

## **RESOURCES FOR COHORT 4**

*In hand with the great discussion generated and the amazing growth and learning of the participants, one of the most valuable aspects, as noted by participants, are learning about resources. Please see the following list outlining the various resources discussed from both call groups.*

### **ADHD Related**

- Through the Family Resource Center  
<http://fcrc.albertahealthservices.ca/health-information/library/information-prescriptions/adhd/>
- ADHD Families (developed by the CanLearn Society): [www.adhdfamilies.ca](http://www.adhdfamilies.ca)
- Edmonton ADHD Society <http://edmontonadhd.org/>
- 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](http://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\\_L9IrK9J](http://totallyaddshop.com/products/book-add-stole-my-car-keys#.Vvw_L9IrK9J)
- CADDRA: General: [www.caddra.ca](http://www.caddra.ca)  
Parent Links: [www.caddra.ca/public-information/parents/resources-and-links](http://www.caddra.ca/public-information/parents/resources-and-links)
- Totally ADD Website: [www.totallyadd.com](http://www.totallyadd.com)
- LearningLinks is CanLearn Society's Library. Their collection is focused on resources on learning difficulties, attention deficit/hyperactivity disorder and literacy. Learning Links collection includes print, non-print, and electronic resources. These materials can be borrowed by individuals, families and professionals across the province.  
<http://canlearnsociety.ca/resources/learninglinks/>
- Consequences of ADHD (Tear Sheet) – Janssen  
[www.janssen.com/sites/www\\_janssen\\_com\\_canada/files/pdf/CRLB120161E\\_ADHD\\_ConsequencesofADHD.pdf](http://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) – Janssen  
[www.janssen.com/sites/www\\_janssen\\_com\\_canada/files/pdf/ADHDColouringbook\\_V1.pdf](http://www.janssen.com/sites/www_janssen_com_canada/files/pdf/ADHDColouringbook_V1.pdf)
- CanLEARN Teen Group for ADHD:  
<http://canlearnsociety.ca/how-we-help/adhd-and-anxiety/>
- The English edition of the revised third edition of Canadian ADHD Practice Guidelines produced by CADDRA is available online and can be downloaded in full without cost or as individual chapters and toolkit in PDF format. <http://www.caddra.ca/practice-guidelines/download>

- Medication Card for ADHD – Resource from the PPP Training can be found in the Alumni area of the CanREACH website at: <http://www.hmhc.ca/canreach.html>

### **Alcohol and Substance Use and Addictions Related**

- Brief Overview of Street Drugs:  
[https://www.drugfree.org/wp-content/uploads/2014/03/drug\\_chart.pdf](https://www.drugfree.org/wp-content/uploads/2014/03/drug_chart.pdf)
- Substance Use Screening (see ATTACHMENT) and here:  
[http://www.shared-care.ca/files/SUBSTANCE\\_USE\\_SCREEN\\_FOR\\_YOUTH.pdf](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>

### **Aggression Related**

- T-MAY: Treatment of Maladaptive Aggression in Youth  
<http://www.cappcny.org/home/images/T-MAY-final.pdf>

### **Articles and Books Referenced or Suggested**

- “Do stimulants protect against psychiatric disorders in youth with ADHD? A 10-year follow-up study” By: Biderman J, Monuteaux MC, Spencer T, Wilens TE, Faraone SV. Pediatrics 2009; 124(1):71-78. doi: 10.1542/peds.2008-3347. PMID:19564285
- “Adolescent substance use in the multimodal treatment study of attention- deficit/hyperactivity disorder (ADHD) (MTA) as a function of childhood ADHD, random assignment to childhood treatments, and subsequent medication.” Molina BS, Hinshaw SP, Eugene Arnold L, Swanson JM, Pelham WE, Hechtman L, Hoza B, Epstein JN, Wigal T, Abikoff HB, Greenhill LL, Jensen PS, Wells KC, Vitiello B, Gibbons RD, Howard A, Houck PR, Hur K, Lu B, Marcus S; MTA Cooperative Group. J Am Acad Child Adolesc Psychiatry. 2013 Mar;52(3):250-63. doi: 10.1016/j.jaac.2012.12.014. Epub 2013 Feb 8. PMID: 23452682
- "Non-Drug Treatments for ADHD: New Options for Kids, Adults, and Clinicians" by Richard P. Brown, Patricia L. Gerbarg.

- Furman, Lydia. "Psychotic Symptoms in Children on Stimulants. What are the Implications for the Clinician?." AAP News (2016). <http://www.aappublications.org/news/2016/01/07/psychotic-symptoms-stimulant-medication-pharmacology-pediatrics-0116>
- MacKenzie, Lynn E., et al. "Stimulant Medication and Psychotic Symptoms in Offspring of Parents With Mental Illness." Pediatrics (2016): peds-2015. <http://pediatrics.aappublications.org/content/137/1/1.35>
- Summary Report – The effects of cannabis use during adolescence. Short Educational Information <http://www.ccsa.ca/Resource%20Library/CCSA-Effects-of-Cannabis-Use-during-Adolescence-Summary-2015-en.pdf>

### **Autism, Asperger's, Neurodevelopmental Related**

- Society for the Treatment of Autism: <http://sta-ab.com>
- The Ability Hub: [www.theabilityhub.org/](http://www.theabilityhub.org/)

### **Bullying**

- Alberta Education website Bullying info <https://education.alberta.ca/topic-search/?searchQuery=bullying>
- Prevnet <http://www.prevnet.ca/>
- Alberta Human Services <http://www.humanservices.alberta.ca/abuse-bullying/bullying-get-help.html>  
Tools and Resources <http://www.humanservices.alberta.ca/abuse-bullying/bullying-tools.html>

### **Fetal Alcohol Syndrome Related (FAS)**

- Assessment Related  
Red Deer - Central Alberta FASD Network <http://www.centrafasd.org/assessment>  
Calgary - <http://fcr.albertahealthservices.ca/professional/cds/>

### **Immigration / Culturally Sensitive / Refugee Related**

- 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/](http://www.multiculturalmentalhealth.ca/clinical-tools/mental-health-information/by-language/)

- Mental Health Information offered in Different Languages  
[www.kidsmentalhealth.ca/parents/signs\\_disorders.php](http://www.kidsmentalhealth.ca/parents/signs_disorders.php)  
ADHD Specific: [www.kidsmentalhealth.ca/parents/adhd.php](http://www.kidsmentalhealth.ca/parents/adhd.php)
- About Kids Health (The Hospital for Sick Children) has multilingual Health information  
<http://www.aboutkidshealth.ca/En/HealthAZ/Multilingual/Pages/Home.aspx>  
Mental Health  
[www.aboutkidshealth.ca/En/HealthAZ/ConditionsandDiseases/BehaviouralandEmotionalProblems/Pages/default.aspx](http://www.aboutkidshealth.ca/En/HealthAZ/ConditionsandDiseases/BehaviouralandEmotionalProblems/Pages/default.aspx)
- Caring for Kids New to Canada (Canadian Pediatric Society) website has extensive resources for working with Refugees [www.kidsnewtocanada.ca/](http://www.kidsnewtocanada.ca/)  
List of websites offering mental health and development information in other languages  
[www.kidsnewtocanada.ca/care/parent-info#mental-health-and-development](http://www.kidsnewtocanada.ca/care/parent-info#mental-health-and-development)
- Screening Tools in Multi-Languages. PSC-35 is available in several languages, including pictorial versions. PSC-17 (Spanish, Chinese and Vietnamese) Youth Self-Report (Spanish):  
[http://www.massgeneral.org/psychiatry/services/psc\\_forms.aspx](http://www.massgeneral.org/psychiatry/services/psc_forms.aspx)  
Strength and Difficulties Questionnaire (SDQ) is available in a plethora of languages.  
<http://www.sdqinfo.com/py/sdqinfo/b0.py>

### **General**

- 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>

### **Gifted Child Related**

- Alberta Education - Supports for Students who are Gifted taken from the websites [www.learnaberta.ca](http://www.learnaberta.ca) and [www.education.alberta.ca](http://www.education.alberta.ca) we have extracted some useful resources on Giftedness.
- Developmental Considerations:  
[http://www.learnaberta.ca/content/ieptLibrary/documents/en/is/developmental\\_considerations.pdf](http://www.learnaberta.ca/content/ieptLibrary/documents/en/is/developmental_considerations.pdf)
- Instructional Considerations:  
[http://www.learnaberta.ca/content/ieptLibrary/documents/en/is/instructional\\_considerations.pdf](http://www.learnaberta.ca/content/ieptLibrary/documents/en/is/instructional_considerations.pdf)
- Transitional Considerations:  
[http://www.learnaberta.ca/content/ieptLibrary/documents/en/is/transition\\_considerations.pdf](http://www.learnaberta.ca/content/ieptLibrary/documents/en/is/transition_considerations.pdf)
- Handbook for Parents and Children who are Gifted:  
<https://education.alberta.ca/media/464613/the-journey-a-handbook-for-parents-2004.pdf>
- Students who are Gifted: <https://education.alberta.ca/media/464612/chapter-10-gifted-mad-2010.pdf>

### **Mentoring Related**

- Big Brothers Big Sisters of Calgary and Area – Mentoring Programs  
<http://bbbscalgary.ca/mentoring-programs>
- Boys and Girls Club: <http://www.boysandgirlsclubsofcalgary.ca/>

### **Medication Related**

- The Canadian Alliance for Monitoring Effectiveness and Safety of Antipsychotics in Children (CAMESA) Guidelines [www.camesaguideline.org/](http://www.camesaguideline.org/)
- Clinical Handbook of Psychotropic Drugs for Children and Adolescents,  
<http://www.hogrefe.com/program/clinical-handbook-of-psychotropic-drugs-for-children-and-adolescents.html>

### **Mood and Anxiety Related**

- Anxiety BC (great information): [www.anxietybc.com](http://www.anxietybc.com)
- Mindshift App: Can help to track moods and provides strategies for emotional regulation  
[www.anxietybc.com/resources/mindshift-app](http://www.anxietybc.com/resources/mindshift-app)

### **Parenting / General Resource Information**

- Family Community Resource Center  
<http://frc.albertahealthservices.ca/>
- Community Education Service  
<http://frc.albertahealthservices.ca/ces/>
- Information Prescriptions –provide a list of recommended resources on a variety of child health topics or chronic illnesses. Staff and community partners who have expertise in the clinical area have carefully chosen these resources.  
<http://frc.albertahealthservices.ca/health-information/library/information-prescriptions/>
- When Something's Wrong – Ideas for Families  
[www.kidsmentalhealth.ca/parents/resources\\_parents.php](http://www.kidsmentalhealth.ca/parents/resources_parents.php)
- Parent Information Series (via AHS):  
<http://www.albertahealthservices.ca/amh/Page2434.aspx>

### **Parent Group Related**

- Parent Support Association of Calgary: Trained Peer Support Group for parents and caregivers of youth between the ages of 10-24 years. Peer support groups, parent coaching etc. Phone: 403.270.1908 [www.helpforparents.ca](http://www.helpforparents.ca)

## **Parent Coaching / Skill Training Related**

- Parenting After Separation (inperson and online courses): <http://pas.albertacourts.ab.ca/>
- Red Deer – Family Services of Central Alberta <http://www.fsca.ca>
- Alberta - Parent Link Centres  
<http://humanservices.alberta.ca/family-community/parent-link-centreservices.html>  
Search tool for all of Alberta  
<http://humanservices.alberta.ca/family-community/15576.html>  
Edmonton <http://humanservices.alberta.ca/locations/offices.html#OfficeType=PLC>
- Triple P Positive Parenting Program <http://www.triplep-parenting.net/alb-en/home/>  
They now have an online program free for AB residents  
Link for Parents <http://www.triplep-parenting.net/alb-en/home/>  
Find a Triple P Provider <http://www.triplep-parenting.net/alb-en/get-help/find-a-triple-p-provider/>  
Link for Professionals <http://www.triplep.net/glo-en/home/>
- Home Connections: 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 Canmore - 403-678-9484 or Strathmore - 403-934-1784
- COMPASS – YWCA: Compass YWCA program focuses on early intervention offering in- home support and in-home education to parents and families whereby there are challenges with the child’s behavioural, social, or emotional difficulties. Phone: 403-263-1550  
<https://www.ywcaofcalgary.com/program/community-parent-and-school-support-compass/>
- Strongest Families: Evidence Based program that offers online parent coaching management program geared towards behavioural concerns in the home (ages 3-12) and anxiety (ages 6-17) as well as bed wetting (ages 5-12), and recurrent headaches or abdominal pain (ages 9-16).  
Phone: Toll-free 1-866-470-7111 <http://strongestfamilies.com>
- McMan Youth Family and Community Services Association <https://www.mcman.ca/>  
In the Calgary and Area <http://www.mcmancalgary.ca/>
- Hull Services: The Community Parent Education Program (CPEP) is a family strengthening program open to all families in the community with children ages 5-17 years.  
Contact Program Director: 403-542-0870  
<http://www.hullservices.ca/service/community-parent-education-program>

## **Psycho-Educational Assessment Related**

- Red Deer - Aspire Psychological Testing (\$1400)
- Calgary - Integrated Services in Education (ISE) formerly U-CAPES  
<http://werklund.ucalgary.ca/ise/>
- CanLearn: <http://canlearnsociety.ca>
- CanLearn Society: <http://canlearnsociety.ca/how-we-help/child-assessments/>
- Psycho-Ed Assessments in Edmonton:  
[www.edpsychology.ualberta.ca/CentresAndInstitutes/ClinicalServices.aspx](http://www.edpsychology.ualberta.ca/CentresAndInstitutes/ClinicalServices.aspx)
- Foothills Academy –<http://www.foothillsacademy.org>

### **Psychosis / Prodromal Related**

- **NAPLS (North American Prodrome Longitudinal Study)** Ages 12-30  
Referrals accepted directly from professionals and family or any concerned and there are no geographical restrictions. It is a free service and an suitable candidates receive an assessment. Based on level of risk, individuals are invited to participate in the appropriate research study and/or treatment options. \*Assessments can be obtained quickly compared to PRIME and EPIP whose referral process is through Access Mental Health and the then it may take 8-10 weeks before they can be assessed.
- **PRIME clinic (Prevention through Risk Identification, Management and Education) / EPIS (Early Psychosis Intervention Service)**  
Ages 15 – 35  
Referrals through Access Mental Health.

### **Recreation Related Information**

- Calgary Minor Soccer Association <http://calgaryminorsoccer.com/>
- Kid's Sport <http://www.kidsportcanada.ca/alberta/calgary/>
- City of Calgary Park and Recreation <http://www.calgary.ca/CSPS/Recreation/Pages/Home.aspx>
- Kid Sport: <http://www.kidsportcanada.ca/alberta/calgary/>
- Foothills Academy – Amicus Programs and Camps <http://www.foothillsacademy.org/amicus-programs-camps/> (For children diagnosed with Learning Disabilities and/or ADHD)

### **Sleep Related**

- Family Resource Center  
<http://frcr.albertahealthservices.ca/health-information/library/information-prescriptions/sleep-problems/>
- Sleep Hygiene (page 138 of GLAD-PC)  
[http://www.thereachinstitute.org/images/GLAD-PCToolkit\\_V2\\_2010.pdf](http://www.thereachinstitute.org/images/GLAD-PCToolkit_V2_2010.pdf)

### **Sensory Processing Disorder Related**

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

### **Supports for Disabilities / 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>

### **Transgendered / Gender / Sexuality Related**

- Excellent Collection of Information:  
<http://frcr.albertahealthservices.ca/health-information/library/information-prescriptions/transgender/>
- Genderbread Person – Idiographic Picture  
<http://itspronouncedmetrosexual.com/2011/11/breaking-through-the-binary-gender-explained-using-continuums/>
- Center of Excellence for Transgender Health / Primary Care Protocol  
<http://transhealth.ucsf.edu/protocols>
- Metta Clinic - Pilot project in Calgary – ½ day per month  
Phone: 403-943-5955 Fax 403-955-5896  
The age range for the Metta Clinic is 8-24. Referral Process requires a note faxed from a doctor or psychologist to the clinic (Attention: Metta Clinic, Fax 403-955-5896) requesting an assessment for transgender.

### **Transition Related**

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



## Youth Centers, Specified Groups, and General Programming

- Cornerstone Youth Centre (NE)  
[http://cornerstoneyouthcentre.com/index.php?submenu= about&src=gendocs&ref=Programs &category=Main](http://cornerstoneyouthcentre.com/index.php?submenu=about&src=gendocs&ref=Programs&category=Main)
- Hull Services - Lasting Impressions works with families that with children under 18 whose parent is dealing with a diagnosed or undiagnosed mental illness.  
<http://www.hullservices.ca/services/lasting-impressions>
- CARYA (formerly Calgary Family Services). Programs for Tweens & Teens  
Examples: Bloom – ½ Day workshop for girls 11-13 and 12-14, BOOST, Worry Warriors, Starburst  
<http://caryacalgary.ca/our-programs/teens-tweens/>
- Calgary After School Programs (Filter by age and quadrant)  
<http://www.calgary.ca/CSPS/CNS/Pages/Children-and-youth/Calgary-AfterSchool/Calgary-AfterSchool.aspx>
- Boys and Girls Clubs of Calgary – Community Clubs & Experiential Learning  
<http://www.boysandgirlsclubsofcalgary.ca/programs/community-clubs-and-experiential-learning>
- Okotoks Youth Initiatives <http://www.okotoks.ca/parks-recreation/recreation-support-programs/youth-initiatives>
- Calgary Youth Services Guide <http://www.calgary.ca/CSPS/CNS/Pages/Children-and-youth/Youth-Services-Guide.aspx>