

Mental Health Treatment 101:

Psychology, Psychiatry, DBT, CBT and more...

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Healthy People, Healthy Saskatchewan

The Saskatchewan Health Authority works in the spirit of truth and reconciliation,
acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.



www.saskhealthauthority.ca

VISION

Healthy People, Healthy Saskatchewan

MISSION

We work together to improve health and well-being. Every day. For everyone.

VALUES

SAFETY: *Be aware.* Commit to physical, psychological, social, cultural and environmental safety. Every day. For everyone.

ACCOUNTABILITY: *Be responsible.* Own each action and decision. Be transparent and have courage to speak up.

RESPECT: *Be kind.* Honour diversity with dignity and empathy. Value each person as an individual.

COLLABORATION: *Be better together.* Include and acknowledge the contributions of employees, physicians, patients, families and partners.

COMPASSION: *Be caring.* Practice empathy. Listen actively to understand each other's experiences.

PHILOSOPHY OF CARE: Our commitment to a philosophy of Patient and Family Centred Care is at the heart of everything we do and provides the foundation of our values.



SHA Treaty Land Acknowledgement

Honouring Relationships with Indigenous People

We would like to acknowledge that we are gathering on **Treaty 2, 4, 5, 6, 8, and 10 territory** and **the Homeland of the Métis**.

Recognizing this history is important to our future and our efforts to close the gap in health outcomes between Indigenous and non-Indigenous peoples.

I pay my respects to the traditional caretakers of this land.

www.saskhealthauthority.ca/trc



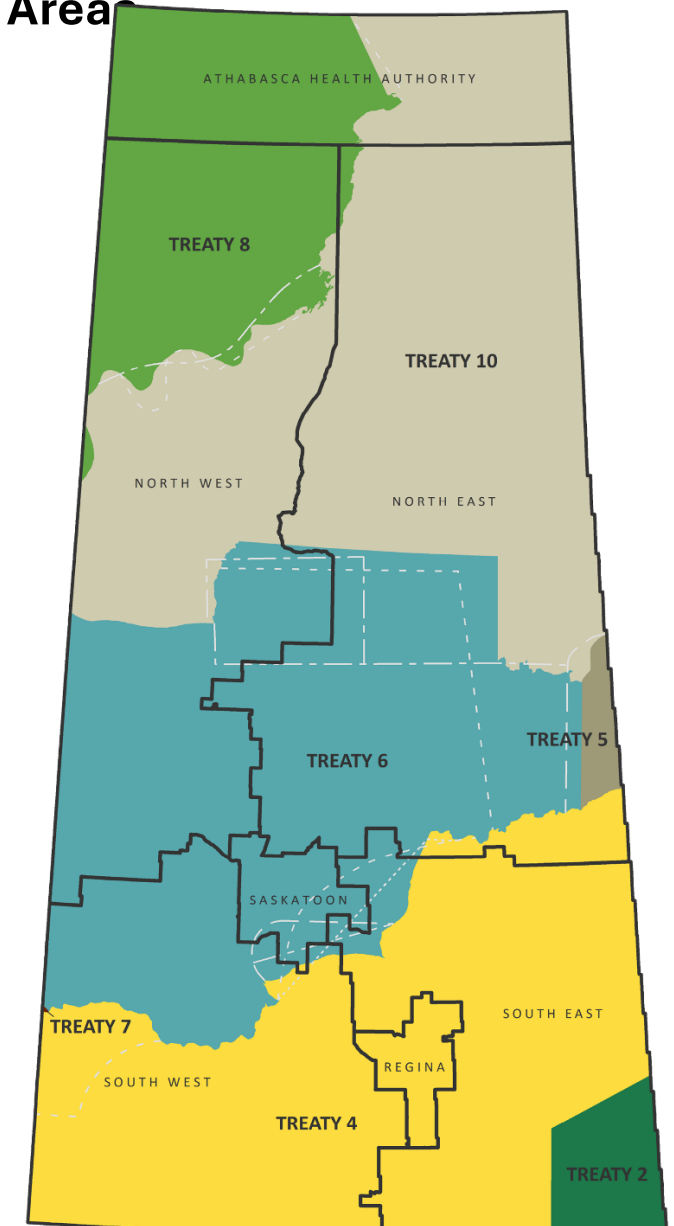
Saskatchewan
Health Authority

Treaty Territories and Saskatchewan Health Authority

Area

Depictions of Treaty boundaries are subject to variation. These boundaries are usually not surveyed and are estimated based on written descriptions.

This map displays the Pre-1975 Treaties (Historic Treaties) in colour, as provided by Crown-Indigenous Relations and Northern Affairs Canada. The grey lines indicate alternate boundaries compiled from various sources.



Mental Health & Why Treatment Matters

- “Mental Health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community.” (World Health Organization, 2025)
- Mental health conditions include mental health disorders and psychosocial disabilities as well as other mental states associated with significant distress, impairment in functioning, or risk of self-harm.
- Serious & Persistent Mental Illness
- Determinants of mental health
- In any given year, 1 in 5 Canadians experiences Mental Illness (CAMH, 2025).



The Mental Health Care Team



The Medical Lens

- General Practitioners/Family Doctors
- Psychiatrists
- Nursing
- Pharmacists



Prescription Mediations



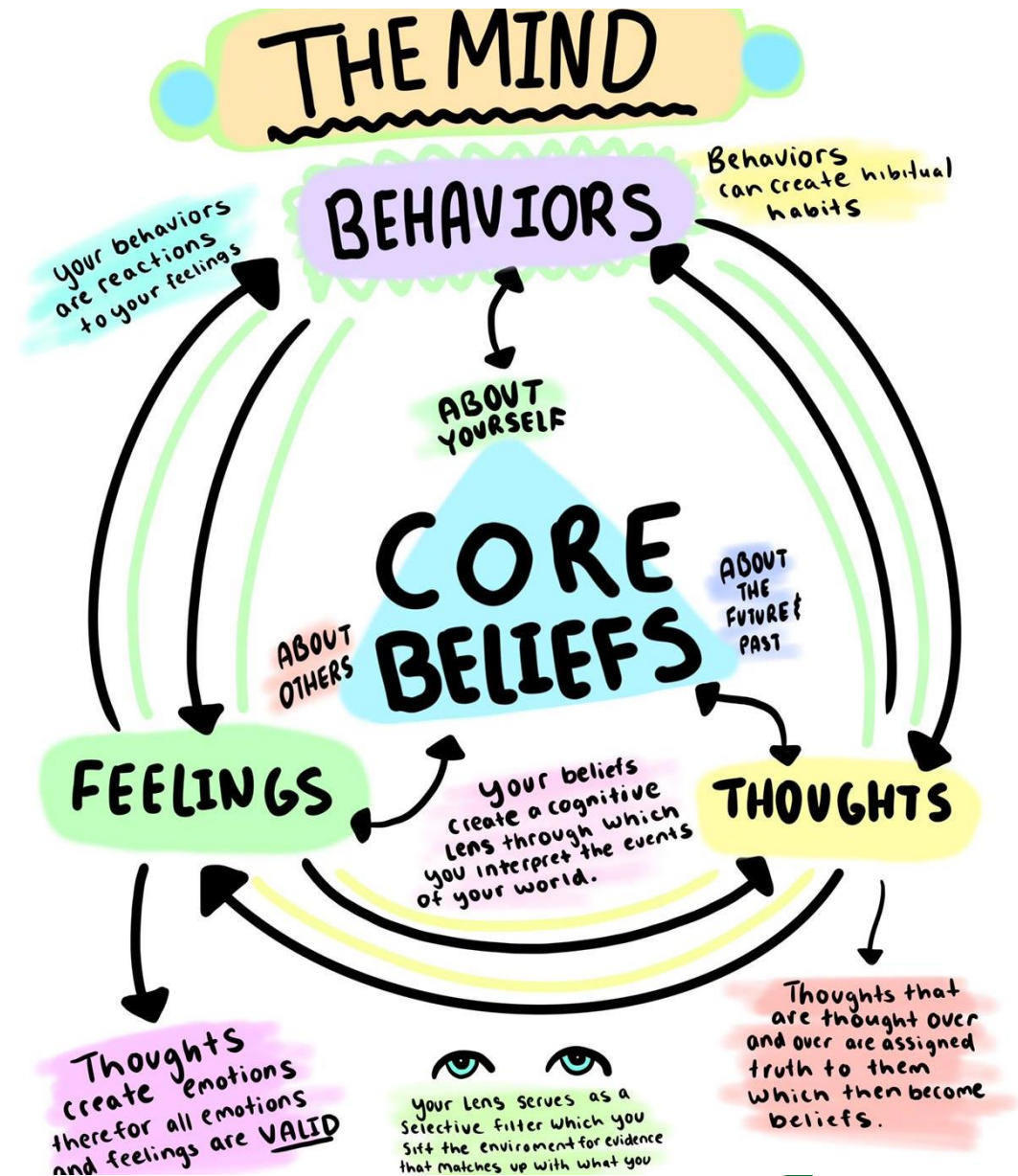


Therapies teams

- Psychologist
- Social Worker
- Addictions Counsellor
- Occupational Therapist
- Dietitian
- Recreation Therapist
- Case Manager
- Outreach worker
- Peer Support Workers

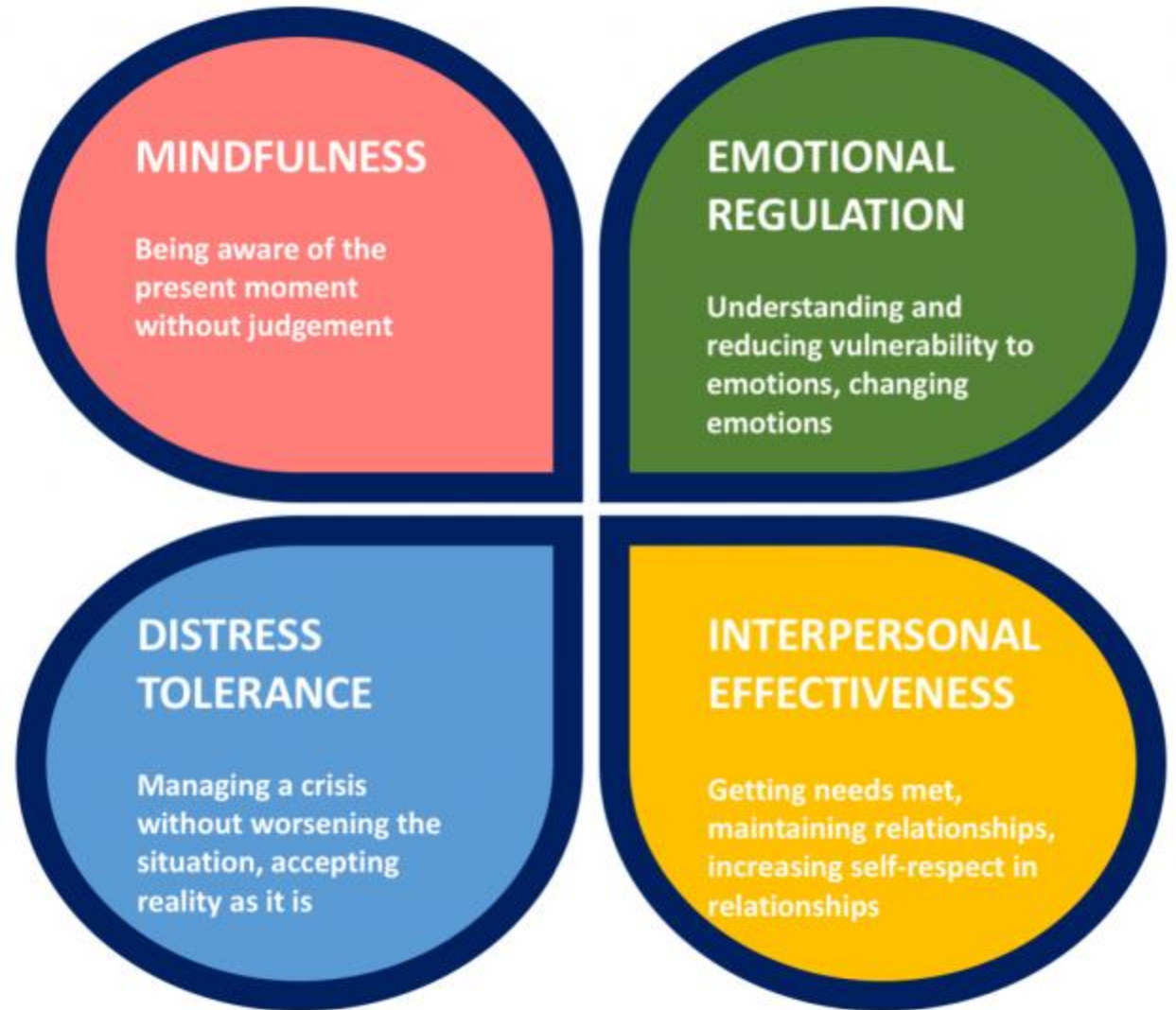
Cognitive Behavioural Therapy (CBT)

- Thoughts, feelings and behaviours are interconnected
- Challenging negative thought patterns can lead to positive changes in feelings and behaviours
- Core ideas:
 - Focus on the present
 - Problem-oriented and goal-focused
 - Active participation and collaboration
 - Structured sessions
 - Identification of thought distortions
 - Cognitive restructuring
 - Relapse prevention



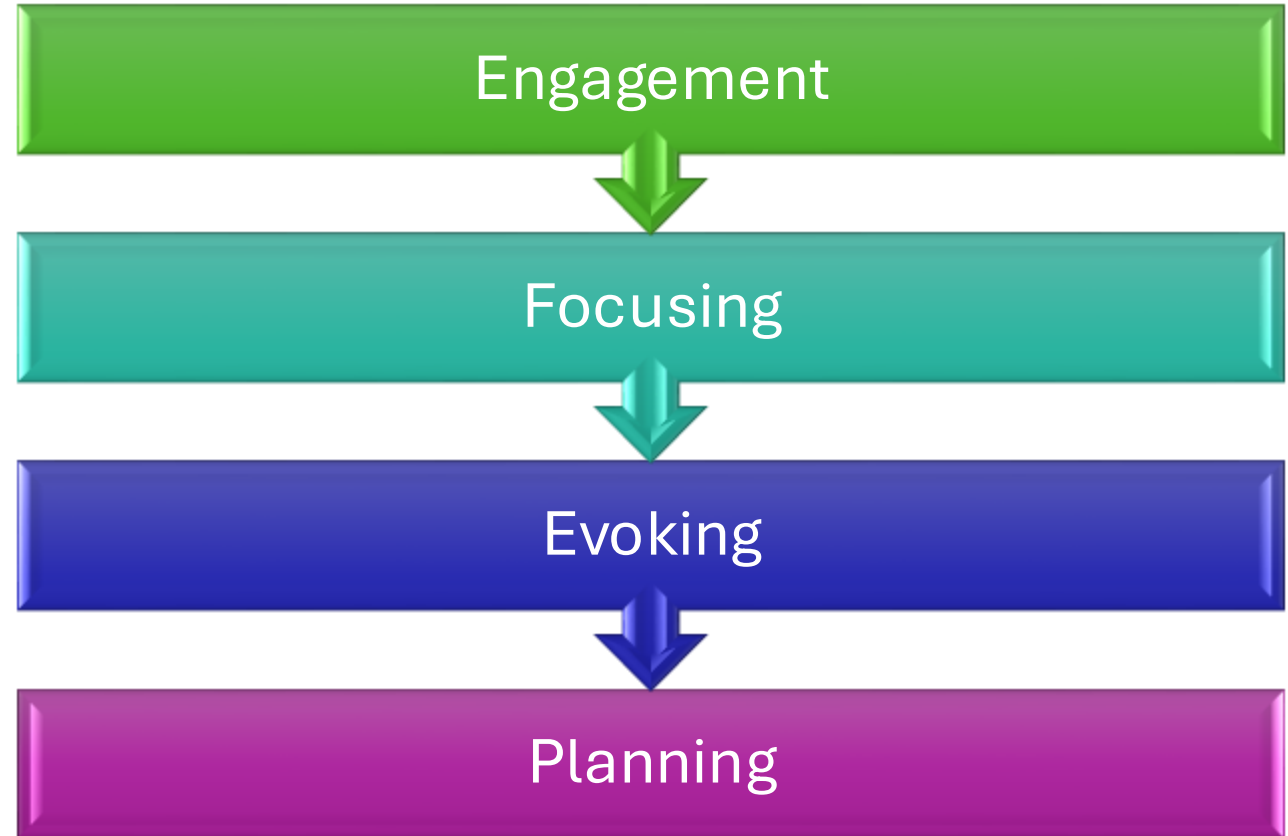
Dialectical Behavioural Therapy (DBT)

- Built around four skill sets: Mindfulness, Distress Tolerance, Emotion Regulation, and Interpersonal Effectiveness
- ‘Dialectical’ refers to the core idea of balancing two seemingly opposite concepts, such as acceptance and change.
- Change and acceptance – teaches that people are both doing their best and need to learn new behaviours.
- Emphasizes validation, which means acknowledging that a person’s experiences and emotions are valid, even if their behaviours are not.



Motivational Interviewing (MI)

- **Core tenets:**
 - Express empathy
 - Develop discrepancy
 - Roll with resistance
 - Support self-efficacy
- **Works to strengthen intrinsic motivation for change by highlighting the conflict between current behaviour and personal goals, avoiding direct argument, and building confidence in one's ability to change**



Narrative Therapy

- **Emphasizes that people are not their problems.**
- **Works towards:**
 - Client empowerment
 - The collaborative exploration of personal narratives
 - Cultural sensitivity
- **Externalization – the problem is separated from the person's identity**
- **Deconstruction – Dominant stories that have negatively influenced a client's life are deconstructed to understand the origins and impact**
- **Re-authoring**
- **Clients as experts in their own lives, and therapists act as curious, collaborative partners**





Where to Access
Services?



In-Patient Mental Health Supports





Other Supports and Services



A REASON TO HOPE. THE MEANS TO COPE.
SCHIZOPHRENIA SOCIETY OF SASKATCHEWAN
SOCIÉTÉ DE SCHIZOPHRÉNIE DE LA SASKATCHEWAN
UNE SOURCE D'ESPOIR, DE SOUTIEN ET D'ENTRAIDE.



**Suicide Crisis
Helpline**



**Canadian Mental
Health Association**
Mental health for all



Family involvement

- Improves treatment adherence and reduces hospitalizations/relapses
- Looks like:
 - Emotional support
 - Practical assistance
 - Early detection of relapse
- Challenges:
 - Stigma/lack of understanding
 - Stress
 - Systemic barriers
 - Communication difficulties





How families can help

- Provide emotional support
- Offer practical help
- Educate themselves
- Communicate openly
- Advocate for care
- Seek support for themselves

Questions?

For more information with Mental Health & Addiction Services,
please call Centralized Intake at 306-655-7777