



## SUMMER 2017

### Linking the BC Psychosocial Community Oncology Network

This newsletter is published by the BCCA Provincial Psychosocial Oncology Program for health care professionals in communities throughout British Columbia and the Yukon.

#### What's New?



#### Cultural Safety

Cultural safety refers to an ongoing process of actively working to make health care safer and more equitable for Indigenous people. By prominently displaying Indigenous art, the BC Cancer Agency hopes to signal that Indigenous patients and their families will be treated with dignity and respect, and that they can feel accepted and safe from discrimination when attending a BC Cancer Agency facility.

Each of our six regional Centres now displays two pieces of art – one by a First Nations artist and one by a Métis artist – creating a safe, welcoming cultural space for Indigenous patients, and honouring the traditional territories upon which each Centre is built.

Pictured above is art displayed at the Vancouver Centre - slippers by Métis artist Lisa Shepherd (on the left) and woodcarvings by First Nations artists Shain Jackson (Sechelt Nation) & Aaron Moody (Squamish Nation).

#### **Leadership Announcement: Vice President, Patient Experience & Inter-professional Practice**

As of April, **Bernice Budz** is the Vice President, Patient Experience & Inter-professional Practice at BC Cancer

Agency. The Provincial Psychosocial Oncology Program is falls within Bernice's portfolio along with Therapeutic Services (Nutrition, Palliative Care), Nursing and Community Services, Patient and Family Experience, Professional Development, Innovation and Research(Library Services).



Bernice has an extensive background in both the healthcare and education sectors. She brings a strong passion for patient care and years of leadership experience to her new role. Bernice holds a Master's Degree in Nursing Science from UBC and a Post Master's Degree as an Adult Nurse Practitioner from the University of Washington. She has experience in clinical practice, education, and leadership roles in both Canada and the USA in large tertiary centers, community hospitals, and ambulatory clinics in the areas of cardiovascular sciences, general surgery and critical care. Her career has provided her opportunities to gain considerable experience working with inter-professional teams in the clinical setting and with research teams.

Most recently, she has worked at the British Columbia Institute of Technology (BCIT) as the Associate Dean for the Bachelor of Nursing Program, and as the interim Dean for the School of Health Sciences at BCIT as well as a member of the BCIT senior leadership team. Throughout her career, she has focused on serving others, quality of care, patient engagement and leadership. Bernice looks forward to meeting and working with all of her BC Cancer Agency colleagues.

In her role, Bernice will build upon some of the foundational work started by Brenda Canitz, and continue to shape the portfolio to reflect her vision. Brenda was one of the first members of our “new” leadership team, having agreed to a secondment from her full-time position to take on this role. We want to thank Brenda for her leadership and appreciation of the diversity of the strengths and skills within our team, giving the team the chance to embrace their roles within this new structure, and continue to do their best for patients and families.

### Spiritual Care in Oncology Project wins the BCCA Innovations in Clinical Care Award

This project proposal was submitted by Gina MacKenzie Provincial Psychosocial Oncology, Dr. Alan Bates, Psychiatry and Dr. Philip Crowell, Spiritual Health Care lead for PHSA.



Pictured here Gina MacKenzie and Dr. Alan Bates

This project was one of four projects that were awarded three year funding through the BC Cancer Foundation. This project will involve the development of a comprehensive, sustainable BC Cancer Agency Spiritual Care Program, including

hiring a Spiritual Care Leader, conducting a needs assessment, and developing a model of care to address the diverse spiritual needs across the province.

Heather Rennie and Sarah Sample co-chaired the conference with superb support from Dr. Alan Bates, Elaine Shearer, Shelley Pennington and Diana Hass from BCCA and CAPO Board members - Dr. Joan Botorff, Amanda Wurz, and Anthony Laycock.



Pictured here are members of the planning committee (left to right) Amanda Wurz (student representative from the University of Ottawa), Elaine Shearer (BCCA), Alan Bates (BCCA), Heather Rennie (BCCA, co-chair), Sarah Sample (BCCA, co-chair) and Joan Botorff (UBC School of Nursing). Other committee members unavailable for this photo included: Shelley Pennington, and Diana Hass from BCCA) and Anthony Laycock (CAPO).

Psychosocial oncology clinicians attended across Canada and a lively poster event showcased innovative research and clinical programs.



PHOTO ON THE LEFT - Heather Rennie, Clinical Coordinator for the Provincial Psychosocial Oncology Program viewing posters. PHOTO ON THE RIGHT - Sharon Paule, counsellor with the Adult Survivors of Childhood Cancer program stands by the poster about the program.

## Highlights from CAPO 2017

**Reflections from Gina MacKenzie, MSW,** Provincial Director, Psychosocial Oncology & Practice Leader, Counselling, Patient Experience and Interprofessional Practice, BC Cancer Agency

In May, the BCCA Psychosocial Oncology Program hosted the 2017 Canadian Association of Psychosocial Oncology (CAPO) Annual Conference – Practice, Research & Leadership: Weaving it all together.

The pre-conference workshops on research grant writing and Meaning Centered Psychotherapy, the latter by Dr. William Brietbart provided opportunities for participatory learning. Dr. Brietbart was one of the keynote speakers and is the Chief of Psychiatry Service at Memorial Sloan Kettering Cancer Centre. Preston Guno, BCCA Provincial Leader for BCCA, spoke about Indigenous cultural resurgence and the critical role of culture in patient care. Dr. Kristin Campbell is an Associate Professor at UBC in Physical Therapy and highlighted research in physical

activity and rehabilitation which demonstrate improvement in the psychosocial aspects of cancer treatments. Another highlight of the conference was Dr. Steven Simpson, BCCA Psychiatrist at the Fraser Valley Centre, who received the Award for Clinical Excellence.

This was a conference to remember and provided opportunities for our clinicians across the province to engage with each other, (for some the first time they had seen each other!) and to learn and network with their colleagues across Canada.



Seen here in the foreground : (left to right) Catherine Dunlop, Art Therapist and Dr. Alan Bates, Lead Psychiatrist and Tracy Stonehouse, counsellor at Vancouver Cancer Centre.

The work of BC Cancer Agency Psychosocial and Psychiatry Program was showcased by presentations from more than 15 staff members. Their names are in bold in the following list.

#### Symposium/workshops:

- **Dr. Alan Bates and Dr. Elaine Drysdale** (with colleagues from their team as panelists) - Treating Major Depressive Disorder in the Oncology Setting: How Relevant are General Guidelines?
- **John Christopherson** (with a variety of colleagues as panelists) - Leadership in psychoncology – a 360 degree perspective

- **David Greenshields** - Resting while working: Building Resilience and Fostering Mindfulness in our work
- **Maureen Parkinson**, Christine Maheu, Lucie Kocum, Lynne Robinson, Margareth Zancetta, Mina Singh, Claudia Hernandez, Lori J. Berstein, Navigating [www.cancerandwork.ca](http://www.cancerandwork.ca) and its resources: A New Support for Psychosocial Oncology Specialists
- **Sara Prins Hankinson & Catherine Dunlop** - Using Art to Express the experience of cancer
- **Melanie McDonald** - Building Mindfulness Practice and Teaching Skills for Psychosocial Oncology Clinicians

#### Oral presentations:

- **Catherine Dunlop, Sandy Kwong** - Riding the North Wind: Art Therapy Groups for Chinese-Speaking Cancer Patients
- **Catherine Dunlop, Sara Prins Hankinson, Karen Janes** - New Resources for Children When Cancer Comes to the Family
- **Catherine Dunlop, Jabir Kaur** - Connection, Comfort and Communication: Support For Children When A Family Member Has Cancer
- **Gina MacKenzie, Heather Rennie** - Demonstrating quality and outcomes for psychosocial oncology at the BC Cancer Agency: Assessing patient experience through two different patient reported outcomes
- **Nancy Payeur** - Partners' Group: Challenges, Reflections & Tools

#### Poster presentations:

- **Sharon Paulte** for Beverly Biggs - Late Effects, Assessment and Follow-up Clinic
- **David Greenshields** for Myrna Tracy - Sexual Health Clinic Research Pilot Project poster

**Reflections from the Co-Chairs:** Sarah Sample, MSW, Practice Leader, Patient and Family Counselling, Vancouver Centre and Heather Rennie M.A., M.Sc Clinical Coordinator, Provincial Psychosocial Oncology Program, BC Cancer Agency

After more than a year of planning, we were both very excited to welcome everyone to the 32d Annual Canadian Association of Psychosocial Oncology (CAPO) conference in Vancouver.

Highlights included: great key note speakers, thought provoking oral presentations, and excellent poster presentations. Sarah performed with Songcology before the Public Forum. We also had a local musician perform flute music as patients and family members entered the ball room. The Public Forum was well attended. The panel presentations were provocative and engaging. The food was great! There were many opportunities to network, chat and enjoy time spent with colleagues and friends from across Canada. A special memory is a dinner shared at the Cactus Club nearby the hotel as the sun was setting. Those in attendance were many of the staff members from BC Cancer Agency who were at the conference.

This conference was a wonderful educational opportunity, and has sparked conversations and ideas that we will bring back into our daily work lives. We truly appreciate the opportunity to host this conference in our beautiful city!

**Reflections from Sharon Paule**, MSW, RSW, CCLS, Counsellor, Adult Childhood Cancer Survivors Program

A highlight for me at the conference was Dr. Breitbart's reframing of the issue of "living with uncertainty." As we know "uncertainty" is an issue identified by many people living with a cancer diagnosis. Dr. Breitbart spoke of "certain futures" as being dull, boring and not responsive to individual impact/agency, while in contrast "uncertain futures" are dynamic and open to the agency of individuals. I also enjoyed Dr. Breitbart's quote "Hope is the creation of an uncertain future with meaning."

## Public Forum

A panel of experts provided a variety of perspectives on the question: Does stress cause cancer? This well attended event was held on the first night of the conference. Dr. Alan Bates skillfully moderated the discussion and fielded questions from the audience of cancer patients, their family members as well as psychosocial oncology professionals.



Seen here are the panelists (left to right): Bill Blackwater, First Nations Elder, Dr. John Spinelli, Epidemiologist, Dr. Tamara Shankier, Onocologist, Dr. Janise Wirght, Supportive Care Expert, Dr. Alan Bates, and Dr. Kathryn Tian, traditional Chinese Medicien Practitioner.

**Reflections from Nancy Payeur**, MSW, Practice Leader, Patient and Family Counselling, Vancouver Island Centre, BC Cancer Agency

My time at CAPO 2017 was shortened by the unpredictability of weather...I spent a day sitting at Harbour Air terminal in Victoria, wondering if the fog would lift before the conference ended!

But when I arrived, the conference was already in full swing...I remembered why this is a great conference to be part of...the presenters, the energy, the informal chats, the good food and the sense of warm connection with colleagues from across Canada – and beyond.

I enjoyed the public forum ("Does Stress Cause Cancer") which was well attended and included a panel of noteworthy experts presenting and then responding to questions from the audience. A remark from Dr. Janice Wright of Inspire Health stands out: "When a patient brings us that question – we celebrate. We take that questioning as an opportunity for exploration and learning about self-care". That seemed a useful frame.

While I attended some excellent presentations and heard about the latest in clinical programs and psychosocial research – I had two other personal highlights from CAPO. One was a dinner with PFC and Psychiatry colleagues on Thursday night...a rare chance for us to chat and socialize and catch up with one another in person. And the final workshop attended was the best gift I could give myself – it was our very own David Greenshields. That was David's session on "Working while Resting" – applying mindfulness based stress reduction to our daily work lives. As always, David walks the talk, and I left feeling inspired by his gentle teaching and clear message on the need for self-care and self-pacing.

And then – back to the airport – where high winds and changing flight times were the order of the day. Note to self: Next time, use the ferry!

**Reflections from David Greenshields, MSW,** Practice Leader, Patient and Family Counselling, Centre for the Southern Interior, BC Cancer Agency

I attended a few sessions on Prostate Cancer. Following are my notes on two of them.

The first was one that Margaret Fitch (RN) and Andrew Matthew (PhD, C Psych) presented on the difference between Watchful waiting, Active surveillance (AS) and treatment.

- Active surveillance (AS) may be considered for men with a Gleason of 6 or under and PSA below 10 and at low risk of disease.
- On average, men are on AS for 3.4 years.
- It provides the opportunity for action if disease status changes while avoiding the side effects of treatment (radical prostatectomy (RP) or radiation therapy). The patients are reassured by the close monitoring.
- Patients focus more on Quality of Life issues where staff members are more focused on disease status. Patients need more time and information to make their treatment decisions.
- Those on AS are more likely to worry about dying and health issues than RP patients.

- Men who undergo RPs have more worry about disease spread with a desire for immediate cure.

In the second session, John Robinson (PhD, R Psych) Richard Wassersug (PhD) and Eric Wibowo (PhD) presented on an education program supporting men with prostate cancer and their partners, adjust to life on Androgen Deprivation Therapy (ADT).

- In informing participants about the range of side effects, it helps lower the bother level these may have.
- Patients may be on ADT for months to years.
- Side effects tend to be lower the older a man commences on ADT due to already lowered testosterone levels. ADT slows the progression of the disease by cancelling out the production of this hormone.
- Almost ½ of all prostate cancer patients (700000 in North America) are on ADT at some point in their treatment – either pre-treatment or when the disease becomes castrate resistant.
- Testosterone is a social hormone and so its loss impacts the relationship through loss of libido, loss of intimacy, mood changes etc. Often the partner is more impacted by the changes than the patient.
- More information at [www.lifeonadt.com](http://www.lifeonadt.com)

### Dr. Steve Simpson receives the CAPO Award for Clinical Excellence



Dr. Simpson has a distinguished record of clinical excellence with over 21 years in the field of psycho-oncology and has uniquely been an instrumental team member at both the Tom Baker Cancer Centre (for over 20 years) and the BC Cancer Agency (for almost 5 years). In addition to maintaining Attending Psychiatrist status at both centres, he has also been a Consulting Psychiatrist to the Breast Cancer Supportive Care Clinic in Calgary for the past 5 years.

Dr. Simpson has tackled a number of the most difficult clinical challenges that we face. He has been involved in developing assessment and intervention protocols for

cancer-related fatigue and has also served on the CAPO Standards Committee addressing this very distressing symptom. More recently, he has been similarly focused on cancer-related cognitive impairment.

In addition to focusing on particular symptoms, Dr. Simpson has also been a pioneer and advocate for comprehensive psychosocial care in oncology. Along with collaborators, he developed the Tapestry retreat program, a residential support program for cancer patients and their family caregivers. Over 18 years, the program served over 700 families from Alberta and the Northwest Territories.

While providing advanced care to his own patients, Dr. Simpson has also ensured that the quality of clinical care in our field continues to build on past success through active involvement in our Association and through education. He was a CAPO Board Member for 6 years, serving as Treasurer for half of that time. He has trained a long list of pre-med students, medical students, residents, graduate students, post-graduate trainees, and others, and has held formal roles such as Assistant Residency Training Director. Recently, he has also played a lead role in Continuing Professional Development with the Royal College of Physicians and Surgeons of Canada, extending his educational influence from trainees to his peers. His educational work has been recognized through awards including the CPA-COPCE award for Most Outstanding Continuing Education Activity in Psychiatry and the CAME Award of Merit in Medical Education. Another way he has supported the clinical work of his peers is through creation of an award-winning online journal club for psychiatrists that has now been running for 11 years.

Dr. Simpson has also contributed to clinical excellence in psycho-oncology through research. He holds a PhD in Biochemistry and has published in journals prestigious within our field (e.g. Psycho-Oncology) as well as journals recognized within any field of Medicine or Biology (e.g. Nature). His publication of one of the earliest economic evaluations of a psychosocial support group for breast cancer patients showing that addressing anxiety resulted in reduced health care utilization is an example of the impact that his research has had on our field.

## Update from Psychiatry

### Dr. Bates Completes Medical Leadership Training at Sauder School of Business

Dr. Alan Bates, Provincial Practice Leader for Psychiatry, recently completed the Physician Leadership Program at the Sauder School of Business. This program aims to equip physician leaders with skills in optimizing their own leadership style, navigating the complex healthcare environment, communicating effectively at every organizational level up to the Ministry of Health, inspiring team members, and implementing quality improvement initiatives.

Throughout the 10-day course, Dr. Bates had the opportunity to meet with many other physician leaders from around the province and hear from speakers including Health Authority CEOs and the Deputy Minister of Health.

As an application of concepts learned through the program, Dr. Bates established improved psychiatry coverage of the inpatient unit at Vancouver Centre, largely through the hiring of Dr. Carole Richford. The change would not have been possible without collaboration and/or consultation with Oncology, Patient & Family Counseling, and Nursing. In particular, Janice Dirksen, Nursing Lead on the inpatient unit, played a vital role in the interview process and in collecting data from inpatient staff regarding their perceptions of the change. Data collected show that inpatient staff members endorse that psychiatry service is now more available on the unit, psychiatrists are attending inpatient rounds much more frequently, and psychiatrists are providing a higher level of care to our inpatients than previously. Dr. Bates wishes to thank Dr. Frances Wong and Ms. Gina Mackenzie for their ongoing mentorship.



**Dr. Andrea Grabovac** has recently left her position with us at the Agency. Dr. Grabovac is one of the longest serving BCCA psychiatrists both at Vancouver Centre and across the Agency.



Her expertise in Mindfulness-Based Cognitive Therapy has been a big asset to her patients, colleagues, trainees, and our program through her research on the topic. Her skill as a clinician and teacher are reflected in how sought after she is as both a lecturer and clinical supervisor, particularly for UBC Psychiatry residents.

Dr. Grabovac will continue to work across the street at Vancouver General Hospital and may become reconnected to BCCA again in the future.

## Update from Vancouver Centre



**John Christopherson, MA, MBA**, long-time counsellor with the Patient and Family Counselling department is retiring this July. He started working at the Vancouver Cancer Centre (VCC) in August 1999.

On the team, John worked primarily to support the Gastrointestinal and Genitourinary (GI/GU) cancer patients and their families. In addition, he has worked closely with the Pain and Symptom Management and Palliative Care (PSMPC) team at VCC and attended their rounds.

John has presented at numerous conferences both locally and nationally but is probably most well-known by his colleagues for his union work. He is on Health Science Authority (HSA) Board of Directors, for Region 5, and has served more than a decade as a Stewart, Member at Large, on the negotiating committee. In addition, he has been visibly involved in numerous agency wide 'bike to work' events.

When asked what he would be doing during his retirement, John says one thing he wants to do is to travel to Adams River and watch the sockeye run. This

will be a chance to be in touch with his previous life as captain of a fishing boat. Happy sailing – John!

## Update from the Adult Childhood Cancer Survivors Program

The BC Cancer Agency Adult Childhood Cancer Survivors Program partnered with UBC Continuing Professional Development to develop the new online CME accredited module on Late Effects of Childhood Cancers. The free module is for health professionals who are interested in learning more about the late effects of childhood cancer therapy. Upon module completion, learners will be able to:

- Define important long-term health problems associated with adults who survived childhood cancer
- Identify tumor and treatment related late effects and their impact on survivors' lives
- Learn how to manage late effects, such as those associated with childhood acute lymphoblastic leukemia
- Access BC Cancer Agency's Late Effects, Assessment and Follow-up (LEAF) Clinic resources

**ONCOLOGY ONLINE EDUCATION**  
**Late Effects of Childhood Cancers**

For family physicians, specialists and other healthcare professionals working in British Columbia who are interested in learning more about the late effects of childhood cancer therapy.  
[ubccpd.ca/course/late-effects](http://ubccpd.ca/course/late-effects)

**Skills Gained**

- Define important long-term health problems associated with adults who survived childhood cancer
- Identify tumour and treatment related late effects, and their impact on survivors' lives
- Learn how to manage late effects, such as those associated with childhood acute lymphoblastic leukemia
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🕒 = 45 minutes  
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## Staff Changes with the Adult Survivors of Childhood Cancer Program - by Avril Ullett

Counsellor Beverley Biggs has left the BC Cancer Agency to pursue opportunities with PHSA's Clinical Systems Transformation Project. Beverley worked with the Adult Childhood Cancer Survivors Program and was instrumental in setting up the new Late Effects, Assessment and Follow-up Clinic. Beverley helped establish processes for the new clinic, participated in research and provided much needed support to patients who survived cancer as children. Beverley will be missed, and we wish her the best of luck in her new role.

## Update from Community Partners

### Recurrence a common concern for women with ovarian cancer

By Tracy Kolwich is Ovarian Cancer Canada's Director, Western Region (BC, YK, AB, NWT and Nunavut)

Women living with ovarian cancer are often concerned about the disease returning. This is a very real fear, as ovarian cancer is more likely to recur than other cancers – the rate of recurrence can be as high as 85%. To help address these realities, Ovarian Cancer Canada offered three new webinars focused on recurrence as part of the organization's webinar series. The introduction of these webinars coincided with the release of *Still By Your Side*, Ovarian Cancer Canada's new guide for women facing recurrence of the disease.

Subjects ranged from practical strategies for coping with fear to the specifics of treatment and emerging research. Two women also shared their real-life stories about living with recurrence in an effort to facilitate direct communication among survivors from coast to coast.



Helen Martin (left) and Marilyn Williams (right) shared their personal stories about living with recurrence.

The Fear of Recurrence webinar is now Ovarian Cancer Canada's most highly subscribed webinar to date.

Offered in both official languages, the session was attended by a total 84 registrants. Recordings are available on the website and have already been accessed 2,388 times and counting.

*"... An excellent presentation, with practical information," writes one attendee. "Fear of recurrence is very real for me. It was interesting to hear that other women do exactly what I do — grill the oncologist for information about survival when all I really want is to be told that I will live."*

The high demand for information on recurrence is proof positive that women facing ovarian cancer need support to help confront the likelihood of the disease returning. As part of efforts to enhance offerings in this area, Ovarian Cancer Canada partners with programs like Wellbeing After Cancer and Cancer Chat Canada to ensure women get the support they need and referrals to the best available resources, such as psychosocial departments at regional cancer centres and hospitals.

Visit [ovariancanada.org](http://ovariancanada.org) for further information.

## Educational Opportunities:

### Psychosocial Oncology Rounds

Mark your calendars for the 3<sup>RD</sup> Thursday of the month (except July and August)

We recognize that the demands of your work may make it difficult for you to attend these rounds in person or by video link. However, you could call in and listen to the presentation.

**To call in and listen refer to the rounds flyer for the number and passcode.**

Presentation materials are, for the most part, posted online, on the Provincial Health Services Agency (PHSA) Learning Hub, <http://learninghub.phsa.ca> under Psychosocial Oncology Rounds.



You must have a PHSA Learning Hub account as an employee or affiliate. Once you sign in to your Learning Hub account you can search for Psychosocial Oncology Rounds or follow this link:

<http://learninghub.phsa.ca/moodle/course/view.php?id=247>

If you do not see all presentation PowerPoints on this site presenters did not give us permission to share their slides. All presentation materials that are posted are NOT TO BE COPIED WITHOUT PERMISSION of author/s.

Please note: Unfortunately, we don't have the resources to create and post videos of our monthly Psychosocial Oncology Rounds, at this time.

**JUNE 15, noon -1pm**

### **Post-traumatic Stress (PTSD) Associated with Cancer**

*Presented by Alan Bates, MD, PhD, FRCPC  
Provincial Practice Leader for Psychiatry BC Cancer Agency*

As part of a broader series of educational sessions on working with patients with significant trauma histories, this talk will focus on PTSD associated with cancer. Common manifestations in the oncology setting will be reviewed along with evidence-based treatment options.

**SEPTEMBER 15, noon- 1pm**

### **Between a Rock and a Hard Place:** considering government financial programs when a cancer patient can't work

*Presenters: Shelley Pennington, BC Cancer Agency Resource Social Worker and Brenda Geisbrecht, Service Canada*

More details to follow.

If you would like to contribute to this quarterly newsletter contact Elaine Shearer, Community Education Coordinator, Psychosocial Oncology Program - [eshearer@bccancer.bca.ca](mailto:eshearer@bccancer.bca.ca)  
Deadline for submissions to the fall newsletter is September 1st.

### **IPODE Continuing Education Courses**

Register for courses online at [www.ipode.ca](http://www.ipode.ca).

For more information contact

Natasha Boutilier:

[Natasha.Boutilier@cdha.nshealth.ca](mailto:Natasha.Boutilier@cdha.nshealth.ca)

or 902-473-6618

## **Information & Resources:**

### **New App called Breathr**

The Breathr Mindfulness App, available for free download in Google Play and the App Store on Android and iOS, is designed to help young people tackle every day stresses in their lives through practicing mindfulness. The app is also a tool that can help prevent mental health challenges such as depression and anxiety from developing or escalating.



Research shows that regularly practicing mindfulness can improve your relationships and can change parts of the brain that affect memory, empathy and stress.

Breathr was developed in collaboration with BC Children's Hospital medical professionals, mindfulness experts and youth, making it an informed and evidence-based resource.

To learn more go to <http://keltymentalhealth.ca/breathr>

