

A large African elephant is the central focus, walking from left to right across a vast, open savanna landscape. The elephant's skin is a textured, brownish-grey. Perched on its back, near the hump, is a small white egret with a long neck and a sharp beak. The background shows a flat plain of tall grass under a clear, bright sky. The overall scene is peaceful and natural.

Raising Resilient Kids: Something Borrowed, Something New

Dr. Joanna Cheek

Dr. Jane Ryan

Dr. Fiona Petigara

Learning Objectives

- To identify the most effective window of opportunity for investing in child and youth mental health supports
- To review foundational principles in raising resilient kids
- To outline the content and process of the new Raising Resilient Kids (RRK) program
- To describe who and how to refer to RRK

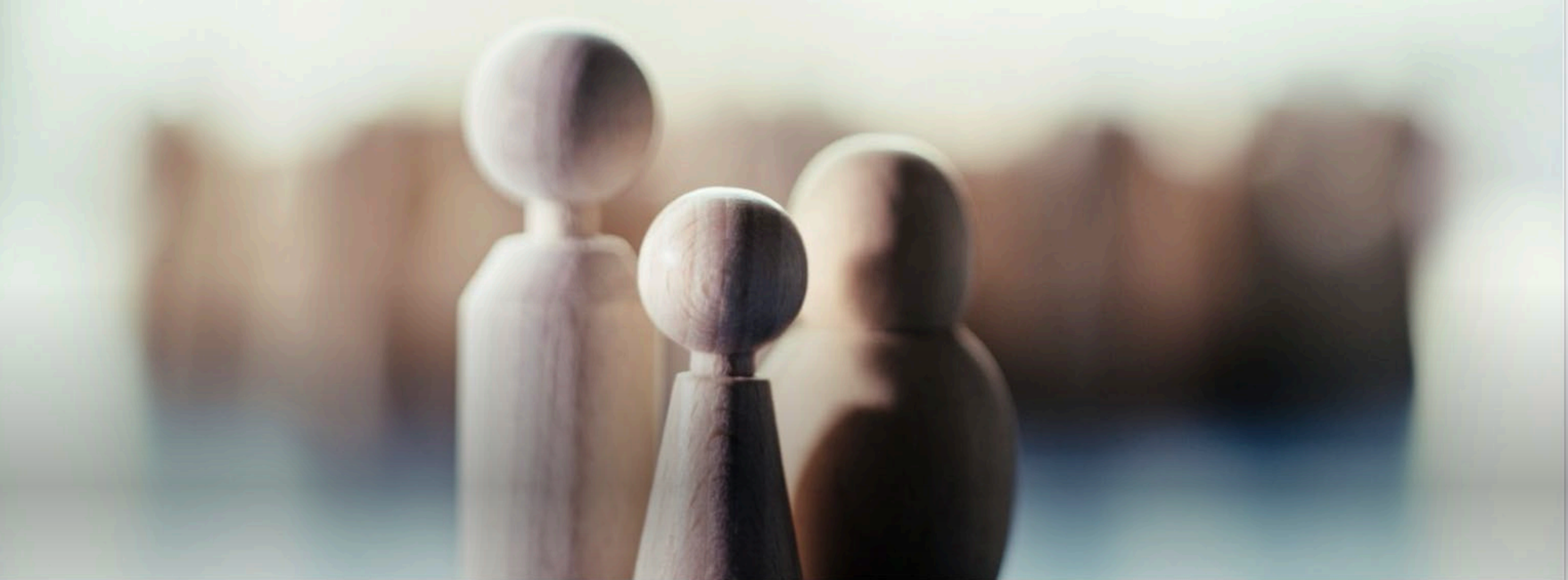
Disclosures



Victoria pilot: Responding to the mental health crisis in primary care

- 80% receive MH care primarily from family physicians
- Private pay for counselling
- Family physician fee structure
- Family physicians not equipped with relevant mental health training



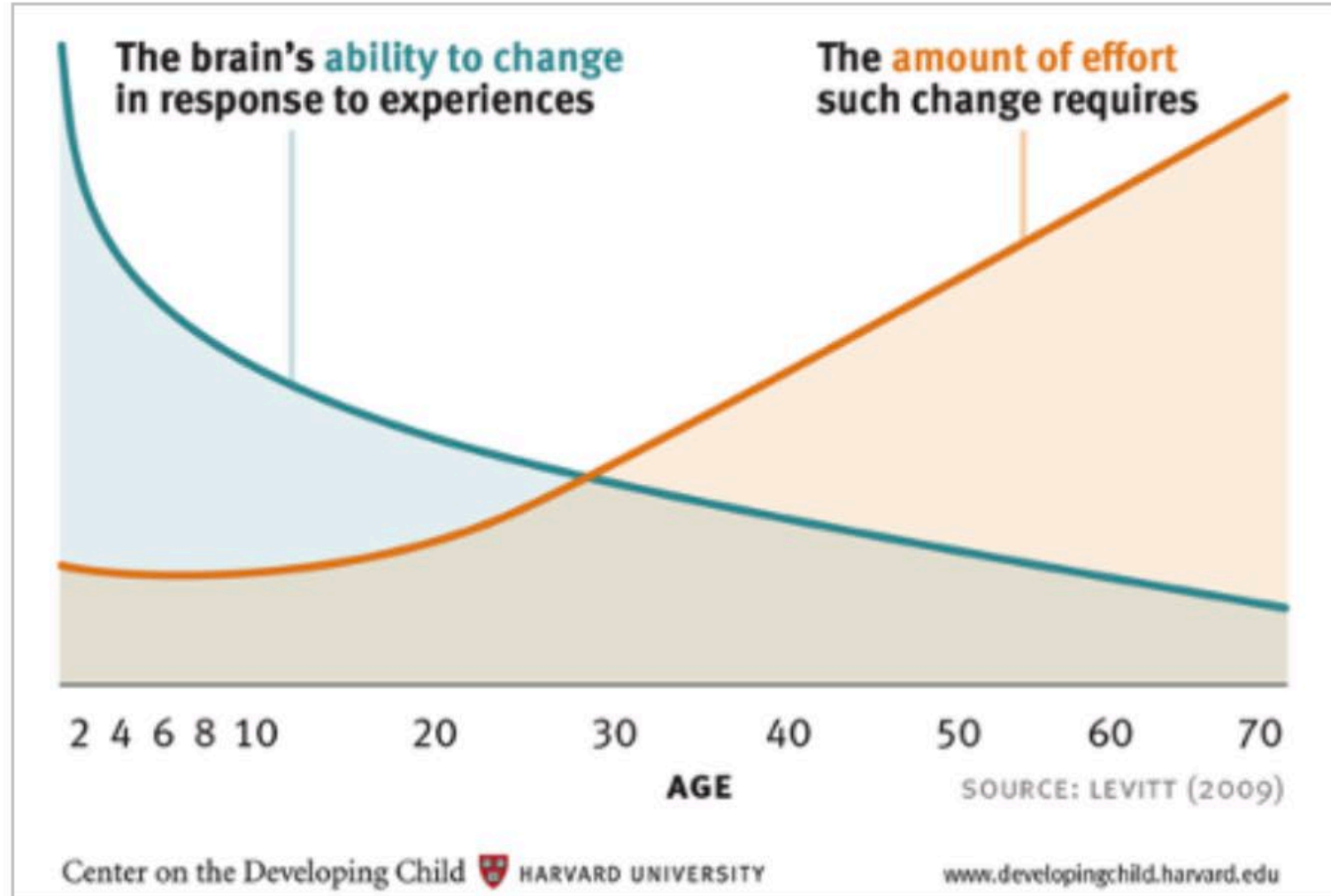


The moral dilemma

Is it better to:

- A) provide inadequate care to many or
- B) appropriate treatment to a few?

The Problem: Mismatch between Opportunity and Investment



Raising Resilient Kids



Parenting is Messy—
Embracing the Good Enough Parent



We All Flip Our Lids—
Managing Big Emotions



Bringing Curiosity and Friendliness
to our Experiences--Mindfulness and
Compassion



We all Have the Same Needs—
Supporting Secure Attachment in our
Kids



Noticing and Responding to
our Parent Alarms



Navigating Rocky Moments
and Repairs



Supporting the Emotional
Climate
of Your Family

PARENTING IS HARD, IMPERFECT, AND MESSY FOR ALL OF US!

- The goal isn't to be a perfect parent, but a 'good enough' one, most of the time.
- Struggle is normal. (*Can we celebrate Disorganization ?*)
- We don't need to prevent the distress and disorganization in our kids and selves, as this is all part of the course of normal, healthy development.

PARENTAL PRESENCE AND CURIOSITY

—THE IMPORTANCE OF SHOWING UP

Stance of
“Being With”



Child Led Play
Invitation

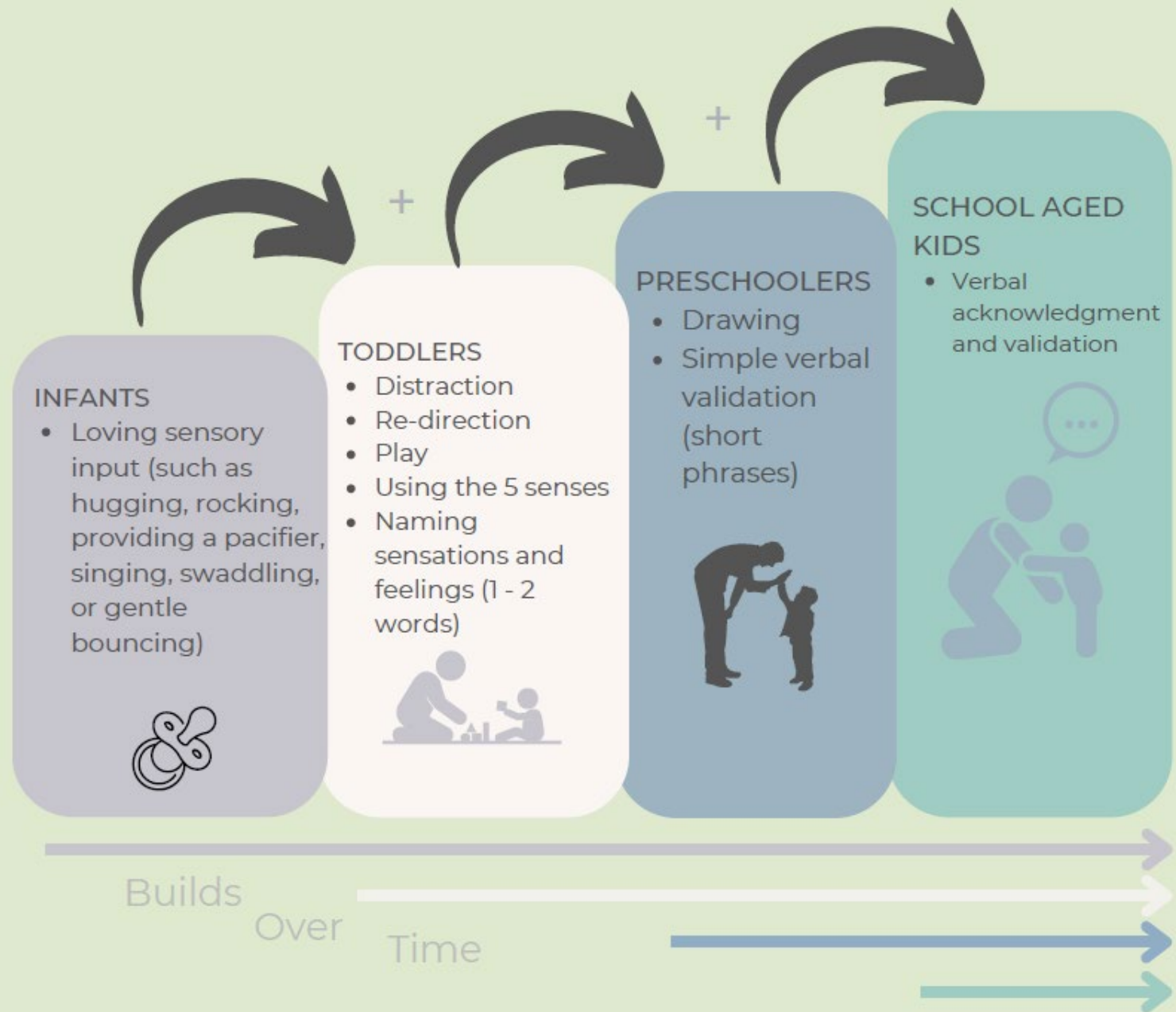


BEHAVIOR IS COMMUNICATION

- Curiosity
- Acceptance of valid underlying needs
- Shaping Behaviour, while nurturing the person

Co-regulation & Self-regulation

Co-regulation at different ages and stages:



THE POWER OF VALIDATION

First Aid Kit:

Instructions for Responding to Our Parent Alarms



1 Notice

- When our parent alarm goes off

2 Tune in to the signal

- *Sense* Is there a particular physical sensation or emotion that alerted you that your parent alarm has gone off
- *Name* whatever signal is present
- *Recognize* the Inner Narrative (the story about yourself or your child)

3 Attend to parental need first

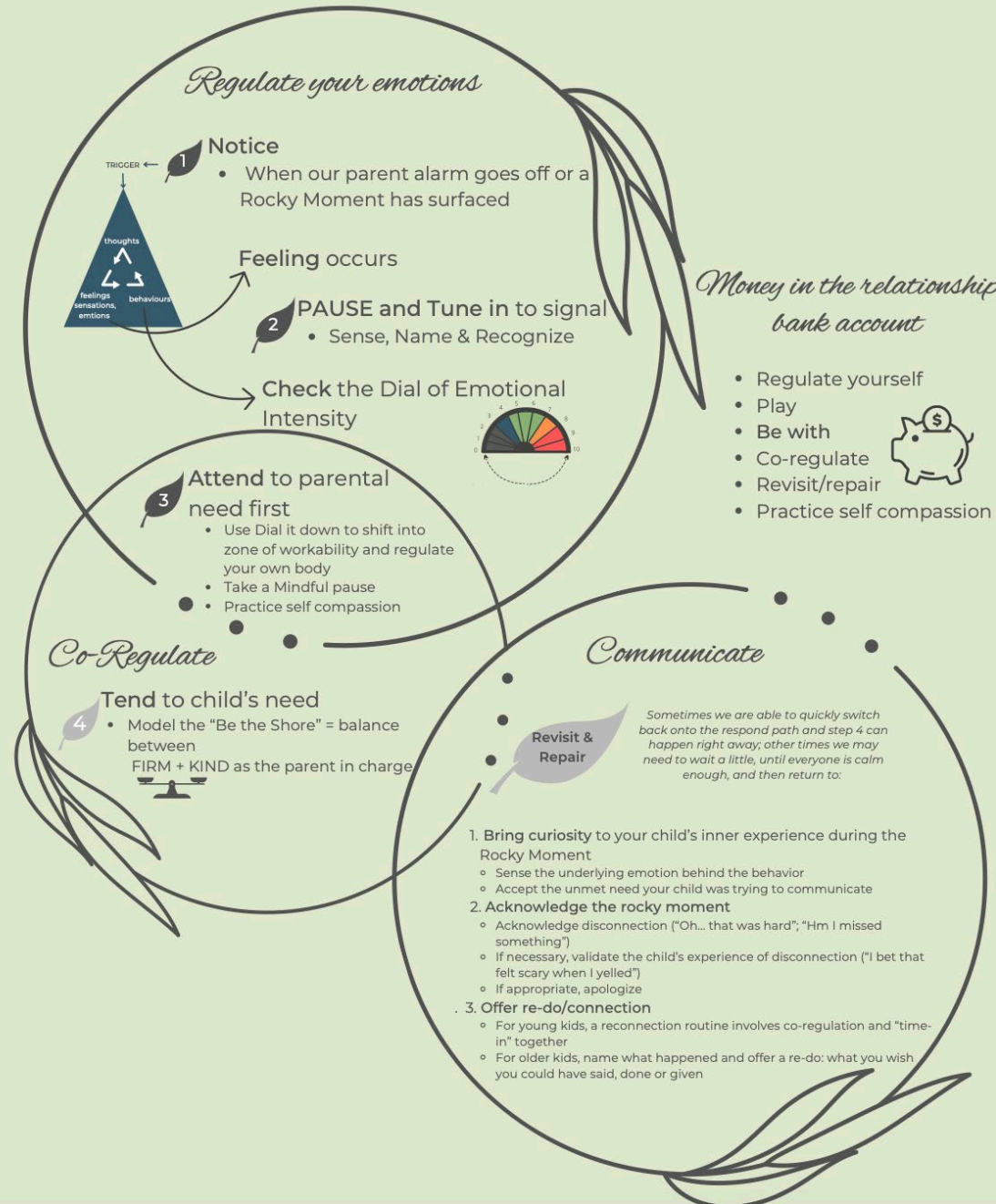
- Take a Mindful pause
- Regain your own emotional balance

4 Tend to child's need

- Model Be the Shore = balance between FIRM + KIND as the parent in charge



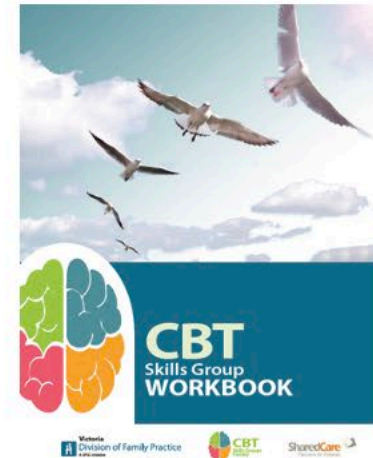
Navigation Map for Raising Resilient Kids





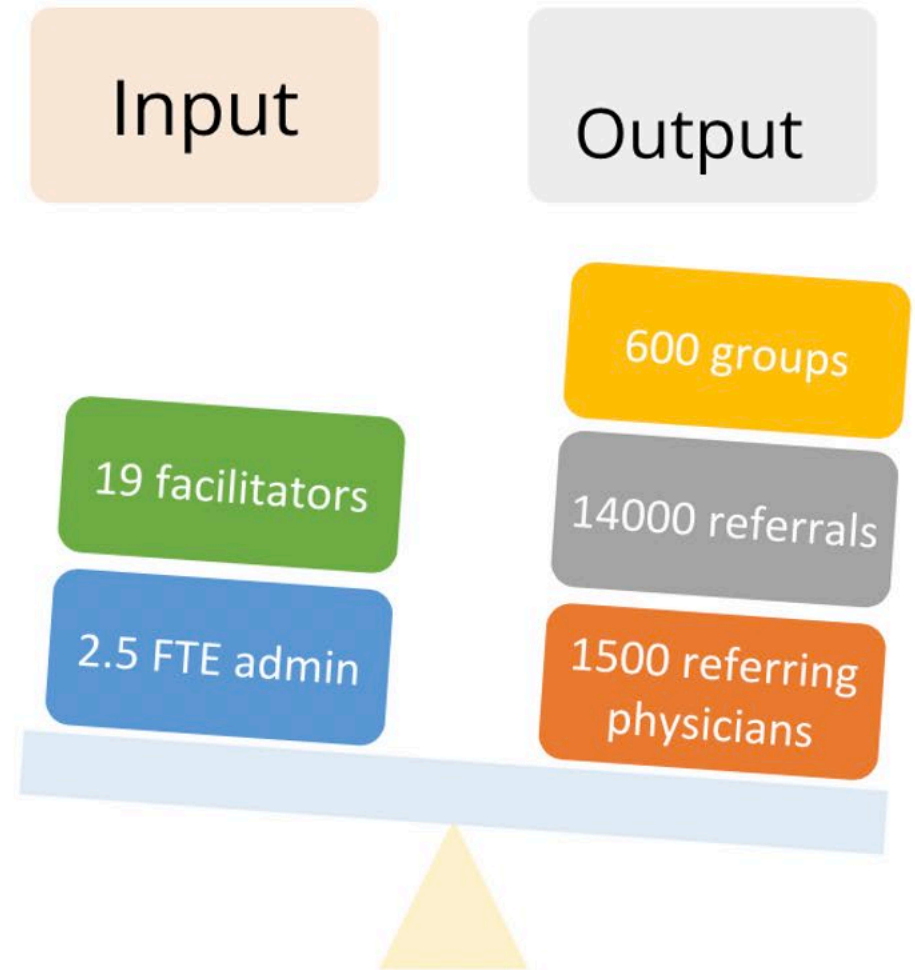
The Model: CBT Skills Groups

- ◆ A series of eight 90-minute sessions
- ◆ 15 adult patients per group
- ◆ Physician-led
- ◆ Workbook
- ◆ Physicians bill MSP
- ◆ Health authority provides rooms in-kind



A small program can offer a big service

- An accessible program for patients
- A place to send patients for referrers
- Sustainable practice for physician facilitators
- Cost savings for the system



2015-2020 in Victoria & Vancouver

MODIFIED TRIPLE AIM



Patients

++ accessibility to a previously unavailable intervention that is both effective and highly destigmatizing



Providers

Referrers relieved
Facilitators vitalized and connected



System

Centralized referral system – scalable, supports sustainability

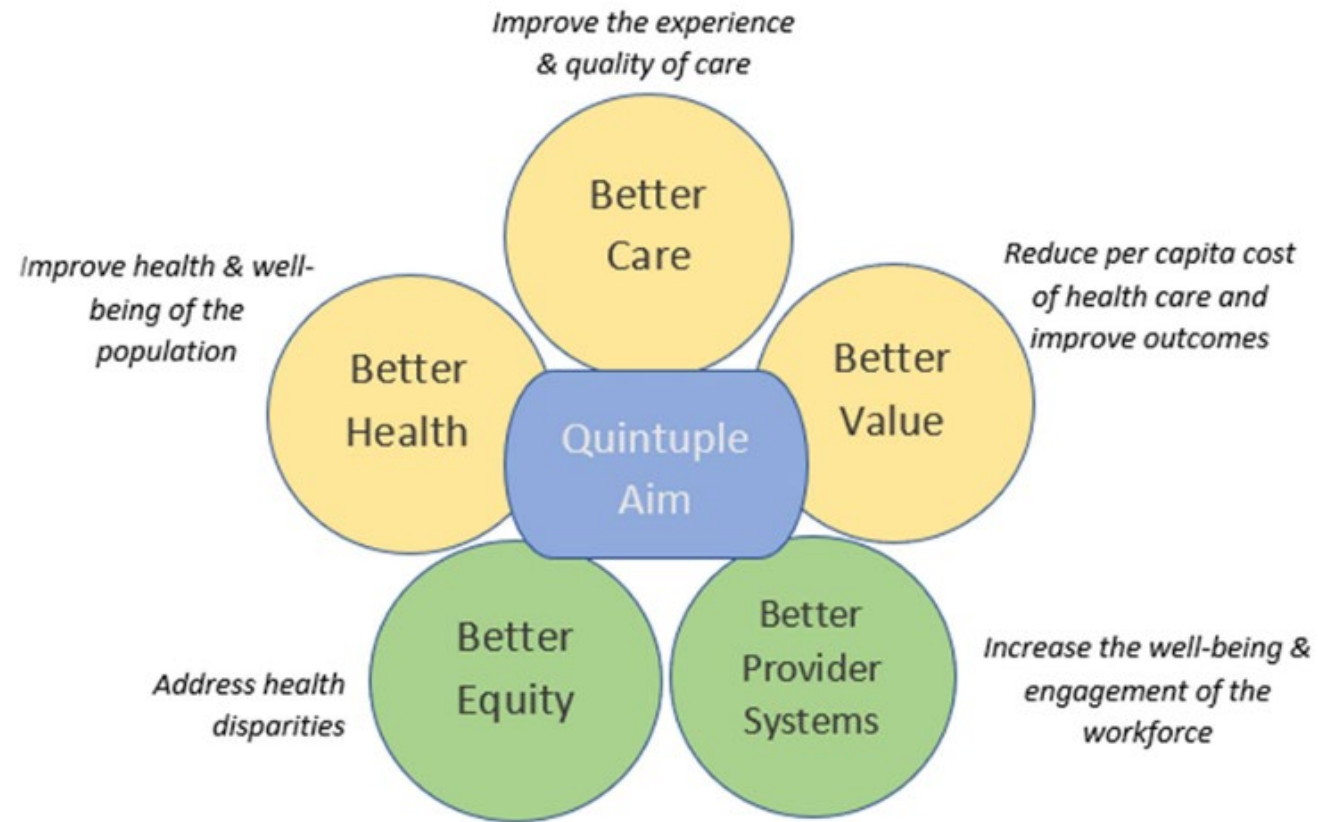


Costs

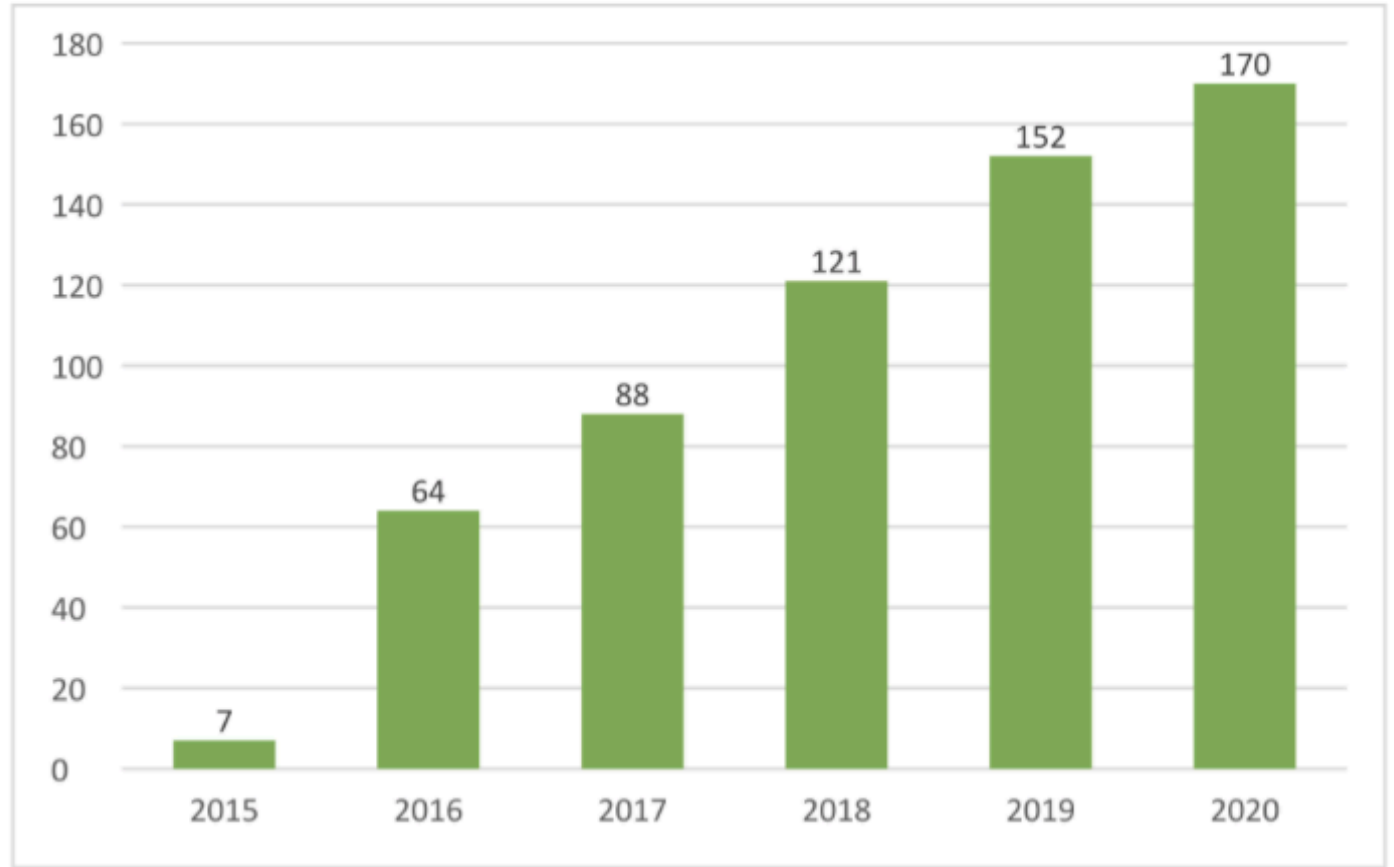
A physician spends 4x more time with the patient, for half the cost to the system



Embracing the Quintuple Aim



CBT Skills Group Project

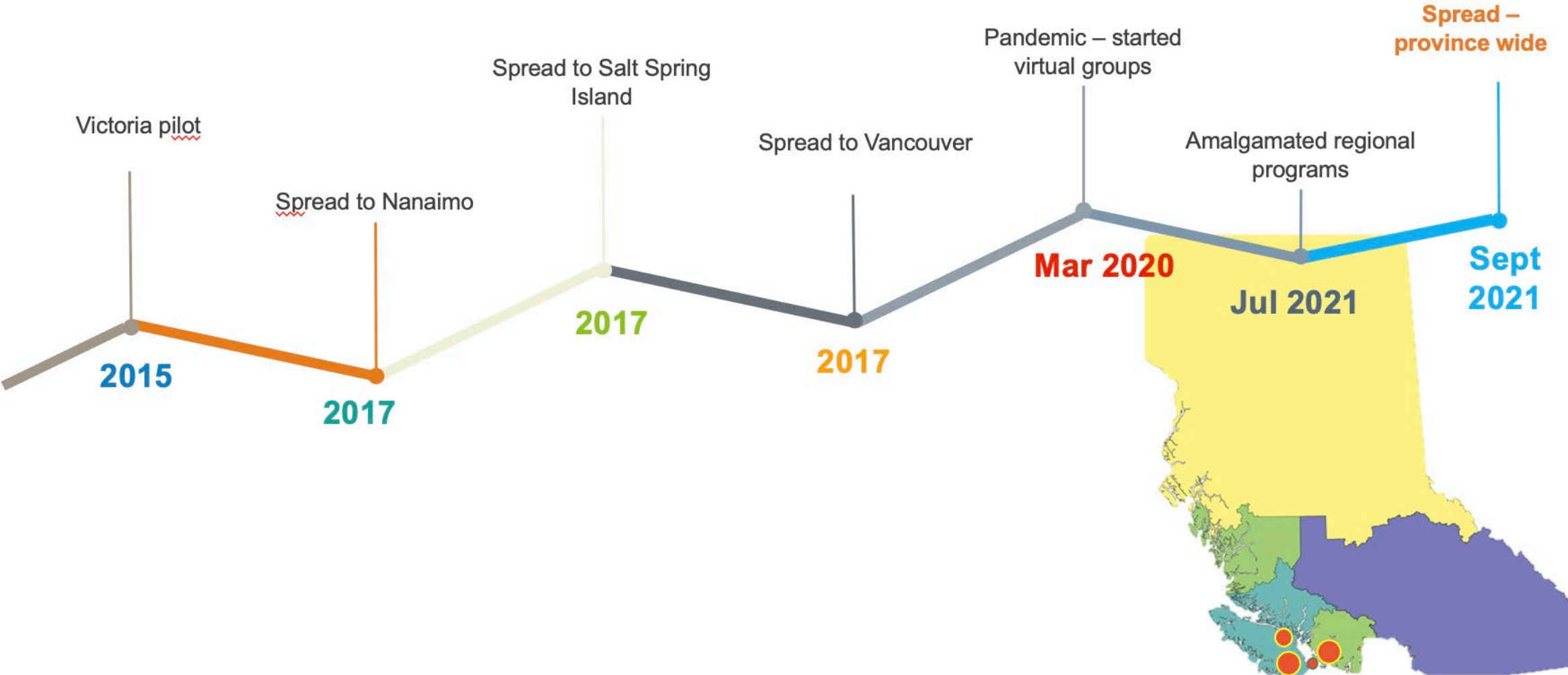


Number of Groups (15pp/group) Offered for CBT Skills

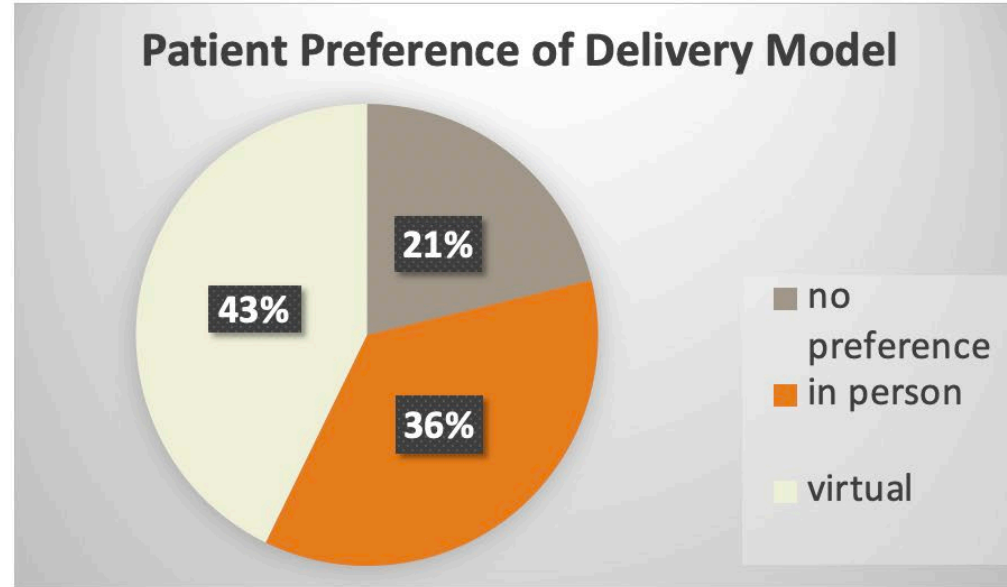


And then 2020...

Geographic Spread: CBT Skills Groups



Virtual CBT Skills

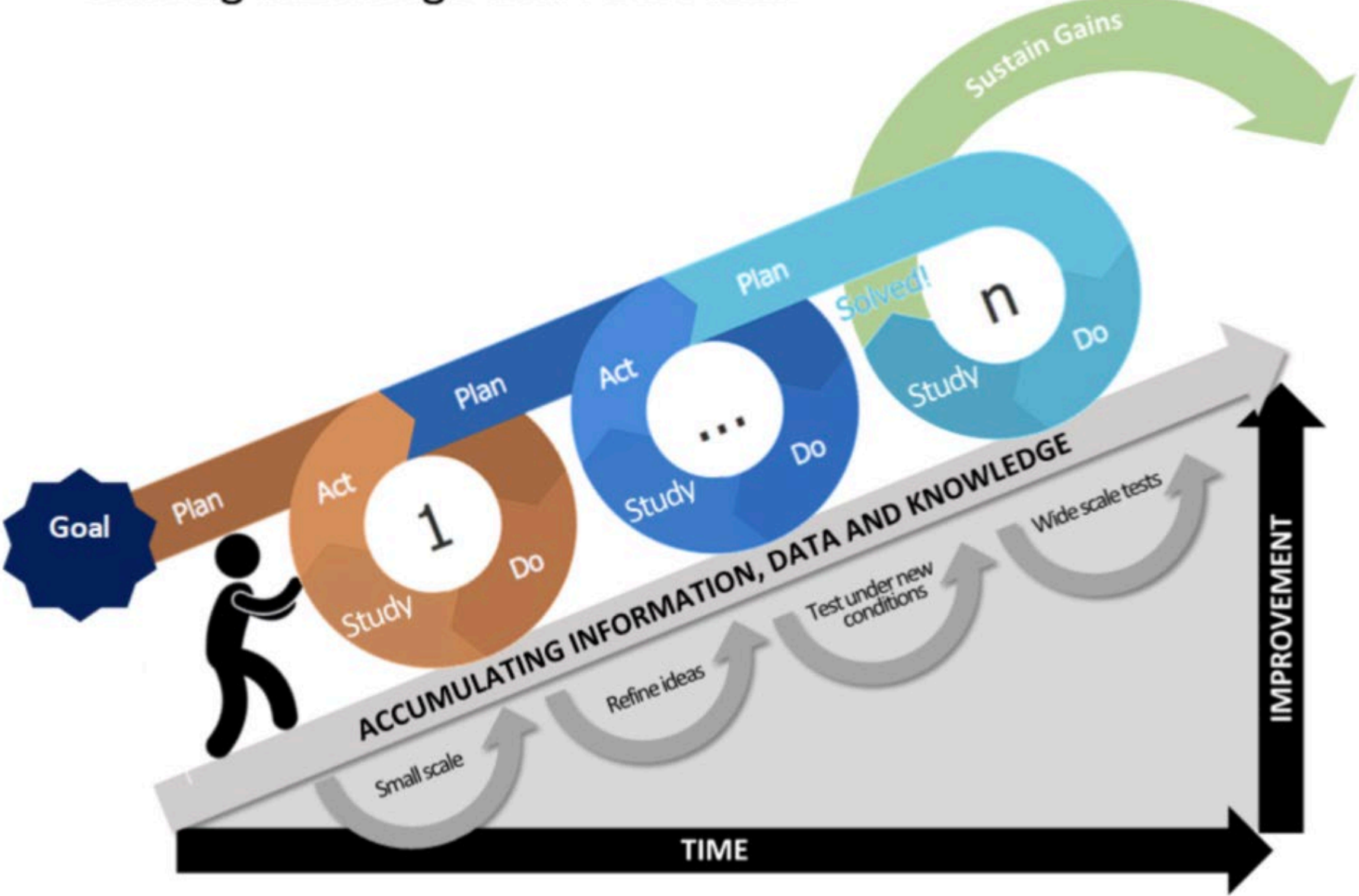


November 2022: 64:9
Pages 369–416

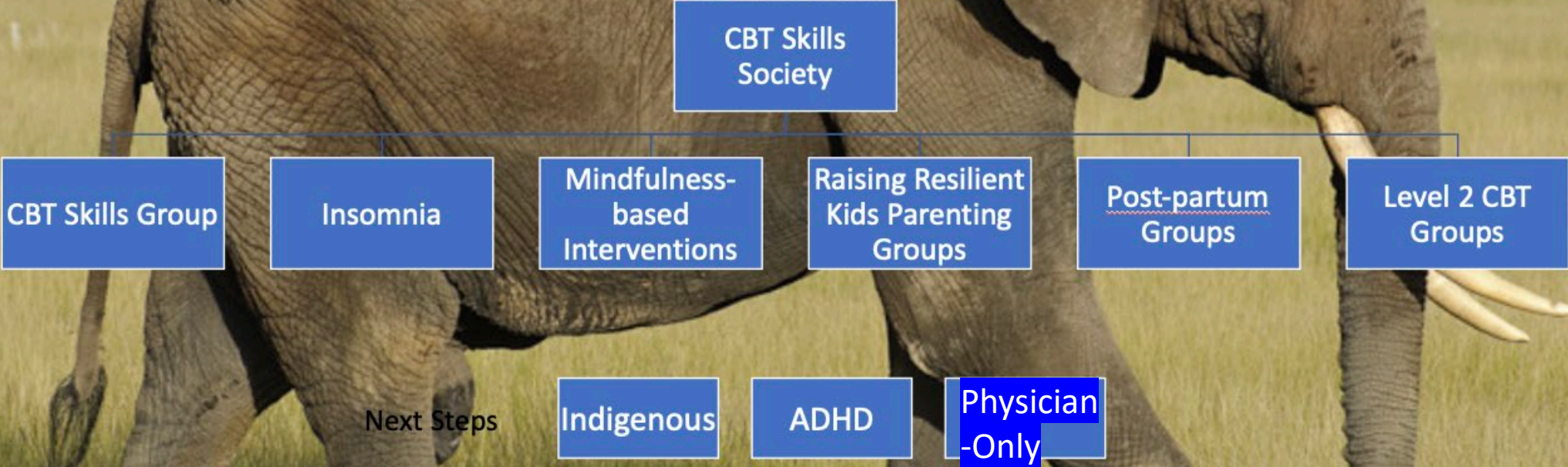
BCM J
BC Medical Journal

**Effectiveness and accessibility of virtual
Cognitive Behavioural Therapy Skills
Group medical visits during COVID-19**

Building knowledge with PDSA Tests



Curing "Pilotitis"





WHEN: Eight Weekly 1.5 - 2 hr Group Medical Visits

WHERE: Virtual (zoom)

COST: \$65 no show deposit (same as CBT Skills)

INCLUSION CRITERIA

- Parents or caregivers with at least one child age 0-6 years old.
- Parents or caregivers must be referred with a mental health diagnosis or V code
- PHQ-9 score of 18 or less

WHO DOES NOT FIT WELL— CAREGIVERS WITH:

- Personality disorders that interfere with group participation
- Trauma history with high potential to destabilize
- Cognitive impairment
- Psychosis, mania, or impairing substance use
- Active suicidal ideation or behaviour
- Social anxiety that would prohibit group participation
- High severity of any of the illnesses listed above
- Caregivers below 18 years of age



Thank you!

How do I refer to the program?

✔ Step 1

Determine if your patient is a good fit for the program by using our [inclusion and exclusion criteria](#).

✔ Step 2

Ask your patient about their comfort with participating in an online classroom-like group and inform them there is a \$65 initial deposit, which is returned if they attend at least 7 of the 8 groups. Every patient is provided an online version of the workbook at the time of registration. Patients who want to purchase a hard copy of the workbook may do so for an additional \$30 plus shipping. If a hard copy is preferred, but there is financial hardship, the fee can be reduced. Please email admin to inquire. If your patient is interested, have them fill out the [PHQ9 form](#).

✔ STEP 3

If your patient scores 18 or lower on the PHQ9 and is not suicidal, then fill out the [referral form](#). When submitting the referral form please ensure you have filled out all portions of the form or it cannot be accepted and will be returned to you.

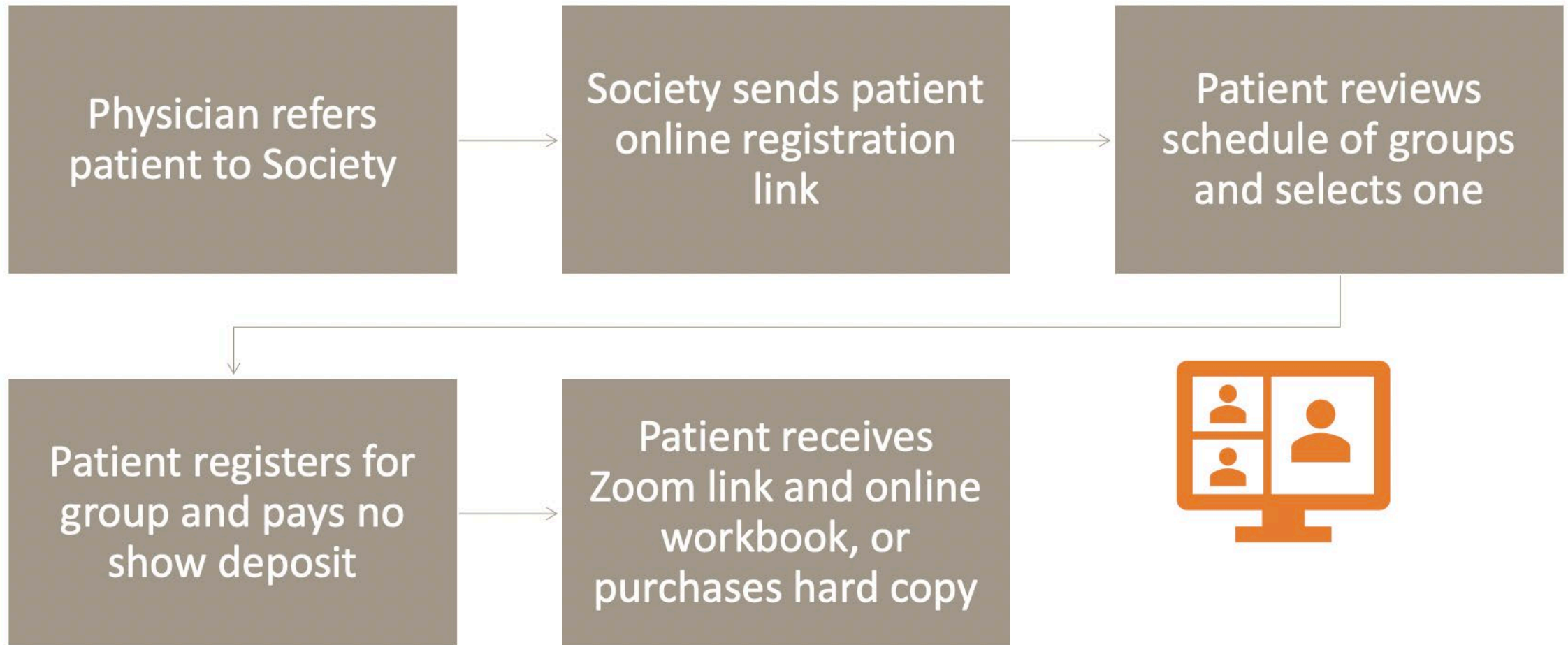
✔ STEP 4

Fax the referral form out to 778-265-0298. This number is also on the top right-hand corner of the referral form.

Referral forms have been embedded in [MOIS](#), [Oscar](#), Med Access (type CBT in search window), and Wolf (type CBT in search window) and is expected to be embedded in Intrahealth soon. Did we miss your EMR? Contact us with your EMR and we will get our form embedded there too.



Getting into a CBT Skills Group



Centralized Referral Centre

Date	Course	Facilitator	Available	Price		
Thursday, 27 October 2022						
10:00 AM	CBT Skills Group for Raising Resilient Kids - ONLINE - Group RRK11	Dr. Jane Ryan	0	\$65	Info	FULL
Tuesday, 1 November 2022						
10:00 AM	CBT Skills Foundations Group - ONLINE - Group P312	Dr. Caitlin Mcfadden	0	\$65	Info	FULL
12:00 PM	CBT Skills Foundations Group - ONLINE - Group P292	Dr. Melissa Gansner	1	\$65	Info	BOOK
3:00 PM	CBT Skills Foundations Group - ONLINE - Group P293	Dr. Trish Snozyk	4	\$65	Info	BOOK
4:00 PM	CBT Skills Foundations Group - ONLINE - Group P281	Dr. Samantha Stasiuk	0	\$65	Info	FULL

Raising Resilient Kids

Raising Resilient Kids groups are for parents with kids 0-6 years old. In this group, we teach skills to prepare and support you in raising a secure, resilient child based on the best evidence from child development, mindfulness, attachment, and reflective parenting. You will learn how to be curious of your child's inner world, navigate conflict, normalize distress, and manage not only your child's but also your own big emotions and behaviors. We will also teach you how to create a secure home base to support your child's development. This is a preventative care program designed to strengthen caregiver-child relationships. Caregivers who attend the groups must be referred by a doctor, but the child does not have to have any particular diagnosis for the caregiver to be eligible to participate.



Course Content Overview

-  **Parenting is Messy—
Embracing the Good Enough Parent**
-  **We All Flip Our Lids—
Managing Big Emotions**
-  **Bringing Curiosity and Friendliness
to our Experiences--Mindfulness and
Compassion**
-  **We all Have the Same Needs—
Supporting Secure Attachment in our
Kids**
-  **Noticing and Responding to
our Parent Alarms**
-  **Navigating Rocky Moments
and Repairs**
-  **Supporting the Emotional Climate
of Your Family**

Group Overview

WHEN: Eight Weekly 1.5 - 2 hr Group Medical Visits

WHERE: Virtual (zoom)

COST: \$65 no show deposit (same as CBT Skills)

INCLUSION CRITERIA

- Parents or caregivers with at least one child age 0-6 years old.
- Parents or caregivers must be referred with a mental health diagnosis or V code
- PHQ-9 score of 18 or less

WHO DOES NOT FIT WELL— CAREGIVERS WITH:

- Personality disorders that interfere with group participation
- Trauma history with high potential to destabilize
- Cognitive impairment
- Psychosis, mania, or impairing substance use
- Active suicidal ideation or behaviour
- Social anxiety that would prohibit group participation
- High severity of any of the illnesses listed above
- Caregivers below 18 years of age



www.cbtskills.ca



info@cbtskills.ca

