

COHORT 5 RESOURCES

ADHD SPECIFIC

CADDRA Guidelines

<http://www.caddra.ca/practice-guidelines/download>

Books to Suggest/Reading for Parents/Families:

My Brain Needs Glasses by Annick Vincent, M.D. and My Brain Still Needs Glasses by Annick Vincent, M.D. www.attentiondeficit-info.com/books-annick-vincent.php

ADD Stole my Car Keys by Rick Green and Umesh Jain

http://totallyaddshop.com/products/book-add-stole-my-car-keys#.Vvw_L9lrK9J

Riding the Wave by Dr. Teeya Scholten

Consequences of ADHD (Tear Sheet) – Janssen

www.janssen.com/sites/www_janssen_com_canada/files/pdf/CRLB120161E_ADHD_ConsequencesofADHD.pdf

What is ADHD: An information Booklet for Children with ADHD (Colouring Book)

www.janssen.com/sites/www_janssen_com_canada/files/pdf/ADHDColouringbook_V1.pdf

Texas Algorithm for ADHD:

<http://www.regionhalland.se/PageFiles/50487/Texas%20C-Map%20ADHD.pdf>

Dosing equivalency calculator for stimulants:

http://www.uacap.org/uploads/3/2/5/0/3250432/stimulant_equivalency.pdf

With regards to dose changes in ADHD Treatment, Dr. Margaret Weiss from the CADDRA Advisory Panel provided the following information: 1) The methylphenidate to dextroamphetamine ratio is generally 2-1 or 1.5-1. 2) When converting from short acting medications to long acting medication it is important to take into consideration the duration of action. For example administering Ritalin 10 mg in the morning over 3 hours would be approximately 3 mg/h. Administering Biphentin 10 mg in the morning would be equal to more like 1.5 mg/h. 3) There is no conversion possible between lisdexamphetamine (Vyvanse) and the other stimulants. Choose 1 when making this conversion in general medication has to be re-titrated.

ALBERTA EDUCATION / CODING / PSYCHOEDUCATIONAL ASSESSMENTS

Calgary - Integrated Services in Education (ISE) formerly U-CAPES

<http://werklund.ucalgary.ca/ise/>

CanLearn: <http://canlearnsociety.ca>

<http://canlearnsociety.ca/how-we-help/child-assessments/>

Foothills Academy

www.foothillsacademy.org

Supporting Minds: An Educator's Guide to Promoting Students' Mental Health and Wellbeing The Ministry of Education has developed a K-12 resource guide to provide educators with information on the early signs of mental health and addiction problems, along with strategies that can be used in the classroom to support students. <http://www.edu.gov.on.ca/eng/document/reports/SupportingMinds.pdf>

Supporting Bias-Free Progressive Discipline in Schools: A Resource Guide for School and System Leaders. A resource to help foster a bias-free approach to progressive discipline, prevention, and early intervention – <http://www.edu.gov.on.ca/eng/policyfunding/SupportResGuide.pdf>

Caring and Safe Schools in Ontario: Supporting Students with Special Needs through Progressive Discipline, Kindergarten to Grade 12.

http://www.edu.gov.on.ca/eng/general/elemsec/speced/Caring_Safe_School.pdf

Regarding School Attendance- In Alberta, a referrals are to the Attendance Board

<https://education.alberta.ca/attendance/attendance-board/>

ALCOHOL AND SUBSTANCE ABUSE

Brief Overview of Street Drugs:

https://www.drugfree.org/wp-content/uploads/2014/03/drug_chart.pdf

Substance Use Screening:

http://www.shared-care.ca/files/SUBSTANCE_USE_SCREEN_FOR_YOUTH.pdf

Common Drugs:

<https://myhealth.alberta.ca/Alberta/Pages/Substance-use-common-drugs.aspx>

Fact/Fiction Idiographic for parents and teens on Marijuana (good office print out):

<http://www.ccsa.ca/Resource%20Library/CCSA-Marijuana-Fact-and-Fiction-Infographic-2016-en.pdf>

Youth Addiction Services:

In Calgary <http://www.albertahealthservices.ca/services.asp?pid=saf&rid=1093780>

Rural: <http://www.albertahealthservices.ca/services.asp?pid=service&rid=1060409>

The Downside of High –David Suzuki, The Nature of things

<http://www.cbc.ca/natureofthings/episodes/the-downside-of-high>

ANXIETY SPECIFIC

Anxiety Practice Parameters - AACAP practice parameter for the assessment and treatment of children and adolescents with anxiety disorders

[http://www.jaacap.com/article/S0890-8567\(09\)61838-4/pdf](http://www.jaacap.com/article/S0890-8567(09)61838-4/pdf)

Anxiety Specific Resources

http://www.shared-care.ca/files/Anxiety_Resources_Updated_June_2015.pdf

Anxiety Information Prescription also lists other books and websites:

<http://frcr.albertahealthservices.ca/health-information/library/information-prescriptions/anxiety/>

Anxiety BC Website <https://www.anxietybc.com/>

also has good information on CBT in the Treatment Section <https://www.anxietybc.com/treatment>

AUTISM SPECTRUM DISORDER SPECIFIC

Consultative Diagnostic Clinic - Developmental Pediatrics - Child Development Center (Calgary)

Referral Form: <http://frcr.albertahealthservices.ca/professional/cds/>

Autism Canada Website <http://autismcanada.org/>

also has online screening tools for different age groups

<http://autismcanada.org/about-autism/diagnosis/screening-tools/>

Ability Hub Resource Centre

<https://www.theabilityhub.org/resources/resource-centre>

Autism Resource Center Directory

Various screening tools including checklists, inventories, and assessments

http://www.autismresearchcentre.com/arc_tests

The M-CHAT (listed on REACH's CAPPCC website, scroll down and look under the Autism heading)

<http://www.cappccny.org/home/index.php/clinical-resources>

CALGARY AND AREA SERVICES

Collaborative Mental Health Care

<http://www.albertahealthservices.ca/info/service.aspx?id=2141#shr-pg-pnl1>

An excellent publically funded, AHS, service Referrals come from community professionals working with infants and children 0-5 yrs. Community provider to contact the service and send written "Request for Consultation" directly to the intake coordinator.

Location: 4715 8 Avenue SE

Telephone: 403-955-1010

Fax: 403-955-1013

Healthy Minds Healthy Children

<http://www.hmhc.ca/consultation.html>

A fantastic resource whereby any professional (but mainly physicians) can contact the service and be connected with a clinical consultant for help address questions pertaining to child and adolescent mental health. Consultations for Professionals. Contact the main number 1-403-955-8446. An Admin Assistant will take the call and forward it to the appropriate and available clinician.

CHOICES/OPTIONS IN DIAGNOSING AND TREATING/ MEDICATION INFORMATION

CAMESA guidelines: <http://comesaguideline.org>

Choosing Wisely Guidelines

<http://www.choosingwiselycanada.org/recommendations/>

Know Your Addiction and Mental Health Options Brochure - Calgary zone

<http://www.albertahealthservices.ca/assets/info/hp/amh/if-hp-amh-calz-know-your-options-brochure.pdf>

Clinical Handbook of Psychotropic Drugs for Children and Adolescents,

<http://www.hogrefe.com/program/clinical-handbook-of-psychotropic-drugs-for-children-and-adolescents.html>

Further Diagnostic Clarification - DSM-5 Online Assessment Measurements webpage

<http://www.psychiatry.org/psychiatrists/practice/dsm/dsm-5/online-assessment-measures>

Medication Specific – Titration and Switching Medications

<http://switchrx.ca/>

Website with medication information

<http://fcrc.albertahealthservices.ca/health-information/library/information-prescriptions/>

Website with Medication Information that has specific listings based on diagnosis and/or classification agents. Information can be shared with parents/caregivers.

<http://keltymentalhealth.ca/treatment/medications>

CULTURALLY SENSITIVE / CULTURAL SPECIFIC

Centre for Suicide Prevention on Aboriginal related articles

<http://www.suicideinfo.ca/>

Aboriginal Specific Resource lists

<http://www.suicideinfo.ca/Library/AlbertaResourceSheets.aspx>

Aboriginal Resource Toolkit

<https://suicideinfo.ca/LinkClick.aspx?fileticket=MVlyGo2V4YY%3D&tabid=516>

Information on Aboriginal Communities and Suicide

<https://suicideinfo.ca/Library/Resources/IEinfoExchange/IE11CanadasAboriginalCommunitiesSuicide.aspx>

Healthy Aboriginal Network

<http://thehealthyaboriginal.net/>

Home Connections is a family support program that provides culturally-sensitive services for children, youth and families in their home, school and community settings – working with children up to age 18. Offers family-centred support to help family members improve their relationships. Families are referred to this program via Calgary Child and Family Services.

Phone: Calgary - 403 270-5696

Families in the Canmore and Strathmore areas can also access services directly through self- referrals or community referrals.

Phone: Canmore - 403-678-9484 or Strathmore - 403-934-1784

http://www.woodshomes.ca/site/PageNavigator/programs/inhome/programs_home_connections.html#sthash.ZCUDw3Hc.dpuf

Calgary Catholic Immigration Society

Youth: <https://www.ccisab.ca/services/services-for/youth-teens>

Families <https://www.ccisab.ca/services/services-for/families>

Calgary Bridge Foundation for Youth <http://www.cbfy.ca/>

Multicultural Mental Health Resource Centre: Patient Information on mental health by language

www.multiculturalmentalhealth.ca/clinical-tools/mental-health-information/by-language/

Caring for Kids new to Canada

<http://www.kidsnewtocanada.ca/mental-health>

DEPRESSION / MOOD SPECIFIC

Dealing with Depression

Print Version: http://www.comh.ca/publications/resources/dwd/DWD_PrintVersion.pdf

Writable Version: http://www.comh.ca/publications/resources/dwd/DWD_WritableVersion.pdf

French Version: http://www.comh.ca/publications/resources/dwd/DWD_French.pdf

GLAD-PC

http://www.thereachinstitute.org/images/GLAD-PCToolkit_V2_2010.pdf

Mood Tracking Sheet

http://www.shared-care.ca/files/Mood_Diary.pdf

Self-Help Workbook, Depression: https://www.amazon.ca/Beyond-Blues-Workbook-Overcome-Depression-ebook/dp/B0077RMW2S/ref=sr_1_1?ie=UTF8&qid=1464718802&sr=8-1&keywords=depressed+teen+workbook

FASD SPECIFIC

Alberta FASD Network Assessment and Diagnosis service locations in Alberta

<http://fasd.alberta.ca/service-networks.aspx>

For Assessment/Diagnosis (FASD) - Consultative Diagnostic Clinic - Developmental Pediatrics - Child Development Center (Calgary) Referral Form: <http://fcr.albertahealthservices.ca/professional/cds/>

Manitoba FASD Centre <http://fasdmanitoba.com/>

Tip Sheets for Caregivers

<http://fasdmanitoba.com/SOSTipsheets.pdf>

What Parents and Caregivers need to know about FASD

http://www.gov.mb.ca/healthychild/fasd/fasd_caregivers.pdf

Alberta FASD Network <http://fasd.alberta.ca/>

Strategies not Solutions Handbook

http://fasd.alberta.ca/documents/Strategies_Not_Solutions_Handbook.pdf

FASD Learning Series (Videos and handouts with Search Filter)

<http://fasd.alberta.ca/search.aspx>

Know FASD Website

- Interactive information and intervention Website. Searchable by topic and age range.

<https://knowfasd-webpro.ualberta.ca/>

Alberta FASD Networks <http://fasd.alberta.ca/service-networks.aspx>

Bonnyville Lakeland FASD Network <http://lcfasd.com/>

Calgary Calgary and Area Fetal Alcohol Network <http://www.mycfan.ca/>

FASD Tip Sheets - Saskatchewan FASD Network <http://www.skfasnetwork.ca/resources>

IN-HOME SUPPORT

Aspen: <http://www.aspenfamily.org/what-we-do/families/in-home-family-support>

COMPASS - YWCA (Referral required from a professional)

<http://www.ywcaofcalgary.com/program/community-parent-and-school-support-compass/>

Phone: 403-263-1550

Families Matter : Individualized or In-home Support

<http://www.familiesmatter.ca/programs/individualized-support-yearly-participation-fee>

Lasting Impressions: <http://www.hullservices.ca/service/lasting-impressions>

PARENTING SUPPORT / PARENTING SPECIFIC SERVICES

Triple P – Positive Parenting Program

(Parenting groups and resources - Free for all Albertans)

<http://www.triplep-parenting.net/alb-en/home/>

Online course

<http://www.triplep-parenting.net/alb-en/get-help/which-triple-p-is-right-for-me/triple-p-online-your-personal-parenting-program-247/#alb-parents-register-now>

Strongest Families: Online parent coaching management program

<http://strongestfamilies.com> Phone: Toll-free 1-866-470-7111

Hull Services - Community Parent Education Program (CPEP) for families with children ages 5-17

<http://www.hullservices.ca/service/community-parent-education-program>

Contact Program Director: 403-542-0870

Parenting Programs (Nobody's Perfect; Incredible Years)

<http://www1.toronto.ca/wps/portal/contentonly?vnextoid=36e60c2c0f412410VgnVCM10000071d60f89RCRD>

Children's Aid Society - Families in transition

<https://familyservicetoronto.org/our-services/programs-and-services/families-in-transition/>

Parenting after separation

<http://pas.albertacourts.ab.ca/>

Compass

<http://www.ywcaofcalgary.com/program/community-parent-and-school-support-compass/>

Functioning Families Together (Family Therapy)

<http://caryacalgary.ca/our-programs/counselling/functional-family-therapy/>

Alberta Parent Link Centres

<http://www.humanservices.alberta.ca/family-community/15576.html>

RESEARCH

Distinction between Episodic Mood Disorder and Attention Deficit Disorder with Hyperactivity based on their Association with the Main Classes of International Classification of Disease in a Child and Adolescent Population

<http://austinpublishinggroup.com/depression-anxiety/fulltext/depression-v3-id1073.pdf>

Predictive Values of Psychiatric Symptoms for Internet Addiction in Adolescents: A 2-Year Prospective Study. Journal of the American Medical Association. Pediatrics.

<http://archpedi.amanetwork.com/article.aspx?articleid=382237>

SENSORY PROCESSING SPECIFIC

Sensory Processing Disorder: Resources (CHEO)

<http://www.cheo.on.ca/en/SensoryProcessingDisorder-resource#Top>

Children and Youth with Sensory Processing Issues – Information for parents and caregivers (CHEO)

<http://www.cheo.on.ca/uploads/Sensory%20Processing/Sensory%20Processing%20ENG.pdf>

Sensory Processing Disorder Foundation <http://www.spdfoundation.net/>

SEXUALITY SPECIFIC

Teaching Sexual Health

<http://www.teachingsexualhealth.ca/>

Sexuality and Developmental Disability: A Guide For Parents

<http://parents.teachingsexualhealth.ca/topics/downloads/Sexual-and-Development-Disability-Guide-2016.pdf>

SELF INJURY

Self-Injury Outreach and Support

It has helpful information guides for parents, schools, mental health professionals and medical professionals

<http://sioutreach.org/learn-self-injury/medical-professionals/>

The Ottawa Self Injury Inventory (OSI-Clinical) can be very therapeutic for a teen and professional to go

through together. This is done in Calgary in the Adolescent mental health unit. This Inventory can be found: http://www.shared-care.ca/files/OSI_English.pdf

Self-Help Workbook, Self Harm: https://www.amazon.ca/Cutting-Down-workbook-treating-self-harm/dp/0415624533/ref=sr_1_2?ie=UTF8&qid=1464718733&sr=8-2&keywords=self+harm+workbook

SUICIDE SPECIFIC (Crisis, Prevention, Help, etc.)

Crisis/Suicide Centre for Suicide Prevention
<http://www.suicideinfo.ca/>

Suicide Specific Resources
<http://www.suicideinfo.ca/Library/Resources.aspx>

Alberta Crisis resource lists for geographic regions
<http://www.suicideinfo.ca/Library/AlbertaResourceSheets.aspx>

Tools/Scales Tool for Assessment of Suicide Risk Adolescent (TASR-A)
<http://teenmentalhealth.org/toolbox/tasr/>

SLEEP SPECIFIC

Sleep Hygiene (Handout is from page 138 of GLAD-PC)
http://www.thereachinstitute.org/images/GLAD-PCToolkit_V2_2010.pdf

Healthy Sleeping
http://teenmentalhealth.org/wp-content/uploads/2014/08/Healthy_Sleeping.pdf

SUPPORTS FOR DEVELOPMENTAL DISABILITIES

Family Support for Children with Disabilities (FSCD)
<http://humanservices.alberta.ca/disability-services/14855.html>

Arnika Centre for Developmental Disabilities Mental Health
<https://myhealth.alberta.ca/Find-Health-Care/Services/Pages/profile.aspx?SERVICEID=1060552>

WJS Canada provides supports to those with disabilities for individuals and families supports
<http://wjscanada.com/content/services/children-family/>

TECHNOLOGY (APPS, WEBSITES, to support your practice)

Treatment Request and Client Tracking which can be set up on an Ipad and kept in physician office to,

essentially, manage anything/everything.

http://internationalgme.org/TRACT/IGME_TRACT_2015.htm

Kids Help Phone 1-800-668-6868

<http://org.kidshelpphone.ca/>

Always There App (Kids Help Phone App / Crisis Help Line)

<https://itunes.apple.com/us/app/always-there/id579718991?ls=1&mt=8>

Booster Buddy Mobile Application (App)

<http://keltymentalhealth.ca/blog/2014/10/introducing-boosterbuddy-mobile-app>

Mindshift Mobile Application (App)

<https://www.anxietybc.com/resources/mindshift-app>

Moody Me App (Mood Tracking)

<http://www.medhelp.org/land/mood-diary-app>

Mind Your Mood App (Mood Tracking)

<http://mindyourmind.ca/interactives/mind-your-mood>

TOOLS/SCALES

Further Diagnostic Clarification

DSM-5 Online Assessment Measurements webpage

<http://www.psychiatry.org/psychiatrists/practice/dsm/dsm-5/online-assessment-measures>

The Ottawa Self Injury Inventory (OSI-Clinical) can be very therapeutic for a teen and professional to go through together. This is done in Calgary in the Adolescent mental health unit. This Inventory can be found: http://www.shared-care.ca/files/OSI_English.pdf

Autism Canada Website has online screening tools for different age groups

<http://autismcanada.org/about-autism/diagnosis/screening-tools/>

Tools/Scales Tool for Assessment of Suicide Risk Adolescent (TASR-A)

<http://teenmentalhealth.org/toolbox/tasr/>

Yale Global Tic Severity Scale

<https://www.cappcnycny.org/home/media/adhd-rating-scale-.pdf>

Adult ADHD Rating Scale

<https://www.cappcnycny.org/home/media/adhd-rating-scale-.pdf>

ASD: The M-CHAT (listed on REACH's CAPPCC website, scroll down and look under Autism heading)

<http://www.cappcnycny.org/home/index.php/clinical-resources>

ASD Related - The CAST: <https://psychology-tools.com/cast/>

OCD screening questionnaire on the CAPPCC website
<http://www.cappcnyc.org/home/index.php/clinical-resources>

Trauma Measure - PTSD Scale and Scoring is included in this list
<http://www.cappcnyc.org/home/clinical-rating-scales/>

TRAUMA

National Child Traumatic Stress Network
<http://www.nctsn.org/trauma-types/early-childhood-trauma/Symptoms-and-Behaviors-Associated-with-Exposure-to-Trauma>

DSM-5 Criteria for PTSD
www.dsm5.org/Documents/PTSD%20Fact%20Sheet.pdf-----

EXTRAS

Website for Dr. Ross Greene: Previously called Collaborative Problem Solving but now the term is Collaborative and Proactive Solutions
<http://www.livesinthebalance.org/paperwork>

The Miracle Question De Shazer's (1988) miracle question: "Suppose that one night, while you are asleep, there is a miracle and the problem that brought you here is solved. However, because you are asleep you don't know that the miracle has already

Website SwitchRX
<http://switchrx.ca/>

Hull Services - Lasting Impressions : Works with families with dependent children under the age of 18 whose parent is dealing with a diagnosed or undiagnosed mental illness. In-home and community support available.

<http://www.hullservices.ca/service/lasting-impressions>

Contact Program Coordinator 403-207-2504

City of Calgary Recreation x
<http://www.calgary.ca/CSPS/RECREATION/Pages/Home.aspx>

Boys and Girls Club (ages 5-18) <http://www.boysandgirlsclubsofcalgary.ca/>

CASA in Edmonton is equivalent to HMHC in Calgary and Area, so they should be able to assist with resources there: <http://www.casaservices.org/>

Carol Dweck's "growth mindset" — the idea that we can grow our brain's capacity to learn and to solve problems: <https://www.mindsetkit.org/>

Youth in Transition: <http://frcr.albertahealthservices.ca/transition/>

Shyness

<https://www.healthychildren.org/English/ages-stages/gradeschool/Pages/Shyness-in-Children.aspx>
