

## Summary of Discussions

**Date:** July 21<sup>st</sup>, 2020

**Case Synopsis:**

Behavioral Activation

Reason for case consultation and any specific questions that the provider would like answered.

1. To describe behavioural activation and how it applies to a first episode population
2. To review practical applications of behavioural activation and connect these with Navigate material

**Summary of Recommendations:**

Recommendation: description of recommendation.

*Elaborating on recommendation, and clarifying information (e.g.; where to access scales, monitoring required when prescribing medication, etc.):*

- Recommendations from today:
- Try to engage family members as partners in supporting behavioural activation: involvement from the beginning of care, education about role of behavioural activation and setting expectations, scheduling activities together and supporting the client with this
  - Consider planning sessions or even groups with both families and clients together to support wellness
  - Be mindful about sedation as a side effect of antipsychotics and consider asking client what time of day their energy is highest to start scheduling activities
  - Diet and exercise can also support behavioural activation by improving energy (and be examples of BA)
  - Consider breaking down tasks into smaller chunks (but not so much that they are not meaningful) or starting with tasks that feel more achievable
  - A number of IRT modules highlight components of behavioural activation, in addition to those presented. Some example activities can be found in the substance use module (activities to target boredom)
  - Online resources to promote behavioural activation include massive online open courses (MOOCs) and courses through public libraries, fitness apps (Downdog, My Fitness Pal), CAMH Virtual Activity Kit, as well as the book “Action Over Inertia”
  - Other creative socially distanced behavioural activation activities include park jam sessions

**Follow-up**

If it would be helpful to have some further discussion and consultation regarding this case, please consider bringing it back to ECHO EPI-SET in the next month. To do so, please connect with: Abanti Tagore ([abanti.tagore@camh.ca](mailto:abanti.tagore@camh.ca)) and Andrea Alves ([andrea.alves@camh.ca](mailto:andrea.alves@camh.ca)).