



**Sunshine Coast
Health Center**
Powell River, BC

Sunshine Coast Recovery News

Your Partner in Recovery

Summer 2007

Client Feedback Comes to Sunshine Coast

Assessment plays a key role in providing effective addiction treatment because, without it, clinicians have difficulty determining whether their treatment methods are appropriate or are actually helping the client. Sunshine Coast Health Center is proud to announce the unveiling of the **David D. Burns Assessment Program** effective the 1st of October, 2007.

This comprehensive program includes the following components:

1. EASY Diagnostic System:
2. Group Therapy Assessment
3. Individual Therapy Assessment
4. Medical Doctor Scales

The EASY Diagnostic System is a screening instrument used for intake diagnosis and will help the mental health team at Sunshine Coast Health Center assess common problems such as:

- Addictions
- Personality disorders
- Difficulties in work or personal relationships
- Mood problems such as depression
- Anxiety, such as feelings of shyness, panic attacks, phobias, etc.
- Painful reactions to stressful or traumatic events
- Physical problems such as chronic pain
- Eating problems

While SASSI will continue to be used for substance dependence assessment, the clinical staff at Sunshine Coast is relieved to have in place a diagnostic instrument that takes only one or two hours to complete and is arranged according to official DSM-IV criteria. With this information in hand, Drs. Neill and Howard will be better equipped to suggest modifications to a client's treatment plan and to consider problem areas that previously would have gone unnoticed.

The Group Therapy Assessment is a tool designed to rate the effectiveness of group by measuring how depressed, anxious and angry each group member feels before group starts and after group ends.

A second aspect of the Group Therapy Assessment tool is to measure how each member of the group feels about the warmth and helpfulness of the group. This measurement is performed at the end of each group.

These data will quantify how much each person has improved as a result of their group experience which, in turn, can help staff improve the quality and effectiveness of the next group.

The Individual Therapy Assessment represents the state-of-the-art

for assessing progress for patients in individual therapy. Similar to the Group Therapy Assessment tool, clients will fill out how depressed, suicidal, anxious and angry they feel before a session begins and after a session ends.

A second aspect of the Individual Therapy Assessment tool is to measure how satisfied a client is with a close personal relationship with space provided to fill in the name of the significant other.

Counsellors reviewing the form will see right away if the client's moods improved or got worse during the session and exactly what they liked and disliked about the session. Week-to-week comparisons will also help clinical staff quantify improvement between individual counseling sessions and, additionally, over the full seven weeks of treatment.

The Medical Doctor Scales will be administered during the initial days of a client's stay while they are still in medical detox. Elevated scores measuring depression, anxiety, and anger will help explain physical symptoms such as headache, back pain, chronic fatigue, or dizziness. Often, these symptoms result from emotional problems or relationship conflicts and have no organic basis.

A second aspect of the Medical Doctor Scales is the Relationship Satisfaction scale which detects relationship problems with great sensitivity. Often, relationship difficulties, such as a marital conflict, masquerade as somatic complaints.

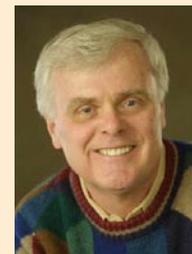
At the end of the session, the client rates the warmth and helpfulness of the medical examination.

A Breakthrough in Addiction Treatment

Sunshine Coast Health Center is proud to be the first in the addiction treatment field to be using the David Burns Assessment Program. Dr. Burns has created a uniquely effective approach to assessment, which we believe will revolutionize our clinical program and, hopefully, encourage other addiction treatment programs to follow suit.

More about Dr. David Burns

David D. Burns, M.D., is a clinical psychiatrist and is certified by the American Board of Psychiatry and Neurology. His bestselling book, *Feeling Good: The New Mood Therapy*, has sold more than 4 million copies in the United States and many more worldwide. It is the book most often recommended by American and Canadian mental health professionals for patients suffering from depression.



Dr. David Burns

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