



THE DECIDER

Program Description

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Approved By: Population Health Promotion Management Steering Committee

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The Decider

Children, Youth, Adults

Introduction

The Decider teaches 12 Cognitive Behaviour Therapy and Dialectical Behaviour Therapy informed life skills, designed in a fun, creative and interactive style. The program uses demonstrations, music, props and visuals to bring the skills to life making them memorable and easy to learn.

Key Topics

- Life Skills, Coping Skills

Key Messages

- If we can recognize the physical signs of emotions, we can choose what to do (decider skills), rather than acting impulsively without thinking.
- People are encouraged to take responsibility to decide on their own actions and recognize their actions not only affect them but also their family, friends and others.

Purpose and Objectives

- To teach life skills to support people in managing difficult situations and emotions.
- To teach practical skills for dealing with real life situations.

Training

- A 1-hour orientation is required for facilitators.
- Orientation will be provided by the [Regional Addictions Prevention Consultant/Regional Mental Health Promotion Consultant](#) and/or trained community partners.
- Facilitators are health staff, educators and/or community partners.

Resources:

- The Decider *Life Skills Manual, Vinyl Poster and Toolkit*.
- The [Regional Addictions Prevention Consultant](#) and [Regional Mental Health Promotion Consultant](#) are available for consultation and support for planning, orientation, and evaluation.

Budget

- Program resources are available free of charge. Visit www.westernhealth.nl.ca/mha.
- Facilitator transportation costs for program delivery may be needed.

Implementation

1. Identify Need (School? Target Group?)
2. Consult with school/group to arrange time(s).
3. Arrange orientation with [Regional Addictions Prevention Consultant/Regional Mental Health Promotion Consultant](#).

4. Visit [website](#) to access program guide and toolkit.
5. Prepare session materials (e.g., think of real-life examples for the specific audience).
6. Deliver program session(s). The 12 skills can be delivered in one session (approximately 3 hours) or over multiple sessions. Each skill can be delivered in approximately 15 minutes and can be incorporated into other programming (e.g., classroom, recreation activity). Find creative ways to incorporate the skills into existing programming and use teachable moments to teach or remind people of the decider skills.
7. Complete evaluation and submit to [Regional Addictions Prevention/Regional Mental Health Promotion Consultant](#).

Evaluation Plan

Evaluation for the program consists of a [Facilitator Feedback Form](#) to be completed upon delivery of the program.

Evidence

Evidence supporting the implementation of this program can be accessed by contacting the [Regional Addictions Prevention/Regional Mental Health Promotion Consultants](#).

For more information about this program, visit: www.thedecider.org.uk.