

Now that I'm trained to facilitate
CBTm classes...what's next??

Step 1: Register as a CBTm Facilitator

- Registration on our website cbtm.ca
 - Login/registration
- Register as a **new user**
- Will gain access within 3 business days
- Once you log in, Facilitator menu changes



Login/Registration

Interested in offering CBTm Classes at your organization or clinic?

Our main office training and support for implementing this program as part of your organization's CBT services.

Please Note: In an effort to reduce waiting times for existing CBT programs, the CBTm classes were designed to be implemented within organizations that currently provide CBT services and not for the creation of new CBT programs.

For inquiries about upcoming facilitator workshops and class material updates, please [contact us](#).

Facilitator Username Login: Password:

If you are a new user, please create a facilitator account [Registration page](#).

Registration

Choose a Username Password

First Name Last Name

Organization Role

Phone number E-mail Address

Have you attended any CBT Facilitator Training? No Yes

When did you attend your training?

Step 2: Access class materials

- **Facilitator manuals:** All content and handouts across all 5 classes
 - Version for general adult population, one with material tailored for public safety
 - Facilitator speaking notes to walk through each slide
 - Mindfulness exercises
 - Outcome monitoring



Facilitator Class Materials

CBTm Classes Facilitator Manuals



Facilitator Manual – Adult CBTm



Facilitator Manual – PSP CBTm

Step 2: Access class materials

- **Powerpoint slides:** Powerpoint slides to be used when facilitating classes
 - One file per class
 - Version for general adult and public safety
 - Your name and site can be added on
 - Material can be tailored for *YOUR* population
 - Keep in mind fidelity to the model

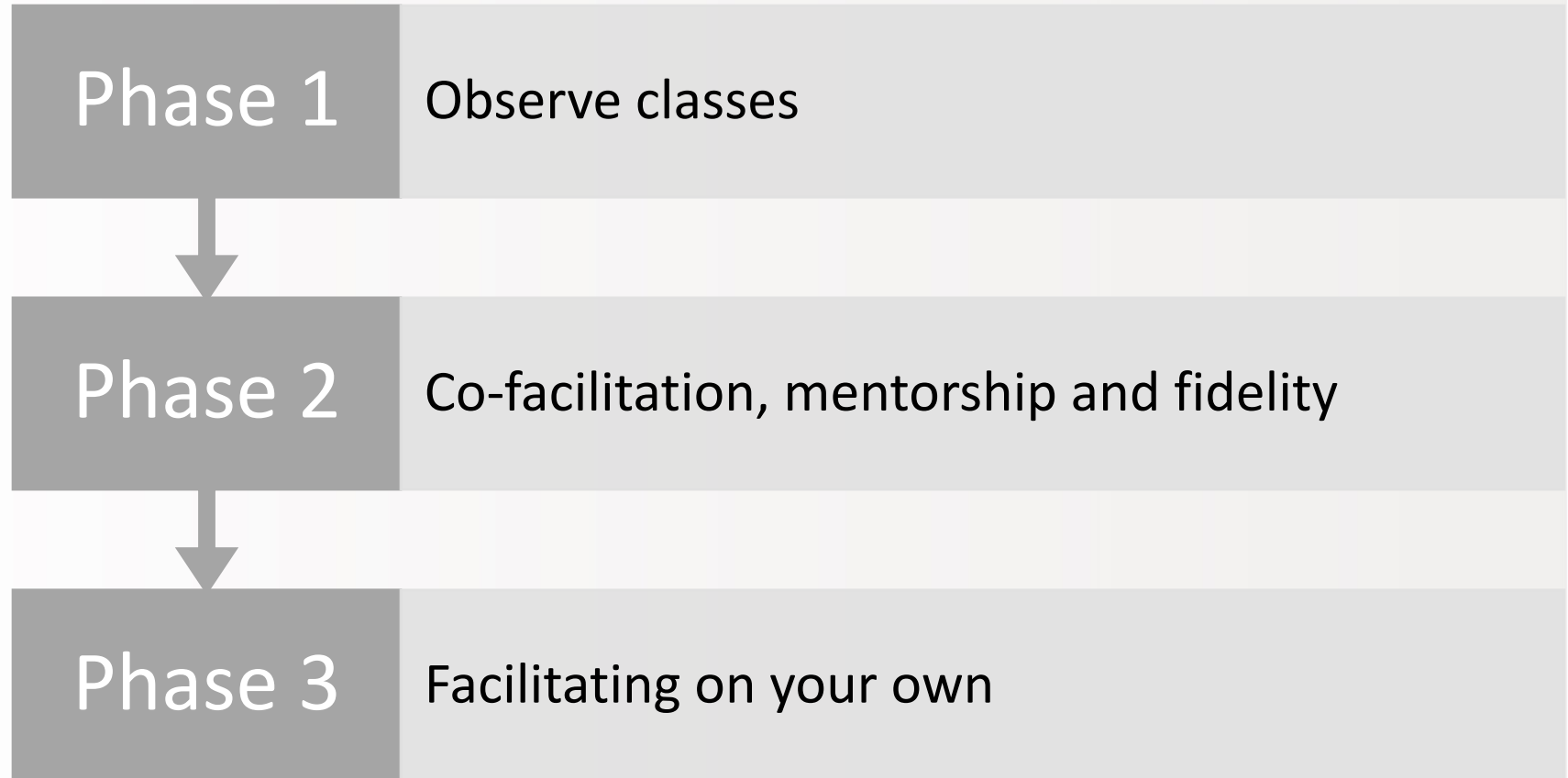


Step 2: Access class materials

- **Participant materials:** All content that can be given to clients attending classes
 - Participant Binder: Powerpoint slides with area to take notes, all handouts and worksheets included across all 5 classes
 - Powerpoint note pages and handouts for each class in separate files (if you want to send out materials by class)
 - Version for general adult population, one with material tailored for public safety



Optimizing your CBTm Training



Phase 1 – Observe classes

- Join Zoom classes to observe CBTm being led by experienced facilitators
- Timeslots offered for Class 1 through 5
- Stay back after class to ask questions or discuss with facilitator
- Doodle poll will be updated as new classes available
 - https://doodle.com/poll/ehbseyxz8yn5xm5g?utm_source=poll&utm_medium=link
- You may observe as many classes as you wish!!
- Observe a minimum of one session of each class prior to moving on to Phase 2

Phase 2 – Co-facilitation, mentorship and fidelity

- CBTm Team member will attend a series of CBTm classes hosted at your site (Class 1-5)
- Can request co-facilitation
- At the end of each class, our team will provide feedback / coaching and can answer any questions
- Fidelity to the CBTm model will be discussed
- Receive mentoring on a full 5 class training workshop before moving on to Phase 3
- Connect with our team: cbtm@umanitoba.ca

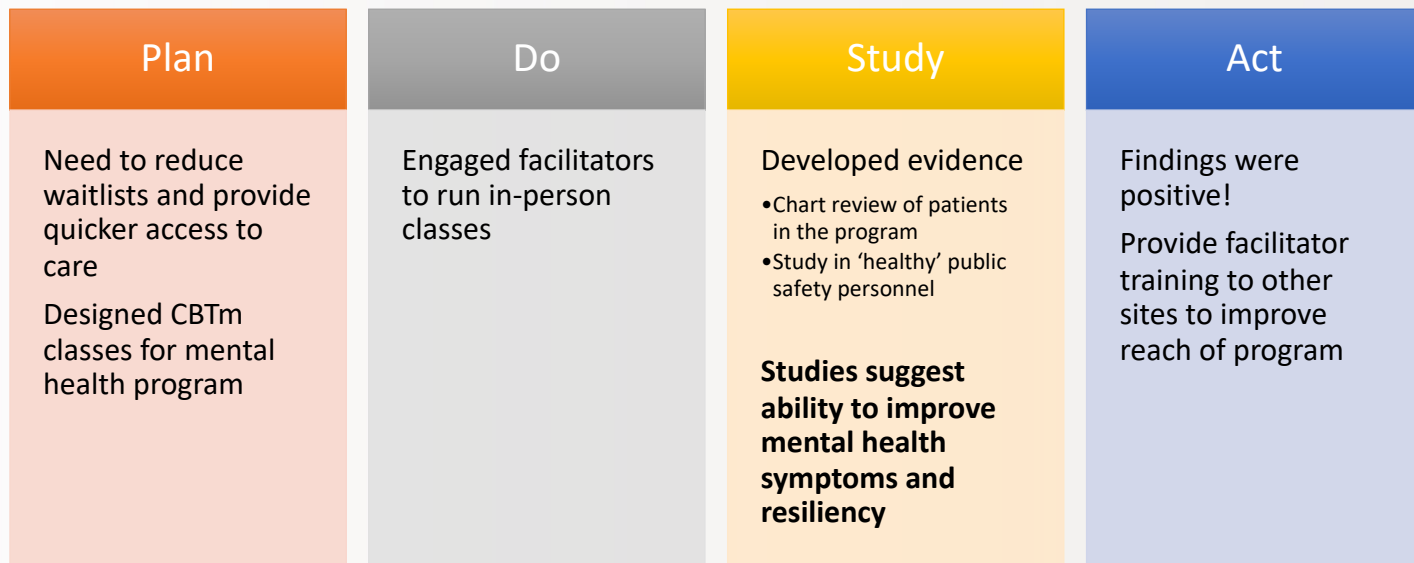
Phase 3 – Facilitating on your own

- Facilitate independently at your site
- Facilitate often - become more comfortable with material over time
- **Ability to adapt materials to your population**
- Continual evaluation – fidelity
- Update training materials regularly – cbtm.ca
 - Slide or speaking note changes
 - Translations or adaptations for specific population
- Keep in touch with CBTm Team 😊
 - Our team would like to connect yearly to collect data on number of participants, number of sessions run

The Need for Evaluation

How evaluation can guide our work

**Quality Improvement model



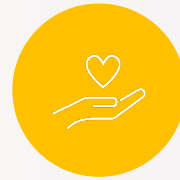
Why should I collect evaluation data?



IMPROVE PATIENT
EXPERIENCE – HELPS
MOTIVATE THEM TO
KNOW HOW THEIR
SYMPTOMS ARE
CHANGING



GET FEEDBACK ON
CBTM CLASS
EXPERIENCE



INFORM CLINICAL CARE
AND FOLLOW UP
PROGRAMS



PROVIDE EVIDENCE
FOR USEFULNESS OF
PROGRAM AT YOUR
SITE



GAIN FUNDING TO
CONTINUE CBTM
PROGRAM

Key Outcomes

Session evaluation

Changes in depressive symptoms:

Patient Health Questionnaire 9-item (PHQ-9)

Changes in anxiety symptoms:

Generalized Anxiety Disorder 7 Item Scale (GAD-7)

Changes in resiliency:

Connor-Davidson Resilience Scale 10 (CD-RISC10)

Confidential

Page 1

Cbt Education Session Evaluation

Session Evaluation

Did you enjoy the session?

- 1 Did not like it at all
 2
 3
 4
 5 Liked it a lot

How useful was this session for you?

- 1 Not at all useful
 2
 3
 4
 5 Very useful

How did you like the (virtual) format?

- 1 Did not like it at all
 2
 3
 4
 5 Liked it a lot

Did you feel you were able to fully participate in the class using this format?

- 1 Had a lot of difficulty participating
 2
 3
 4
 5 Was able to participate as much as I wanted

Did you experience any problems/issues with the format?

- Yes
 No

Please describe the difficulties you had:

What did you like most about the session?

How could we improve the session?

Would you attend another session like this one?

- Yes
 No

Other comments?

Depression PHQ-9

The Patient Health Questionnaire (PHQ-9)

Patient Name _____ Date of Visit _____

Over the past 2 weeks, how often have you been bothered by any of the following problems?

	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 asleep, 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're 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

Column Totals _____ + _____ + _____

Add Totals Together _____

10. If you checked off any problems, how difficult have those 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

Anxiety GAD-7

Generalized Anxiety Disorder 7-Item (GAD-7)

31. Over the last 2 weeks, how often have you been bothered by the following problems?

Over the last 2 weeks, how often have you been bothered by the following problems?	Not at all sure (0)	Several days (1)	Over half the days (2)	Nearly every day (3)
1. Feeling nervous, anxious, or on edge	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Not being able to stop or control worrying	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Worrying too much about different things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Trouble relaxing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Being so restless that it's hard to sit still	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Becoming easily annoyed or irritable	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Feeling afraid as if something awful might happen	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

If you checked off any problem on this questionnaire so far, 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

Resiliency

Connor-Davidson Resilience Scale 10 (CD-RISC-10) ©

initials ID# date visit age

Please indicate how much you agree with the following statements as they apply to you over the last month. If a particular situation has not occurred recently, answer according to how you think you would have felt.

	not true at all (0)	rarely true (1)	sometimes true (2)	often true (3)	true nearly all the time (4)
1. I am able to adapt when changes occur.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I can deal with whatever comes my way.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I try to see the humorous side of things when I am faced with problems.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Having to cope with stress can make me stronger.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I tend to bounce back after illness, injury, or other hardships.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I believe I can achieve my goals, even if there are obstacles.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Under pressure, I stay focused and think clearly.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I am not easily discouraged by failure.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I think of myself as a strong person when dealing with life's challenges and difficulties.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I am able to handle unpleasant or painful feelings like sadness, fear, and anger.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Add up your score for each column 0 + ___ + ___ + ___ + ___

Add each of the column totals to obtain CD-RISC score = _____

Ways to evaluate your program



USE OUTCOME MEASURES PROVIDED IN FACILITATOR MATERIALS (SESSION EVALUATION, SYMPTOM MEASURES)



COLLABORATE WITH CBTM RESEARCH TEAM WHO CAN ASSIST IN OUTCOME MONITORING

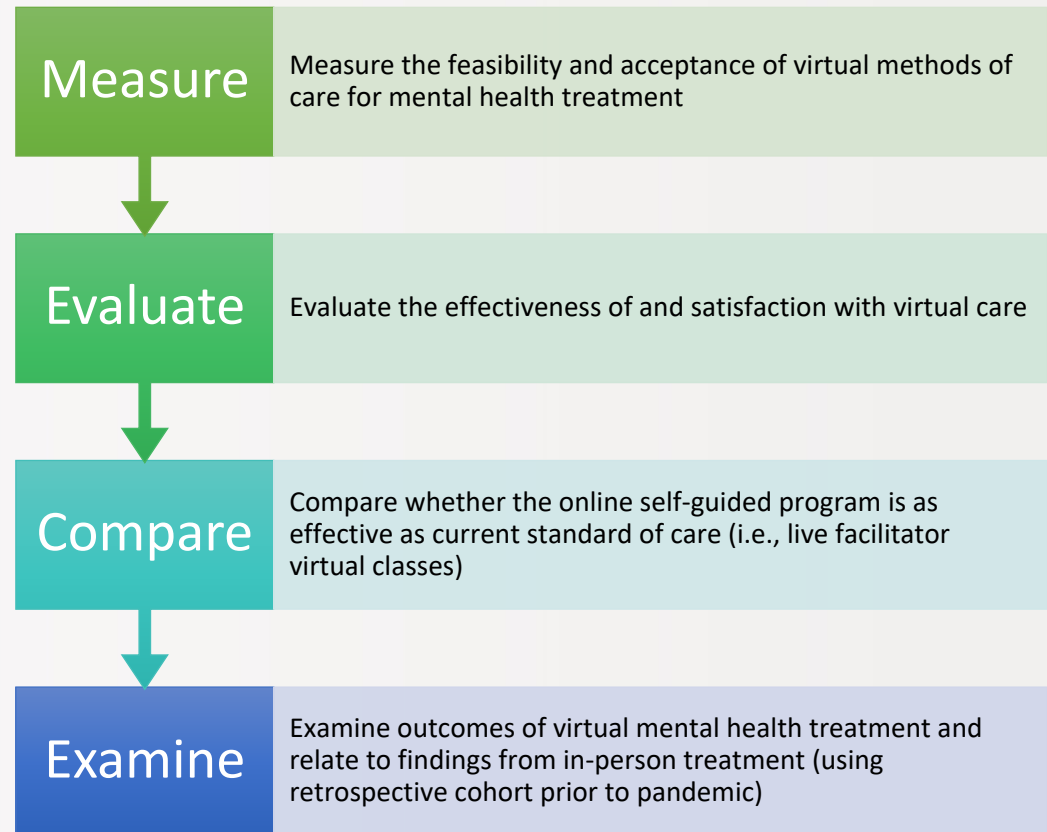
CBTm Hub – Current Research



- Civilian cohort
 - Facilitator-led Zoom classes
 - Online self-directed course
- RCT in public safety personnel
- Perinatal Anxiety (online)
- Adolescent cohort (Zoom)

Study in Adult Cohort

Funded by Health Sciences Centre Foundation



Virtual CBTm



Option 1: Using videoconferencing to run classes

Most similar to in-person classes, led by a facilitator, group-based



Option 2: Web-based online course self-directed

Self-directed, no facilitator, progress monitored by research staff and clinicians

Online course

- Recorded audio from facilitators
- Modules timed to provide access to 1 class every 7 days
- Regular mini-quiz
- Printable and fillable worksheets with examples
- Learning journal for note taking
- Links for mindfulness exercises and mental health resources
- Charting of symptom change at each class

CBTm COGNITIVE BEHAVIOUR THERAPY WITH MINDFULNESS

Cognitive Behaviour Therapy with Mindfulness

Course Overview

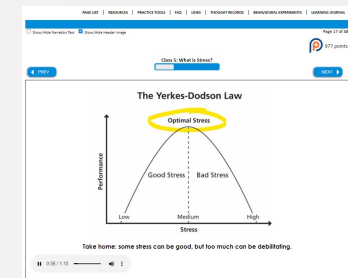
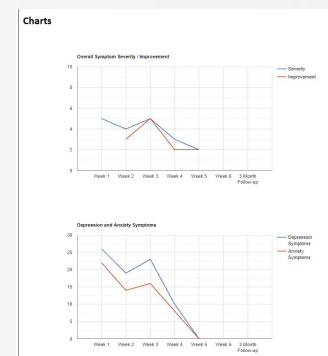
Cognitive Behaviour Therapy (CBT) is a short-term goal focused treatment that is effective for many mental health conditions. CBT involves learning and developing new skills and strategies to help change unhelpful thought, emotion and behaviour patterns. CBTm includes mindfulness, a type of meditation, that helps you to focus on the present moment, increase self-awareness and reduce stress. Throughout this course you will learn and practice different strategies to manage negative thoughts, emotions and behaviours, how to be more self-aware and live in the present moment, and tips on how to maintain a healthy and balanced lifestyle.

[Resume](#)

Class 1 [VIEW](#)

Class 2 [VIEW](#)

Class 3 [VIEW](#)



Interested in testing out the online course? Contact our team to get access: cbtm@umanitoba.ca

Adult Cohort Study - Process

- Can evaluate any client if willing to sign consent for research
- Patient preference – can choose either facilitator-led classes or online course
- If facilitator-led (Zoom or in-person):
 - Research team provides site with a generic weblink to attach to communication about classes
 - Link provides access to consent form and baseline questionnaires for client/patient to participate in evaluation (REDCap)
- If online course preferred by patient, direct referral form to research team
 - Once client completes, referred back to site for follow-up

Rady Faculty of Health Sciences | University of Manitoba

Consent Form Page 1 of 5

An evaluation of virtual mental health treatment during a pandemic: A cohort study
Page 1

RESEARCH PARTICIPANT INFORMATION AND ELECTRONIC CONSENT FORM

Title of Study: An evaluation of virtual mental health treatment during a pandemic: A cohort study

Investigators: Shay-Lee Bolton PhD, Jitender Sareen MD, Jennifer Hensel MD, Tanya Sala MD, Jolene Kinley PhD, Natalie Moza PhD, Christine Henriksen PhD, Cheryl Maxsom MSW

Funding: n/a

You are being asked to participate in a research study. Please take your time to review this consent form and discuss any questions you may have with the project staff. You may take your time to make your decision about participating in this project, and you may discuss it with your friends, family or others before you make your decision. This consent form may contain words that you do not understand. Please ask the project staff to explain any words or information that you do not clearly understand.

By returning this consent form electronically, I have not waived any of the legal rights that I have as a participant in a research study.

I agree to being contacted in relation to this study.

* must provide value

Yes

No

reset

After completion of the study, I would like to be informed about the study findings.

* must provide value

Yes

No

reset

I agree to being contacted in relation to future studies.

* must provide value

Yes

No

reset

Authorization to Release Information

We are also asking your permission to use your Manitoba Health Card number to be able to link your information from this study with your health records. This information will only be used for research and your privacy will be protected at all times.

Adult cohort - Recruitment Materials



 **PATIENT REFERRAL
FOR VIRTUAL CBTm CLASSES**

PATIENT INFORMATION

First Name
Last Name
Age
Phone Number
Email
Referring Site
Referring Contact
Indicate stream: Facilitator-led OR web-based CBTm

CBTm Team Contact Info:
www.cbtm.ca
cbtmresearch@umanitoba.ca
 Tel: (204)787-7729
 Fax: (204)787-4879



What is CBTm?
 Cognitive Behaviour Therapy with Mindfulness (CBTm) is an education program designed to help you build resilience and improve your mental wellness. Please read the information below to find out if this program is right for you!

Why should I participate in CBTm?

- To learn the basic principles of CBTm
- Gain access to good quality resources
- Learn new skills that can help improve your overall mental well-being
- To help build resilience

What will I learn about?

- The CBT model
- Mindfulness
- Goal Setting
- Healthy & Realistic Thinking
- Basics of Behaviour Therapy
- Healthy Living & Sleeping
- Anger, Assertiveness & Self Compassion
- Problem-Solving
- Managing Stress

Is CBTm right for me?

- I struggle with anxiety and/or mood symptoms
- My mental health is impacting my life in negative ways
- I want to learn new skills to help manage my mental wellness




Option 1: Facilitator-led Classes
 Classes are led by a trained clinician and are held virtually over Zoom. Sessions are 90 minutes and occur once per week for 5 weeks. The sessions include a PowerPoint presentation in lecture format. Participants will be encouraged to discuss and ask questions of the facilitator. Skills practice will be assigned weekly.

Option 2: Web-based Course
 Participants will have access to a 5 class, web-based, self-guided CBTm course. The course has been created to mirror the facilitator-led CBTm classes. Each class will take approximately 90 minutes to complete. Material may be completed in a single sitting or the participant can choose to pause the session and return to it at a later time. Skills practice will be assigned at the end of each class. A new class will be available 1 week after completion of the prior class material.

Research Info
 In order to determine if the CBTm programs are helpful, individuals will be asked to fill out a set of measures each class and following course completion. The measures will ask about your mental health, as well as gather feedback on the program. All information gathered is held on a secure server and data will be made anonymous.

To register for the CBTm facilitator-led classes or the web-based course, please contact the CBTm Team by phone, email or fax using the numbers and email provided below.

CBTm Team Contact Info:
 Tel: (204) 787-7729
 Fax: (204) 789-2819
 Email: cbtmresearch@umanitoba.ca
 Website: www.cbtm.ca



Study in Public Safety Personnel

3-arm randomized controlled trial: online, Zoom-based, waitlist

Primary Objective: Can virtual CBTm increase resiliency among PSP?

Secondary Objectives:

- Does virtual CBTm improve clinical symptoms of mental and substance use disorders (e.g., depression, anxiety, PTSD, alcohol abuse) among PSP?
- Does virtual CBTm improve self-perceived health-related quality of life among PSP?
- Does virtual CBTm reduce burnout among PSP?

**Funding received from Canadian Institutes of Health Research

**Plan to build in neuroimaging component again

RCT in PSP - Recruitment Materials

Want to Learn How to Better Manage Work-Related Stress?

Join a study that hopes to build your resiliency!

Researchers from the University of Manitoba are looking for volunteers to take part in a free online course which aims to build resilience and well being in a high stress workplace.

WHY JOIN?

- You will learn to be more mindful.
- You will learn skills to help balance your moods.
- You will learn coping skills for dealing with stress and trauma.
- You will help researchers build a program that can help public safety personnel like you.

WHO CAN JOIN?

Anyone currently or formerly working in public safety, whether as a police officer, firefighter, paramedic, correctional officer, dispatcher, or another similar role.

TESTIMONIALS

"The course helped me recognize things in myself that I want to change and it has given me the tools to start practicing that, and I am grateful for that new information. Thank you."

"Workplaces need to incorporate these practices into shifts/education."

"I found this experience very informative and I'm confident I now have the tools to self manage occupational stress injuries."

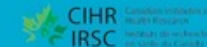
If you are interested, scan here to get more details about the study and to sign our consent form:



For any questions, please contact:
Dov Millstone, Research Associate
crew@umanitoba.ca | 204-787-7729 | cbtm.ca



CBTm




Version Date: November 29, 2021



Overcoming Perinatal Anxiety Online Course

► research@overcomingperinatalanxiety.ca



OVERCOMING
PERINATAL
ANXIETY
©FURER & REYNOLDS
2021

Perinatal Anxiety Research

Are you pregnant or within 12 months postpartum?

Are you 18 years of age or older?


Do you feel anxious, panicky, or worried?

If you answered “yes” to any of the above questions, you may be eligible to participate in a **new self-directed online program for perinatal anxiety.**

Participation includes:

- Taking part in a **free 6-week, online, self-directed cognitive behavioural therapy program for perinatal anxiety**
- Completing questionnaires before and after participating in the program, as well as 4 weeks after the program has ended
- Participating in an interview prior to beginning the program
- Option to complete an interview after completing the program

Participants will receive a \$10 gift card for each questionnaire and a \$15 gift card for each interview (up to \$60 total).




University
of Manitoba

For more information please visit:
www.overcomingperinatalanxiety.ca

or

contact our research team at:
research@overcomingperinatalanxiety.ca



Research
Manitoba

Adolescent Cohort

Partnership with
pediatricians at MB
Clinic and Manitoba
Adolescent Treatment
Centre (MATC)

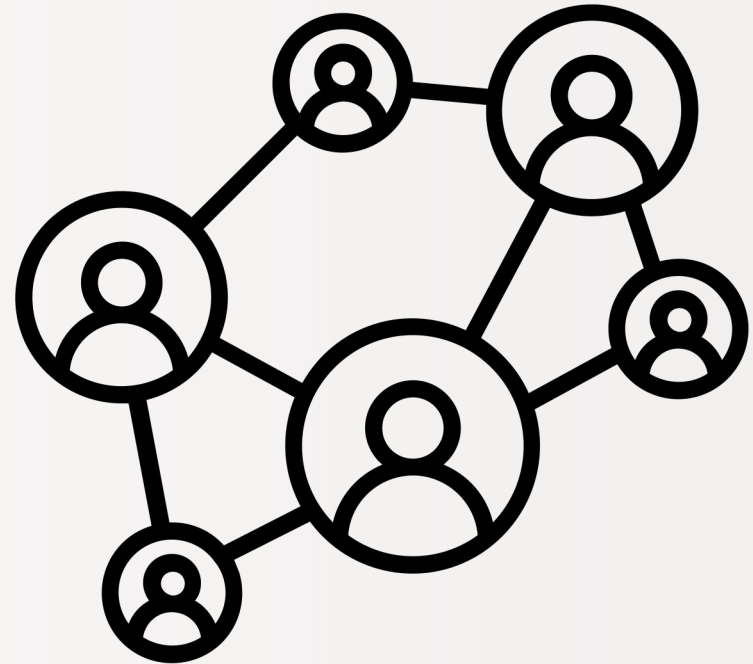
Current need for
mental health skills

CBTm materials being
adapted by Hub
subcommittee

Same process as adult
cohort
12-17 years old

CBTm Hub – Collaboration is key

- Mentorship model
- Support sites to implement classes
- Support to collect evaluation data
 - Client level data can be provided to site
- Idea of collaboration across sites
 - Schedule established for weeks when you would need to facilitate videoconference classes (“on call”)
 - Refer clients from your site to a centralized team



Congratulations and good luck!!



OUR TEAM IS ALWAYS
OPEN TO FEEDBACK!



ANY QUESTIONS, PLEASE REACH OUT
CBTM@UMANITOBA.CA