

MENTAL HEALTH AND WELLNESS TOOLS FOR REAL GP TIME

Dr. Bruce Hobson

APRIL 2025



UBC CPD
Medicine

CONTINUING
PROFESSIONAL
DEVELOPMENT

WELCOME

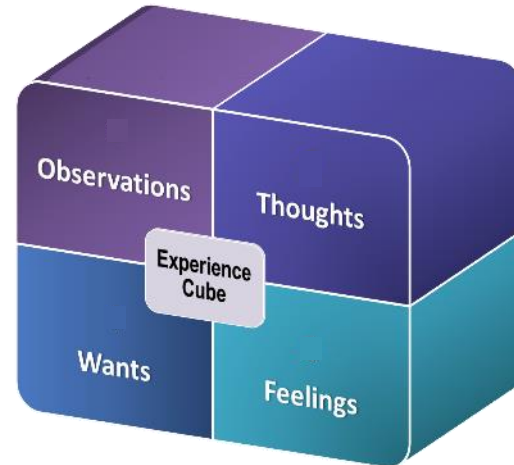
- What did you observe?
- What did you think?
- What did you feel?
- What did you want?



UBC CPD
Medicine
CONTINUING
PROFESSIONAL
DEVELOPMENT

WELCOME

1. "What did you **observe**?"
2. "What did you **think** about that?"
3. "What **emotions** surfaced for you?"
4. "What did/do you **want**?"



UBC CPD
Medicine
CONTINUING
PROFESSIONAL
DEVELOPMENT

FACULTY/PRESENTER DISCLOSURE

Faculty: Dr. Bruce Hobson

- Disclosures: None
- No bias to manage



UBC CPD
Medicine
CONTINUING
PROFESSIONAL
DEVELOPMENT





matchsets



LINCOLN
SCHOOL
ROOM 27 GRADE 1
1961 1962
HONOLULU





























LEARNING OBJECTIVES:

By the end of the session, you will be able to:

- Utilize available tools and resources in BC to effectively support patients experiencing mild to moderate anxiety and depression.
- Implement cognitive behavioural skills to aid patients in managing mild to moderate anxiety and/or depression.
- Employ self-management techniques to enhance patient wellness.
- Conduct brief action planning sessions in an office setting to establish self-management goals with patients.

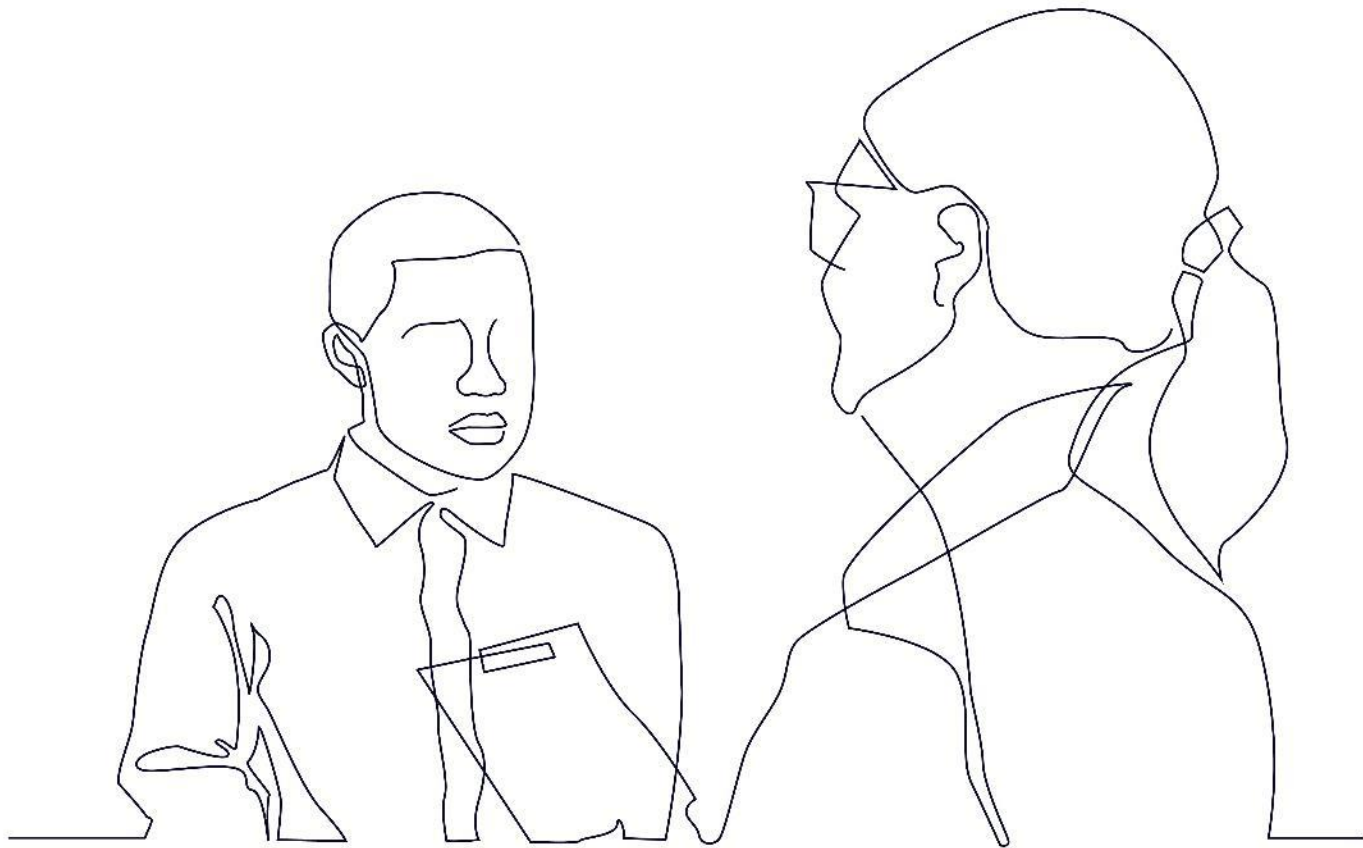


UBC CPD
Medicine
CONTINUING
PROFESSIONAL
DEVELOPMENT

MENTAL HEALTH



UBC CPD
Medicine
CONTINUING
PROFESSIONAL
DEVELOPMENT



UBC CPD
Medicine
CONTINUING
PROFESSIONAL
DEVELOPMENT



UBC CPD
Medicine
**CONTINUING
PROFESSIONAL
DEVELOPMENT**

Pathways | Welcome to Pathway: X

https://pathwaysbc.ca/login

You have been logged out.

Pathways™

Public Directories

Medical Care Directory
Information about doctors and medical clinics in British Columbia
Go to Medical Care Directory

Community Service Directory
Publicly available services and programs in participating communities
Go to Community Services

Clinician Login
[Email field]
[Password field]
Log in to Pathways
Forgot your password?
I have an Access Key · Request access

MDD Care pathway.mp4 (Command Line)

[YouTube Link](https://pathwaysbc.ca)

HTTPS://PATHWAYSBC.CA

About Us Terms of Use Privacy Policy Contact Us



UBC CPD
Medicine
CONTINUING
PROFESSIONAL
DEVELOPMENT

Major Depressive Disorder (MDD) Care Pathway – Adults

QUICK
LINKS

[Assessment Tools](#)

[↓ Patient Info](#)

[↓ Self-Management](#)

[↓ Psychotherapy](#)

[Mental Health Team](#)

[↓ Medication](#)

[↓ Billing](#)

Brief Screen

In the past month:

1. Have you lost interest or pleasure in things you usually like to do?
2. Have you felt sad, low, down, depressed, or hopeless?

Review & Consider

- Try the BATHE technique ([read more](#))
- Review [symptoms](#) or [PHQ-9](#)
- Consider labs (TSH,B12,iron)
- Consider [Meds that Mimic Depression](#)
- Anxiety ([GAD7](#)), Bipolar ([MDQ](#)), Adjustment
- Alcohol or Substance Misuse ([CAGE](#))
- Rule out other medical conditions such as sleep apnea ([Epworth](#))

[Suicidal Ideation?](#)

YES

NO

Complex
Presentation?

YES

Low Risk

Medium Risk

High Risk

ER



Listen & talk first. Prescribe later. Label *rarely*. ([ref](#))

How important is the diagnosis vs. feeling heard & understood?

Mild
Depression
PHQ-9 = 5-9

Moderate
Depression
PHQ-9 = 10-19

Severe
Depression
PHQ-9 = 20-27

[↓ Patient Information](#)

[↓ Self-Management](#)

Additional Treatment Options

[↓ Psychotherapy](#)

[↓ Medication](#)

Looking for Diagnostic Clarification? Or Medication Advice?

Consider referral to:

[Community Psychiatry](#)

Or:

[Mental Health Team](#)

Looking for Support for Specific Populations?

[Older Adult](#)

[Indigenous](#)

[LGBTQ](#)

[Perinatal](#)

Legend: Link will take you to a Pathways page
↓ Link will jump you down the algorithm



UBC CPD
Medicine
CONTINUING
PROFESSIONAL
DEVELOPMENT

PATIENT HEALTH QUESTIONNAIRE (PHQ-9)

NAME: _____

DATE: _____

Over the last 2 weeks, how often have you been bothered by any of the following problems?
(use "✓" to indicate your answer)

	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself—or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed. Or the opposite—being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead, or of hurting yourself in some way	0	1	2	3

add columns: + +

TOTAL:

10. If you checked off *any* problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

Not difficult at all _____
Somewhat difficult _____
Very difficult _____
Extremely difficult _____

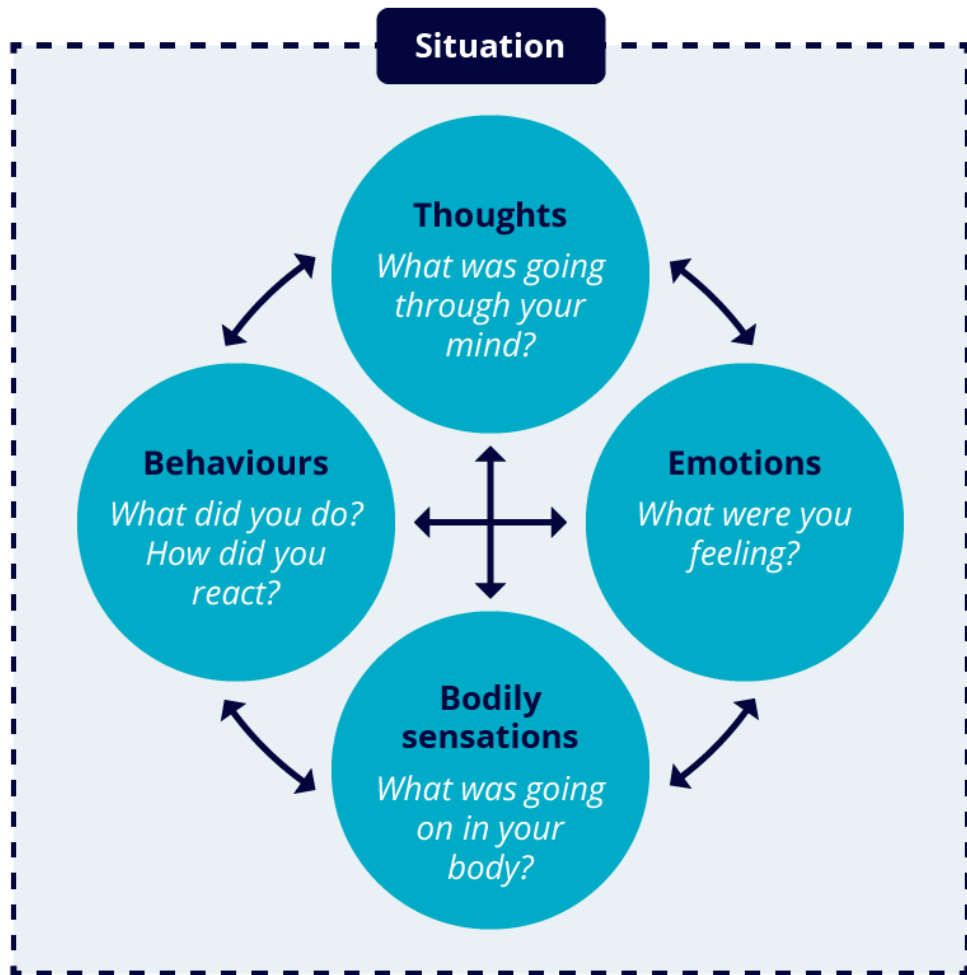
PHQ-9 is adapted from PRIME MD TODAY, developed by Drs Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke, and colleagues, with an educational grant from Pfizer Inc. For research information, contact Dr Spitzer at rls@columbia.edu. Use of the PHQ-9 may only be made in accordance with the Terms of Use available at <http://www.pfizer.com>. Copyright ©1999 Pfizer Inc. All rights reserved. PRIME MD TODAY is a trademark of Pfizer Inc.



UBC CPD
Medicine
CONTINUING
PROFESSIONAL
DEVELOPMENT



UBC CPD
Medicine
CONTINUING
PROFESSIONAL
DEVELOPMENT



Major Depressive Disorder (MDD) Care Pathway – Adults

QUICK
LINKS

Assessment Tools

↓ Patient Info

↓ Self-Management

↓ Psychotherapy

Mental Health Team

↓ Medication

↓ Billing

Brief Screen

In the past month:

1. Have you lost interest or pleasure in things you usually like to do?
2. Have you felt sad, low, down, depressed, or hopeless?



Listen & talk first. Prescribe later. Label rarely. [\(ref\)](#)

How important is the diagnosis vs. feeling heard & understood?

Review & Consider

- Try the BATHE technique [\(read more\)](#)
- Review [symptoms](#) or [PHQ-9](#)
- Consider labs (TSH, B12, iron)
- Consider [Meds that Mimic Depression](#)
- Anxiety ([GAD7](#)), Bipolar ([MDQ](#)), Adjustment
- Alcohol or Substance Misuse ([CAGE](#))
- Rule out other medical conditions such as sleep apnea ([Epworth](#))

Suicidal Ideation?

YES

NO

Complex
Presentation?

YES

NO

Low Risk

Medium Risk

High Risk

ER

↓ Patient Information

↓ Self-Management

Additional Treatment Options

↓ Psychotherapy

↓ Medication

Looking for Diagnostic Clarification? Or Medication Advice?

Consider referral to:

Or:

Community Psychiatry

Mental Health Team

Looking for Support for Specific Populations?

Older Adult

Indigenous

LGBTQ

Perinatal

Refractory?

YES

Legend: Link will take you to a Pathways page
↓ Link will jump you down the algorithm



UBC CPD
Medicine
CONTINUING
PROFESSIONAL
DEVELOPMENT

Psychotherapeutic Approach – Try the **BATHE** Technique ([read more](#))

Background: "What is going on in your life?"

Affect: "How do you feel about it?"

Trouble: "What troubles you most about the situation?"


Handle: "What helps you handle the situation?"

Empathy: "This is a tough situation to be in"
 "Anybody would feel as you do"
 "Your reaction makes sense to me"



UBC CPD
Medicine
 CONTINUING
 PROFESSIONAL
 DEVELOPMENT

<div> <div> <i>ⓘ</i> Patient Information </div> <div> Click HERE for MORE Pathways Depression Patient Info </div> </div>			
Initial Diagnosis Info	Email	Additional Patient Info	Email
Depression - Could I Have It? Depression - Basic Overview -> BUNDLE - Email both items above	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	Depression - Behavioural Activation - Getting Active Toolkit Depression - Practical Tips for Men Depression Symptoms - CBIS	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>
Treatment	Patient Info Items		
Exercise	Mike Evans Exercise Video Exercise - Benefits to Mental Health PaRX Nature walks for mood		<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>
Sleep Hygiene	Sleep Tips Handout (Anxiety Canada)		<input checked="" type="checkbox"/>
Medication	Medication - Antidepressant Patient Info (helpguide.org)		<input checked="" type="checkbox"/>



[Resources](#)
[Forms](#)
[Favourites](#)

1

Search

SELECT SPECIALTY OR SERVICE
PSYCHIATRY: ADULT

Consultants
Clinics & Pooled Intakes
Advice
Health Authority & Community Services
Clinician Tools
Patient Info
Pearls
Forms

Care Pathways

Depression

X Clear all filters

Title	Categories	Star	Heart	Print	Share
Aripiprazole Fact Sheet (PHSA)	Handouts				
CBIS - Activation - Depression - Appreciation Exercise	Handouts				
CBIS - Activation - Depression - Chunk the Day	Handouts				
CBIS - Activation - Depression - Opposite Action Strategy	Handouts				
CBIS - Activation - Depression - Small Goals	Handouts				
CBIS - Activation - Depression - Wellness Activities	Handouts				
CBIS - Activation - Depression and Anxiety - Improve the Moment	Handouts				
CBIS - Activation - Depression and Anxiety - Problem Solving	Handouts				
CBIS - Education - Depression Symptoms- System Wide Crash	Handouts				
CBIS - Relaxation - Depression and Anxiety - Belly Breathing Box Breathing	Handouts				
CBIS - Relaxation - Depression and Anxiety - Grounding	Handouts				
CBT Self-Guided Therapy - MindShift App (Anxiety Canada)	Websites				
Counselling - Free and Low Cost Options - Adult - Cowichan Valley (Pathways Community Service Directory)	Websites				
COVID-19 - Post-COVID Pacing CBT Modules (CBIS)	Handouts				
Depression - A booklet for people wondering how long they should take their antidepressant (RxFiles)	Handouts				
Depression - Antidepressant Skills Workbook - Helping you Deal with Depression - Multilingual (SFU)	Handouts				
Depression - Antidepressant Skills Workbook for Teens (SFU)	Handouts				
Depression - Basic Overview (Here to Help)	Websites				
Depression - Behavioural Activation - Getting Active Toolkit	Handouts				
Depression - Could I Have It? (Here to Help)	Websites				
Depression - Non-drug Treatment (RxFiles)	Handouts				
Depression - Patient Guide (GPAC - 2013)	Handouts				

Filter Patient Info

Subcategories

☒ All
☐ Community Service Completion / Directory
☐ Handouts
☐ Podcast
☐ Shared Decision Aids
☐ Videos
☐ Websites

Topics

☐ ADHD
☐ Alzheimers / Dementia
☐ Anxiety
☐ Autism
☐ Bipolar
☐ Borderline Personality Disorder
☐ COVID-19
☒ Depression
☐ Eating Disorders
☐ Insomnia
☐ Medication
☐ Mindfulness
☐ PTSD
☐ Physical Activity
☐ Polypharmacy
☐ Seniors Mental Health

Languages



UBC CPD
Medicine
 CONTINUING
 PROFESSIONAL
 DEVELOPMENT

CBIS - Activation - Depression - Wellness Activities

Handouts



CBIS - Activation - Depression and Anxiety - Improve the Moment

Handouts



CBIS - Activation - Depression and Anxiety - Problem Solving

Handouts



CBIS - Education - Depression Symptoms- System Wide Crash

Handouts



CBIS - Relaxation - Depression and Anxiety - Belly Breathing Box Breathing

Handouts



CBIS - Relaxation - Depression and Anxiety - Grounding

Handouts



CBT Self-Guided Therapy - MindShift App (Anxiety Canada)

Websites



Counselling - Free and Low Cost Options - Adult - Cowichan Valley (Pathways Community Service)

Websites



UBC CPD
Medicine
CONTINUING
PROFESSIONAL
DEVELOPMENT



Belly Breathing

What is it

- Healthy breathing moves through the body like a wave.
- The breath begins by expanding the belly and then moving upward through the chest. It is released by letting the air flow from the chest and then the belly.
- Belly breathing is slow, deep, and full; it helps us feel calm, grounded and stable.
- Shallow chest breathing maintains the stress response while belly breathing promotes the relaxation response.

How to do it

- When practicing belly breathing, put one hand on your abdomen and one hand on your chest, close or lower your eyes.
- First, breathe out fully. Then, slowly breathe in, letting your belly expand. Imagine you are gently filling up a balloon in your belly.



ALGORITHM SEARCH

Tom is a 57-year-old person with anxiety problems. You decide to use a CBIS relaxation skill with them. Use the breathing handout to help you.



UBC CPD
Medicine
CONTINUING
PROFESSIONAL
DEVELOPMENT



CASE

Julie is a 32-year-old woman with fatigue and lack of motivation. You have done a PHQ-9 and she has a score of 10 and you decide to use an activation worksheet with her. Find the activities worksheet in the algorithm.



UBC CPD
Medicine
CONTINUING
PROFESSIONAL
DEVELOPMENT





Depression

✕ Clear all filters

Title ↓

Categories ★ ♥

Email selected items

Aripiprazole Fact Sheet (PHSA)	Handouts	♥	✉	🖨	🔊
CBIS - Activation - Depression - Appreciation Exercise	Handouts	♥	✉	🖨	🔊
CBIS - Activation - Depression - Chunk the Day	Handouts	♥	✉	🖨	🔊
CBIS - Activation - Depression - Opposite Action Strategy	Handouts	♥	✉	🖨	🔊
CBIS - Activation - Depression - Small Goals	Handouts	♥	✉	🖨	🔊
CBIS - Activation - Depression - Wellness Activities	Handouts	♥	✉	🖨	🔊
CBIS - Activation - Depression and Anxiety - Opposite Action Moment	Handouts	♥	✉	🖨	🔊
CBIS - Activation - Depression and Anxiety - Problem Solving	Handouts	♥	✉	🖨	🔊
CBIS - Education - Depression Symptoms- System Wide Crash	Handouts	♥	✉	🖨	🔊
CBIS - Relaxation - Depression and Anxiety - Belly Breathing Box Breathing	Handouts	♥	✉	🖨	🔊
CBIS - Relaxation - Depression and Anxiety - Grounding	Handouts	♥	✉	🖨	🔊
CBT Self-Guided Therapy - MindShift App (Anxiety Canada)	Websites	★	♥	✉	🔊
Counselling - Free and Low Cost Options - Adult - Cowichan Valley (Pathways Community Service Directory)	Websites	♥	✉	🖨	🔊
COVID-19 - Post-COVID Pacing CBT Modules (CBIS)	Handouts	♥	✉	🖨	🔊
Depression - A booklet for people wondering how long they should take their antidepressant (RxFiles)	Handouts	♥	✉	🖨	🔊
Depression - Antidepressant Skills Workbook - Helping you Deal with Depression - Multilingual (SFU)	Handouts	♥	✉	🖨	🔊
Depression - Antidepressant Skills Workbook for Teens (SFU)	Handouts	♥	✉	🖨	🔊
Depression - Basic Overview (Here to Help)	Websites	♥	✉	🖨	🔊
Depression - Behavioural Activation - Getting Active Toolkit	Handouts	♥	✉	🖨	🔊
Depression - Could I Have It? (Here to Help)	Websites	♥	✉	🖨	🔊
Depression - Non-drug Treatment (RxFiles)	Handouts	♥	✉	🖨	🔊
Depression - Patient Guide (GPAC - 2013)	Handouts	♥	✉	🖨	🔊

Filter Patient Info

Subcategories

- ☒ All
- ☐ Community Service Completion / Directory
- ☐ Handouts
- ☐ Podcast
- ☐ Shared Decision Aids
- ☐ Videos
- ☐ Websites

Topics

- ☐ ADHD
- ☐ Alzheimers / Dementia
- ☐ Anxiety
- ☐ Autism
- ☐ Bipolar
- ☐ Borderline Personality Disorder
- ☐ COVID-19
- ☒ Depression
- ☐ Eating Disorders
- ☐ Insomnia
- ☐ Medication
- ☐ Mindfulness
- ☐ PTSD
- ☐ Physical Activity
- ☐ Polypharmacy
- ☐ Seniors Mental Health

Languages



UBC CPD
Medicine
CONTINUING
PROFESSIONAL
DEVELOPMENT

CBIS - Activation - Depression - Wellness Activities

Handouts



CBIS - Activation - Depression and Anxiety - Improve the Moment

Handouts



CBIS - Activation - Depression and Anxiety - Problem Solving

Handouts



CBIS - Education - Depression Symptoms- System Wide Crash

Handouts



CBIS - Relaxation - Depression and Anxiety - Belly Breathing Box Breathing

Handouts



CBIS - Relaxation - Depression and Anxiety - Grounding

Handouts



CBT Self-Guided Therapy - MindShift App (Anxiety Canada)

Websites



Counselling - Free and Low Cost Options - Adult - Cowichan Valley (Pathways Community Service)

Websites



UBC CPD
Medicine
CONTINUING
PROFESSIONAL
DEVELOPMENT

ties

on your
little,
d your

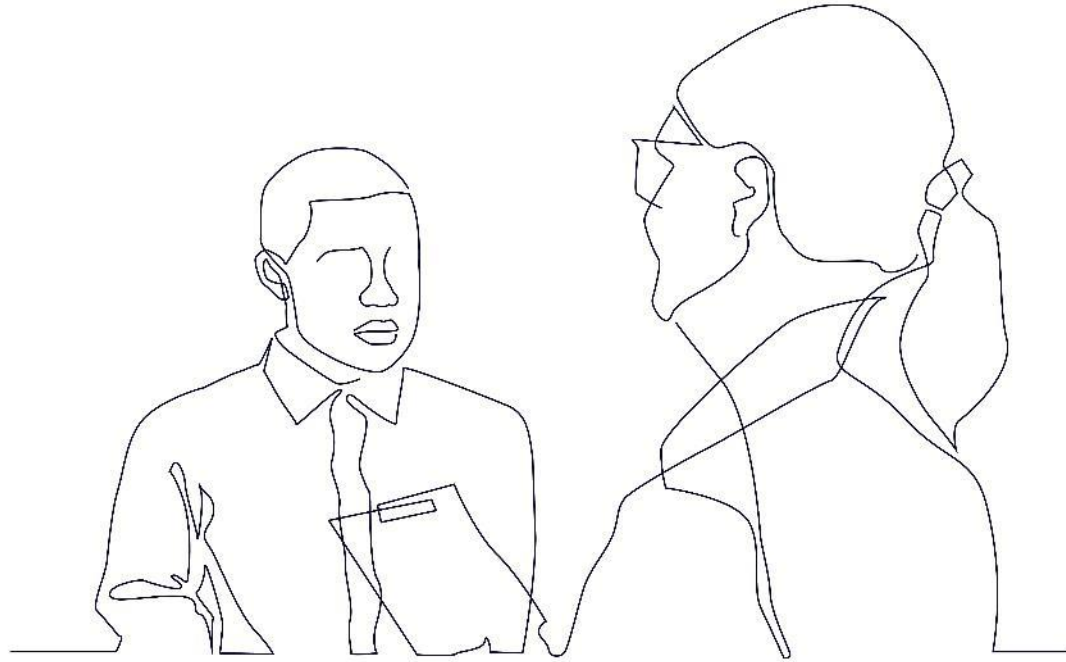


UBC CPD
Medicine

CONTINUING PROFESSIONAL DEVELOPMENT

TIPS

Teach
Integrate
Practice
Success



UBC CPD
Medicine
CONTINUING
PROFESSIONAL
DEVELOPMENT

Major Depressive Disorder (MDD) Care Pathway – Adults

QUICK
LINKS

[Assessment Tools](#)

[↓ Patient Info](#)

[↓ Self-Management](#)

[↓ Psychotherapy](#)

[Mental Health Team](#)

[↓ Medication](#)

[↓ Billing](#)

Brief Screen

In the past month:

1. Have you lost interest or pleasure in things you usually like to do?
2. Have you felt sad, low, down, depressed, or hopeless?



Listen & talk first. Prescribe later. Label rarely. [\(ref\)](#)

How important is the diagnosis vs. feeling heard & understood?

Review & Consider

- Try the BATHE technique [\(read more\)](#)
- Review [symptoms](#) or [PHQ-9](#)
- Consider labs (TSH, B12, iron)
- Consider [Meds that Mimic Depression](#)
- Anxiety ([GAD7](#)), Bipolar ([MDQ](#)), Adjustment
- Alcohol or Substance Misuse ([CAGE](#))
- Rule out other medical conditions such as sleep apnea ([Epworth](#))

[Suicidal Ideation?](#)

YES

NO

Complex
Presentation?

YES

NO

Low Risk

Medium Risk

High Risk

ER

Mild
Depression
PHQ-9 = 5-9

Moderate
Depression
PHQ-9 = 10-19

Severe
Depression
PHQ-9 = 20-27

[↓ Patient Information](#)

[↓ Self-Management](#)

Additional Treatment Options

[↓ Psychotherapy](#)

[↓ Medication](#)

Looking for Diagnostic Clarification? Or Medication Advice?

Consider referral to:

Or:

[Community Psychiatry](#)

[Mental Health Team](#)

Looking for Support for Specific Populations?

[Older Adult](#)

[Indigenous](#)

[LGBTQ](#)

[Perinatal](#)

Refractory?

YES

Legend: Link will take you to a Pathways page

↓ Link will jump you down the algorithm



UBC CPD
Medicine
CONTINUING
PROFESSIONAL
DEVELOPMENT

CASE

Your patient has decided that they want to set a goal to achieve in the next couple of weeks. Find the tool that can support this person in successfully achieve their goal.



UBC CPD
Medicine
CONTINUING
PROFESSIONAL
DEVELOPMENT

“Everyone has a doctor in him or her, we just have to help that doctor in its work. The natural healing force within each of us is the greatest force in getting well.”

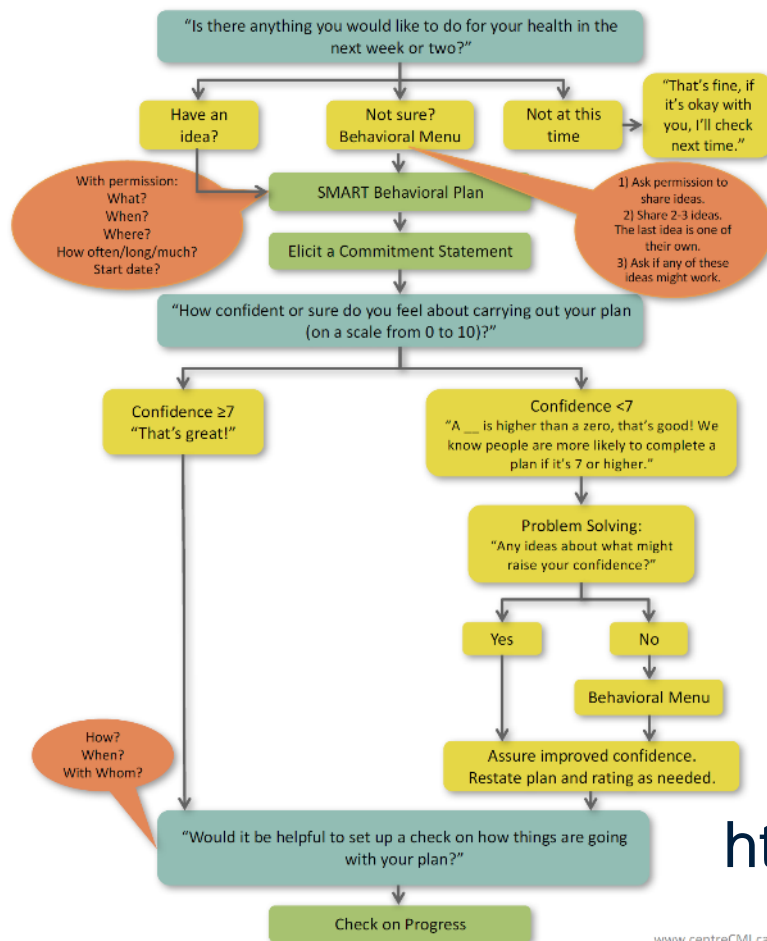
Hippocrates (460-377 B.C.)



UBC CPD
Medicine
CONTINUING
PROFESSIONAL
DEVELOPMENT

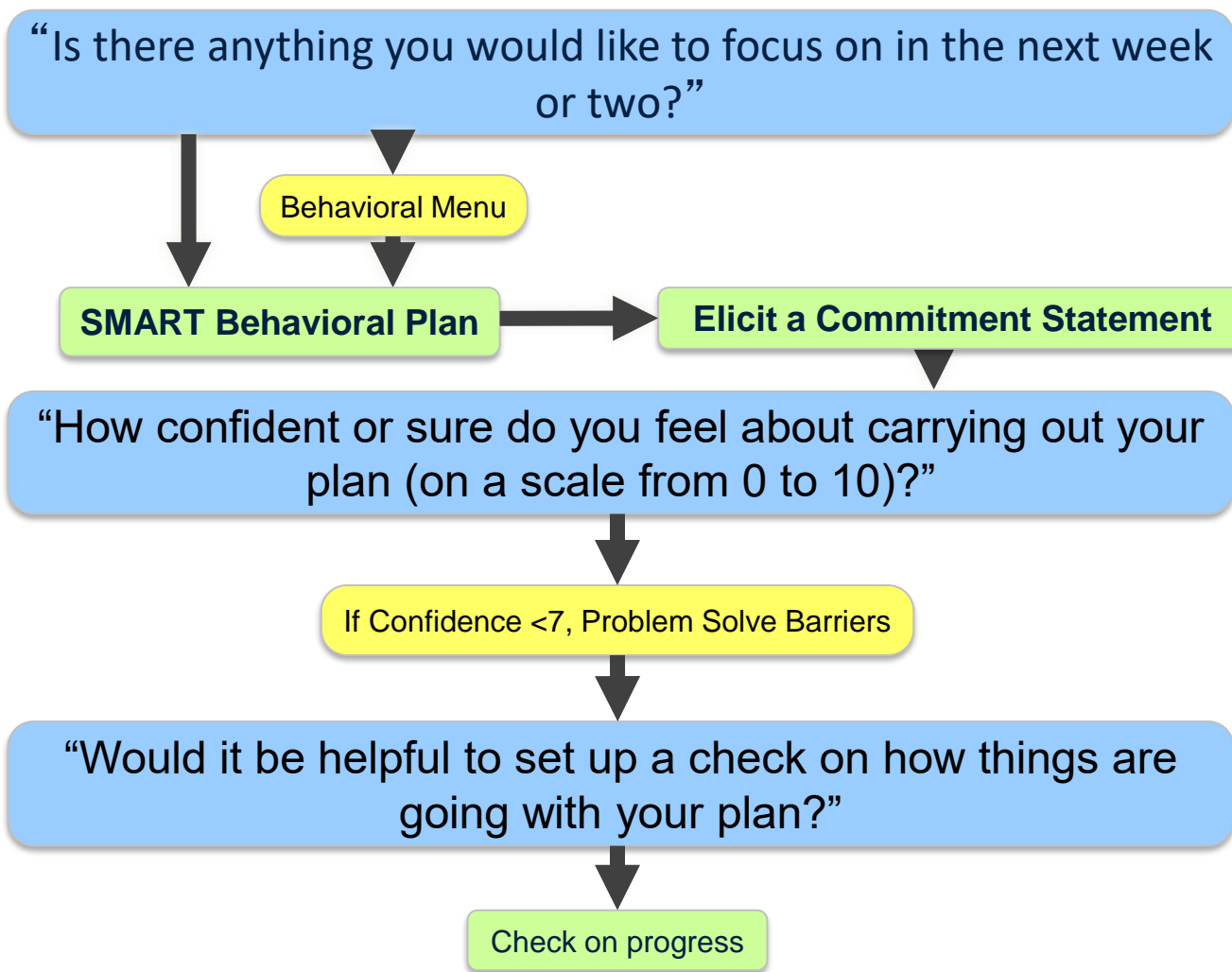
Brief Action Planning Flow Chart

Developed by Steven Cole, Damara Gutnick,
Connie Davis, Kathy Reims



UBC CPD
Medicine
CONTINUING
PROFESSIONAL
DEVELOPMENT

<https://pathwaysbc.ca/ci/927>



“Is there anything you would like to focus on in the next week or two?”

PICKING AN IDEA



UBC CPD
Medicine
CONTINUING
PROFESSIONAL
DEVELOPMENT

Possible responses to Question 1

- Have a specific idea
- Have a general idea
- Need some help with an idea (or not sure what you mean)
- Not at this time
 - Balanced already
 - Not interested

Skill #1

Behavioral Menu

Offer a behavioral menu when needed or requested.



Behavioral Menu

1. “Is it okay if I share some ideas from other people who are working on something similar?”
2. If yes, share two or three varied ideas briefly all together in a list. Then say...
3. “Maybe one of these would be of interest to you or maybe you have thought of something else while we have been talking?”



MAKING IT SMART



UBC CPD
Medicine
CONTINUING
PROFESSIONAL
DEVELOPMENT

Skill #2

Action Planning is “SMART”: Specific, Measurable, Achievable, Relevant and Timed.

With **permission**:

- What?
- When?
- Where?
- How often/long/much?
- Start date?



Pause to reflect



Elicit a Commitment Statement

Skill #3

After the plan has been formulated, the clinician/coach elicits a final “commitment statement.”



Strength of the commitment statement predicts success on action plan.

“How confident or sure do you feel about carrying out your plan (on a scale from 0 to 10)?”

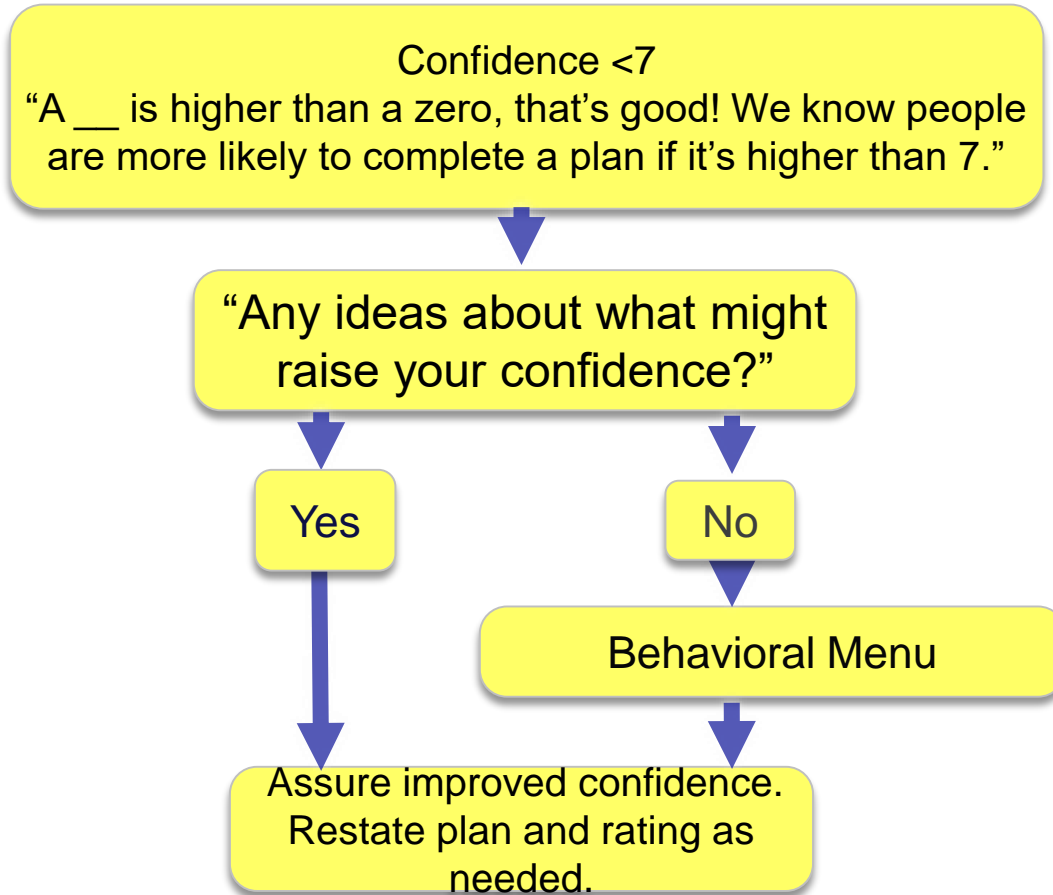
Problem Solving

Skill #4

Problem-solving is used for confidence levels less than 7.



Problem solving



“Would it be helpful to set up a check on how things are going with your plan?”

Skill #5

Check on progress

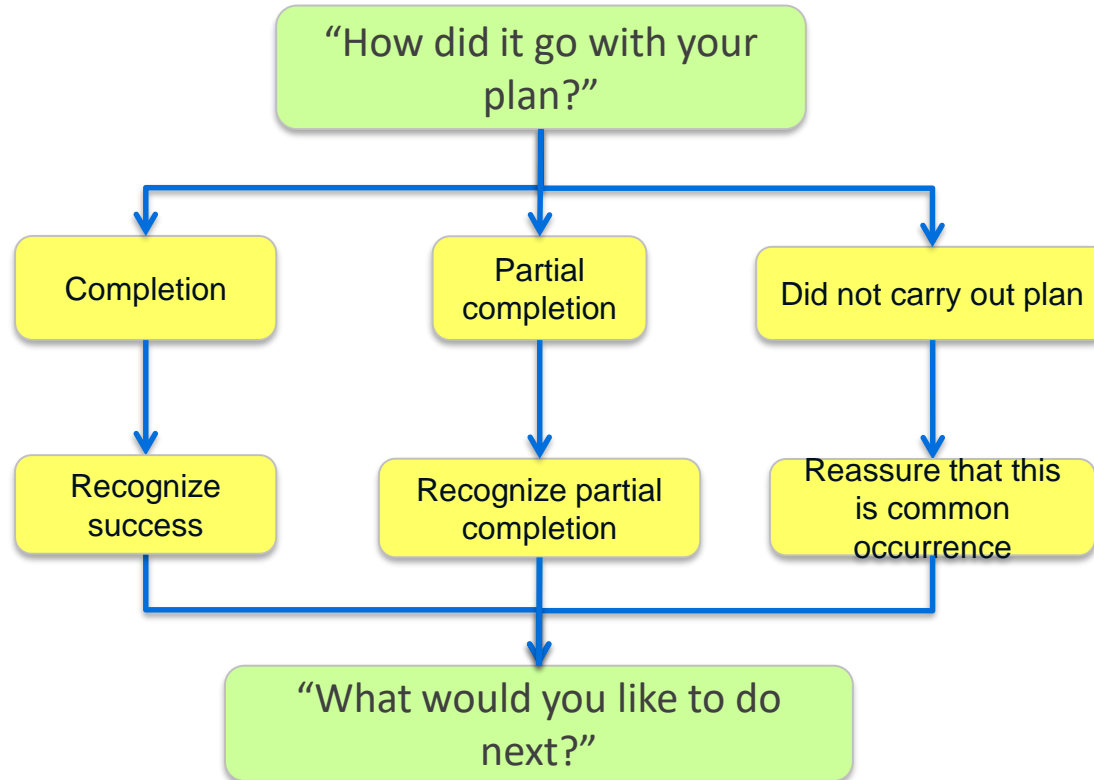
Checking on the plan builds confidence.

Check often with new action plans and decrease frequency as behaviour is more secure.

When working with a clinician
Regular contact over time is better than
1x intervention.
Follow-up builds a trusting relationship.

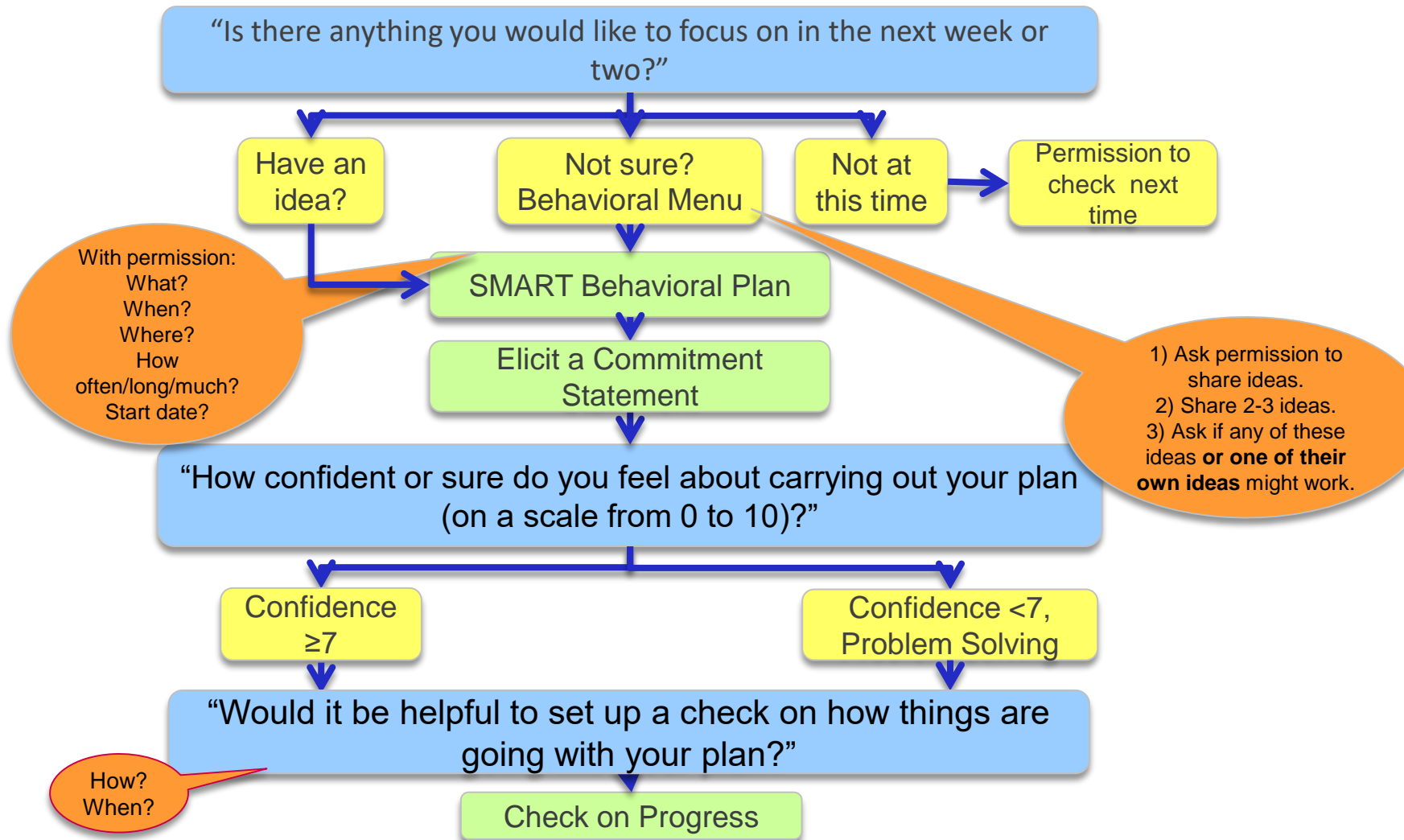


CHECKING ON PLAN WITH CLINICIAN



What do you do when people repeatedly have difficulty Doing any of their Plan?

- Make sure the plans are really small
- Screen them for burnout
- Refer them to a resource
- Use additional skills if you have them
- Accept that BAP may not work for them



DEBRIEF



UBC CPD
Medicine
CONTINUING
PROFESSIONAL
DEVELOPMENT



UBC CPD
Medicine
CONTINUING
PROFESSIONAL
DEVELOPMENT

WHAT WAS YOUR KEY TAKE-AWAY FROM TODAY?

Write down in 10 words or less



UBC CPD
Medicine
CONTINUING
PROFESSIONAL
DEVELOPMENT



UBC CPD
Medicine
CONTINUING
PROFESSIONAL
DEVELOPMENT



THE UNIVERSITY OF BRITISH COLUMBIA

Faculty of Medicine

Division of Continuing Professional Development

THE UNIVERSITY OF BRITISH COLUMBIA