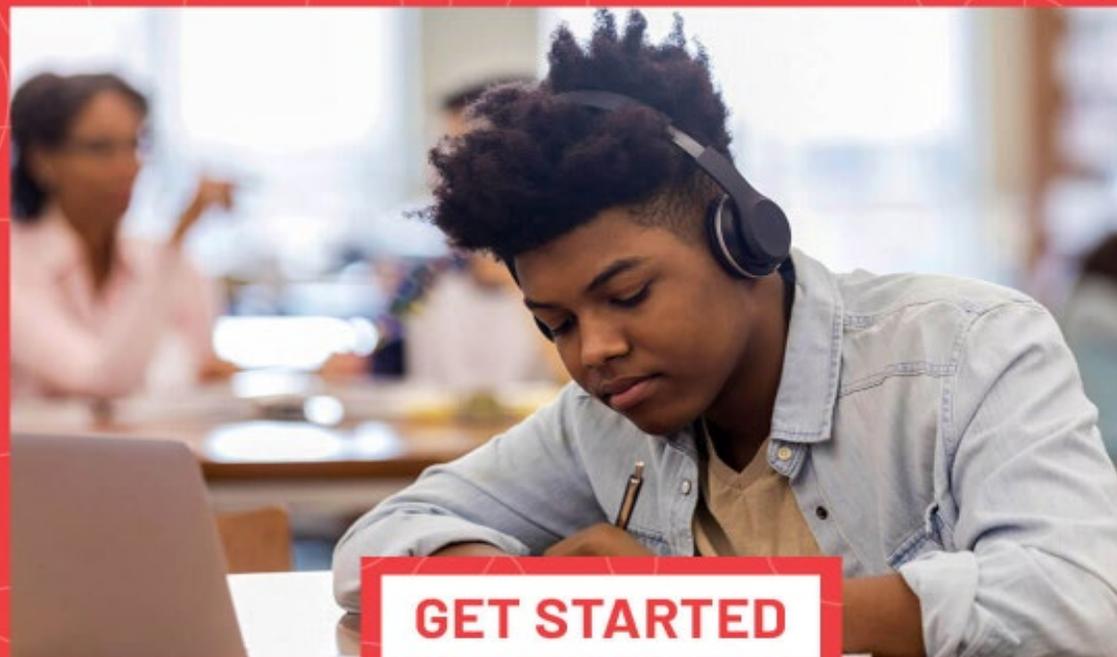
BounceBack for Teens



Canadian Mental
Health Association
York and South Simcoe
Mental health for all

TEENS 15-17

Looking for free and confidential
mental health support?



GET STARTED

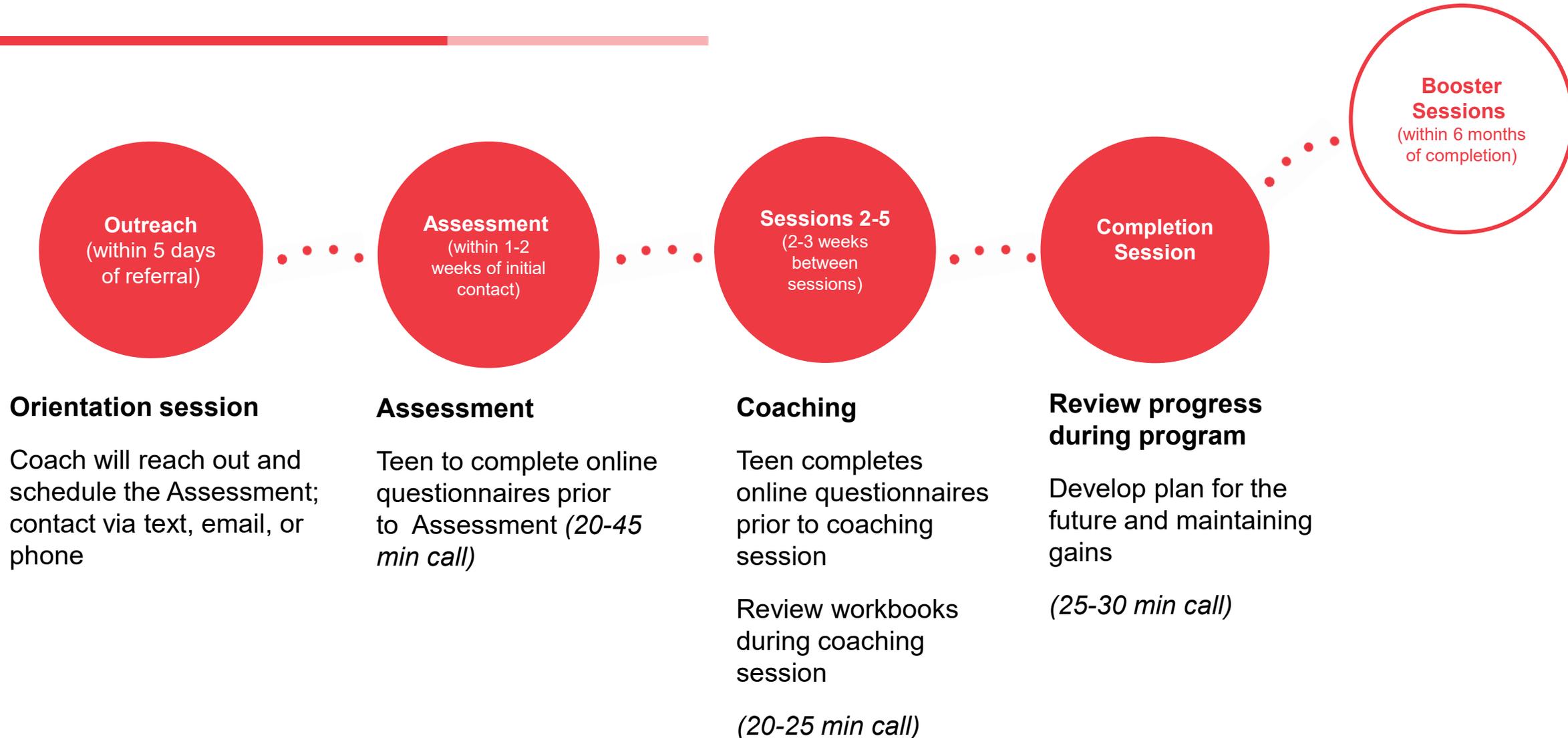
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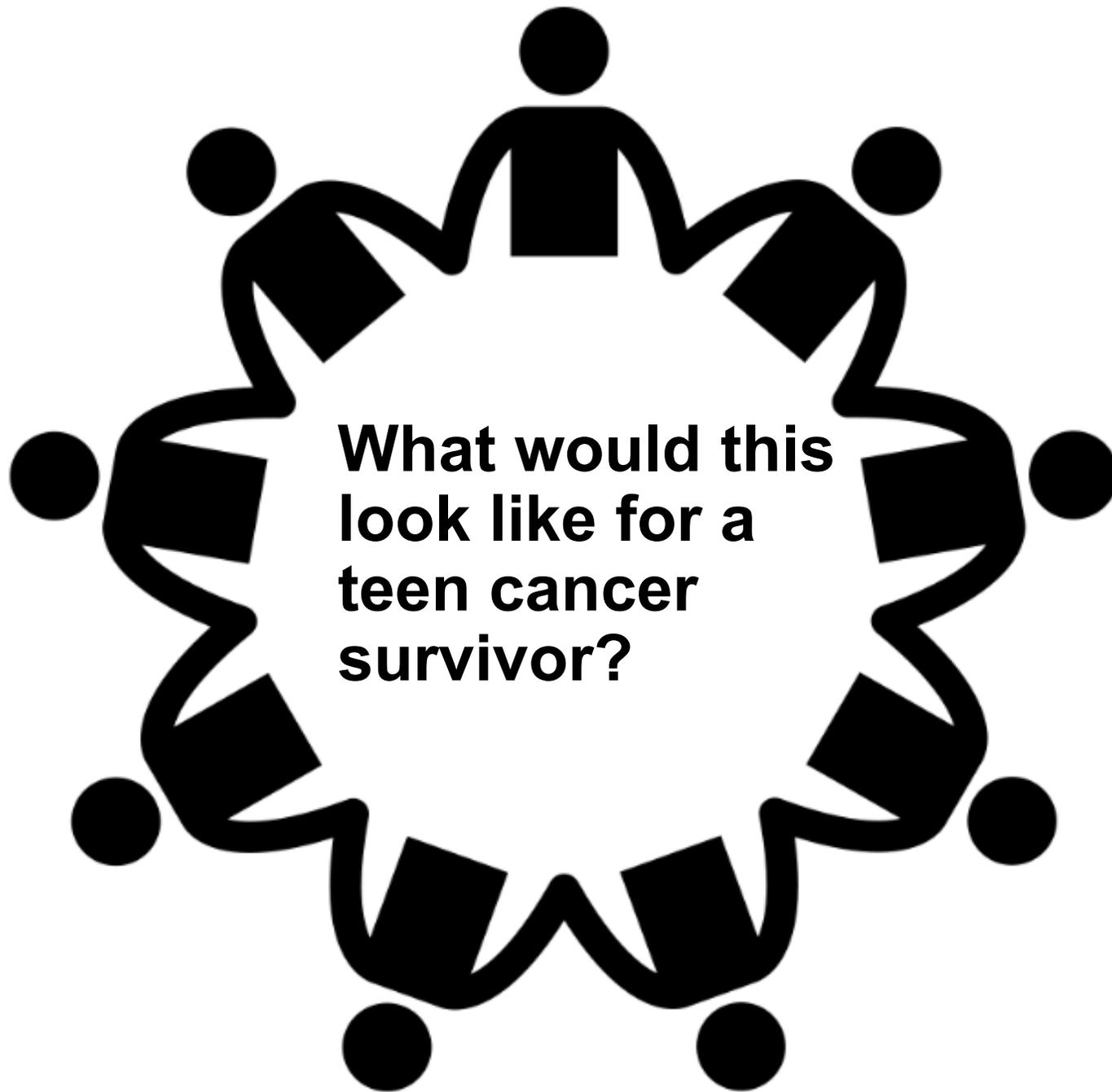


What is BounceBack?

- Free and confidential program for individuals over the age of 15
- Coach-guided, self-directed program:
 - A friendly mental health coach guides teens through Cognitive Behavioural Therapy (CBT) based workbooks over the phone.
- Parents can help with any aspect of the program but teens need to be an active part of the process (and the primary contact)
- Options for communication back to primary care OR other health provider
 - BounceBack can complement other services and be part of your circle of care for a patient

BounceBack Teen Journey





Teen story – Karthika

- Karthika is a 16-year-old cancer survivor who has been doing well post thyroid surgery. She is struggling with negative thoughts and self-esteem, coping with changes in her lifestyle and energy levels, and feeling like she can't get back to "normal."



Reclaim Your Life: Overview

- Intended for people who are living with significant health problems, broadly defined
- Helps participant to make changes to thinking patterns and behaviours to feel better and improve functioning/coping
 - “Separate who you are from what you’ve got”
 - “Reduce the amount of your life that is taken up by the illness”
- Create a plan to reclaim your life
- Additional booklets geared toward teens





Topics include:

1. The power of sleep
2. Doing stuff – but not too much
3. Enjoying things again
4. Ignoring your illness
5. Facing your fears
6. Ending investigations
7. Ruts and routines
8. Re-connecting with people
9. Helping your helpers

9
workbooks

**WRITE
ALL OVER
YOUR
BATHROOM
MIRROR**

AND 14 OTHER WAYS TO
GET THE MOST OUT OF
THESE BOOKLETS

By Dr. Chris Williams

 Canadian Mental Health Association
Member Since 1911

**LIVING LIFE
TO THE FULL**

**WHY DO
I FEEL
SO BAD?**

By Dr. Chris Williams

 Canadian Mental Health Association
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**LIVING LIFE
TO THE FULL**

**I CAN'T BE
BOTHERED
DOING
ANYTHING**

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TO THE FULL**

**WHY DOES
EVERYTHING
ALWAYS
GO WRONG?**

AND OTHER BAD THOUGHTS
YOU CAN BEAT

By Dr. Chris Williams

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**LIVING LIFE
TO THE FULL**

**I'M NOT
GOOD
ENOUGH**

HOW TO OVERCOME
LOW CONFIDENCE

By Dr. Chris Williams

 Canadian Mental Health Association
Member Since 1911

**LIVING LIFE
TO THE FULL**

**HOW TO FIX
ALMOST
EVERYTHING**

IN JUST 4 STEPS

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**LIVING LIFE
TO THE FULL**

**THE
THINGS
YOU DO
THAT MESS
YOU UP**

AND HOW TO STOP
DOING THEM

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**LIVING LIFE
TO THE FULL**

**1, 2, 3
BREATHE**

TAKING CHARGE OF ANGER
AND IRRITABILITY

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**LIVING LIFE
TO THE FULL**

**10 THINGS
YOU CAN
DO TO FEEL
HAPPIER
STRAIGHT
AWAY**

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**LIVING LIFE
TO THE FULL**

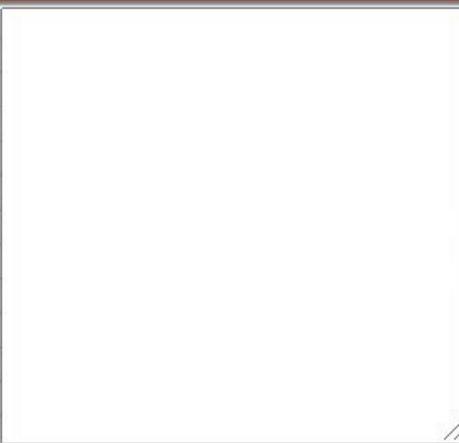
1 2 3 Breathe

1 2 3 Breathe!

My buttons

Write down the things that make you lose your temper or get irritable.

What gets me going?



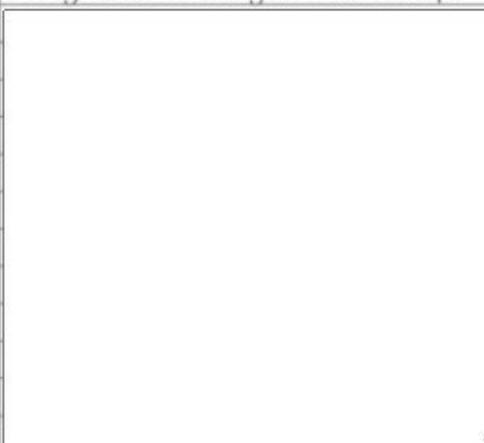
1. Know your buttons

1 2 3 Breathe!

My early warning system

Write down all the things you think and feel, just before you lose it.

Feeling hot or breathing hard for example



2. Know your early warning signs
(physiological symptoms, e.g.,
tension)

1 2 3 Breathe!

MORE ESCAPE HATCHES

Smile

When your face or fists are tensing up, make yourself smile and feel the aggravation go away. Don't just bare your teeth, give out a proper big smile that lights up your face. Others will notice, and things will calm down.

Say "You might be right about that"

This works best when you really disagree with someone. Instead of arguing and getting angry, just say "You might be right about that". You don't have to mean it, it's an escape hatch. Often, the other person will be so surprised that all the tension will drain away.

3. Use the escape hatch
(react vs. respond, e.g., count to
10, breath, smile, etc.)

1, 2, 3 BREATHE

TAKING CHARGE OF ANGER
AND IRRITABILITY

By Dr. Chris Williams



LIVING LIFE
TO THE FULL

The Things You Do That Mess You Up

THINGS YOU DO THAT MESS YOU UP		CHECKLIST SIDE 1
ARE YOU		
Drinking too much	To improve how you feel— or improve how you sleep	<input type="checkbox"/>
Eating for comfort	It's called 'comfort eating'	<input type="checkbox"/>
Spending too much	It's called 'retail therapy'	<input type="checkbox"/>
Taking risks	You can cause yourself real damage	<input type="checkbox"/>
Self-harming	It doesn't help for long	<input type="checkbox"/>
Being clingy	It pushes people away	<input type="checkbox"/>
Lashing out at people	It can leave you feeling so alone	<input type="checkbox"/>
Bullying	It's not really strong	<input type="checkbox"/>
Shoplifting	It's not too exciting getting a criminal record	<input type="checkbox"/>
Hiding away	Spirals down so you lose more and more confidence	<input type="checkbox"/>

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THE THINGS YOU DO THAT MESS YOU UP		
WRITE YOUR UNHELPFUL BEHAVIOUR HERE	WRITE HOW YOU'LL IMPROVE IT HERE	WRITE WHERE YOU WANT TO AIM FOR HERE

THINGS YOU DO THAT HELP		CHECKLIST SIDE 1
ARE YOU		
Eating regularly and healthily	Taking time to enjoy the food	<input type="checkbox"/>
Giving yourself time to sleep	It's a good start to any day	<input type="checkbox"/>
Keeping up with routine things	Chores, homework, sports or crafts	<input type="checkbox"/>
Doing things with other people	Spending times with family and friends, online or by phone	<input type="checkbox"/>
Doing things that give you a boost	Hobbies, listening to music, having a nice bath, things that give you pleasure	<input type="checkbox"/>
Sharing problems with trusted friends and family	It can really help	<input type="checkbox"/>
Finding out more about how you feel	For example, attending a self-help group	<input type="checkbox"/>
Letting upsetting thoughts just be	Stopping, thinking and reflecting on things	<input type="checkbox"/>

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THE THINGS YOU DO THAT HELP		
WHAT DID YOU STOP DOING?	WHAT COULD YOU DO MORE OF?	WHERE WOULD YOU LIKE TO BE?

I'm Not Good Enough

- Change your narrative

DON'T THINK THIS...

I can't do it
I'm not good looking
I'm boring
People don't like me
I'm not good at things
I mess everything up

THINK THIS

I can do it because I did
(something from your list)

I look just fine

I'm interesting, I know about
(something from your list)

Some people like me

I have strengths and
weaknesses like everyone
does

I'm good at
(something
from your list)

So you know how
to change how you
think.
What's next?

- How do you present to others? What do you wear? How you stand? What you say and how you say it?

DO THIS

Try to speak a little louder
and clearer

Slow down and pause
while speaking

Sit up straight, shoulders back

Walk tall, lift your chin up

Make eye contact with
others as much as possible
and smile

Ask questions to get
conversations going

Planner & Review Sheet

- Teen will create a plan for what they aim to do over the next couple of weeks (with support of the coach).
- They can use the review sheet to reflect on what went well, and what didn't go so well.

Don't just sit there, make a plan!

Planner Sheet

date
10/24/2023

1. What am I going to do?
Read "Why Do I Feel So Bad" and go for walks

2. When am I going to do it?
WB: Saturday + Sunday mornings for 15-minutes
Walks: after school for 30-minutes

3. What problems or difficulties could arise, and how can I overcome them?
Problems: I forget, I'm feeling lazy, I have school work
Solutions: read for 5-mins instead of 15, put reminders on my phone

Is my planned task—

Q. Useful for understanding myself better?	yes <input checked="" type="checkbox"/>	no <input type="checkbox"/>
Q. Specific, so that I will know when I have done it?	yes <input checked="" type="checkbox"/>	no <input type="checkbox"/>
Q. Realistic, practical and achievable?	yes <input checked="" type="checkbox"/>	no <input type="checkbox"/>

OK, how did it go?

Review Sheet



What did you plan to do? Write it here

Did you try to do it? yes no

If yes:

1. What went well?
2. What didn't go so well?
3. What have you learned from what happened?
4. How are you going to apply what you have learned?

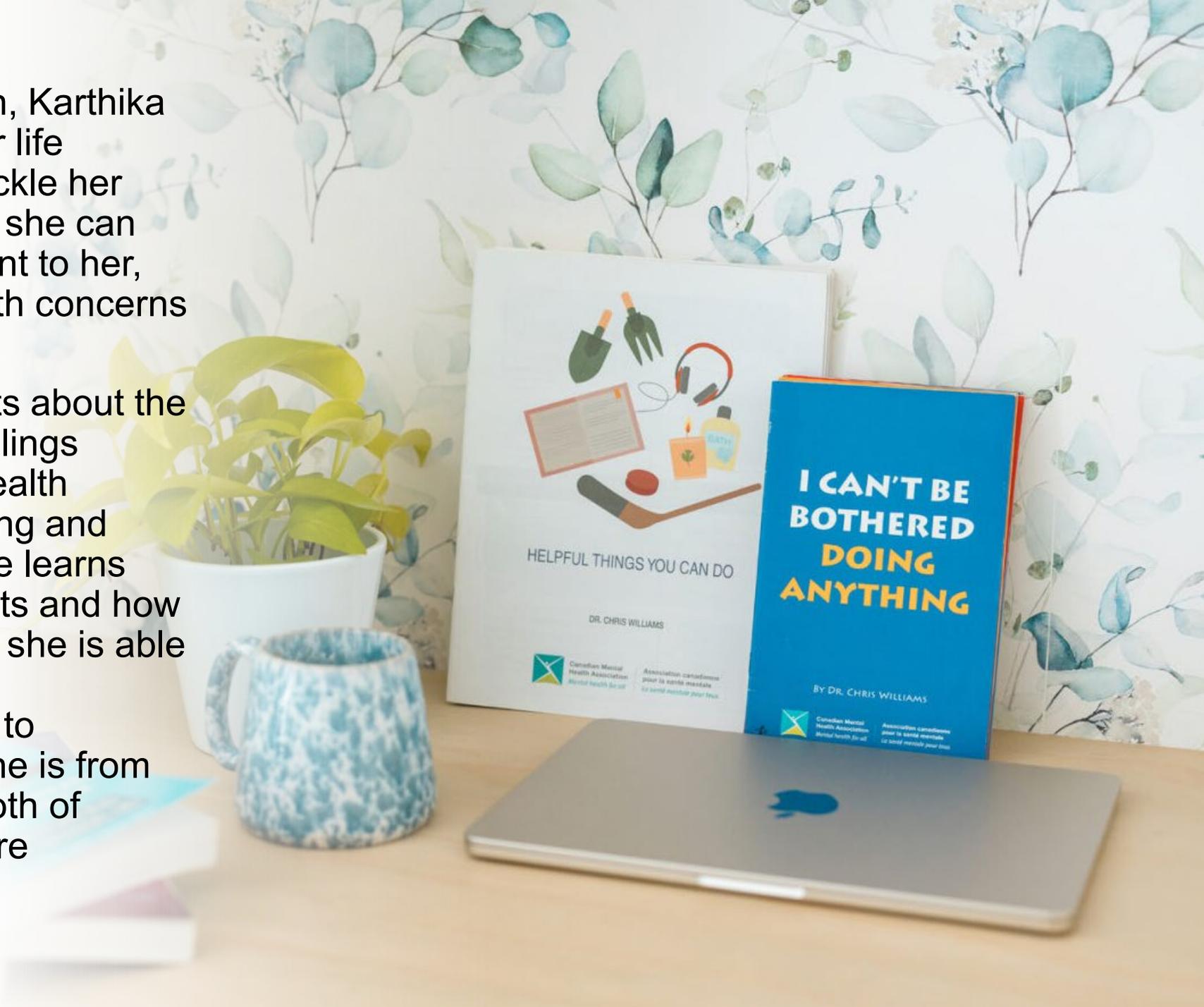
If no: what stopped you?

Internal things
(forgot, not enough time, put it off, didn't think i could do it, couldn't see the point etc.).

External things (other people, work or home issues etc.)

How could you have planned to tackle these things?

- Through support from her coach, Karthika learns how to take control of her life by learning new strategies to tackle her problems, assert herself so that she can focus on things that are important to her, and cope with her ongoing health concerns and other stressors.
- Karthika learns how her thoughts about the world around her impact her feelings and how she responds to her health issues. With her coach supporting and motivating her at every step, she learns how to identify unhelpful thoughts and how to challenge them. Through this she is able to positively influence her mood and behaviours, as well as how to separate her thoughts of who she is from the health concerns she has. Both of these things help her to feel more in control.





- She learns how to make structured plans so she can engage in things that she was putting off or wanted to do for herself, while being mindful of her energy levels. Karthika learns how to pace herself, and how to set specific goals based on what she can do now, while being prepared to stop or rest if necessary. An accomplishment she is particularly proud of is getting back into school band. Through work with her coach, she is able to discover new pieces of music she enjoys and feels a sense of achievement.
- Karthika learns how to tackle problems and manage stressors as they arise without feeling overwhelmed or undermining her confidence to persevere. By using practical problem-solving and assertiveness skills gained in the program, Karthika is able to confidently approach a problem with a friend group and come to a positive resolution without feeling unable to do so or discouraged.



BounceBack for cancer survivors

- Found that BounceBack® participants (N=44) from the After Cancer Treatment Transition Clinic at Women's College demonstrated significant improvements in depression, anxiety, and fear of recurrence (FOR) post-treatment; no worsening 12 months post-treatment
- Participants were satisfied with the BounceBack® intervention and found it useful

BounceBack evaluation in Ontario, published in Behavior Therapy Journal



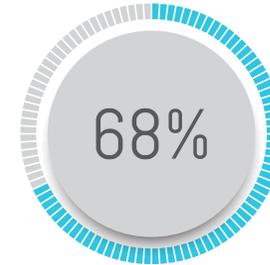
Anxiety

Significant improvements



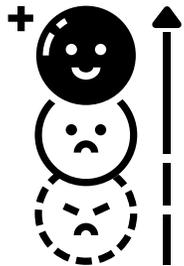
Functioning

Significant improvements



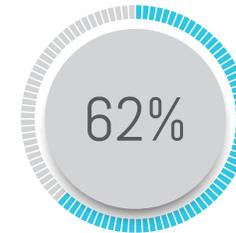
Recovery rate

Participants with clinical levels of depression or anxiety who moved into recovery



Depression

Significant improvements



Reliable Improvement

Participants who reported a clinically significant reduction depression or anxiety scores

13,233 participants enrolled

Community Partnerships

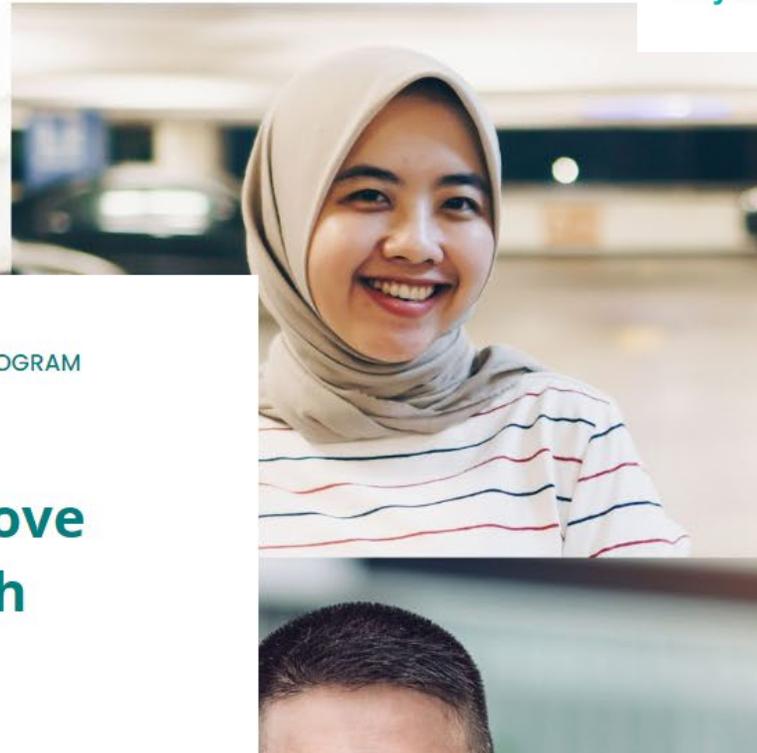


Ontario Structured Psychotherapy Program (OSP)

Ontario
Structured
Psychotherapy



Canadian Mental
Health Association
Mental health for all



ONTARIO STRUCTURED PSYCHOTHERAPY PROGRAM

**Learn skills and
strategies to improve
your mental health**

[Get Started Today](#)

What is OSP?

OSP is a **free, fast access**, publicly funded program for people experiencing anxiety, depression or other anxiety-related conditions (e.g. Post-traumatic stress)



Access is **centralized**



The **stepped-care model** incorporates a range of services to meet clients' needs, allows step-up as needed



Services are **evidence and measurement-based**



Programs are **fast access** with minimal wait times



Assessment and treatment services are **standardized** and **accessible**

May 2022 to May 2024...

3843

Clients assessed



3603

Clients enrolled



8140

Psychotherapy sessions in
High intensity



OSP Eligibility Criteria

✓ Adults (18+)

- Do not need an OHIP card
- Do not need to have a primary care provider

✓ Living in Ontario

- Do not need to be a Canadian citizen
- Includes international students residing in Ontario at time of treatment

✓ **A primary concern** of depression, anxiety or an anxiety-related condition

✓ **Able to actively engage** in CBT (e.g., stabilized and motivated)

Eligibility Criteria

OSP does **not** have programs that focus on:



Symptoms
of mania or
psychosis



Emotional
dysregulation



Substance
use



Disordered
Eating

Fast-Access Services: BounceBack, CAB, and iCBT

BounceBack

- Adults (18+) can submit a self-referral directly to **osp-cmha.ca** to access all OSP services, including BounceBack
- Youth (ages 15-17) can submit a referral directly to **BounceBackOntario.ca**

Clinician-Assisted Bibliotherapy (CAB)

- Clinician-led, phone-based therapy program with a specific focus on depression, generalized anxiety or social anxiety. Program is short-term (6-8 weekly sessions).

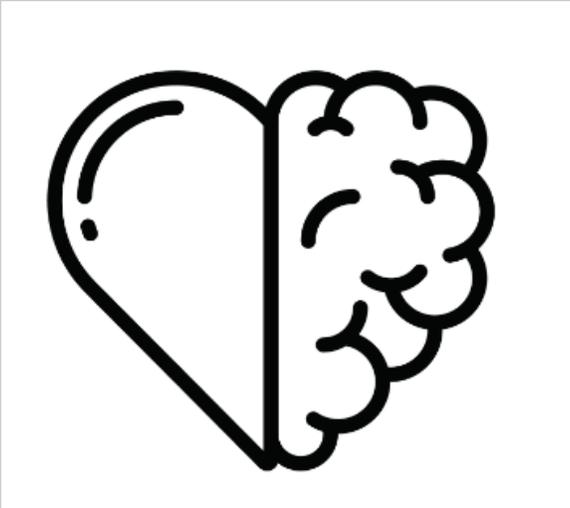
iCBT

- Online/text based. Clients are guided by a clinician to work through modules, complete readings and exercises, and learn coping and resilience skills.



Psychotherapy – Short-term Individual and Group* CBT

Currently Offering:



Depression and low mood

Generalized anxiety and worry

Posttraumatic stress

Obsessive-compulsive concerns

Unexpected panic attacks and agoraphobic fears

Specific fears

Health anxiety

Social anxiety and performance fears

*Not all areas offered as groups at the present time

Languages

- Free interpretation services available for all programs offered under OSP
 - BounceBack Workbooks available in 6+ languages (English, French, Arabic, Farsi, Traditional Chinese and Spanish, Simplified Chinese, Punjabi & Tamil). Coaching available in 12 languages (English, French, Cantonese, Farsi, Mandarin, Portuguese, Punjabi, Spanish, Tamil, Ukranian, Russian and Urdu)
 - Clinician Assisted Bibliotherapy: Interpretation services available; Matching is available with clinicians who speak additional languages whenever possible (for example: Punjabi, Hindi, Urdu, Gujrati and Cantonese)
 - Individual/Group psychotherapy and iCBT: English, French



Reducing Barriers for Priority Populations

French Language Services

Referral option for clients to transfer to networks that offer services in French. Marketing materials are available in French.



Indigenous Pathway

Co-development of a culturally-adapted pathway with the guiding principle of moving Indigenous Health into Indigenous Hands.



To Find Your Local Network Enter Your Postal Code

<https://bouncebackontario.ca/bounceback-coaching/>

Please enter your postal code to see which Network Lead Organization coordinates OSP services in your area. If your postal code is not available in our database, you will be directed to the [Ontario Health](#) website.

Postal Code [→ Find](#)

How to Refer

OSP Network	Who Can Refer	Link to Online Referral
CAMH	<ul style="list-style-type: none">• Self-referral• Health care provider	www.camh.ca
CarePoint Health (OSP-BHM)	<ul style="list-style-type: none">• Self-referral• Health care provider	www.carepointhealth.ca
CMHA York Region & South Simcoe (CMHA OSP)	<ul style="list-style-type: none">• Self-referral• Primary care provider	www.osp-cmha.ca
Waypoint Centre for Mental Health Care	<ul style="list-style-type: none">• Self-referral• Health care provider	www.waypointcentre.ca

How to Refer

OSP Network	Who Can Refer	Link to Online Referral
Ontario Shores	<ul style="list-style-type: none">• Self-referral• Health care provider	https://www.ontarioshores.ca/services/ontario-structured-psychotherapy-program
Health Sciences North	<ul style="list-style-type: none">• Self-referral• Health care provider	https://hsnsudbury.ca/en/Services-and-Specialties/Mental-Health-and-Addictions/Ontario-Structured-Psychotherapy-Program
St. Joseph's Health Care Group	<ul style="list-style-type: none">• Self-referral• Health care provider	https://northwestaccesspoint.ca/Application/
OSP West	<ul style="list-style-type: none">• Self-referral• Primary care provider	https://www.ospwest.ca/
The Royal Ottawa	<ul style="list-style-type: none">• Self-referral• Health care provider	https://www.theroyal.ca/osp

What to Expect After a Referral is Made



- 1. Client will be sent some questionnaires.**
Please advise them to check their email!



- 2. Client will be contacted to collect additional information.**
Please advise them to check voicemail and email!



- 3. Client will participate in an assessment.**

Thank you!

Questions?