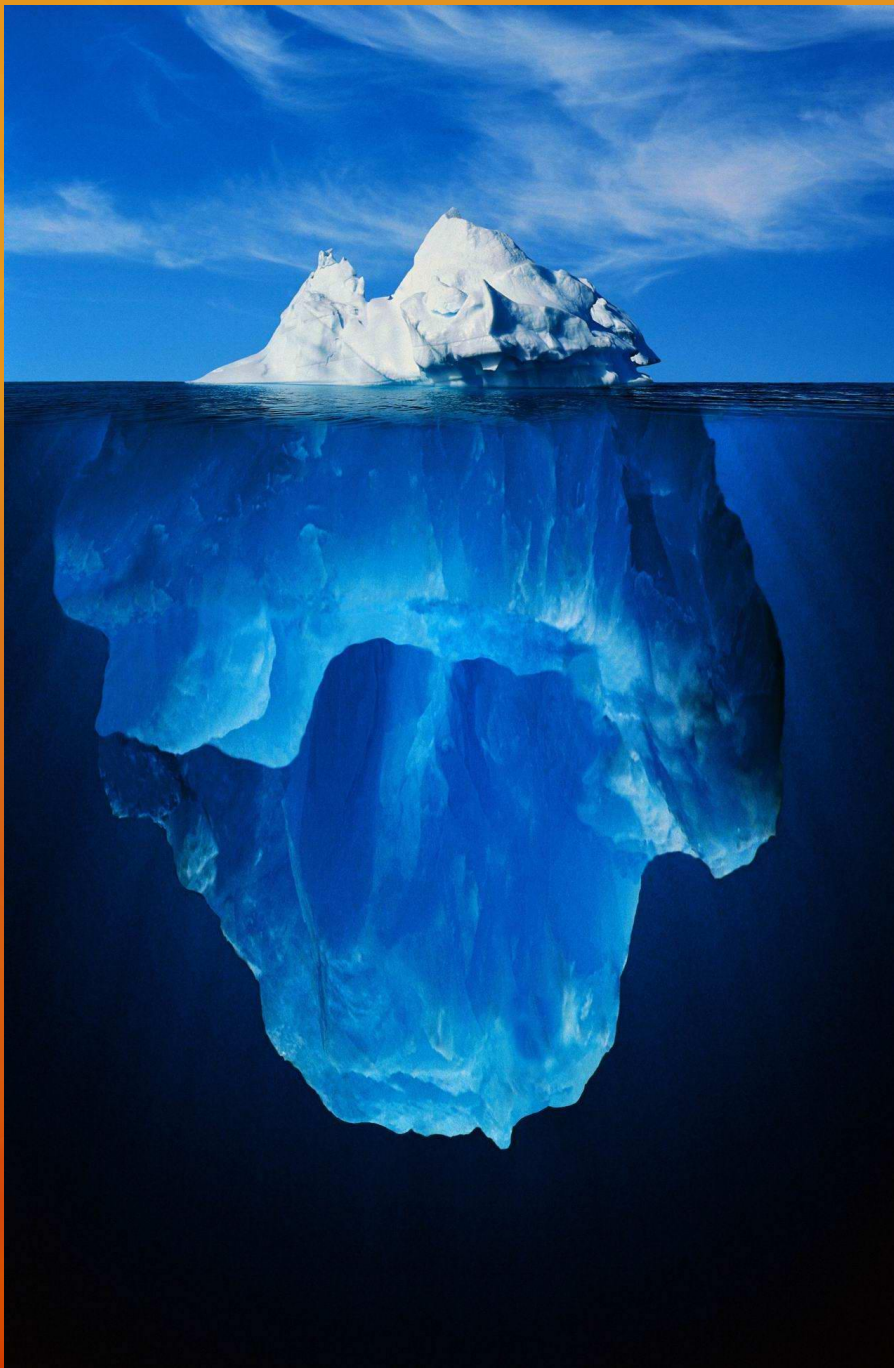


# **Our Journey with Sashbear**

Lisa van der Laan, OT Reg. (Ont.)

Natalie Yiu, OT Reg. (Ont.)



Our DBT  
knowledge, DBT  
skills groups, and  
professional  
growth

Support from  
Sashbear

# First Contact with Sashbear

- DBT was a professional development goal
  - Why DBT and OT?
- Got accepted into DBT workshop and longitudinal supervision

# Our program needs

- First Episode Psychosis Program
  - Connected with clients and families
- Family Connections
- DBT client group

# What are we doing now

- Continuing on with first Family Connections group
- In further longitudinal supervision
- Using some DBT skills individually with clients
- In planning phase for DBT client group to start at the end of the month
- Teaching DBT at UofT for OT students



Transitional day  
program for  
school-avoidant  
youths

Inpatient short-  
stay mental  
health unit

Aboriginal mental  
health and  
addiction program

First episode  
psychosis  
program

# The Ripple Effect...

Mental health  
court diversion  
program

...and more

Transitional  
supportive housing  
for people with a  
criminal history

# Testimonials

- “Many thanks to Lynn, Mike and Sashbear for your support of this important initiative!” – Paula
- “Sashbear is not only increasing the number of therapists trained in emotion regulation, but Sashbear is very committed to teaching these same skills to caregivers. Caregivers are on the front line and also need the skills to help maintain emotional regulation in the home. Sasha’s dream of making emotion regulation skills widely available is coming true.” – Connie

# Testimonials

- “I use DBT every day in my individual sessions (about four a day) and in group therapy every Thursday morning...I am working with my manager to start a trauma recovery group in Sept 2016. I plan to co-facilitate with a Traditional Medicine Person...To my knowledge this hybrid group would be the first DBT-informed group that combines DBT with Traditional aboriginal Ways. So thank you/Chi Meegwetch for this gift Sashbear/Menu-Courey family, and all the CAMH staff who helped train us! Know you have helped the Anishnawbe community in Toronto heal, recover, and become more skillful.” - Chris



**THANK YOU!**