Youth eMental Health

Integrating emental health into your practice

Rebecca McDermott, MSc.

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Outline

- Concept of emental health
- Evidence for internet delivered therapies
- Resources for accessing emental health therapies
- Example sites
  - MoodGYM
  - Ecouch
  - HealthyMinds
- Using emental health in therapy
- Pros and Cons of emental health
- Challenges

eMental Health

- The use of the internet to provide psychological or psychiatric interventions

- Can come in the form of
  - Self-help material
  - Clinician delivered material
  - Combination of self-help and clinician delivered
  - Tools to integrate into other services

eMental Health vs. Traditional Therapy

- **Concern:** Our jobs are going to be replaced by computers.
- **Response:**
  - Self-help is not new
  - The digital age just provides us with new tools for helping clients
  - These interventions may increase our efficiency with some clients so be have more resources to devote to others

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Brief Review of Research Evidence

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Internet-based treatment programs

- Review (Celear & Christensen, 2010)
  - BRAVE-ONLINE (integrated delivery)
  - CATCH-IT
  - MoodGYM
  - Grip op je dip (Master your mood-Dutch)
- Findings
  - 6/8 trials showed post-intervention improvement in anxiety and/or depression symptom scores

Internet-based treatment programs

- Review (Richardson, Stallard, & Vellemen, 2010)
  - BRAVE-ONLINE (integrated delivery)
  - CATCH-IT (self-help)*
  - MoodGYM (self-help)
  - Stressbusters (self-help)
  - Cool Teens (CD-rom anxiety intervention)*
  - Grip op je dip (Master your mood-Dutch- Online closed chat room)
- Results: Most trials reviewed demonstrated positive effects however there were some limitations such as high attrition rates

* Although these programs are self-help, clinician assistance was provided during the validating research

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How to access available programs and resources

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Reviewing your resources

Beacon is your portal to online applications for mental and physical disorders.

A panel of health experts categorise, review and rate websites and mobile applications. These ratings are provided to you along with the site link and access information. Reviews of internet support groups are now also included.

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Reviewing your resources

Register or Login

beacon 2.0

Search

Home

Categories

Note: In addition to browsing these pages, registered users have the opportunity to maintain a list of favourite services, and to vote and comment on them. Click here if you would like to register.

- Alcohol
- Asthma
- Attention deficit hyperactivity disorder
- Autism Spectrum Disorder
- Bipolar Disorder
- Borderline Personality Disorder
- Cardiovascular disease
- Carers
- Depression
- Diabetes
- Eating Distress (Body image, Anorexia, Bulimia)
- Encopresis and Enuresis
- Epilepsy
- Gambling
- Generalised anxiety disorder
- Infertility
- Nutrition
- Obsessive compulsive disorder
- Pain
- Panic disorder
- Phobias
- Physical Health
- Physical activity
- Positive psychology
- Post traumatic stress disorder
- Psychosis
- Relationship issues
- Resilience
- Self Injurious Behaviour
- Sleep / insomnia
- Smoking
- Social anxiety
- Stress
- Stuttering
- Substance abuse
- Suicidal ideation
- Support
- Tinnitus
- Traumatic brain injury
- Weight and Obesity

About | Contact | Help | FAQ | Smiley Rating System | Privacy | Copyright disclaimer

Reviewing your resources

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Search

Home > Categories

Depression Services

Websites | Mobile Applications (5) | Support Groups (8)

Filter by:

Target Audience (Show all) | Access Type (Show all) | Smiley Rating (Show all)

About the Smiley Rating

MoodGYM

MoodGYM is a cognitive behavioural therapy (CBT) based intervention designed to prevent and treat depression. (Chinese, Dutch, English and Norwegian)

This Way Up - Depression Course

The course is designed to help in the management of symptoms of depression and is based on principles of cognitive behavioural therapy (CBT). (English)

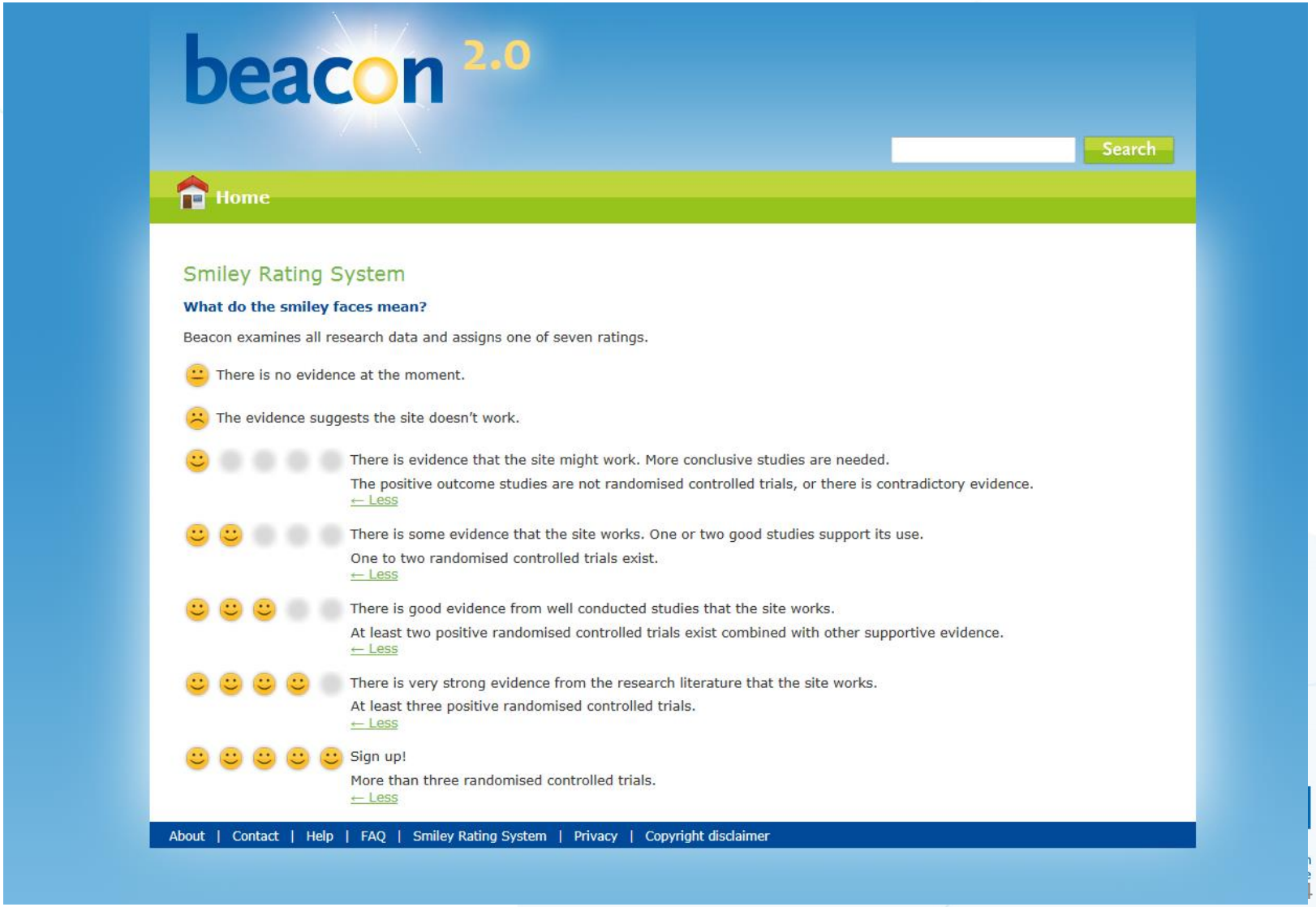
Kleur je leven (Colour your life)

The Kleur je Leven program is a self-help intervention based on principles of cognitive behavioural therapy (CBT). (Dutch)

BluePages (Australia)

BluePages provides high quality information about the treatment and management of depression. It evaluates medical, psychological, and alternative/lifestyle approaches to its treatment. (English and Norwegian)

Reviewing your resources



Reviewing your resources

beacon 2.0

Search

Home > Categories

Depression Services

Websites | Mobile Applications (5) | Support Groups (8)

Filter by:

Target Audience: Child

Access Type: Open: No registration required

Smiley Rating: (Show all)

About the Smiley Rating

BluePages (Australia)

BluePages provides high quality information about the treatment and management of depression. It evaluates medical, psychological, and alternative/lifestyle approaches to its treatment. (English and Norwegian)

Little Prince is Depressed (Hong Kong)

Little Prince is Depressed is an interactive tour of depression information structured as the story of a young person with depression. (English)

Depression Experience Journal

The Depression Experience Journal is a unique computer-based intervention designed to help families cope with having a child with depression. (English)

Finding helpful resources

GET.gg Therapy Resources

HOME | SELF HELP | DOWNLOADS | PROBLEMS | SOLUTIONS | WEBSITE

MOBILE
PRIVACY
SELF HELP
PROBLEMS
SOLUTIONS
DOWNLOADS
GUIDED SELF HELP
OTHER LANGUAGES
FRANÇAIS
SELF HELP MP3s
WEBSITE
TRAINEES
GUERNSEY
CONTACT
SEARCH
old "mindinfo" site
HOME

CBT Self Help Programmes & Apps

Online / Computerised CBT

- **7 Step Self Help Course**
- **Step 1 Step 2 Step 3 Step 4 Step 5 Step 6 Step 7**
- **Living Life to the Full** Free access, UK website
- **Living Life TV**
- **Mood Gym**
- Beating Bipolar
- **FearFighter Light**
- **Blues Be Gone**
- **Mood Control**
- **Beating the Blues** Free on 'prescription' via your GP (parts of the UK, Jersey, Guernsey). Also available privately, payment required. Click for **Beating the Blues introduction video.**
- **MySelfHelp.com** Payment required
- **Good Days Ahead** Payment required for DVD
- **The Wellness Shop** Payment required
- **Coping Tutor** Free trial, then payment required. Computerised programme for schizophrenia
- Psychology Online Real time (instant messaging) therapy with a real therapist - payment required
- DrPurves.com

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- **Happify.com** Fun activities to help improve your mental health (some free content)
- **MoodScope** Free online mood tracker (can share data with other eg. professional)
- **MoodPanda** Free online mood tracker - web browser or iPhone
- **MoodTracker** Free online mood tracker (can share data with other eg. professional)
- **Healthy Place Journal** Free online mood tracker (can send alerts to other eg. professional)
- **MoodJournal** Free online mood tracker - web browser, iPhone or Android (can share data with other eg. professional)

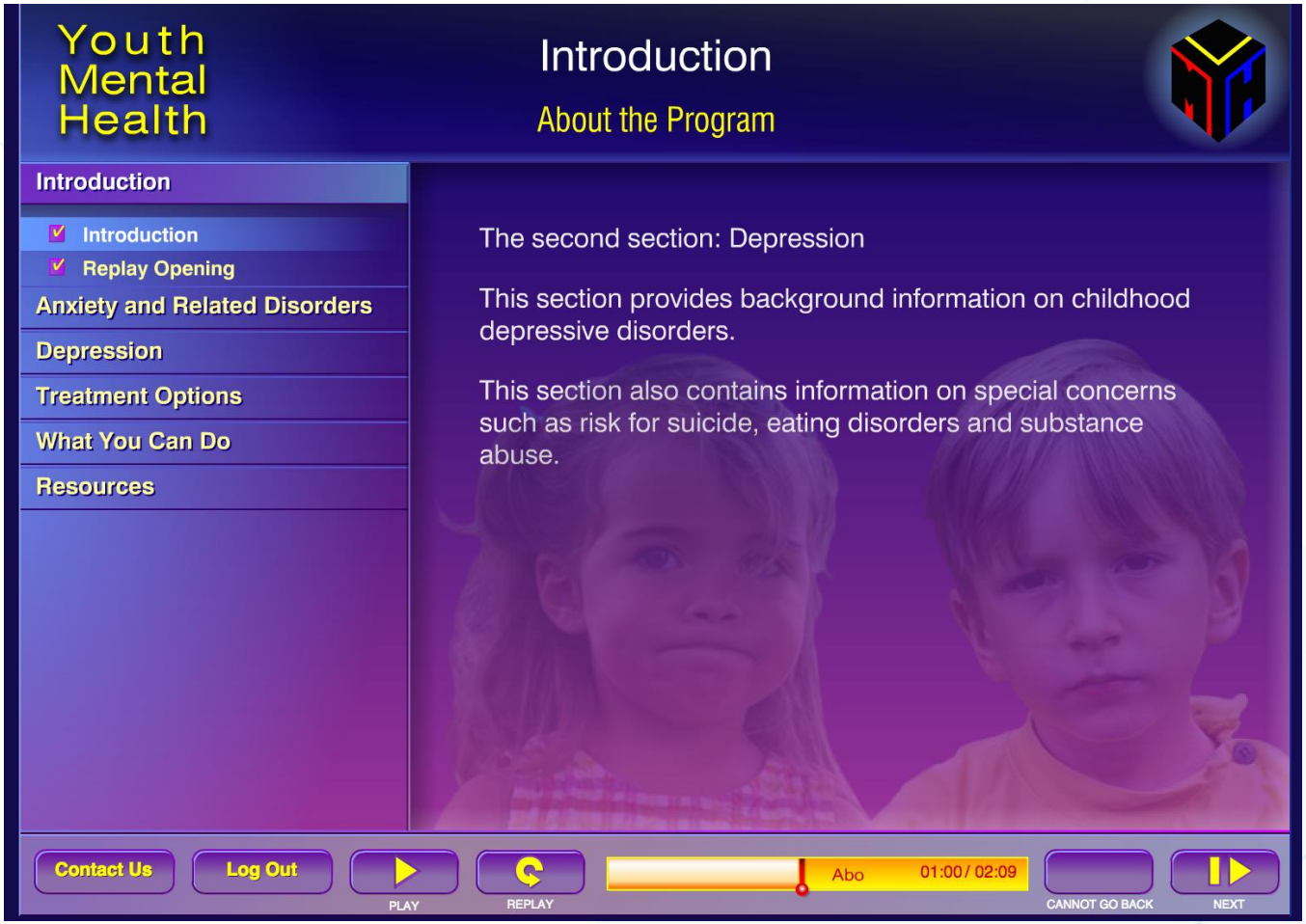
Apps for Smart Phones *(free or pay items)*

If unable to download from the website link, go to your phone's marketplace/store and search for the title

iPhone, iTouch, iPad etc	Android
• SAM - Self Help App for Anxiety • Virtual Hope Box • MindQuire for iPad • The CBT App • Happify • MyCBT • Anxiety Coach • Thought Diary • Mood & Anxiety Diary • Mood Diary - the Phobic Trust • Mind Shift for Anxiety • eCBT • iCBT • CBT Referee • iStress • Gratitude Journal • Journal Diary • Live Happy • My Thoughts • Smart Goals • LifeTick (values & goals) • Beat Panic • DBT Self-Help • MoodKit • Pacifica • Affirmations • Music for Refreshment • MoodPanda • MoodJournal • Mood Sentry • EFT Clinic • Panic Aid • Thought Box • Fig - personal wellness guide • Master Fear of Flying • Headspace • Calm (mindfulness) • Breathe 2 Relax	• SAM - Self Help App for Anxiety* • Virtual Hope Box* • Cognitive Diary CBT self help* • Depression CBT self help guide* • The Worry Box * • Fig - personal wellness guide* • Happy Life • Happy Habits: Choose Happiness • Cognitive Diary (CBT) • Irrational Thinking CBT Test • Stop Panic & Anxiety • Mind Shift for Anxiety • Depression • Deeds Journal • CBT Referee • Suicide Safety Plan • Re-motivate Activity Tracker • Depression Aid • CBT Thought Record Diary • Journal • I Journal • This Journal • Mood Journal Plus • Alura Cognitive Therapy • PTSD Coach • T2 Mood Tracker • Pacifica • Mood Journal Plus • Mood Sentry • Habit Factor (goals) • MyChain (maintaining goals) • LifeTick (values & goals) • Music for Refreshment • Private Diary • Exploring EFT • Self Esteem Blackboard • Confidence Quotes • Mindfulness bell - set reminders! • Insight Timer - meditation

Sample Guided Interventions

Parent Resources



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Example cCBT intervention

ecouch

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Healthy Minds

HealthyMinds

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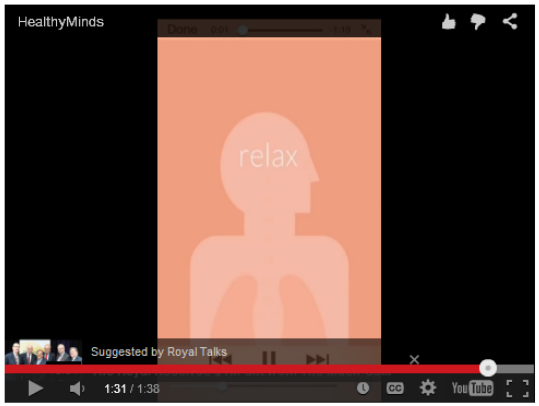
ANDROID APP ON Google play

Available on the App Store

Life as a student can be stressful - assignments, part-time jobs, sports, clubs, relationships, family responsibilities. In fact, during your years as a student, you will face some of the most intense pressures of any point in your life. Stress can take a toll on your mind, weighing you down and even making you ill, so it's important to take action to stay healthy. That's what HealthyMinds is all about. HealthyMinds is a problem-solving tool to help deal with emotions and cope with the stresses you encounter both on and off campus. The goal: Keeping your mind healthy. HealthyMinds was developed by The Royal thanks to a donation by D.I.F.D. The Royal is one of Canada's foremost mental health care and academic health science centres. Its mandate is simple: to help more people living with mental illness into recovery faster.



"The app offers simple solutions that really work."

- Lisa Kidd, Carleton University

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Integrating emental health into your practice

- Self-Monitoring
- Information and Screening
- Guided interventions
- Social Support

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Case Example:

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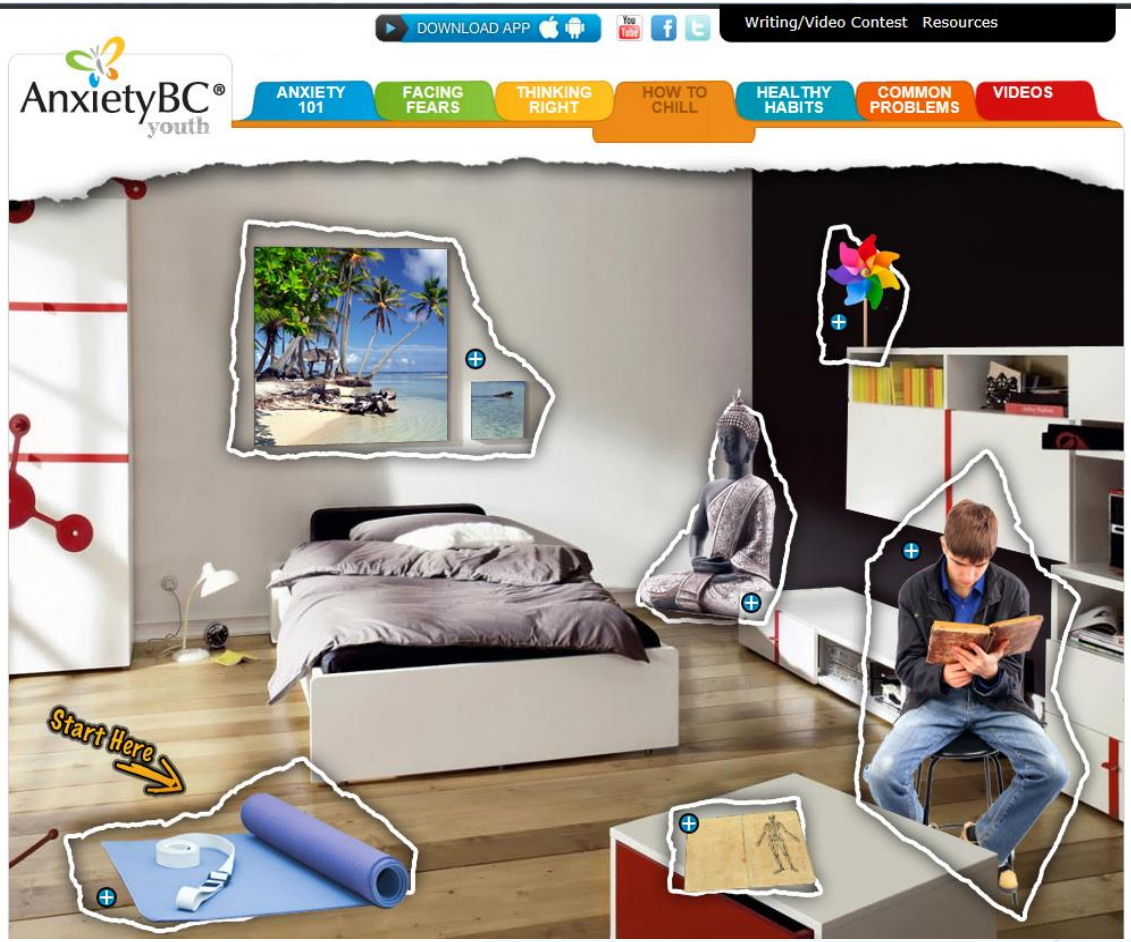

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DOWNLOAD APP

Writing/Video Contest Resources

AnxietyBC® youth

ANXIETY 101 | FACING FEARS | THINKING RIGHT | HOW TO CHILL | HEALTHY HABITS | COMMON PROBLEMS | VIDEOS

TENSE AND RELEASE

NAVIGATION

- Tense and Release
- How to Do It
- The Quickie Version
- Dr. Expert

go back

When we are holding onto worries and stress, our muscles can get really tight and start to ache. Most of the time we don't even notice how tense our bodies are. This can lead to headaches, stomach aches, and feeling exhausted by the end of the day. You can end up feeling like you just ran a marathon!

This exercise is about tensing and then relaxing all of the muscles in your body, one at a time. By first tensing your muscles and then relaxing them, you can feel even more loose and relaxed.

Some teens are so tense throughout the day that they don't even remember what being relaxed feels like!

How to do it?

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TENSE AND RELEASE

NAVIGATION

Tense and Release

How to Do It

The Quickie Version

Dr. Expert

10 Minute Tense and Release:

During this exercise you will be focusing on one muscle at a time, squeezing and contracting it for about 10 seconds and then totally letting go of the muscle. Let's practice the two steps before we begin.

Step 1: Tense

First, focus on one muscle group at a time (for example, your left hand). Next, take a slow, deep breath and squeeze those muscles until you feel warmth and some pressure for about 5–7 seconds. It is important to really feel the tension in the muscles, which may even be a bit uncomfortable or cause a little shaking. So for the left hand, you would be making a tight fist.

It is easy to accidentally tense surrounding muscles (for example, the shoulder or arm), so try to tense only the muscles in your hand and not the muscles in the other parts of your body. Isolating one muscle group at a time gets easier with practice.

Take care not to hurt yourself while tensing your muscles. You should never feel intense or shooting pain while completing this exercise. Make the muscle tension deliberate, yet gentle.

Note: If you have problems with pulled muscles, broken bones, or any medical issues that would hinder physical activity, consult your doctor first. You could also consider skipping the tensing part and only doing the release and relax instructions for each muscle group.

Try your best to isolate the various muscle groups while practicing (don't tense your shoulders if you are trying to squeeze your hands, for example). Tense only one muscle group at a time. You will get better at this with practice.

Step 2: Release

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Step 2: Release

This step involves relaxing the tensed muscles. So, after tensing your muscles for about 5–7 seconds, let all the tightness flow out of the tensed muscles. Exhale as you do this step. Feel the muscles becoming loose and limp as the tension flows out. It can help to imagine that your muscles are like cooked spaghetti noodles and let them be as loose as possible.

It is important to focus on and notice the difference between the tension and relaxation. **This is the most important part of the whole exercise, as it will help you remember how to feel relaxed!**

Remain in this relaxed state for about 10 seconds, and then move on to the next muscle group. Repeat the tense-relax steps. After completing all of the muscle groups, take some time to enjoy the deep state of relaxation.

Okay, now that you know what to do, try it for real. Get ready to feel really chilled out and relaxed!

Before starting this exercise, find a quiet and comfortable place where you won't be distracted. Turn your cell phone off and close the door. You can either lie down or recline in a comfortable chair where your head is supported. Give yourself permission to take 10 minutes out of your day to take care of you. Everything else can wait.

Print the script. You can record it yourself or ask someone else to read it out for you (Mom or Dad, or someone else you trust).

The quickie version

0:00:00

Tense and Release (Male voice)

Tense and Release (Female voice)

Download Audio Files:

Tense and Release (Male voice)

Tense and Release (Female voice)

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ANXIETY 101 | FACING FEARS | THINKING RIGHT | HOW TO CHILL | HEALTHY HABITS | COMMON PROBLEMS | VIDEOS

TENSE AND RELEASE

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go back

Once you have learned how to do the whole tense and release exercise, you can do a short version by clumping some muscle groups together. This is helpful for when you don't have a lot of time. You still tense your muscles for 5–7 seconds and then release for 10 seconds, but this time you tense and release three groups of muscles one at a time in three steps:

1. legs, feet, and bum
2. stomach and chest
3. arms, shoulders, neck, and face

Doing this exercise can help you release anxiety even if you only do it for a few minutes. Don't forget to do some calm breathing at the same time.

Ask Dr. Expert...

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Barriers, Limitations, and Concerns

- Access
- Privacy
- Ethics concerns
  - managing clinical care
- Clinician knowledge/time
- Motivation
- Technical limitations

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Your Challenge

- Try to integrate one new aspect of emental health into your practice
  - Investigate a emental guided intervention
  - Find one app that would be helpful for your practice and use it
  - Even ask your clients about their interest in using emental health resources