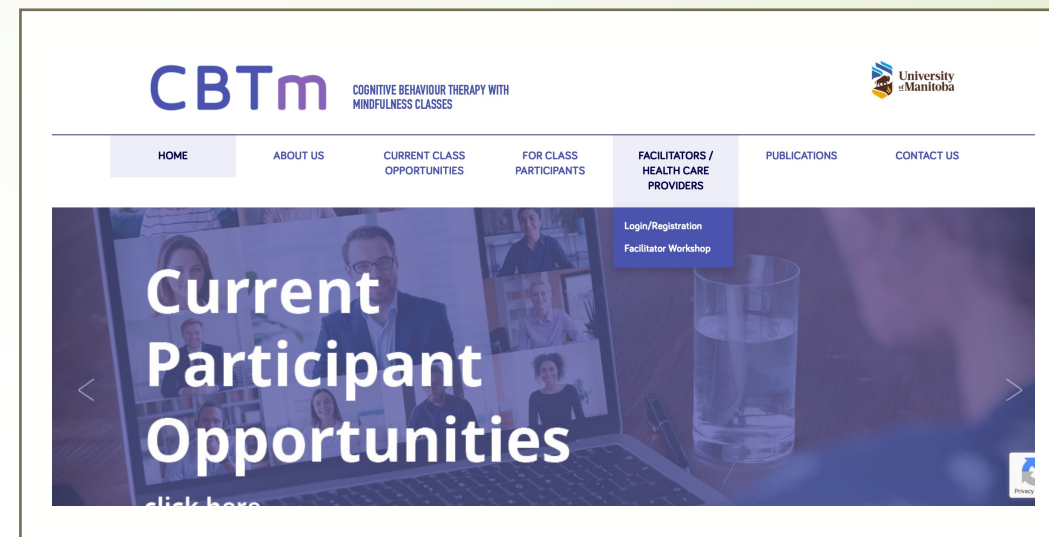


Now that I'm  
trained to  
facilitate CBTm  
classes...what's  
next??

# Register as a CBTm Facilitator

- Registration on our website [cbtm.ca](http://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 team offers 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?

# 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

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HEALTH CARE  
PROVIDERS

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## Facilitator Class Materials

### CBTm Classes Facilitator Manuals



Facilitator Manual – Adult CBTm




Facilitator Manual – PSP CBTm


# 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


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**Facilitator Powerpoint Slides - Adult Civilian**

**Class 1**  
Slides - Adult CBTm  


**Class 2**  
Slides - Adult CBTm  


**Class 3**  
Slides - Adult CBTm  


**Class 4**  
Slides - Adult CBTm  


**Class 5**  
Slides - Adult CBTm  


# 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

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**Class Participant Materials**

**Participant Binder - Adult CBTm** **Participant Binder - PSP**



CBTm Participant Binders with Classes 1-5 Material and Handouts      CBTm Participant Binders with Classes 1-5 Material and Handouts

**Class 1** **Class 2** **Class 3** **Class 4**

Adult CBTm      Adult CBTm      CBTm Adult      Adult CBTm



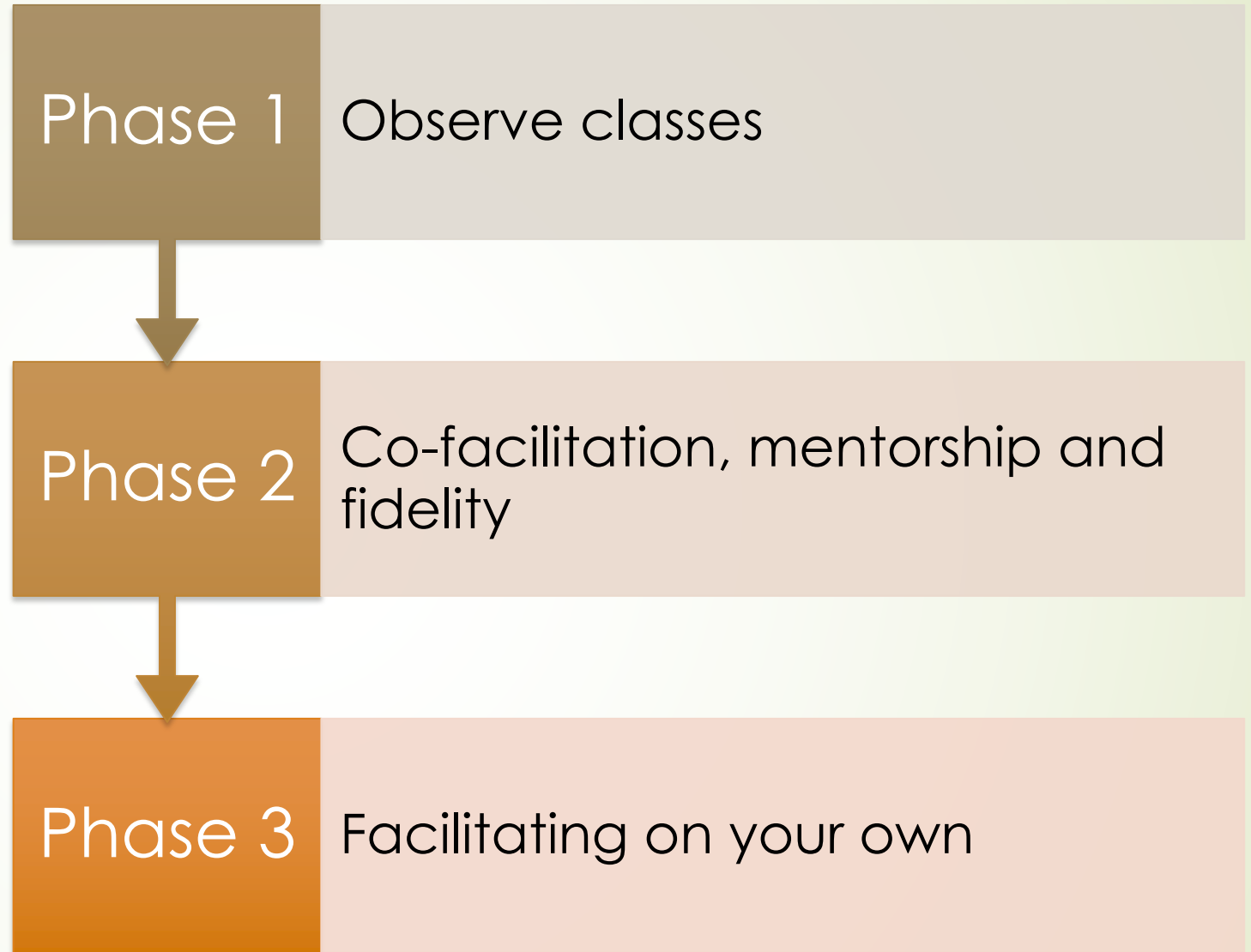
**Class 5**

Adult CBTm





## 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](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](mailto: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](http://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





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

Why should I collect evaluation data?



## 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)

# Session Evaluation

Confidential

Page 1

## Cbt Education 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





# 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

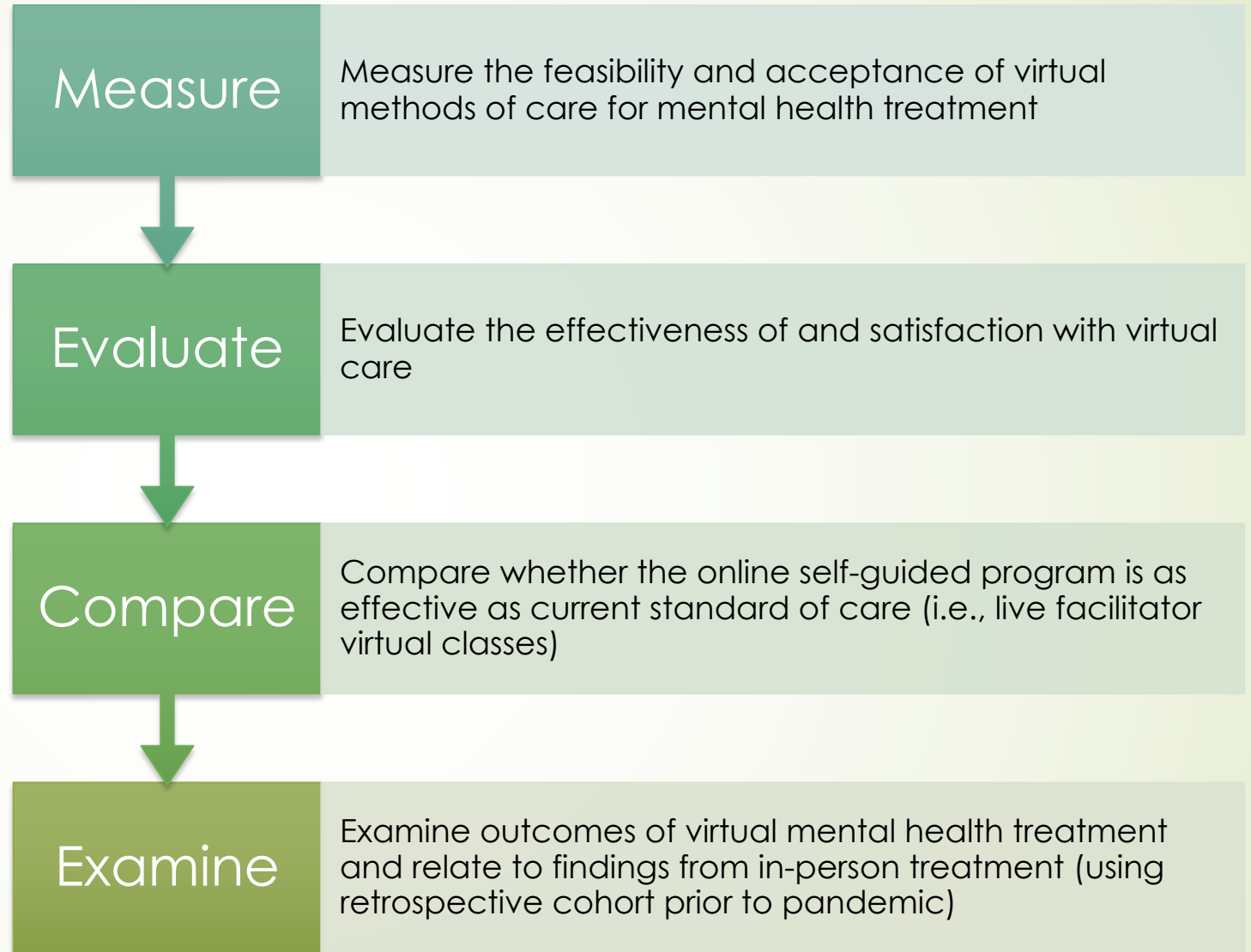
# CBTm Hub – Current Research

- 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



# Virtual CBTm



## **Option 1: Using videoconferencing to run classes**

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



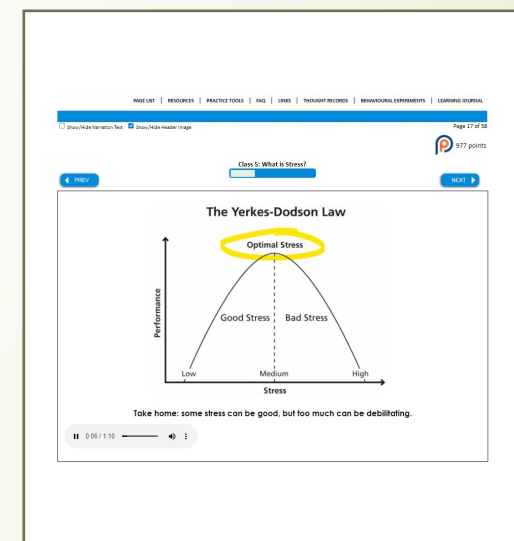
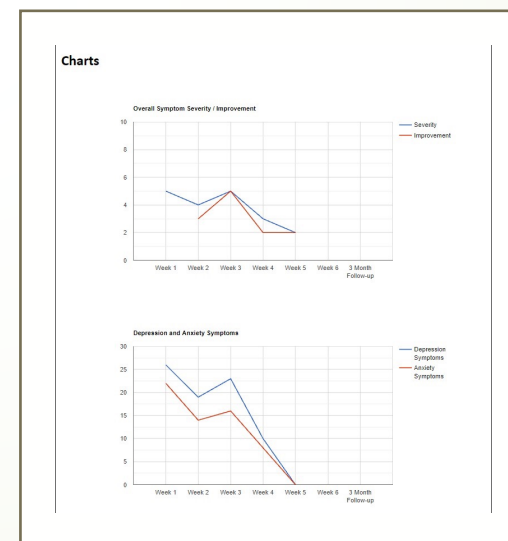
## **Option 2: Web-based online course self-directed**

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

The screenshot shows the CBTm (Cognitive Behaviour Therapy with Mindfulness) course landing page. At the top right, there are links for 'SUPPORT' and 'LOGOUT'. The main title 'CBTm' is in large blue letters, followed by 'COGNITIVE BEHAVIOUR THERAPY WITH MINDFULNESS' in smaller blue text. Below this is the course title 'Cognitive Behaviour Therapy with Mindfulness'. A 'Course Overview' section contains a paragraph describing CBT as a short-term goal-focused treatment. To the right of the overview is a 'Resume' button. Below the overview are three blue buttons labeled 'Class 1', 'Class 2', and 'Class 3', each with a 'VIEW' button to its right.



Interested in testing out the online course? Contact our team to get access: [cbtm@umanitoba.ca](mailto: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 Hensei MD, Tanya Sala MD, Jolene Kinley PhD, Natalie Mota 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

reset

**After completion of the study, I would like to be informed about the study findings.**  
\* must provide value

reset

**I agree to being contacted in relation to future studies.**  
\* must provide value

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](http://www.cbtm.ca)  
[cbtmresearch@umanitoba.ca](mailto: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 health 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
- To learn and gain access to good quality resources
- To learn new skills that can improve your treatment and recovery
- To build resiliency



### What will I learn about?

- The CBT Model
- Mindfulness
- Healthy & Realistic Thinking
- Goal Setting
- Basics of Behaviour Therapy
- Healthy Living & Sleep
- Anger, Assertiveness & Self-Compassion
- Problem-Solving
- Stress & Coping with Stress



### Are these classes right for me?

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



### What are my options?

#### Facilitator led CBTm classes

These classes are led by a trained clinician and are held either in-person or virtually over Zoom. There are 5 classes in total that occur weekly, over 5 weeks; each class will take approximately 1.5 hours. Skills practice will be assigned weekly and discussed at the beginning of the next class. You are welcome to bring one family member or friend to attend the classes with you.



#### Online CBTm Course

The online CBTm classes have been created to mirror the facilitator-led classes. The material presented each week will be the same and will be voiced by CBTm-trained clinicians from Manitoba. The entire course will take approximately five weeks to complete, with a new class available to you one week after completing the previous class. Each class will take approximately 1.5 hours to complete; however, this will depend on the pace at which you complete the course.



### Research Info



In order to evaluate the CBTm programs, individuals will be asked to fill out a set of questionnaires each week throughout the course and following course completion. The questionnaires will evaluate your mental health symptoms, as well as gather feedback on the virtual format. All information will be held on secure servers and will be made anonymous.

CBTm Team Contact Information:  
Tel: (204)787-7729  
[cbtmresearch@umanitoba.ca](mailto:cbtmresearch@umanitoba.ca)  
[www.cbtm.ca](http://www.cbtm.ca)





**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

Study in Public Safety Personnel  
3-arm randomized controlled trial: online, Zoom-based, waitlist

# 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



# Overcoming Perinatal Anxiety Online Course

► [research@overcomingperinatalanxiety.ca](mailto:research@overcomingperinatalanxiety.ca)



## 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).**



For more information please visit:  
[www.overcomingperinatalanxiety.ca](http://www.overcomingperinatalanxiety.ca)

or

contact our research team at:  
[research@overcomingperinatalanxiety.ca](mailto:research@overcomingperinatalanxiety.ca)



# Adolescent Cohort

Partnership with pediatricians at MB Clinic

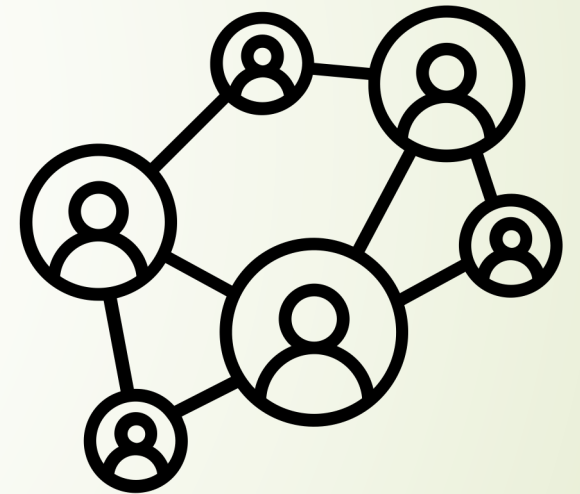
Current need for mental health skills in adolescent population

CBTm materials being adapted by Hub subcommittee for use with adolescent population

Same process with REDCap as adult cohort

# 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](mailto:CBTM@UMANITOBA.CA)