

Helping adults and youth bounce back from low mood, stress, and anxiety

About Bounce Back[®]

Bounce Back[®] is an evidence-based Cognitive Behavioural Therapy (CBT) program designed to assist primary care practitioners in working with patients (age 15+) experiencing mild to moderate depression or anxiety. Participants learn CBT skills to help them improve problems such as low-mood, reduced activity, unhelpful thinking, worry, and avoidance.

Program Options

1. Bounce Back[®] Today video

The Bounce Back[®] Today video can be given out during routine office visits to help any patient experiencing symptoms of mild to moderate depression or anxiety. The video is available in English and in French, Mandarin, Cantonese and Punjabi by spring 2017.



2. Telephone coaching—physician referral required

Involves 4–6 coaching sessions, by telephone or video conference, to guide participants in using the Bounce Back[®] materials in English, French, Cantonese and Punjabi

How to make a referral for coaching:

1. Complete a PHQ-9 to confirm that depressive symptoms are in the mild to moderate range (PHQ-9 less than 21)
2. Complete a Bounce Back[®] referral form and check applicable boxes
3. Provide patient with a program brochure and a Bounce Back[®] Today video link card or DVD
4. Fax the completed form to your local Bounce Back[®] branch

3. Bounce Back[®] Online—no physician referral required

For patients who prefer self-directed, independent learning, Bounce Back[®] Online may be a better fit. Patients can enrol in Bounce Back[®] Online by visiting www.bouncebackonline.ca.



Please contact your local Bounce Back[®] Coach for more information and resource materials.

Note: Family physicians who consult with a Bounce Back[®] Coach as part of collaborative care planning for a patient with complex needs may bill the Community Patient Conferencing fee (Fee Code 14016).

Contact us:

Toll-free: 1-866-639-0522

in Cantonese: 1-877-318-3098

www.bouncebackbc.ca

part of the Prescription for Health Initiative

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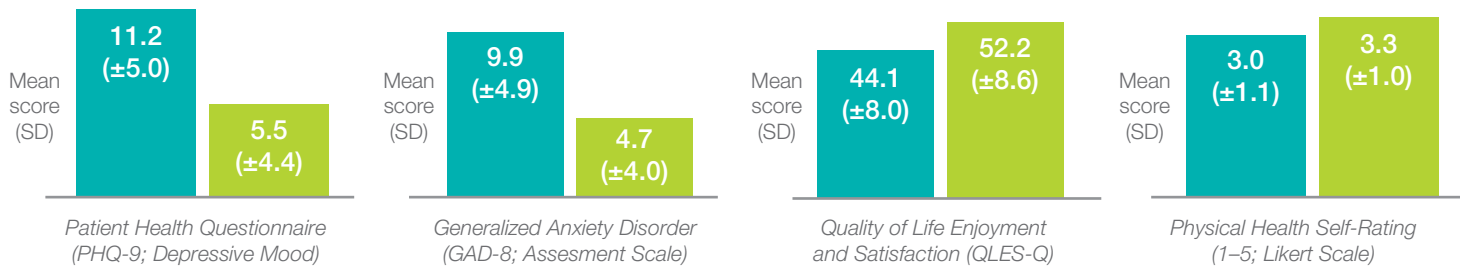
Program effectiveness

Improvements in overall well-being

Participants reported significant improvements on all measures, including decreases in depressive and anxious symptoms and increases in life enjoyment and physical health ratings.

■ = pre-Bounce Back[®]
■ = post-Bounce Back[®]

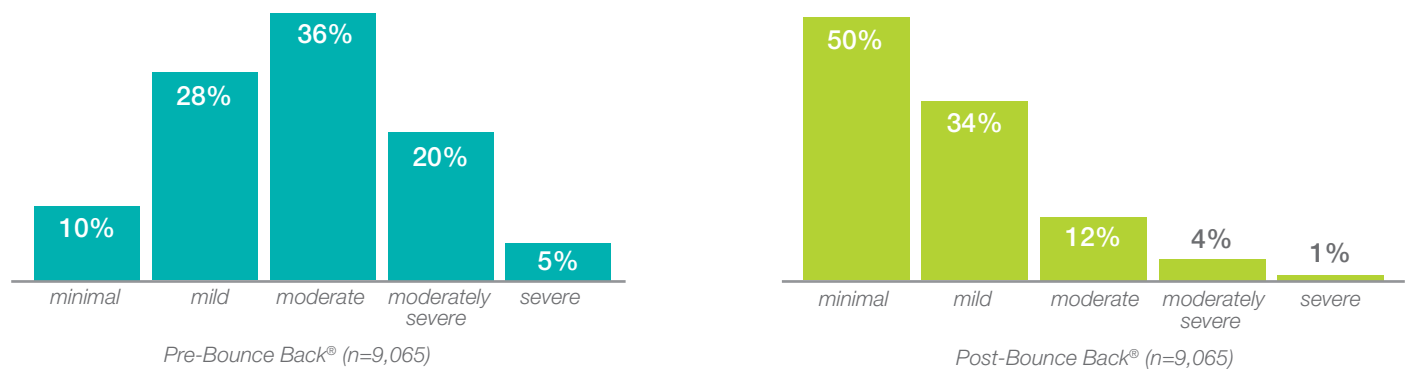
all paired samples t-test $ps < 0.001$; $N = 9,065$



Decreases in symptoms of depression

Depression severity was compared pre- and post-Bounce Back[®] using the participant PHQ-9 scores. Results show that depression severity reduced significantly as a result of completing the program.

Percent of participants by range of PHQ-9 depressive symptom severity



Testimonials

"It has made a great difference to my practice to be able to refer these patients to Bounce Back for some cognitive training rather than reaching for my prescription pad." — Vancouver Island physician

"[The program] definitely fills a unique niche for the provision of mental health care in our community." — Vancouver Island physician

"Bounce Back [has] done such a great job for so many of my patients. It's a delight to hear all the great reviews and appreciation from patients." — Kamloops psychiatrist

"I know I would probably still be off [work] if I didn't have this program. I can get back to my life and my clients. This program gave me life tools that I really needed, and I really feel that I'm coming back to work stronger than I've ever been before, and I'm prepared to handle work stresses and offer new tools to my clients too!" — Bounce Back[®] participant

"I'm feeling so much better! I'm so glad my doctor suggested this!" — Bounce Back[®] participant

"My biggest learnings from the program would be how to problem-solve more effectively, how to adjust my attitude, and it also reminded me that what I'm feeling is normal." — Bounce Back[®] participant