



GROUP THERAPY FOR TEENAGERS

Do you know a teenager that is not receiving the mental health treatment that they need? Odds are that you do, as today it's all too common for youth to be struggling with anxiety, depression or managing stress. While some are accessing appropriate care with regular individual therapy sessions, others would benefit from a more frequent and multi-disciplinary therapeutic approach.

Three Story Clinic and **Boreal Wellness Centres** are teaming up to launch a group therapy program for teenagers struggling with anxiety and depression. The program combines the youth mental health expertise of Three Story Clinic and the group programming experience of Boreal Wellness to provide a new option for Vancouver families and their clinicians.

For over five years, **Three Story Clinic** has been at the forefront of assisting Lower Mainland youth and their families with improving psychological health. Three Story Clinic, founded by psychiatrist Dr. Muffy Greenaway and those that work alongside her, provide evidence-based psychiatric, psychological and therapeutic treatments to Vancouver's children and youth.

Boreal Wellness provides a variety of multi-disciplinary group therapy programs for adults with depression, anxiety and trauma. The Boreal Wellness **Resilient Living™** programs combine psychology, mindfulness, fitness, nutrition and medication management to help clients improve their quality of life. The curriculum is a CBT-focused, strengths-based approach to improving psychological health and resiliency.

The **Resilient Living™ Teen Program** will use a similar multi-dimensional curriculum to help youth better understand the connections between their thoughts, emotions and actions, as well as help them develop a set of skills and insights to improve their resiliency and functionality.

CLIENT PROFILE

The program is designed for teens:

- diagnosed with a mood or anxiety disorder
- between the ages of 15 and 17
- able to participate in an intensive group program

EXCLUSIONARY CRITERIA

Our programs are not designed for teens that:

- are medically unstable and/or unable to participate in intensive, group-based therapies
- possess imminent, unstable or persistent behaviours posing danger or disruption to self or others
- are persons dealing with psychosis or moderate or severe personality disorders, or unmanaged substance use and/or requires detox

CLINICAL MODEL

The *Resilient Living™* Teen Program uses an **evidence-based, interdisciplinary approach** to improve psychological wellness. The therapeutic approaches are based on strategies which include cognitive behavioural therapy (CBT), dialectical behavioural (DBT) skills, mindfulness, physical fitness, sleep hygiene, nutrition, executive planning and, if appropriate, medication management.

Select group therapy modules include:

- Self-care, safety and compassion
- Emotions and triggers
- Values and values-based living
- Relationships
- Social media
- Mind traps and thought challenging

The interdisciplinary team consists of psychologists, psychiatrists, counsellors, social workers, dieticians and fitness professionals.

Other key program features include:

- Closed groups (group membership is consistent throughout duration of program)
- Teens receive 100 hours of programming:
 - 6 hours of group programming per week for 12 weeks (72 hours total)
 - 2 x 1 hour family meetings (mid-term and at end)
 - 6 months of post-program weekly support groups moderated by a counsellor (26 hours)
- Program fee is \$5,000 + GST (\$50/hour)
- Intake evaluation fee is \$500 + GST
- Optional parent-only skill workshops are available for an additional fee
- Upon completion of the program, teens will be transitioned back to their individual therapists

Other Details

- The group program is scheduled to commence in early October with 8-10 teens
- Information sessions for parents and youth will be held in late August and early September
- The Teen Program will be delivered at Boreal Wellness' Yaletown location, near the SkyTrain station
- The group will meet one weekday after school (~4:00pm – 7:00pm) and during one weekend afternoon (four hour block, day and time TBD).

Families and clinicians interested in learning more are asked to subscribe at www.BorealWellness.com/teen-program/.