



MENTAL HEALTH AND WELLNESS TOOLS FOR REAL GP TIME

Dr. Bruce Hobson

APRIL 2025

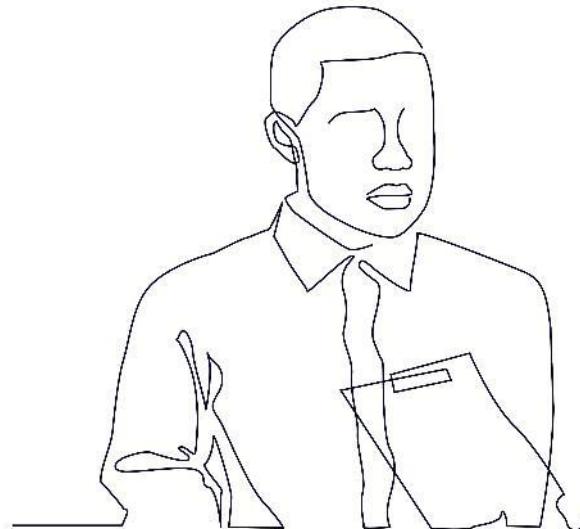


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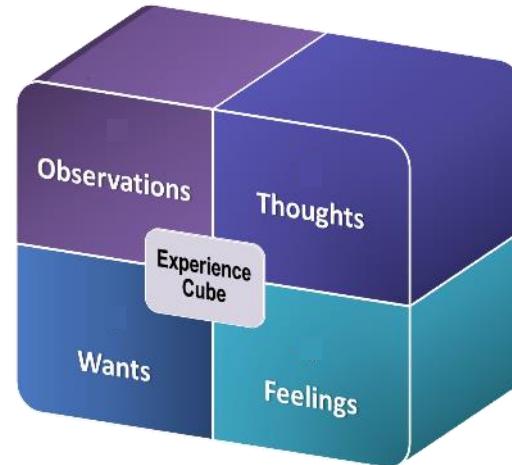
WELCOME

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



WELCOME

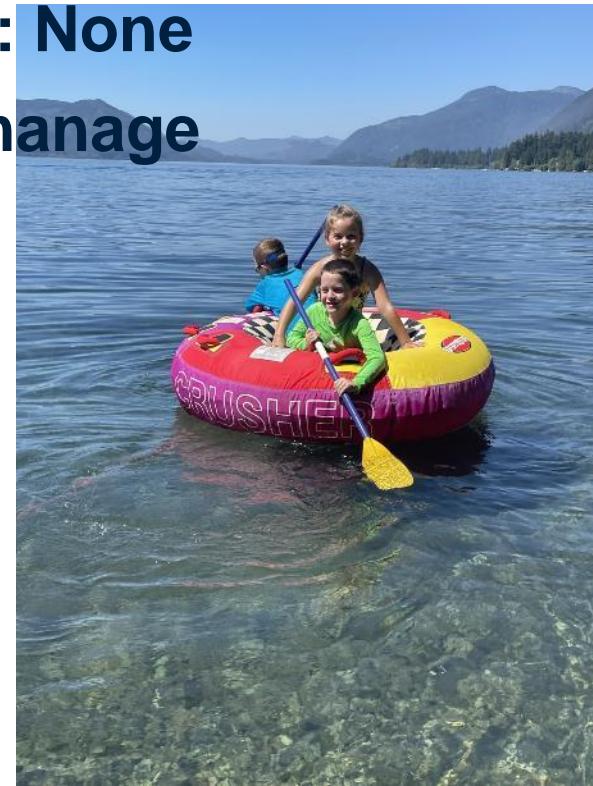
1. “What did you **observe**?”
2. “What did you **think** about that?”
3. “What **emotions** surfaced for you?”
4. “What did/do you **want**?”



FACULTY/PRESENTER DISCLOSURE

Faculty: Dr. Bruce Hobson

- Disclosures: None
- No bias to manage



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matchsets













SEE BC

BRITISH COLUMBIA







A close-up photograph showing a group of hands of different ages and skin tones coming together to hold a single word. The word, 'FAMILY', is formed by several wooden blocks with a gold-colored, textured surface. The hands are positioned in the center, with some hands visible from the top and others from the bottom, all gathered around the word.

FAMILY



MEDICAL CLINIC
ASSOCIATES









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.

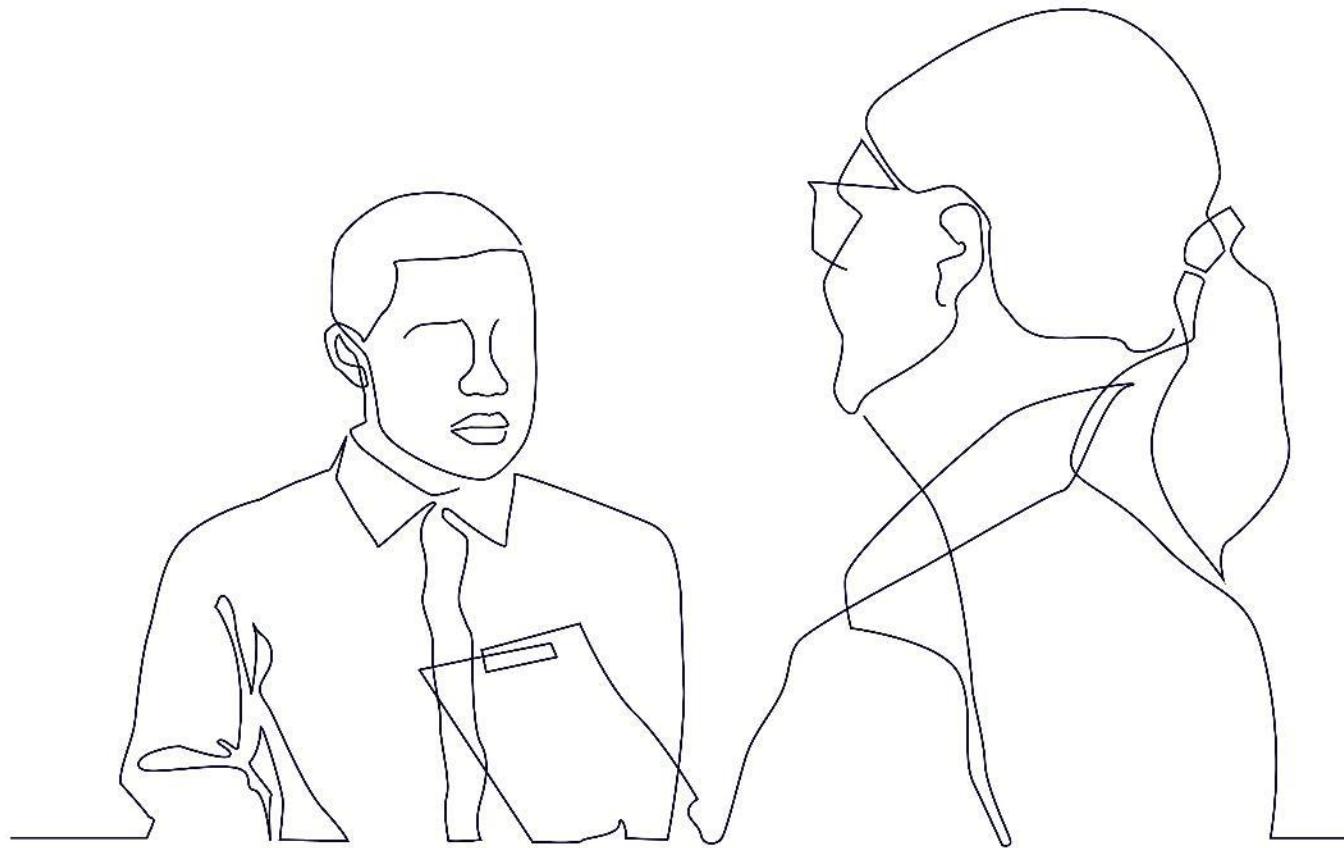




MENTAL HEALTH



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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](#))

NO

↓ Suicidal Ideation?

NO

↓ Complex Presentation?

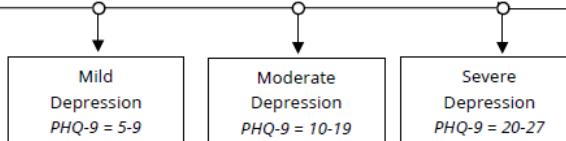
YES

↓ Low Risk

↓ Medium Risk

↓ High Risk

ER



↓ Patient Information

↓ Self-Management

Additional Treatment Options

↓ Psychotherapy

↓ Medication

Refractory?

YES

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

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 _____

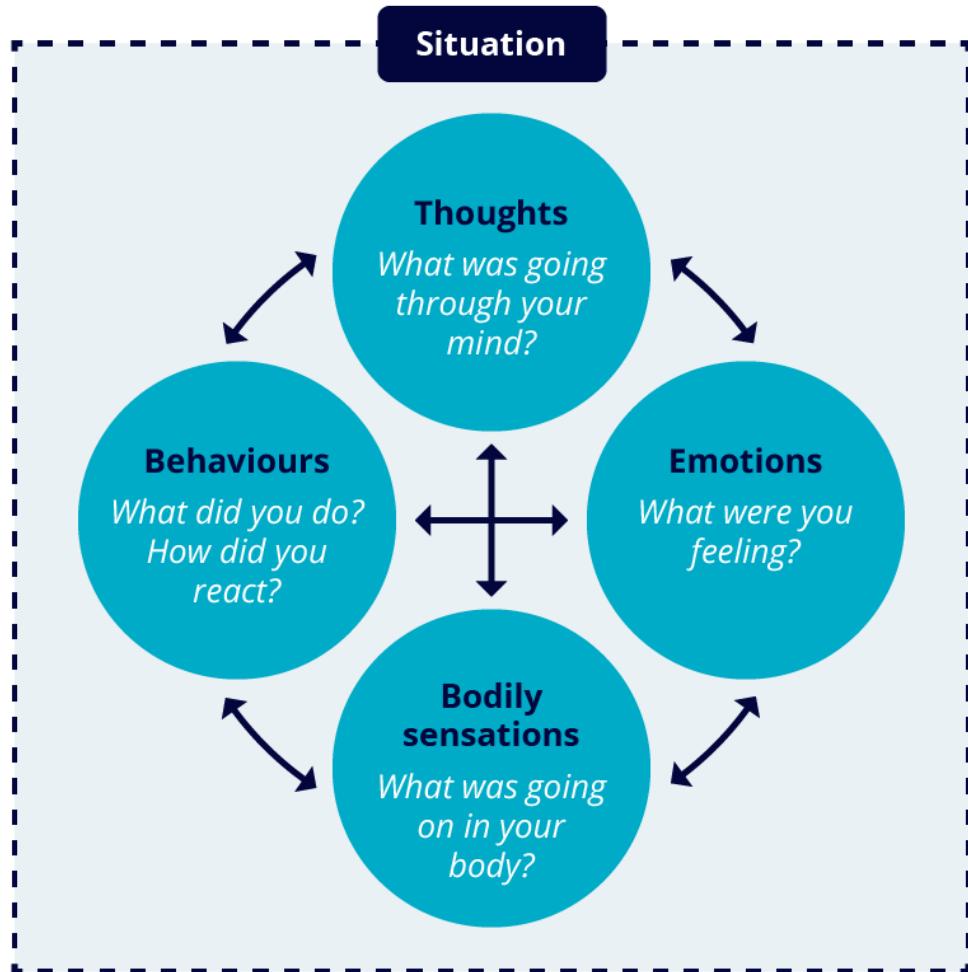
Very difficult _____

Extremely difficult _____





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Major Depressive Disorder (MDD) Care Pathway – Adults

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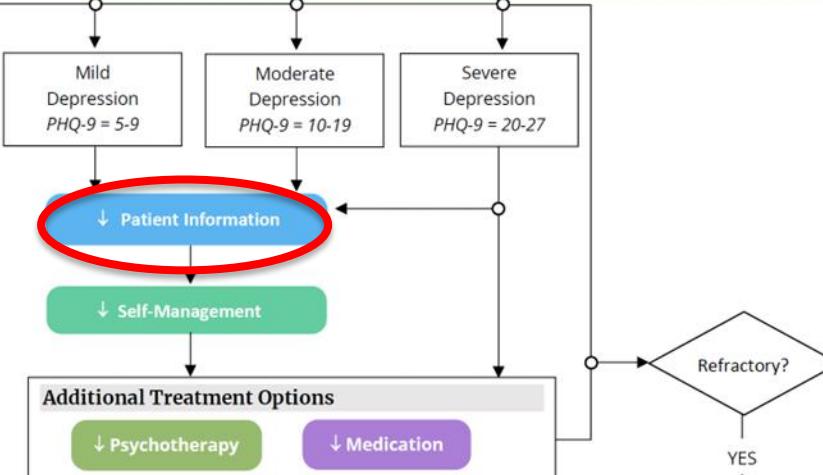
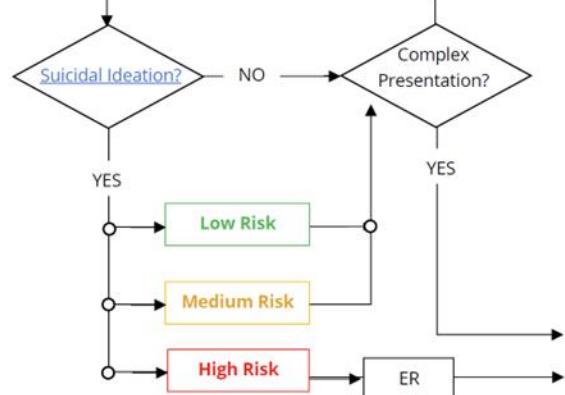
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- Consider labs (TSH, B12, iron)
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- Rule out other medical conditions such as sleep apnea ([Epworth](#))

NO



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

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



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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"



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

SELECT SPECIALTY OR SERVICE 

PSYCHIATRY: ADULT

Consultants

Clinics & Pooled Intakes

Advice

Health Authority & Community Services

Clinician Tools

Patient Info

Pearls

Forms


 Care
Pathways

Depression

[Clear all filters](#)

 Title 

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

 Email selected items

 Categories  

- [Handouts](#)    
- [Handouts](#)    
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Filter Patient Info

 Subcategories 

- All
- Community Service Compilation / 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 




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			



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.

Introduction

Flow Charts

Assessment

Education

Activation



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.



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.



SELECT SPECIALTY OR SERVICE 

PSYCHIATRY: ADULT

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Care Pathways

Depression

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Languages





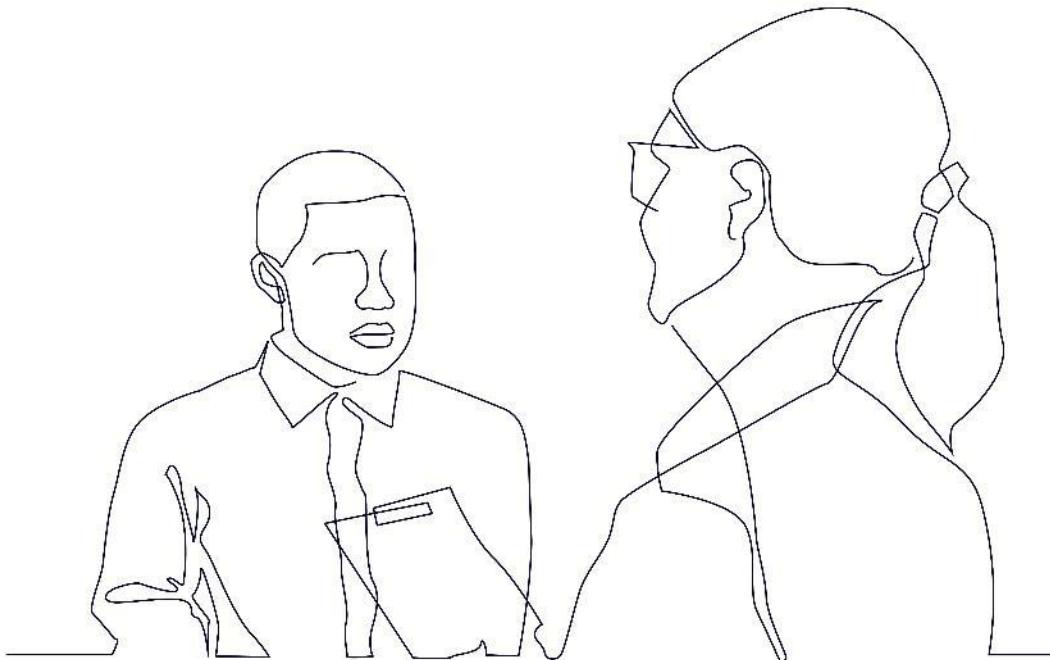
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		ACTIVITY						
7	The activities recovery, put not	1 Self-care(shower, shave, teeth etc.)	2 Eat three meals, however small (check for each)	3 Sleep (# of hours)	4 Exercise, however little (# of minutes)	5 Relaxation (# of minutes)	6 Accomplish one small task or goal each day	7
8	Pleas (check)							SUN
9	Do you							
10	Do son							
11	Rep with helpful thoughts (check # times)							
12	Miscellaneous (your choice)							
	someone else							
11	Replace negative thoughts with helpful thoughts (check # times)							
12	Miscellaneous (your choice)							



TIPS

Teach
Integrate
Practice
Success



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Major Depressive Disorder (MDD) Care Pathway – Adults

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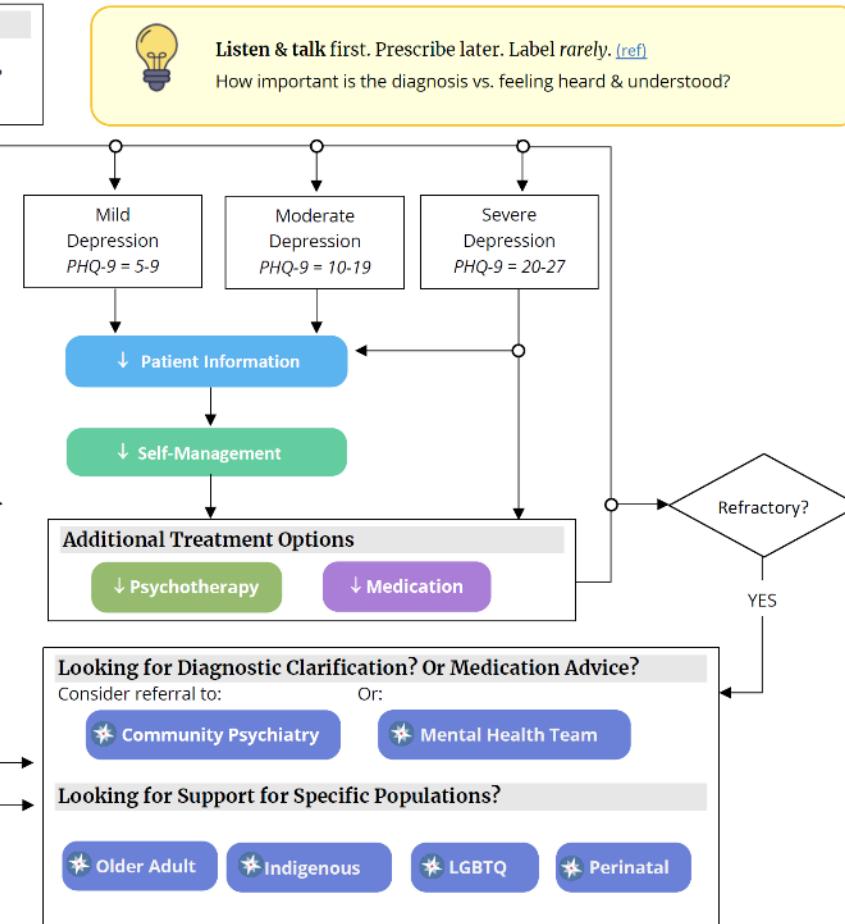
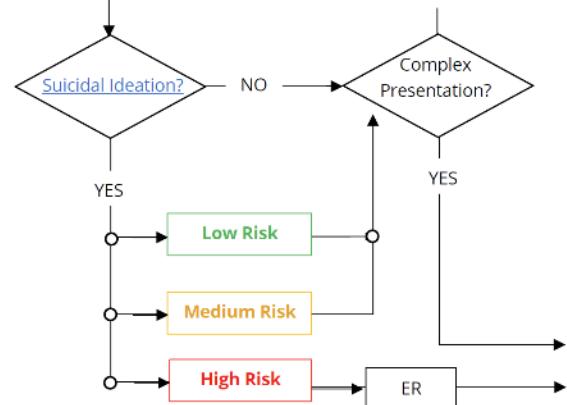
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NO



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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.

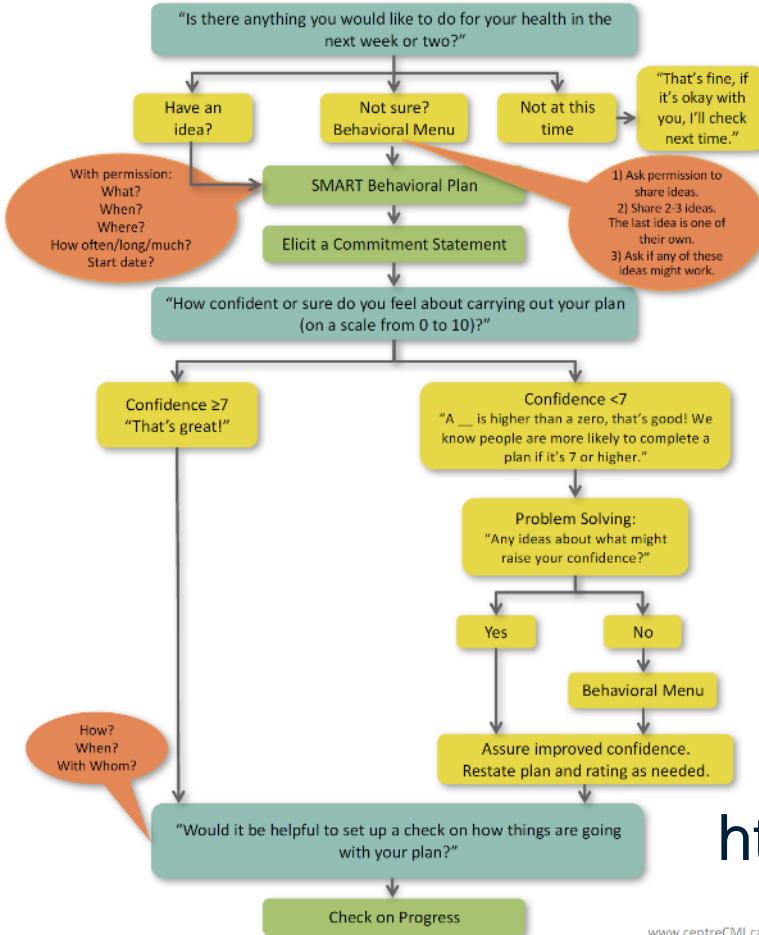


“Everyone has a doctor in him or her, we just have to help that doctor in its work. The natural healing force within each of us is the greatest force in getting well.”



Brief Action Planning Flow Chart

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



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

Behavioral Menu

SMART Behavioral Plan

Elicit a Commitment Statement

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

If Confidence <7, Problem Solve Barriers

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

Check on progress

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

PICKING AN IDEA

A sailboat with a white sail featuring the number '34' and the text 'UBC SAILOR' is positioned in the lower-left quadrant of the image. A large, semi-transparent white rectangle covers the upper portion of the image, containing the title text.

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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?”



Adapted from Stott et al, Family Practice 1995; Rollnick et al, 1999, 2010



MAKING IT SMART



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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

Confidence <7
“A __ is higher than a zero, that’s good! We know people are more likely to complete a plan if it’s higher than 7.”

“Any ideas about what might raise your confidence?”

Yes

No

Behavioral Menu

Assure improved confidence.
Restate plan and rating as needed.

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

Skill #5

Check on progress

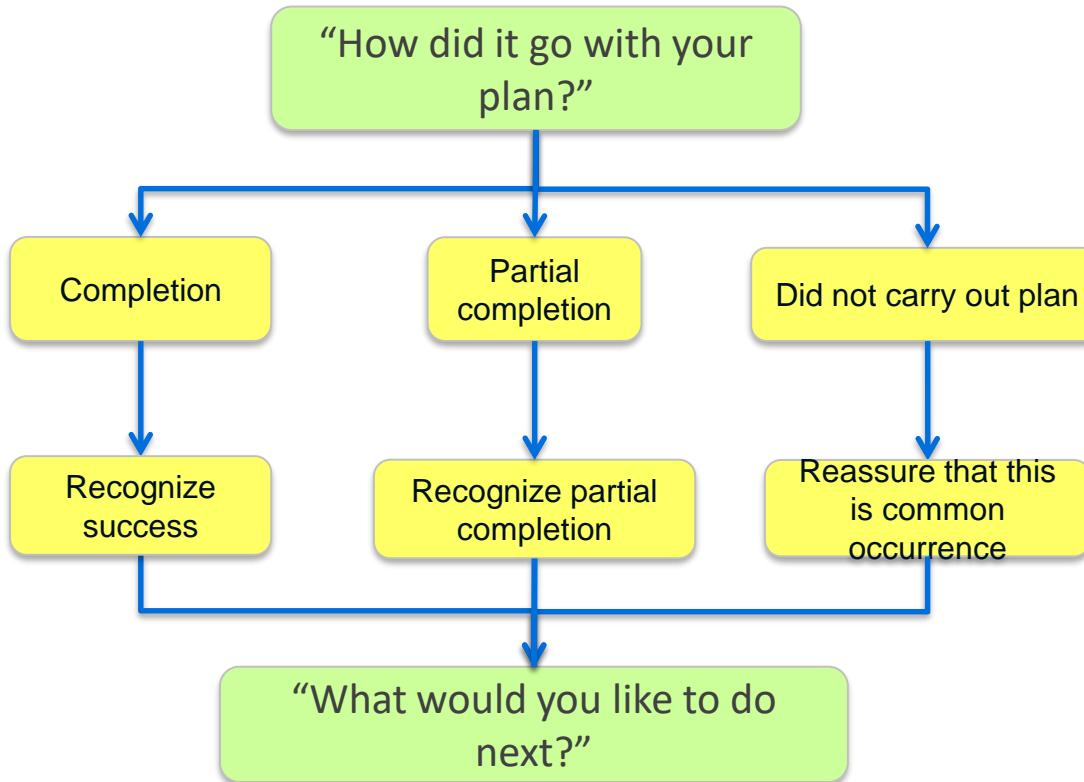
Checking on the plan builds confidence.

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

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

Have an idea?

Not sure?
Behavioral Menu

Not at this time

Permission to check next time

With permission:
What?
When?
Where?
How often/long/much?
Start date?

SMART Behavioral Plan

Elicit a Commitment Statement

1) Ask permission to share ideas.
2) Share 2-3 ideas.
3) Ask if any of these ideas **or one of their own ideas** might work.

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

Confidence ≥ 7

Confidence < 7 , Problem Solving

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

How?
When?

Check on Progress

DEBRIEF



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WHAT WAS YOUR KEY TAKE-AWAY FROM TODAY?

Write down in 10 words or less



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