



About Alberta Happiness Basics:

Development

In 2009, Red Deer Primary Care Network (RDPCN) noticed that 40% of referrals to its programs were to Mental Health Counsellors and the top reason for referral was depression. In 2009 RDPCN began offering a proprietary happiness program facilitated by psychologists. In 2012, the RDPCN Happiness Basics team developed a program which could be taught by a wide range of health professionals. The program targets people who want to improve their mood, from those that are depressed all the way to those that are flourishing.

This Happiness program is easy for people to understand and incorporate into their daily lives. PCN evaluation told us that participants taking the course reported a 22-26% increase in their happiness after completing the group. Participants felt that the positive mindset and the practice of happiness skills during the course which are practiced at home set them up for continued use of many of these skills which could sustain their increased happiness.

Other PCNs and organizations within Alberta heard about the program and asked for training. RDPCN was happy to spread this provincially funded and owned program. The Stanford Model of knowledge is followed. Communication with partnering organizations takes place through quarterly coach mentoring and manager Community of Practice teleconferences.

Program feedback was compiled into the first provincial Happiness Basics Annual Report in 2015. The most significant changes from partner feedback increased program accessibility through adding a 4-week program and developing a web based approach to training. The program name was changed to Alberta Happiness Basics as ownership resides with the people of Alberta.

Principles

Evidence based

- Content and design
 - Based on positive psychology focusing on the present and future, what is going well with people, what is right and good in the community
 - Simple programming with skills based approach, designed using the AMSO model which focuses mostly on participant motivation and identification of opportunity to use the happiness skills.
- Knowledge transfer
 - Based on the Stanford Model incorporating adequate training and maintenance of program principles and standards
- Continuous Quality Improvement
 - Toyota Model used for continuous quality improvement.

Accessible across the province

- Effective and affordable coach training is available in person as scheduled and or online from the PCN PMO website
- Manuals can be self-printed from the PCN PMO website or volume orders can be shared amongst partners through Suzanne Erickson at CBN commercial solutions 403-214-5917.

Collaborative partnership between PCNs and other health care partners

- Administrative Community of Practice
 - Quarterly teleconferences of managers of partnering organizations offering the program
 - All groups contribute to Alberta Happiness Basics™ Annual Report
 - Groups are encouraged to present at conferences and community events. Collaborative presentations are encouraged at events such as Accelerating Primary Care.
- Mentoring
 - Quarterly teleconferences to build the coach mentoring collaboration
 - Coach sharing, question/ answer on PCN PMO collaborative link
- Quality Processes ensure a Consistent Product
 - Coaches must be Health Care Professionals, it is recommended that two coaches teach the program and at least one of the facilitators be a mental health professional.
 - Continuous Quality Improvement Process- changes to the program are compiled by the RDPCN through partner consensus
 - Changes are released at two year intervals.

Program Offerings

- Alberta Happiness Basics™ 4-week program teaches 11 skills.
- Alberta Happiness Basics™ 7-week program teaches an additional 6 skills.
- Each organization may choose to provide one or both versions for your population. The 7-week program gives participants longer to practice, more skills to practice and opportunity to engage with group members over a longer time. The 4-week program is more cost effective and accessible.
- Slices of Happiness Basics teach three to four skills in a one and half or two-hour session. These slices can be adapted to a variety of organizations and used in marketing the program.

Evaluation

- Each organization is expected to contribute to the Alberta Happiness Basics annual report each year by sharing statistics of numbers attending courses and course evaluation. Evaluation provides information to assess the impact of the program and program trends. These yearly reports are shared with all partners in a COP.
- Evaluators, or those staff members responsible for evaluation using Alberta Happiness Basics™ communicate and set a process and agreement for information sharing.
- Evaluation tools are suggested for the Alberta Happiness Basics™ program which include self-rating of happiness at the start and end of the program, health quality of life assessment, and participant satisfaction. Links for the accessible assessment tools are provided on the PCN PMO website under Alberta Happiness Basics. For further information contact RDPCN Program Evaluator, (programsharing@rdpcn.com).

Evaluation Overview
MHC-SF Brief Introduction
Week 1 assessment forms.
Week 4 Post-assessment Forms
Week 7 Post-assessment Forms

Alberta Happiness Basics™, Alberta Health Basics™ and Alberta Anxiety to Calm™ Community of Practice

This Community of Practice has been designed to engage all partner organizations in the spread of this program. The COP also includes those using Alberta Health Basics™ and Alberta Anxiety to Calm™.

The Toyota model is the basis for this group. The model uses continuous process flow (regular meetings in our case) to bring forward potential improvements and opportunities to grow the program using timely and accurate information gathered from evaluation as well as organizational experience. We share information in a timely manner, consider alternatives for issues that arise and use consensus to move forward. Efficient communication is a key to success. Every participant has value to add.

Quarterly teleconferences are set up for participation by managers of organizations using the three Alberta programs. All managers are encouraged to bring feedback, ideas and participate in how this Alberta program grows and spreads. Agendas are distributed prior to the meeting. Anyone with an agenda item should send it to programsharing@rdpcn.com prior to the meeting.

Training

Organizational Requirements

All PCNs in Alberta and AHS are welcome to participate in facilitator training for Alberta Happiness Basics™. Other organizations may be considered. Trainees must be health care professionals preferably with facilitation training and experience. It is recommended that there are two coaches per class offered and preferable if one of these coaches has a designation as a mental health professional. It is recommended that each organization offering Alberta Happiness Basics™ have:

- A screening protocol to ensure participants are not in crisis and are ready to participate, learn and practice new skills.
- A back up plan for coaches if a Mental Health issue arises in class.

Training Registration Form

All organizations and trainees must be registered using this form. It is available on the RDPCN website under the About Us tab. E-mail completed forms to programsharing@rdpcn.com. We will arrange for eligible trainees to get access to the PCN PMO collaboration link that hosts the training and class materials. Your choice whether to have in-person training or online training will depend on the education, experience and learning style of coaches. In-person training provides additional support and mentoring to increase the confidence and potential effectiveness of the coach.

Training Options

1. **In person training** is offered at RDPCN or at your organization. A minimum of 5 participants and a maximum of 30 can be trained in one offering.
 - Training includes both 4 week and 7 week programs and is offered over 2 days.
 - Costs: **If training at your organization:** you pay travel, food and hotel costs of the facilitators, coach manuals and participant journals for each participant, and all costs supporting the venue. You will need to provide laptop/projector for power point presentation, tables/ chairs for participants. Arrangements are made by the local organization.

If training at RDPCN: costs will include food (lunch, snacks) and the cost for coach manuals and participant journals for each participant.

Training Preparation and Experience

- You are expected to be prepared to facilitate on the first day of training: this includes reading recommended readings, viewing all 7 weeks of the on-line videos while following along with the Participant Journal and Coach Manual accessed from the PCN PMO website prior to attending the course.
 - You will have an opportunity to be both a facilitator and a participant during the 2 days of training and will receive helpful feedback on your facilitation in a positive environment.
 - In-person training with preparation recommended is the equivalent of 28 training hours. Certificates of Coach Training Completion will be given at the end of training.
2. **Online training.**
 - Online training is available for the 4 week and the 7 week programs through weekly program videos.
 - Once an organization has completed the Registration for Training Form, the coach trainee will receive access to the PCN PMO Website Alberta Happiness Basics™ link which includes a printable E-copy of the Coach Manual and Participant Journal for the 4 and 7 week programs, introductory information, training and skill based videos and the power point presentation for the 4 and 7 week programs and links to suggested evaluation tools.
 - Once the trainee has access to the training materials, they can begin their self-training.
 - Training requirements listed on the Completion of Coach Training document on the PCN PMO website will guide your training. Online training is considered the equivalent of 14 training hours.

Once you have completed all the online training requirements:

- Fill in the Completion of Coach Training document within one month of training date and send it to: programsharing@rdpcn.com
- You will then receive a Certificate of Coach Training Completion.

Ongoing Support:

- Coach mentorship teleconferences are scheduled quarterly. Coaches are encouraged to participate regularly to share issues or successes or to refresh themselves to the Alberta Happiness Basics™ program content.
- Significant questions can be posted on the PCN PMO website under the Alberta Happiness Basics™ collaborative discussion board and our trainers will answer the questions in a timely manner.

Branding

Trademark is Alberta Happiness Basics™. This trademark was designed to be inclusive of the Alberta collaborative. Please use the Alberta Happiness Basics Logo.

