



## **Halton Y.O.D.A. Program (Youth Overcoming Depression and Anxiety)**

Halton Y.O.D.A. is a program offered in the Halton Region to youth in grades 6, 7, and 8, who experience symptoms of depression and/or anxiety. The group treatment process consists of 10 weekly 3 hour sessions in either the Burlington, Oakville, or North Halton regions. Families are responsible for the youth's transportation to and from their group location. Each group is made up of 2 group facilitators and 8 students.

The group treatment model is based on Cognitive Behavioural Therapy and The F.R.I.E.N.D.S. For Life Program. Concepts discussed during the group include; feeling recognition, relaxation techniques, understanding unhelpful and helpful thought patterns, coping step plans, problem solving models, communication skills, healthy living and overall wellness. Y.O.D.A. is a client centred treatment program that supports youth as they establish goals and practice skills in a safe and supportive environment of their peers.

The Y.O.D.A. Program also includes two Parent Sessions that promote an understanding of depression and anxiety in youth, provide a description of the treatment skills and strategies, and offer supports to parents who are supporting their youth during the learning and practicing process. Other services offered through the Y.O.D.A. Program are individual outreach and in home support, collaboration with home schools to facilitate successful re-integration and/or application of new skills acquired in the program, collaboration with other community resources, as well as follow up Booster Sessions.

There are many possible benefits and some things to consider before becoming involved with Woodview and they are included in the Client Orientation brochure that you have received.

### **Benefits specific to the Y.O.D.A. Program:**

- Youth and families often learn new ways of managing and coping with depression and anxiety
- Youth may develop stronger insight and be able communicate their needs more effectively
- Youth may develop a stronger sense of self-esteem and self-worth through personal exploration in an emotionally supportive environment
- Youth may strengthen their social skills and have fun with their peers
- Improved emotional wellness can have a positive impact on the many dimensions of the youth's life; family, physical, social, academic, and spiritual.
- Parents have the opportunity to stay connected with the program staff and review their youth's treatment goals and progress
- Recommendations for further growth opportunities or assessments may be made to help youth achieve their goals.



**Things to consider specific to the Y.O.D.A. Program:**

- Groups are held during the school day and some academic work may be missed as a result of group attendance
- Youth may interact with youth who have similar, or at times, more difficult emotional or behavioural concerns, and may imitate such (All efforts will be made to address these concerns in the group)
- Youth may feel different as a result of their feelings and may be embarrassed to attend the program
- Successful treatment requires a great deal of support from parents (telephone calls and meetings) that may be time consuming
- There is no guarantee that youth will feel better after attending the Y.O.D.A. Program

It is very important to Woodview that parents understand our services and that we work together towards achieving success for your son or daughter. Please feel free to discuss any issues or concerns that you may have directly with your counsellor. We strive to ensure that Woodview provides a positive experience for you and your family.