



Peterborough
FAMILY HEALTH TEAM

MIND THE GAP

Creating a Successful Mindfulness Program

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Presenter Disclosure

- Presenters: Julie Brown and Lori Richey
- Relationships with commercial interests:
 - Grants/Research Support: None
 - Speakers Bureau/Honoraria: None
 - Consulting Fees: None
 - Other: None

Disclosure of Commercial Support

- This program has received financial support from our foundation (Greater Peterborough Health Services) in the form of monies to produce Meditation CDs.
- This program has not received in-kind support.
- Potential for conflict(s) of interest: None to disclose.

Peterborough



Peterborough Family Health Team

- We serve 115,000 patients
- 91 family physicians
- 100 FHT employees
- 5 Family Health Organizations (FHOs) located at 20 clinics across the city and county and the Partners in Pregnancy Clinic (PIPC).

History: how it all began ...

- 9 years ago Mental Health Clinicians received specific mindfulness training with Jon Kabat-Zinn
- This created great enthusiasm with some of our mental health clinicians
- Began by offering a single group
- This increased to 3-4 groups yearly
- We now have 7-8 Mindfulness groups running at one time

Guiding Principles

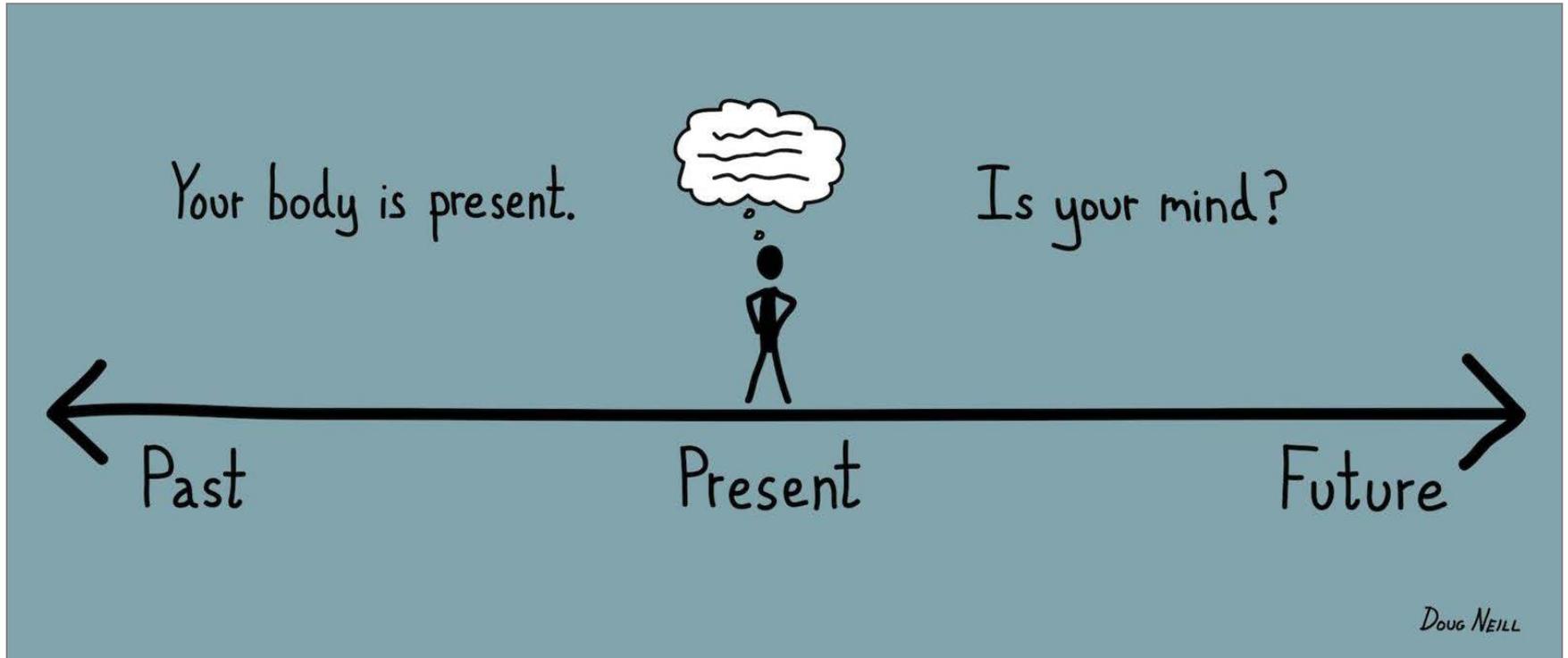
- The program draws from Jon Kabat-Zinn's MBSR program
- Regardless of our personal stories, we all have stress. We all want more peace in our lives
- We don't have to talk about our stories in order to learn skills and experience change
- Establishing a regular daily practice is key to change and improvement
- This is a foundational course providing basic tools to develop a mindfulness practice

Core Teachings/Practices

- Mindfulness
- Mindfulness Meditation
- 7 Attitudes of Mindfulness

Facilitators are well trained in Mindfulness

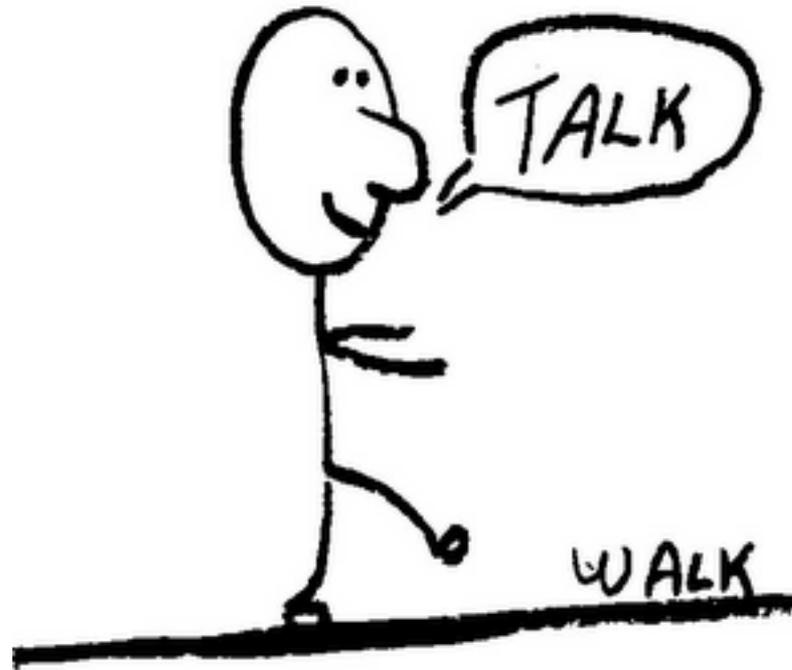
Mindfulness



7 Attitudes of Mindfulness



Guiding Principles - Facilitators



Referral Process

- Patient visits their Doctor/NP or AHP and a referral is submitted
- Referral received by our program office and patient contacted and notified that referral is received
- Patients contacted to register for a group information session
- Patients must attend a group information session before committing to group
- Complete paperwork (informed consent, pre-metrics) at information session

Program Structure

- Approximately 15-18 participants is ideal
- 10 weeks group (initially 8 weeks but increased based on patient and facilitator feedback)
- 2 hours weekly
- 2 facilitators
- Attendance is mandatory
- Homework assigned and followed up on each week
- Review content from past week and new content presented each week

Inclusion and Exclusion Criteria

This is NOT a therapy processing group; the focus is on learning new skills.

Inclusion criteria:

- Age: 21 or older
- Insight oriented and able to work with abstract concepts
- Able to sit or stand in a room for 2 hours
- Able to tolerate and cope with emotional arousal (i.e. not easily flooded)
- **Self-motivated** and **committed** - is this the right time for participation in this program?

Exclusion criteria:

- Are experiencing a life crisis or require urgent service
- Moderate to severe cognitive and/or emotional impairment
- Thought disordered/psychosis
- Could be socially disruptive to others

Basic Agenda

- Arriving meditation, starts at 5-10 minutes and increases to 30 minutes over the program
- Check in - how is your mindfulness and meditation practice going? Challenges, questions, successes
- Teaching - the stress response, neuroplasticity, and the 7 foundational attitudes of mindfulness
- Meditation
- Debrief, Assign Homework (mindfulness exercises and meditation)
- Closing Meditation – adjourn in silence

Meditations

- Guided initially, short, increase incrementally, introduce silence.
- Introduce variety of meditations (breathing, body scan, walking, movement)



Patients Served/Encounters

Fiscal Year	Patients Served	Patient Encounters
2011/12	200*	1,600*
2012/13	100*	800*
2013/14	85*	811*
2014/15	135	1,002
2015/16	416	2,283
2016/17	576	3,311
TOTALS	1,512	9,807

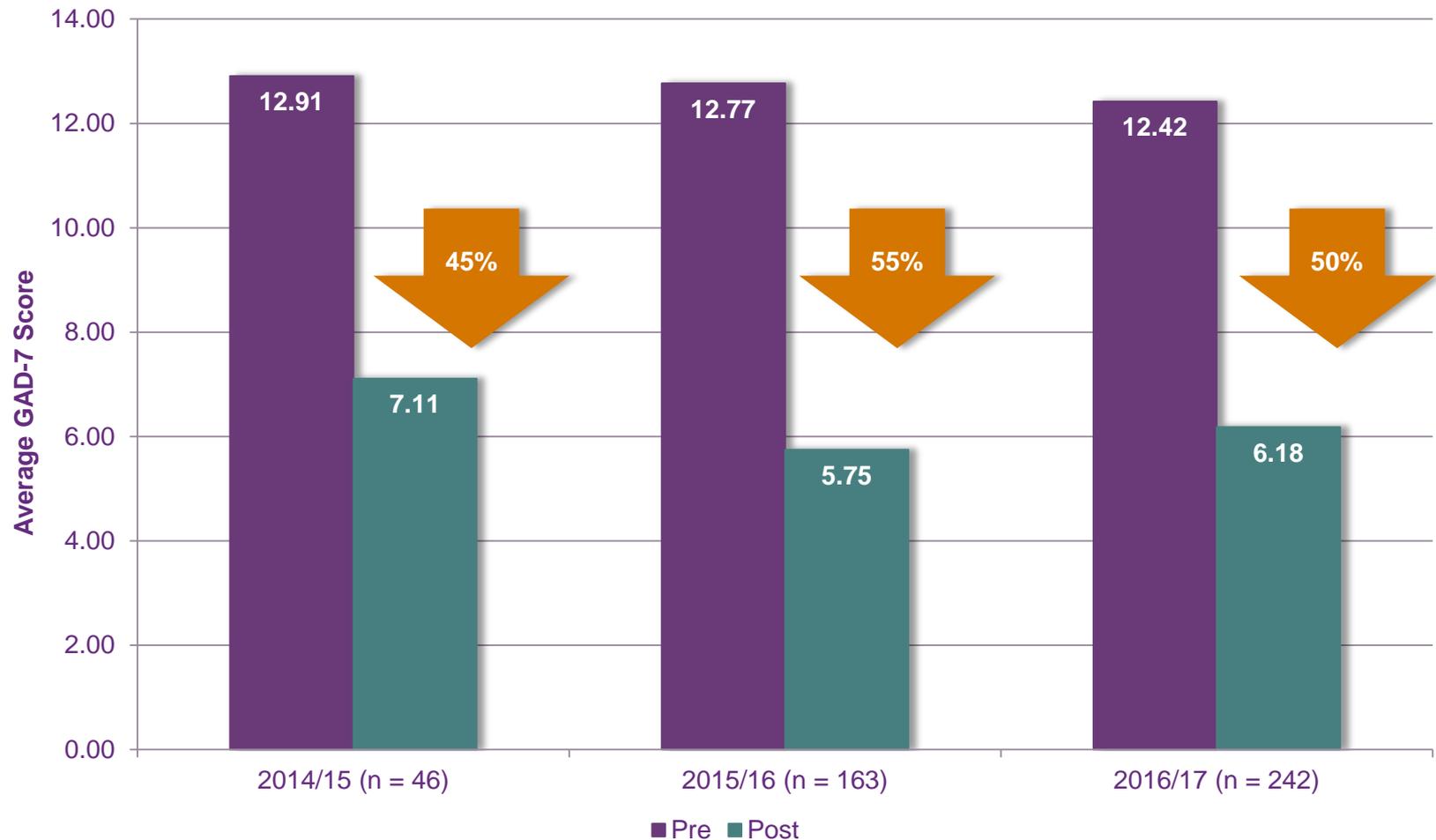
**approximations*

Measuring and Evaluating

- Generalized Anxiety Disorder (GAD) - 7
- Mindful Attention Awareness Scale(MAAS)
- Completed in the information session and week 10
- Anonymous Patient Experience questionnaire completed in week 10

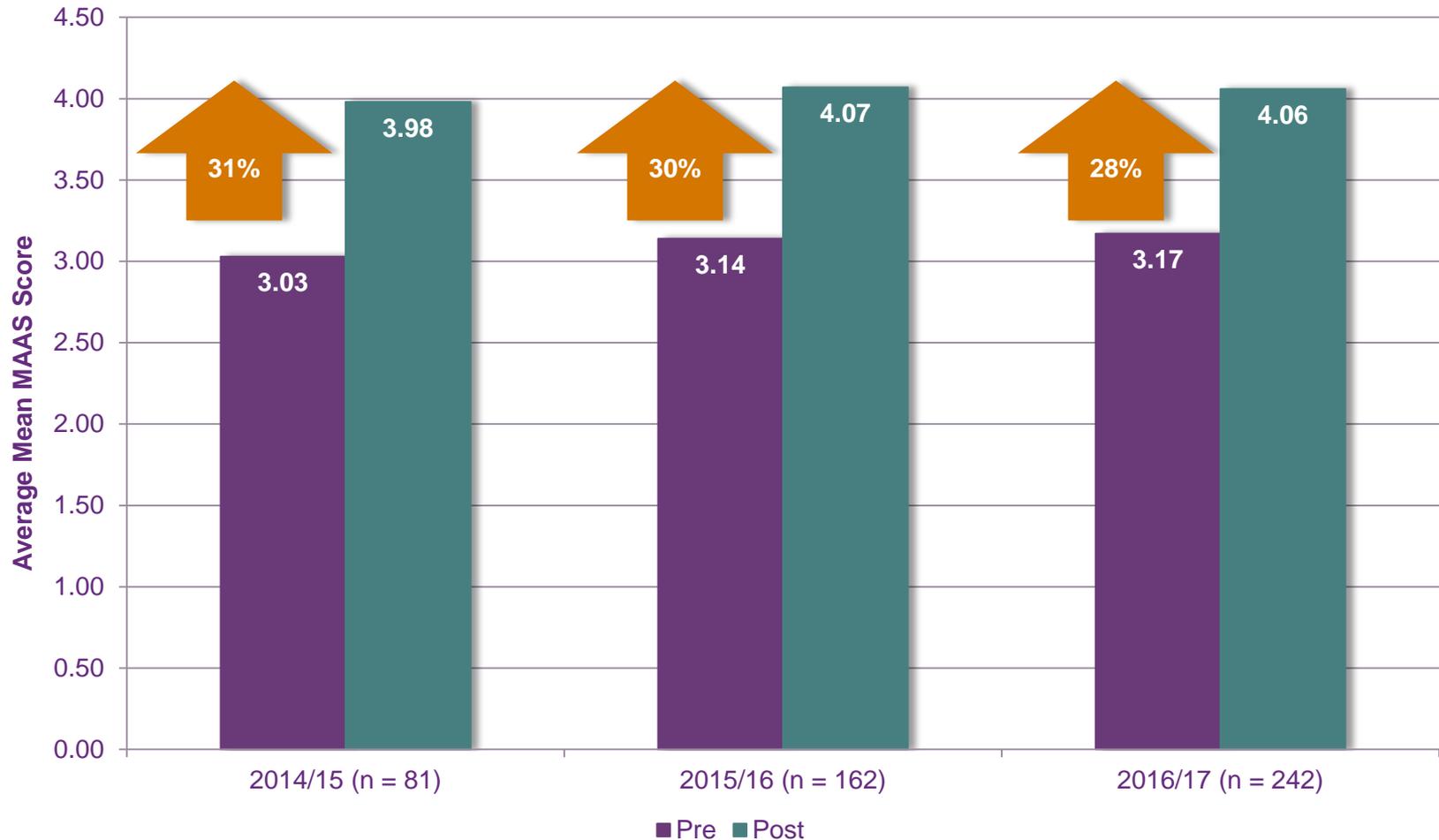
GAD-7 Results

Measure: % decrease in anxiety symptoms

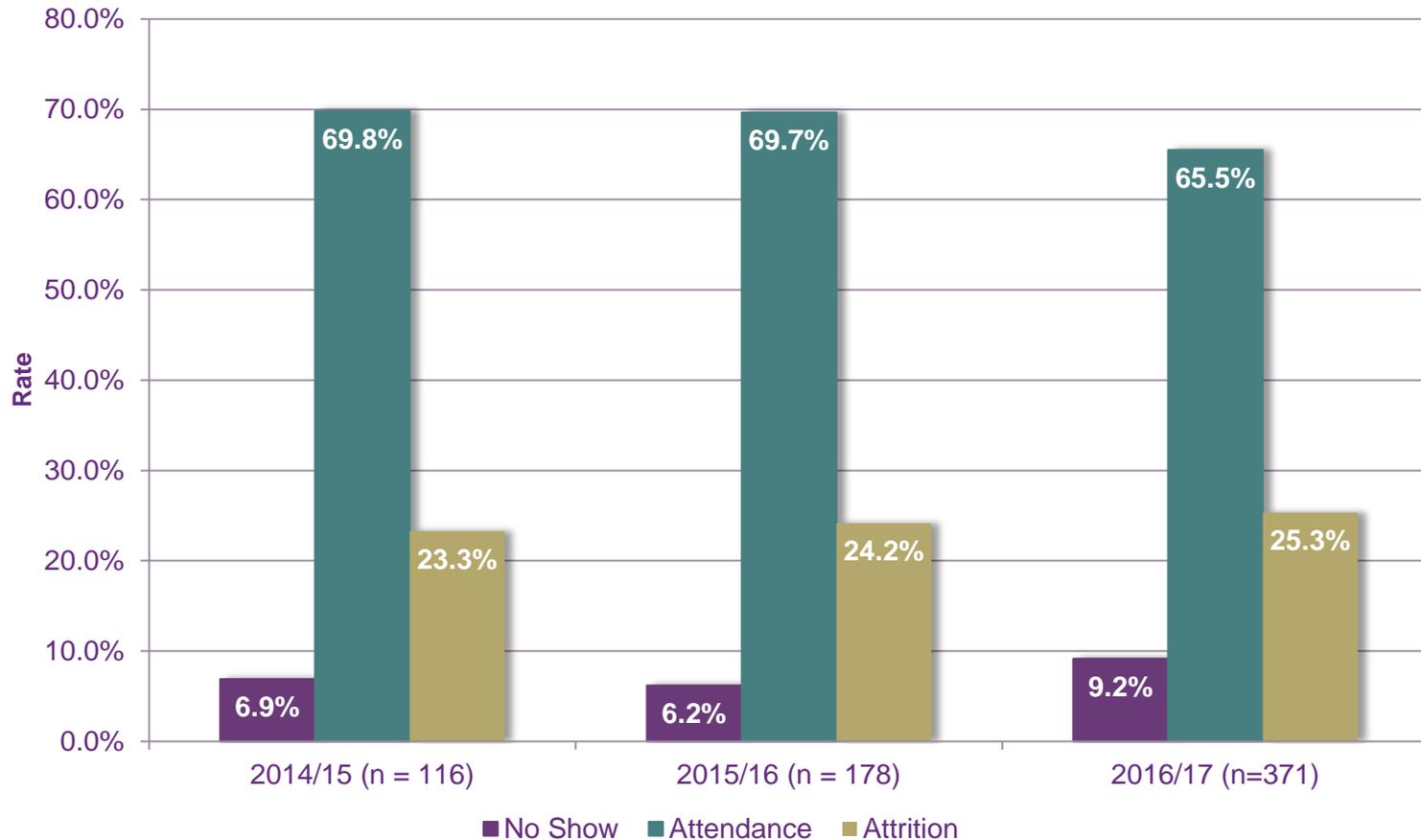


MAAS Results

Measure: % increase in mindfulness



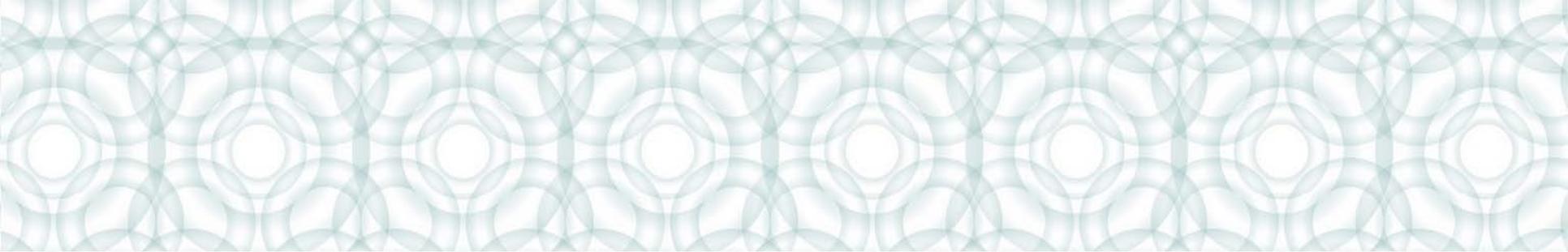
Attendance Summary



** A patient must not have missed 2 or more weeks in order to have completed the program*

Participant Questionnaire Comments

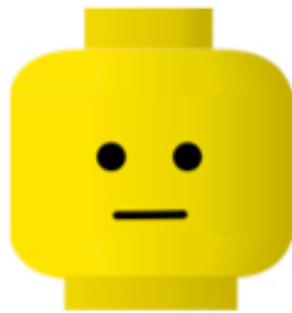
- “I am more focused, patient, less reactive, calmer, less irritable and more open with family and friends. I have more energy and less anxiety.”
- “Less physical pain, sleeping better and relief from the swirling mind, living in the moment.”
- “I was the biggest sceptic and now I’m the greatest advocate, benefitted +++ mentally and emotionally, able to “calm” the clutter in my mind.”



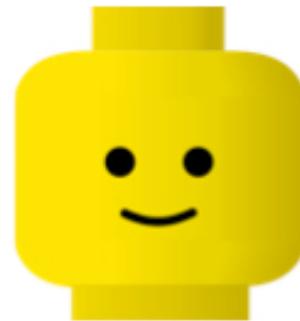
Lessons: Information Sessions

- Assess readiness and appropriateness by providing group information/screening sessions. Attrition rate improved after implementing information sessions

Low desire

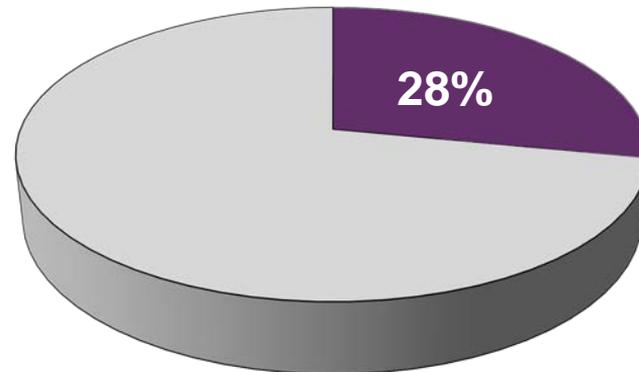


High desire



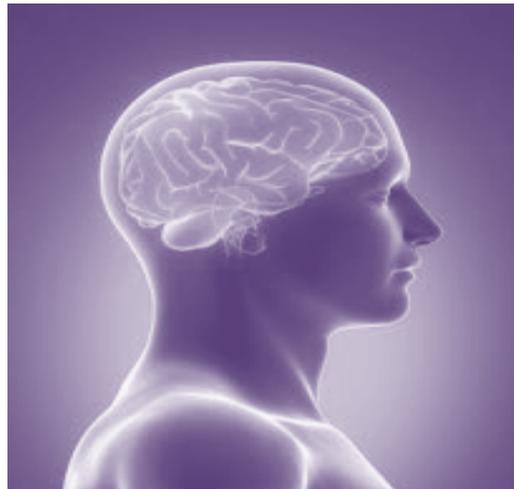
Lessons: Referrals

- Trial a new referral process
- Provider prompted – patient initiated referral
- There continues to be many patients who are referred but do not follow through. Last year: 28%



Lessons: Refer to Research

- Refer back to neuroplasticity and research many times so participants understand how and why change occurs
- This helps with those participants who are skeptical and/or not hopeful that change can occur



Lessons: Homework

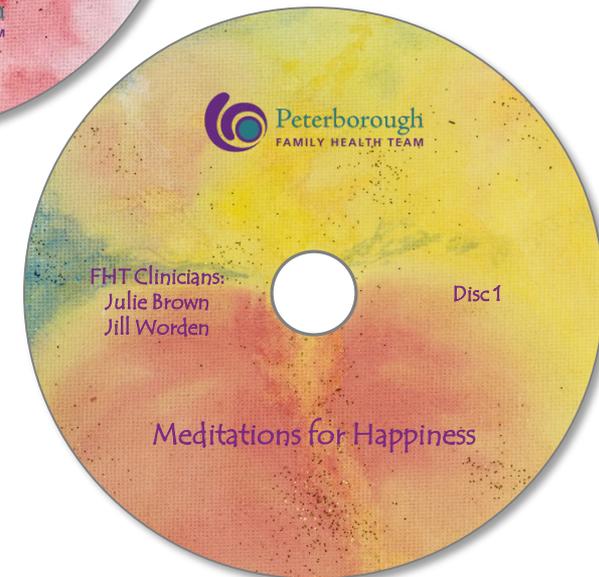
- Assign homework, and then weekly follow up
- For those struggling with homework, address it – don't let time be the excuse

"You should sit in meditation
for twenty minutes every day
unless you're too busy
Then you should sit for an hour."

- Old Zen saying

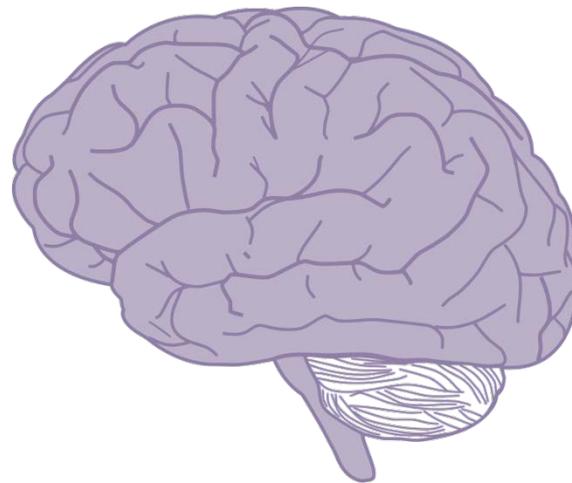
Lessons: Homework

- Initially participants were expected to find their own guided meditations.
- This was a homework **barrier**
- Professionally recorded our own CD's and offer them free of charge with thanks to our Foundation.
- Also available on our web page as audio files



Lessons: The Stress Response

- Teaching of the Stress Response is critical to helping them understand how stress occurs and why mindfulness works



Lessons: Facilitator Sharing

- The group requires a constant weaving of our knowledge as therapists and our personal mindfulness practice
- Facilitator sharing is a significant source of learning and motivation to practice. We use our own mindfulness experiences to teach

Lessons: Containing Stories

- Contain stories, focus on content and practice. The containment of peoples' stories is crucial for group safety and learning.



Lessons: Be Prepared...

**THE QUIETER
YOU BECOME,
THE MORE
YOU CAN
HEAR**

Reconnect: After Care

- Drop in group, offered 3-4 times monthly
- Similar format to original group
- Continue to review same materials
- No need to register
- We ask participants to use this group before they can re-enter individual counselling service

Questions

