

## Changeways Treatment Group

### **What is the Changeways treatment group and who is it for?**

The Changeways Group is for people with depression or low mood as their main concern. The group teaches skills in problem-solving and managing your lifestyle to help with your mood. Group members will work on:

- Identifying problems and moving them into goals for change.
- Breaking goals down into manageable steps.
- Learning about stress.
- Learning about signs, symptoms, and causes of depression.
- Understanding the effects of diet, exercise, sleep habits, caffeine, and drugs and alcohol.
- Learning about the importance of building recreation into one's daily life.
- Ways to build a more satisfying social life.
- An introduction to assertiveness skills.
- Identifying negative and self-defeating thought patterns.
- Learning to think in a more balanced and realistic manner.

### **When and where does the group meet?**

The group meets weekly at a Community Mental Health and Addictions (CMH & A) clinic for 10 sessions. Each session is 2 hours long.

### **What do I need to bring?**

You will be given handouts each week. Please bring a binder for these handouts, a pen, and reading glasses, if needed.

### **Who will be there?**

There are usually 2 group leaders who work in CMH & A, along with group members who share similar concerns. All group members are patients, referred to the group by their health care provider.

## How much do I need to share with the group?

Everyone has different comfort levels when talking to people they are just getting to know. It's normal to feel some anxiety when starting a new group. Often people find it helpful if they are able to share with the group, but please feel free to take part in the conversation at your own comfort level.

## How will this group help me?

Therapy can be very hard and sometimes scary work, but it can bring big rewards, too. What you get from this group completely depends on what you put into it. It's not enough to just come to all the sessions. It's also not enough to really want things to be better. You need to be ready to make some hard choices. You need to be ready to start making important changes to how you approach your life.

To benefit from the group, you'll need to use the skills and information that you learn in the group in your day-to-day life between sessions. You'll decide which problems you want to work on and the group will help you create a plan for carrying out the changes you want to make. You'll be expected to read over the materials for each session, complete the exercises in the handouts, and carry out the home practice assignments you set for yourself based on your life goals.

The group is based on thorough research, which has shown that if you actively apply the skills taught in the group, there is reason to be very hopeful. Change isn't easy and you may progress slowly or quickly at times, but you can work on building a more fulfilling life. We look forward to supporting you in this! For this reason, we urge you to come to every group and do the work assigned for you between group sessions. Missing sessions impacts your ability to get what you need from the group. If you are not able to go to the sessions, talk with your group leader about whether you should wait to go to the next group.

### Looking for more health information?

Find this pamphlet and all our patient resources here: <http://library.nshealth.ca/PatientGuides>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

*Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.*

*Please do not use perfumed products. Thank you!*

[www.nshealth.ca](http://www.nshealth.ca)

*Prepared by: Community Mental Health and Addictions Service*

*Designed by: NSHA Library Services*

The information in this handout is for informational and educational purposes only.

The information is not intended to be and does not constitute health care or medical advice.

If you have any questions, please ask your health care provider.