

# Group-based CBT skills: Living Life to the Full for Youth

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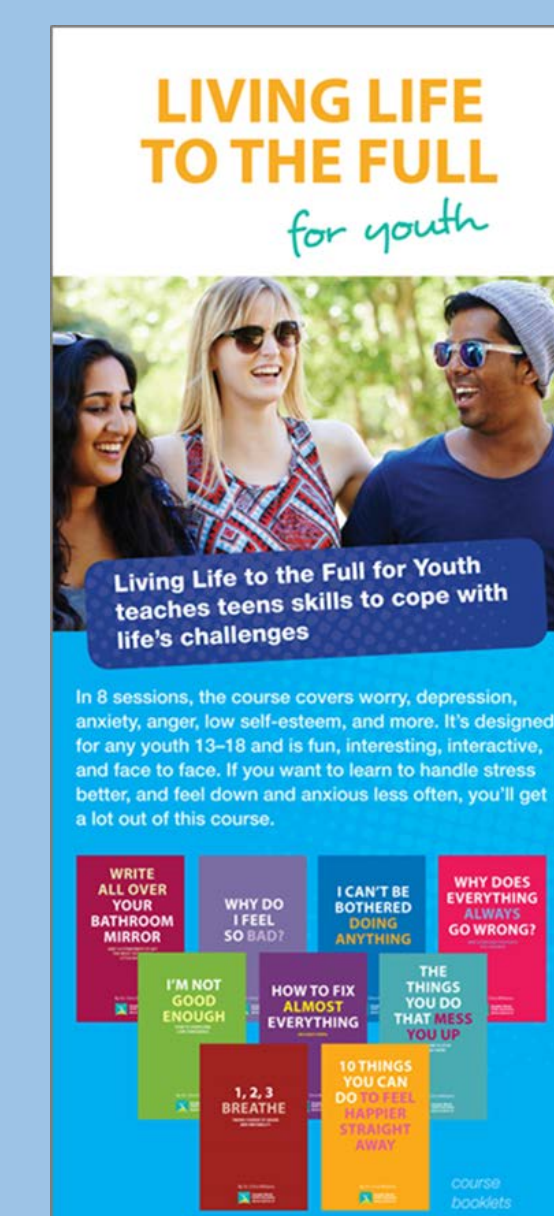
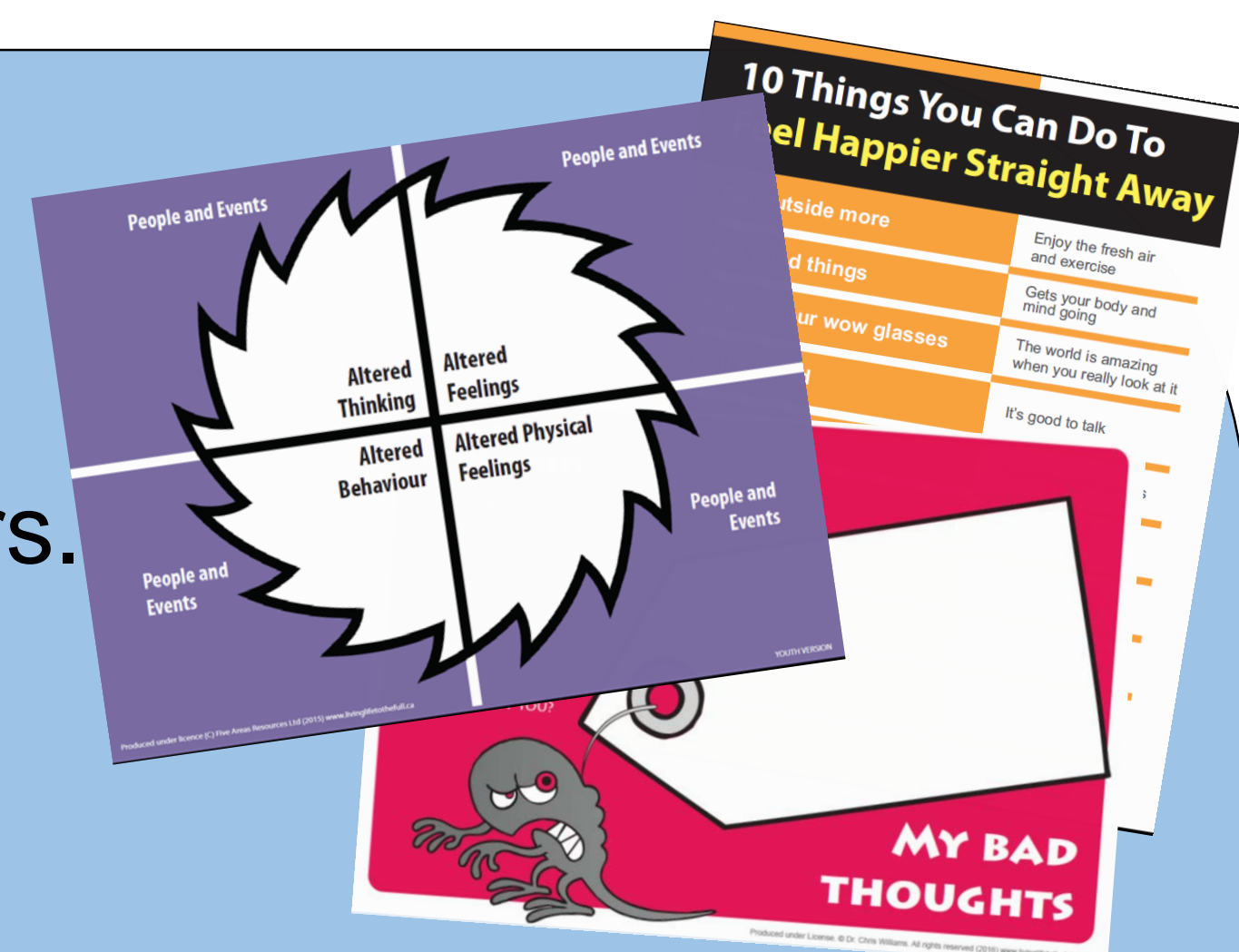
## WHAT IS IT?

- Group-based resilience course offered in Canada since 2010
- Course adapted for youth aged 13-18 in 2013
- Based on cognitive-behavioural therapy (CBT)
- Developed by Dr. Chris Williams, UK psychiatrist and CBT expert
- 8-session, 12-hour course in group setting
- Fun and friendly Individual and small group activities
- Booklet and handout for each session
- Led by trained and certified facilitators
- The Canadian Mental Health Association, BC Division, holds the exclusive licence to deliver the program in Canada



## HOW DOES IT WORK?

- The Living Life to the Full program was adapted for teenagers.
- Promotes a co-facilitator model:  
Experienced lead facilitator  
Young adult facilitator aged 20-25.
- Based on the Five Areas model to understand how life/events, thoughts, feelings, physical symptoms and behaviors are interconnected.
- No jargon, fun, engaging, interactive and skills-based.
- Group format builds social support.
- 8 sessions, 1.5 hours each, focusing on one area or one concept:  
Identifying and dealing with unhelpful thoughts  
Identifying unhelpful behaviours and changing them  
Low self-esteem and confidence building  
Dealing with anger, stress, depression and anxiety  
Problem-solving, making changes.



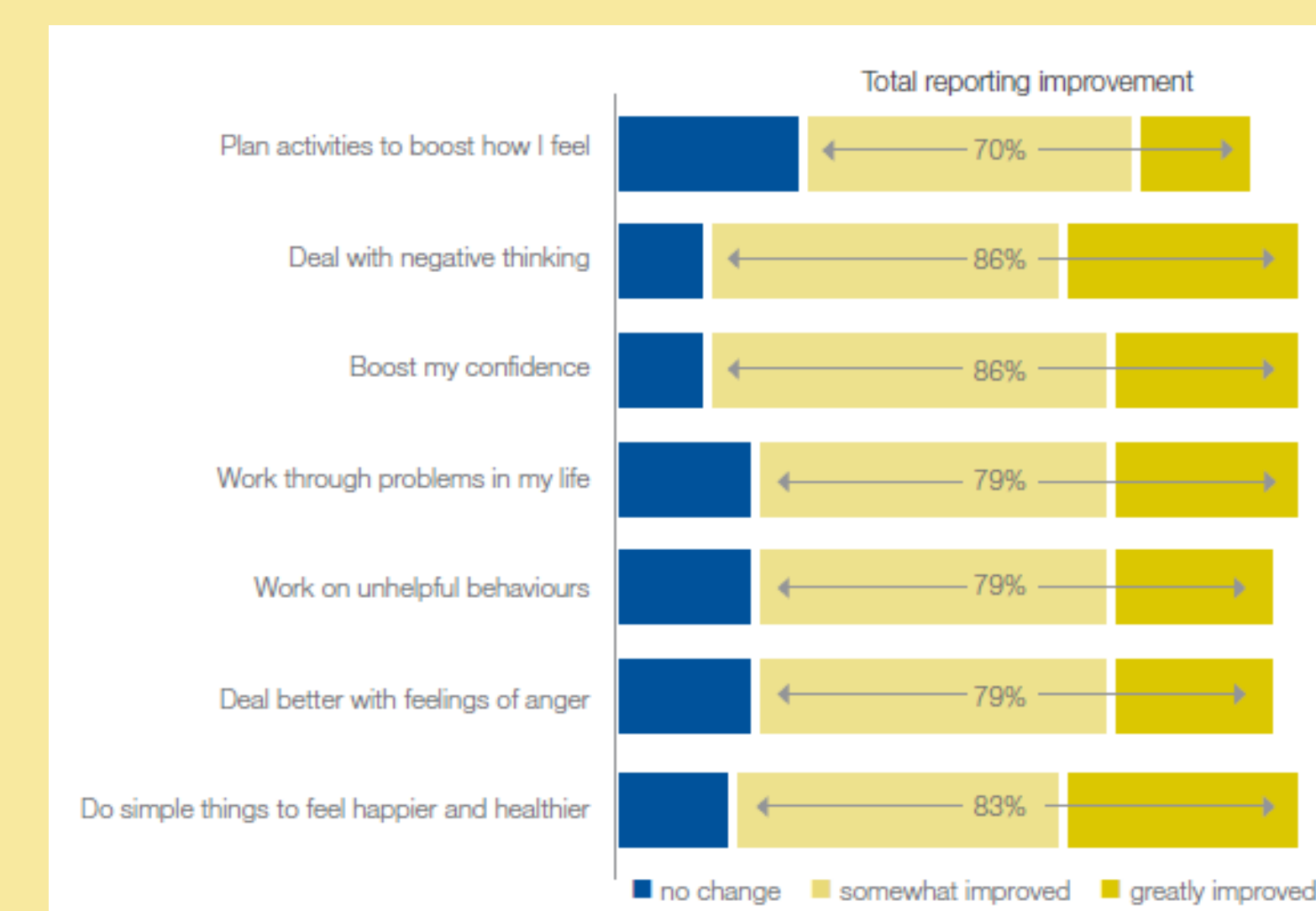
## PILOT EVALUATION

Courses delivered in 3 CMHA community branches.  
52 youth completed pre-questionnaires/ 30 post-questionnaires

Quantitative Results with Warwick-Edinburgh Mental Well-being Scale  
Mean baseline: **42.5** (SD 10.7) (range 21-61)  
Post-course: **48.5** (SD 13.3)

**This 6 point increase represents a meaningful improvement in well-being.**

### Youth Perceptions of the course



### What youth said

*"I learned how to help myself feel happier."*

*"Made me feel better in general in a friendly environment."*

*"This course affected me positively because I learned ways in helping myself solve my behaviours/problems that occur."*

*"It has made me more confident and boosted my self-esteem."*