



April 2011

## CCMSBC Dinner & Dance Gala

Our CCMSBC Annual Dinner and Dance Gala will be taken place at Four Seasons Hotel Vancouver (791 West Georgia, Vancouver, BC) on May 7th, 2011. Cocktail Reception will be started at 6pm . Our AGM will be taken place immediately before the Gala.

Our members are encouraged to participate as a support to our Society.

Please contact our board members or email Ms Karen Cheng  
[kchengccms@gmail.com](mailto:kchengccms@gmail.com) for details and tickets

## CCMSBC Chinese New Year Celebration 2011

Our Chinese New Year Celebration Party was taken place on Feb 27th, 2011. We have about 110 participants for the event. Everyone enjoy a fun evening with different games (include the favourite mah-jong tiles guessing game). There was a wonderful presentation for the ONE MATCH program. We are looking forward to seeing you again next year.



## APPLICATION FOR C.C.M.S. (B.C.) SCHOLARSHIP

(open for family members of CCMS(BC) members only)

Name of Applicant: S.I.N.:  
(Please Print)

Birth Date: Sex:

Current Address: Phone:

Mailing Address: Phone:

CCMS (BC) Sponsor:

Length of Membership:

EDUCATION RECORD: (Use additional sheets for more space, if necessary)

Secondary Education Year

Post-Secondary Institution  
(1) Year

(2) Year

Current Program Enrolled:

Extracurricular Interests/Awards:

### RETURN THE COMPLETED APPLICATION TO THE FOUNDATION ALONG WITH THE FOLLOWING:

1. Transcript of academic record for the past year.
2. Reference letters from two unrelated individuals.
3. Brief account of yourself and why you should be the recipient of the scholarship (maximum 2 typed double spaced pages).

RETURN THE COMPLETED APPLICATION TO CCMSBC (c/o Dr. Urbain Ip, Surrey Memorial Hospital, 13750 - 96<sup>th</sup> Ave, Surrey, BC, V3V 1Z2) ALONG WITH THE FOLLOWING:

Transcript of academic record for the past year.  
Reference letters from two unrelated individuals.  
Brief account of yourself and why you should be the recipient of the scholarship (maximum 2 typed double spaced pages).

**Deadline for application has been extended to April 15th, 2011**

December 2010

## Bounce Back Branches Out

Did you know the **Bounce Back program is available in Chinese**? First launched across the province in English, we have now branched-out to help address low-mood, anxiety, & stress in the Chinese community as well!

**Bounce Back is an evidence-based mood-improvement program designed to assist you in working with your patients** who are **experiencing mild to moderate symptoms of depression (PHQ-9=5-19)** with or without anxiety.

As patients learn Cognitive Behavioral Therapy (CBT) skills to help them deal with problems such as inactivity, unhelpful thinking, worry, & avoidance, **Bounce Back has been proven to enhance well-being & quality of life.**

Our free program has two parts:

- **The Living Life to the Full DVD** is a 45-minute video on how to recognize & deal with depressive symptoms. Available in English, Cantonese, & Mandarin, supplies of these DVDs are **provided to you upon request & may be given-out to any interested patients** within the context of a routine visit to your office.
- **Bounce Back Guided Self-Help** assists patients, in English or Cantonese, to engage with CBT workbooks, exercises, & concepts, by way of educational & motivational telephone sessions with Coaches who are specially-trained & overseen by CBT-expert psychologists. - Transmitting contact & eligibility info **via our Physician Referral Form** gives appropriate patients rapid access to Bounce Back, as there are no wait-lists.

Offered by the **Canadian Mental Health Association**, Bounce Back is funded by the **BC Ministry of Health Services** to support primary care. If you'd like materials or more information, please feel free to contact us. –

[www.bouncebackbc.ca](http://www.bouncebackbc.ca)

**1-877-318-3098** - for **Chinese** resources and inquiries, or, for general information in **English dial** - **1-866-639-0522**

**What people are saying about Bounce Back** – Independent evaluators received very positive feedback from provincial government & regional health authorities, as well as from BB participants & primary care providers.

"In 1991 my life drastically changed for me when I was diagnosed with spinal muscular atrophy. At the time, I was able to deal with the physical and psychological effect this chronic illness had on me. Then, two years ago, I was in a car accident which caused more mobility loss and pain. It sent me into a dark place of sadness and an inability to move forward and to continue to enjoy my life. My family doctor referred me to the Bounce Back program.

The program helped me to crawl out of that dark place. The workbooks, combined with the community coach, helped me get back on track to the person who I was. This program has helped me immensely; I realise that I can control my life by how I choose to react.

I feel very strongly that the Bounce Back program is an excellent program for people that are experiencing low to moderate depression. I agreed to be on the advisory committee, so that we could make this the best program possible. They are listening to what we are saying and improving so that a wide majority of people suffering from depression can tap into this program and start living their life to the fullest."

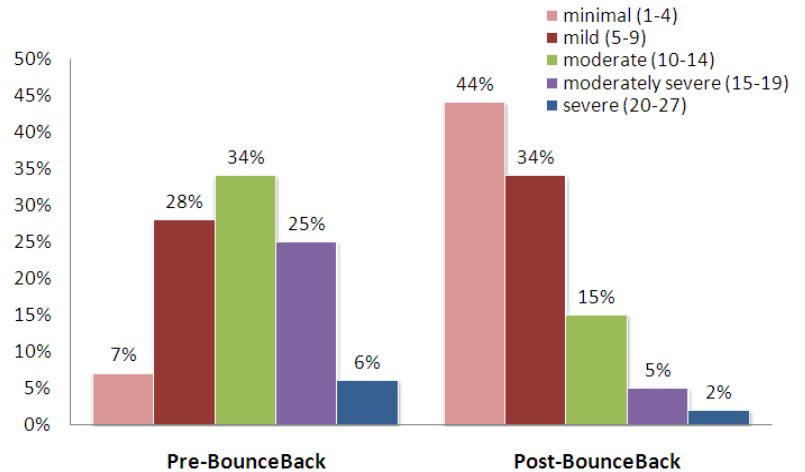
- Bounce Back Participant

**Bounce Back by the Numbers** – Our program has been very well received. More than **50,000 DVDs** have been distributed & over **1,000 Family Physicians** have referred at least one patient to the program, such that more than **9,000 patients** have been referred to Bounce Back BC-wide.

**Preliminary Outcome Data**

- Primary outcome measures (& ranges) are: PHQ-9 depression screen (0-27), GAD-7 anxiety screen (0-21), QLES-Q quality of life enjoyment & satisfaction scale (14-70), + Self-Report Physical Health Ratings (1-10).
- Post-Bounce Back scores for the first 896 completed participants indicate **significant improvement over the baseline Pre-Bounce Back scores on each measure** (all paired samples t-test  $ps < 0.001$ ).

Outcome Measure Means N = 896; $ps < 0.001$	Pre-BB	Post-BB
Patient Health Questionnaire (PHQ-9; depression)	11.4	6.3
Generalized Anxiety Disorder Assessment (GAD-7)	9.4	5.5
Quality of Life Enjoyment and Satisfaction (Q-LES-Q)	43.0	50.7
Physical Health Rating (1-10)	5.6	6.6



**Depressive Mood Severity Shifts:**

- 896 participants' PHQ-9 depressive symptom severity levels shifted for the better from the time they were referred at baseline (Pre-Bounce Back) to the time of their program completion (Post-Bounce Back).
- Pre-BB depression scores normally distributed; **Post-BB scores skewed toward the minimal & mild ranges**

We would like to extend a sincere thank you to local area Physicians for contributing to the huge success with the program in Richmond.

*Vicki Yan, Bounce Back Community Coach*  
**Canadian Mental Health Association – Richmond Branch**  
 7351 Elmbridge Way, Richmond BC V6X 1B8  
 Phone: 604-276-2444  
 Fax: 604.276.0342 – vicki.yan@cmha.bc.ca



**Note: Family physicians who consult with a Bounce Back Coach as part of collaborative care planning for a patient with complex needs may bill the Community Patient Conferencing Fee.**

