

On Track

 Education & Support
Cognitive Behavioural Groups

Spring and Summer 2010

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On Track

A publication of

ADAM

Anxiety Disorders
Association of Manitoba

100 - 4 Fort Street
Winnipeg, MB R3C 1C4

Tel: (204) 925-0600
Toll Free: 1-800-805-8885

Fax: (204) 925-0609
E-mail: adam@adam.mb.ca
Web Site: www.adam.mb.ca

Editor: Allan Sielski

What has ADAM done for you?

- We want to hear your stories
- Anxiety Disorders can be beaten
- Let's spread the good news

Please email submissions to: al@adam.mb.ca.



As we enter 2010 we at ADAM would like your help in making ADAM more visible in the communities!

1. Update Displays
2. Redesign the Website
3. Keep existing programs running

To do these things we need Donations
Donation receipts are available on request

From the desk of the Executive Director

ADAM has a comprehensive, deliverable and up to date program for twenty plus years now. We have often been regarded as ahead of our time for delivering a cognitive behavioral program that meets the standards of professionals province wide. As such ADAM wanted to validate the programs provided to insure that people in the programs were getting the most out of them.

ADAM has provided the proof with the use of the DASS 21 diagnostic tool. This is the depression, anxiety and stress scale which has a measureable outcome. People enrolled in our programs filled out a DASS 21 at the beginning of a group (pre) and again at the end of the program (post). This allows not only the outcome of the program for ADAM, but is also an indicator for the client as to what they have achieved through out the program. As a statistic, we have been able to prove that our programs work, not only for anxiety, but as well for depression and stress.



In order to validate the outcome measure, ADAM took it upon themselves to track 100 participants over a period of time. We needed a hundred people to go through groups. As a result we were able to provide you with the outcome posted below.

It shows average scores for anxiety, depression and stress (pre) and anxiety, depression and stress (post).

The overall change was significant for all the participants. This not only showed a reduction in anxiety, but depression and stress also were reduced to near normal levels. The outcomes were across the board for female and males and a wide range in age.

The programs we provide are kept up to date in as we are constantly insuring that materials used are of the newest from research based programs. Presently we have three programs, the first is Ten simple Solutions to Panic, the second is Triumph Over Shyness and the third is used extensively in the rural areas. This program is called Overcoming Anxiety.

We as a Self Help Organization are thrilled to be able to present to you our findings by use of this outcome measure and as well I am sure this validates the use of cognitive behavioral programs for anxiety disorders.

We will continue to provide professional programs for anxiety sufferers and will strive to stay on the leading front of education and programs for anxiety disorders.

Sincerely

Bruce Sielski Executive Director ADAM

Do Our Programs work? Here are the Stats

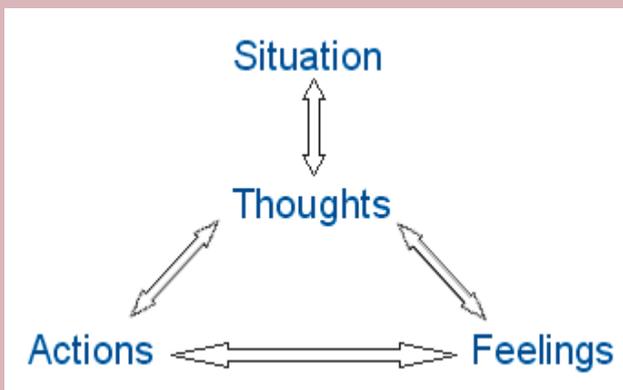
Winnipeg	Average
Anxiety Pre	21.74
Anxiety Post	9.80
Overall Change	11.94
Depression Pre	21.24
Depression Post	9.64
Overall Change	11.60
Stress Pre	26.26
Stress Post	14.16
Overall Change	12.10

DASS 21 Severity Rateings

	Depression	Anxiety	Stress
Normal	0 to 9	0 to 7	0 to 14
Mild	10 to 13	8 to 9	15 to 18
Moderate	14 to 20	10 to 14	19 to 25
Severe	21 to 27	15 to 19	26 to 33
Extremely Severe	28+	20+	34+

What is CBT?

The main type of psychological treatment used to treat Anxiety Disorders is called Cognitive- Behaviour Therapy- otherwise known as CBT. Sometimes Behaviour Therapy alone is used. CBT is done alone or in small groups. The Cognitive portion consists of identifying the thoughts and thought patterns that make you anxious and keep you anxious and then challenging them. An example of this would be that as you begin to feel anxious you say to yourself: "What if my dizziness means that I'm having a stroke?" You might then be asked to evaluate this thought by finding out whether dizziness always implies a stroke, what other explanations there are for dizziness and what are the likely consequences of dizziness.



The Behavioural aspect involves challenging yourself to face the situations and sensations and thoughts that you may have come to avoid out of fear of feeling anxious. This is done in small, manageable steps called Exposure. Through exposing yourself in small steps you learn that

you can feel anxious in a particular situation and you can still be ok. You learn that the anxiety isn't going to kill you or make you go crazy. Eventually you learn to face the situations and sensations that you have been avoiding out of fear and you learn to gain control over the anxious feelings rather than letting them control you.

<http://www.anxietycanada.ca/english/treatment.php>

Note From Editor

Hi to all our readers. We at ADAM would like to thank you for changing over to the electronic edition of our newsletter. This has enabled us to be a little more environmentally friendly and greatly reduce the cost of this news letter.

Dying of Embarrassment?

- ◆ Difficulty eating or writing in public
- ◆ Difficulty maintaining eye contact
- ◆ Blushing, sweating, dry mouth, racing heart in social situations

We can help.
Call 925-0600.



Health Concerns

Since the start of the recession, a large number of respondents have experienced an increase in the following ailments.

Stress	47%
Lack or loss of sleep	34%
Headaches, muscle aches, other tension	33%
Anxiety	33%
Weight gain	17%
Depression	13%
Sick more often	11%
Loss of appetite	7%

Statistics provided by Desjardins Financial Security <http://bit.ly/9tdWQX>

ADAM at Wellness Institute

(1075 Leila Ave)

FREE Information Session

Anxiety:

Have you ever wondered what anxiety is! Well here is an opportunity to find out. We will cover some of the main Anxiety Disorders. Free Admission.

Donations Are welcome!

Monday, April 12, 2010

7pm - 9pm

Pre-registration required

Call 632-3900

Living with Uncertainty

How to Control Your Anxiety,
Before it Controls You

Living With Uncertainty
with

**Dr. Richard A. Shore,
C. Psych.**

- Bring your Questions
- Learn Cognitive Behavioural Strategies
- Discover Treatment Options

If you are the type of person or have a loved one that has troubles living with uncertainty then, this workshop is for you.

**Thursday,
April 1, 2010**

7 pm - 9 pm

Please come 15 minutes early for seating

4 Fort Street

Pre-registration required

925-0600

www.adam.mb.ca

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