



## The Brake Shop Clinic

### **Anxiety Management Group or Individual Treatment Fact Sheet**

*Sometimes people just want to be able to stop better – they want their brakes to work like everyone else's do!*

***In this treatment, we provide evidence-based treatment for the treatment of Generalized Anxiety Disorder (called, "Cognitive Behavioural Therapy" or "CBT").***

#### **Who Is This Group For?**

- Children and adolescents diagnosed with Generalized Anxiety Disorder (GAD), feeling distressed or impaired by intrusive thoughts, worries and/or avoidant behaviour.
- Those looking for an alternative or enhancement to pharmaceutical treatment of anxiety
- ***Symptoms Targeted For Treatment:*** thoughts, worries, and anxieties (what we call, "leaky brakes over thoughts")

#### **How This Group Can Help To, "Empty Your Beaker":**

- "Full Beakers" are how we describe feelings of being overloaded with too many pressures, demands or stresses unique to having leaky brakes. When a beaker overflows this can take the form of unmanageable anxiety, tearful "meltdowns", or rage.
- Thoughts, worries, and reactions that are embarrassing, inconvenient, disruptive, and time-consuming are beaker-fillers. Fighting preoccupation with these anxious thoughts and the reactions of others to this preoccupation, or dealing with secondary problems such as disrupted sleep, irritability, and difficulty concentrating also contributes to a full beaker.
- Learning to evaluate, decrease, and thereby manage anxious thoughts and worries can also decrease beaker levels.

#### **What Happens In This Group?**

- CBT empowers our clients by giving them very effective tools to take charge of their worried thoughts and reactions. We won't be *eliminating* all worries (as it can be good to worry at times) but Club Members will be learning how to tame these thoughts and worries and turn them from "pests" into "pets," by slowing down the rush from thoughts to feelings/reactions. This will then allow them to think more clearly, turn off worry alarms, and replace worried thoughts with calm thoughts. It thereby helps them to **'turn the tables' on anxiety and to begin living life more flexibly and freely.** Clients who use this treatment are no longer compelled to give in to the worried thoughts they have targeted for treatment.

#### **Where Is The Group Held?**

- CPRI campus (Crombie Building; check in at switchboard and go to waiting room)
- For families who can't participate in person, 'virtual' options (e.g. participating via videoconferencing) can be available

### **When Is The Group Held?**

- **Wait times vary** depending upon multiple factors (*referral date, age-range of planned group, family availability, other services receiving concurrent to planned group, etc.*)
- Mandatory 'Tune-up' sessions will occur **as scheduled** for the two months following group completion
- Additionally, monthly tune-up sessions are available should additional support be required (request by calling 519 858-2774 or 1-877-494-2774, dial '0" and ask for the Brake Shop Case Management Coordinator).

### **Who Will Participate In This Group?**

- Club Members & Guardians
- With the consent of the guardians, and with the assent of the clients, **others invested in supporting the client (e.g. a sibling, a grandparent, school staff, a residential worker) are welcome to attend.**

### **What If I Decline This Group?**

Various 'how-to' guides and anxiety workbooks are available (e.g. Family Resource Centre)

- Various medications may also be tried to manage anxiety symptoms (medications are prescribed and reviewed by a physician)
- Left untreated and unchallenged, anxiety generally worsens over time

### **What Are The Requirements To Be In This Group?**

- Generalized Anxiety Disorder (GAD) diagnosis
- Significant problems with worried thoughts and reactions.
- At least some of these problem behaviours are distressing to the client, and at least some insight into these symptoms exists
- A motivation to change
- Client can commit to scheduling specific times for practicing assignments each week
- A reasonably stable life situation
- Overall cognitive functioning within the broad range of Average (IQ score > 80)
- A mental age of **at least** 6 years (**wait times will be extended until this criterion is met**)
- Guardians can commit to attend all sessions, to support the client in treatment, and to read/watch various educational materials provided
- Client & family/guardians are prepared for a possible brief, initial increase in symptoms, and to discuss symptoms in a confidential group format
- Any ADHD symptomatology already treated

**\*Medications are to remain stable for the duration of treatment.** If this creates a problem, please notify the Treatment Programming Contact person to discuss.

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**Referrals to all Brake Shop treatment is requested & arranged through your Brake Shop Case Management Coordinator.**

For more information please visit our website  
([www.leakybrakes.ca](http://www.leakybrakes.ca))

### **Important Telephone Numbers:**

- **CPRI** -(519) 858-2774 or Toll Free 1-877-494-2774