

## Overview

This skills-based group is based on the work of two programs developed for adults:

- 1) Mindfulness-Based Stress Reduction for coping with stress and illness (MBSR, Jon Kabat-Zinn); and
- 2) Mindfulness-Based Cognitive Therapy for coping with depressive symptoms and preventing depressive relapse (MBCT, Williams, Teasdale, Segal and Kabat-Zinn).

This program is modified to reflect adolescent developmental concerns. The groups will be educational and instructional in nature (as opposed to classical therapy groups).

The groups will be facilitated by Dr. Dzung Vo (Adolescent Medicine) and/or Dr. Joanna McDermid (Psychiatry).

Trainees may also participate as co-facilitators or participant-observers.

Format is 8-week 90 min/week Zoom sessions

## Goals

- teaching skills to manage stress and pain associated with chronic medical conditions
- to help prevent relapse of depression
- to develop better self-regulation and attention control.

## Referrals

Must be from a medical or mental health provider (e.g. pediatrician, psychiatrist, GP, mental health counsellor) who is available to provide ongoing support to the adolescent as needed. **MARS-A is not a replacement for individual care.**

Participants will be invited for a 30-min intake meeting to describe the program and assess if the participant is a good fit.

Please complete the [referral form](#)



## Criteria

- Age 15-19 years with **Psychological Distress** for management and coping with stable, non-acute depression and/or anxiety (current or prior)
- Every participant will require their own individual therapist / physician (not necessarily active therapy) outside of the group, who is available and agrees to follow up if significant concerns or distress arise during the group. **MARS-A is intended as a supplement to (not replacement for) standard care.**
- A **willingness to participate** in group mindfulness practice and a reasonable degree of motivation is requested.

## Exclusions

Acute/unstable depression, acute suicidality, active substance abuse, psychosis, significant cognitive/developmental disability, severe disruptive behaviour.

Adolescent Health Clinic  
V2-203 Clinical Support Building  
950 West 28th Avenue  
Vancouver, BC V5Z 4H4  
Phone: 604-875-3472  
Fax: 604-875-3958  
<http://www.bcchildrens.ca/our-services/clinics/adolescent-health#About>