Picture This:
Clients with Confidence

Focusing on Recovery in a Forensic Population

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Forensic Outpatient Service

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Overview

I might bend but I won't break

- INTRODUCTION
  - ❖ Who we are
  - ❖ Who we serve

- CONFIDENT COMMUNICATORS

- PHOTOGRAPHY CLUB

- SUMMARY
  - ❖ Success stories
  - ❖ Next Steps for both groups

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Introduction

Who we are

Who we serve

- NCR sub-set

- Psychotic illnesses

- Mood disorders

- Range of needs

- Range of function

Don't Give Up!

Introduction

- Why did we develop these programs?
  - ❖ Gaps in hospital based programming
  - ❖ Gaps and/or barriers in community services
- Need for "doing groups" – based on social learning theory and functional ability of our clients
- The focus of both groups is to develop an identity outside of illness (new skills, self awareness)

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Confident Communicators

- One of a kind group

- Created to meet a need in the program

- Individuals with social skills who, due to mental illness, are having difficulties socializing in healthy ways

- These difficulties often compounded by thoughts of low self worth
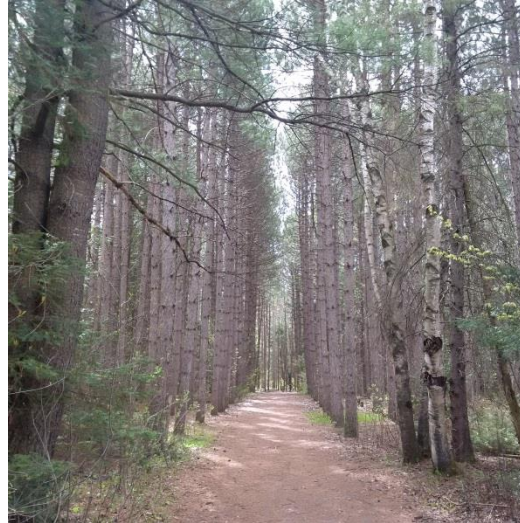
Group Overview

- 12-14 week closed group
- consisting of experiential learning & public speaking activities
- psychotherapeutic framework
- Individualized treatment goals before group begins
- Group contract with associated rules developed with participants
- Post-treatment debrief with each group member to review goals & complete post-group measures

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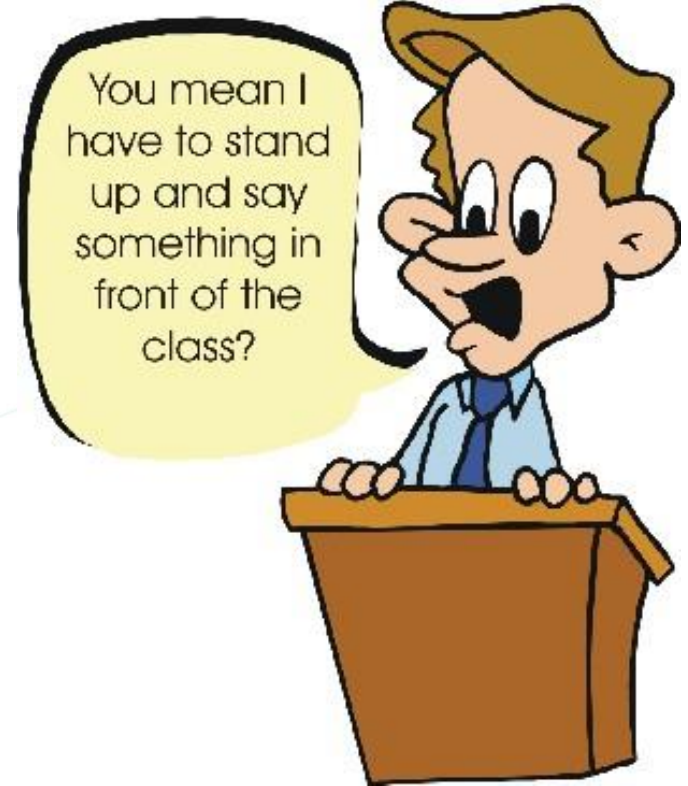
Confident Communicators

Frameworks:

- Exposure therapy for anxiety
- Experiential Learning Framework
  - » (Arai, Griffin & Grau 2016)
- Psychotherapeutic techniques – benefits of group psychotherapy

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Confident Communicators

Broad structure of group (90 minute session):

- Check-in

- Homework debrief

- Experiential Learning activity – graded & debriefed each time

- Speeches

- Group Roles –Evaluator, Grammarian, Quiz Master, Humourist, MC

- Importance of constructive feedback

- Homework

- Check out

Confident Communicators

Preliminary results:

- Social interaction anxiety scores decreased
- Initiation in social situations increased
- Data collection ongoing
- Results show improvement in areas not observed clinically

"THROUGH THE LENS"

12 week PHOTOGRAPHY GROUP

MONDAYS 1:30-3:00pm

Cameras are provided

Spring session begins April 3rd!

Space is limited – contact Sara or Donna

to confirm your spot:

Sara, RT x 6453

Donna, OT x 6286

Clients must be eligible for FIRST Team services

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Photography Club

How the group came to be:

- Clients with negative & cognitive symptoms
  - ❖ Difficulty with motivation and participation
  - ❖ Functional impairments
  - ❖ Lack of leisure skills → lack of hobbies
  - ❖ Lack of activities that provide purpose & meaning
- Lack of "doing" programs in outpatient forensics
- Barriers to community participation
- Photography = Accessible & Inclusive

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Photography Club - Framework

- Themes from creative arts literature review:
  - ❖ safe space for self-reflection
  - ❖ development of improved self- esteem
  - ❖ development of confidence and self-identify.
  - ❖ best practice intervention for negative symptoms in Schizophrenia (NICE guidelineCG178, section 1.4.4.3)

- It's not a skill development group; the focus of the group is engagement in meaningful activity and development of an identity outside of illness

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Photography Club Outline

Week 1	Planning session – Brainstorm
Week 2	Practice session with Camera
Week 3 - 6	4 Field Trips – Take Photographs
Week 7 - 10	4 Computer Lab sessions
Week 11	Photography exhibit preparation
Week 12-13	Photography Exhibit & Sales

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Evolution of the Photography Group

2015: Original vision – Photovoice Model

What we discovered :

- ❖ Impact of cognitive and negative symptoms
- ❖ Creative expression needed to be facilitated
- ❖ Vocational potential - sales
- ❖ Impact on staff workload
- ❖ Increased attempt to involve clients in vocational tasks
- ❖ Focus had shifted away from the therapeutic benefit of creative expression and development of meaningful activity

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Breaking down the steps…

BASIC PHOTOGRAPHY TECHNIQUES

Practice the following techniques. Check off each one once you have completed it.

- RULE OF THIRDS

- FRAMING

Breaking down the steps: Artist Statement

Title of Picture:

What is seen in this picture?

This is a picture of….

Why did you take this picture?

I took this picture because…

This picture captured my eye because…

What do you like about this picture?

I like this picture because…

What message could this photo communicate to a viewer?

This picture reminds me of…..

This picture makes me feel like….

Artist statement:

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Evolution of the Photography Group

Fall 2017- 5th cycle of the group

First attempt at a new approach: Launch of a "Photography Club"

- ❖ Emphasis on photography as a meaningful activity
- ❖ Emphasis on creativity
- ❖ Establish second group to support vocational opportunities

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Outcome data from focus group with clients

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Sense of identity

- *Because when I talk to people I just say I'm retired. I don't say I've been to the Royal, I've been ill, nothing. Because I don't want any stigma. So here you can say I'm doing photography and I'm retired. It opens up your life.*

- *I know for me, because of my illness I couldn't work any longer which was a big void in my life so I love that I'm busy. I love that I have activities.*

- *An independent entrepreneur*

- *Freelance photographer*

Self Expression

- *You can express your photos and your views and then it's nice when you receive feedback on it.*

Between Two Worlds

Connection to others

- *To me it's a family reunion with everybody in this group.*

- *… my aunt has got a picture which she has on her counter and then another family friend goes "You tell me about when your next exhibition is". It has a ripple effect in a good way.*

- *When people look at my stuff and they come up with all kinds of questions and I have to answer them.*

- *And to be able to… share the photos with other people and then you get the chance to sell them, it's a bonus. Having your work seen is important. It is important to have your work seen because they [public] can express their thoughts on it as well and it brings joy to them too*

Improved awareness

- *More aware of what is out there now. First I was taking pictures of flowers but now I am taking pictures of sunrises and other things like that.*

- *It gives you different views in how you perceive things. Being with a group helps a lot.*

Financial benefits & skill development

- *It allowed me to buy a camera, the software for my computer to develop photos, opened my eye towards taking pictures and ways to sell them. It builds momentum in business skills and the pursuit of selling products.*

This financial impact was also identified as an opportunity to help others.

- *I'd like to make some money so I can support myself and help my parents and so that means a lot to me. I'd really like to help my family.*

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Contributing to recovery

- *… it kind of pushed the recovery along…it expands your horizons so you're definitely thinking about something else because sometimes I can get a little bit caught in my own thoughts like ruminating on things, negative things. So now it's very positive and you can look down to see where you are going to go this week and what you are going to do and you are going to take those pictures and you can think ahead about the exhibition.*

Sometimes things closer to us are all that we can see

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Success - Participation

- Recurring group with high attendance rate

- 10 clients current participants

- 6 clients have own camera to use

- Clients now identify Photography as hobby

- Participation in other creative arts groups/activities

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4 Exhibits – 5th coming soon!

3 clients Donated to Royal Gala Auction

Beyond the Dark Forest there will be Light

Success stories

- Hospital clinics have placed large orders for framed prints to decorate clinics

- Vocational opportunities
  - ❖ Sales = 174 photographs totalling $3475
  - ❖ ALL profits go to Artists

- Clients have shared their photographs with family

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Success stories: Spin Offs

2 clients commissioned :

❖ as photographers for events at hospital

❖ for photography work to decorate a hospital clinic

❖ participated in community art events to showcase and sell artwork

• Pilot project "Photography Collective"

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Success Stories: Confident Communicators

- Completion of individualized goals
  - ❖ To be more assertive with family
  - ❖ To ask someone on a date
  - ❖ Development of friendships
  - ❖ Return to school
  - ❖ One client has joined community Toastmasters
  - ❖ More prepared for job interviews
  - ❖ Staff observed increased engagement of C2 participants in other groups
  - ❖ Joined community recreation groups
  - ❖ Increased comfort in groups
  - ❖ Ability to be silly

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Summary

Next Steps:

- Photography:
    - ❖ Develop Photography Collective
    - ❖ Evolve Photography Club
    - ❖ Consider Peer leader role
- Confident Communicators
    - ❖ Continue to gather data
    - ❖ Evaluate whether there are differences in response between Mood disorder & psychotic illness populations
    - ❖ Develop a manual
    - ❖ Upcoming presentations

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Questions/Comments

La Machine

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