

Creating community-based self-help strategies to improve mental health for all

When discussing Bounce Back as a treatment option for individuals with low-moderate depression, low mood, with or without anxiety, consider the following:

Explain supported self-management

- Supported self-management is a low-intensity intervention (or “treatment”) that teaches mood management techniques
- Bounce Back uses coaching to help participants get the most out of the video and print materials
- Adding a coaching component to self-management has shown to have a comparable impact to standard treatments of depression.
- Canadian epidemiologic studies have shown that self-care for mental health issues is the preferred method of treatment for individuals.

Medical recommendation

- Let your patients know that it is your medical recommendation that they get referred to Bounce Back. Just as you can suggest medication, counselling, books; Bounce Back is a new option for you to recommend.

Benefits of Bounce Back

- No travel
- Works with your schedule
- No wait lists
- Self-paced, self-dosed

What happens when a referral is made to Bounce Back?

- Bounce Back Coach contacts your patient within 5 working days
- During our first session, we will discuss what Bounce Back is in detail and discuss with what your patient can expect to get out of the program.
- Participants have the right to opt-out of the program any time. Stigma about mental health can sometimes deter participants. If a participant is hesitant, a referral can be made and at the end of our first call they can let us know if they want to continue or not.

What is the difference between counselling and Bounce Back?

- Bounce Back uses CBT to help participants manage their own mood symptoms. CBT gives individuals tips and techniques to manage symptoms such as negative thoughts, sleep problems, activity avoidance, etc. Bounce Back workbooks and sessions are focused on these techniques and discussions are based on what was learnt, what went well, didn't go well. Change does not occur overnight, but with time and effort, many individuals will notice an improvement in their symptoms with CBT treatment.

References

- Bilsker, D., Goldner, E. M., & Anderson, E. (2012). Supported self-management: A simple, effective way to improve depression care. *The Canadian Journal of Psychiatry*, 57 (4), 203-209.
- Bilsker, Golder, E.M., Jones, W. (2007). Health service patterns indicate potential benefit of supported self-management for depression in primary care. *The Canadian Journal of Psychiatry*, 52 (2), 86-95.