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Diabetes Group Visit Curriculum: Mental Health

1. Patient handouts needed for this class	Name tags Patient Diabetes Log (English and Spanish) Affirmations for Living with Diabetes Depression Information GAD-7 PHQ-9 SMG Action Plan Eng SMG Action Plan Spa All additional handouts in folder are adjunct handouts to be used if appropriate during session or for patient educational material for patients to review at home.
2. Special supplies needed for this class	White board or Easel Note Pad Dry eraser marker or sharpies Pens/Markers Brief chart review between BHP and PCP or conversation with medical provider prior to group Chronic Disease Self-Management posters (if available at your site)
3. Are any special guest attendees required and if so, who? (List roles needed and topics they will cover)	BHP can serve as Auxiliary Facilitator
4. Welcome Activity (provide examples of: introductions, ice breaker, opening activity)	Warm up with Dyad Break people into pairs and have them discuss questions below - can vary depending on group. When they return to the group, they will introduce the person they were paired with: • Name • Do you have a nickname? • Where were you born? • What do you like to do for fun? • What's your favorite season of the year? • What's your favorite animal or movie?
5. Completion of Self-Assessment Sheet (SAS)	Distribute GAD-7, and PHQ-9 when patient's walk-in the room

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6. Questions to ask group participants to begin facilitated group discussion	Write answers on the board • What does mental health mean to people? • What are the different emotions that you experienced when you were diagnosed with diabetes? • What are the emotions that you struggle with in your daily life, work and family around having diabetes? • What is depression? (symptoms of) • What's the difference between depression and having a day or two of sadness? • What is anxiety? (symptoms of) • What's the difference between stress and anxiety? • When living with a chronic condition, you have days that are better than others. On the days when you feel better, what's different? **Activity** Put post-its around the room to brainstorm self-management tool kit ideas for difficult days/coping. Have group write ideas for self-management and discuss as a group (make sure the following things are included: exercise, sleep, relaxation, social support, engaged activities, getting outside).
7. List important topics to cover – takeaways for group participants	See above #6 • Definition of mental health • Different emotions related to diabetes diagnosis and daily life • Definition of depression • Depression symptoms • Different between depression diagnosis and situational depression • Definition of anxiety • Anxiety symptoms • Different between stress and anxiety Depression Information
8. Goal setting	I will complete one stress management exercise that I learned today. SMG Goal Sheet: English or Spanish
9. Hand out group visit assessment or survey (sessions XX)	Inform patients that the survey will be issue twice a year for the life of the group (session #2 and #4) GV Patient Satisfaction Survey Recommend distributing survey at the end of the session

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10. Remind group participants of next group time/follow-up that is needed	Group will meet every 3 months Reminder of any homework/patient handouts Notify patients of next session topic any guests attending next session
11. Closing Activity	Affirmations Circle: Stand in a circle and have anyone read and repeat Affirmations for Living with Diabetes (available in English and Spanish)

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