

## **CanREACH Mini-Fellowship Call Discussion Resources**

*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.*

### **Parenting Support / Coaching**

- **Parent Support Association of Calgary - Trained Peer Parent Support Group**  
Parents and caregivers working together to find their way through the conflict of raising a youth between the ages of 10 to 24 years. Offering various programs including peer support groups, parent coaching, and FASC groups.  
Phone: 403.270.1908  
[www.helpforparents.ca](http://www.helpforparents.ca)
- **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>
- **Community Links**  
Parenting support programs such as Triple P Parenting  
<http://www.nrvcl.ab.ca/index.php/programs-services/parenting>  
as well as a whole host of support programs  
<http://www.nrvcl.ab.ca/index.php/programs-services>
- **CanLearn Society – ADHD Group For Adults**  
Fee for service, 10 sessions for \$900, focusing on developing practical skills via an intensive social, cognitive behavioural therapy intervention group for adults with ADHD.  
<http://canlearnsociety.ca/how-we-help/more-than-just-making-lists/>
- **Hull Services – Community Parent Education**  
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>
- **Hull – Lasting Impressions**  
The Lasting Impressions program works with families that have dependent children under the age of 18 whose parent is dealing with a diagnosed or undiagnosed mental illness. The program offers two levels of support: In-home support focuses on enhancing family functioning through the short-term intervention of a Family Mentor. Community support includes support networks for youth, opportunities for meeting other families involved with the program as well as

increasing awareness and building supportive links within communities.

Contact Program Coordinator 403-207-2504

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

- **Families Matter**

Focusing on parenting support and parenting education.

Phone: 403-205-5178

[www.familiesmatter.ca](http://www.familiesmatter.ca)

## **In-Home Support For Families**

- **Home Connections**

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/in-home/programs\\_home\\_connections.html#sthash.ZCUDw3Hc.dpuf](http://www.woodshomes.ca/site/PageNavigator/programs/in-home/programs_home_connections.html#sthash.ZCUDw3Hc.dpuf)

- **Hull Services – Family Initiatives**

Family Initiatives is a program that provides in-home support to help preserve or reunify families.

Contact Program Coordinator: 403-207-2521

<http://www.hullservices.ca/service/family-initiatives>

- **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/ywca-community-parent-and-school-support-compass>

## **Youth Addictions**

• **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>

## **Respite Services**

### - **Just 4 U Family Services**

Providing care for special need/ typical children, youth, and seniors. The Home Support Worker comes into the family's home and provides childcare. This service can be evening, daytime or before and after school care, any day of the week. All routines are followed under the parent's instruction.

Phone: 403- 590-2122

<http://www.just4ufamilyservices.com>

### - **Children's Cottage:**

The Community Respite Program offers a range of respite and crisis child care options to families with children, newborn to age 12, when parents are experiencing personal/family stress and have no other support available. The program allows parents to seek out and plan assistance prior to reaching a crisis level. Such support is aimed at strengthen the family, and reducing the risk of harm/neglect to children.

Phone: 403-233-2273

<http://www.frfp.ca/parents-resources/crisis-support/emergency-child-care/the-childrens-cottage-society-child-care-program-and-respite.htm>

### - **Urgent Respite via CARYA:**

Urgent Family Care exists to ensure that temporary crisis remain just that, temporary. It is offered to families across Calgary with a sliding scale fee based on income. Able to assist with in-home childcare and practical support for up to 6 weeks.

Phone: 403-269-9888.

<http://caryacalgary.ca/our-programs/parenthood/support-for-parents/urgent-family-care/>

### - **Enviros – Respite Care Connection**

Fee-for-service respite for families caring for children with challenging behaviours to allow them to remain with their families and in their communities. Families are provided with a break from the challenges of parenting while children participate in community-based activities. Self Referral is an option and ages 6-17 are accepted.

Phone: 403.219.3499

<http://www.enviros.org/what-does-enviros-do/community-programs/respice-care-connection/>

### - **Crisis Stabilization via Woods Home**

The Crisis Stabilization Program provides quick-access crisis services for families with adolescents experiencing serious mental health and family system difficulties. A temporary placement (3 to 5 days) for adolescents 12-17 years, with daily mediated family visits. Typical family crisis may center on family conflict, behaviour management problems, school difficulties, substance abuse, aggression, running away, or suicidal ideation/ self-harm. At discharge, families are offered one to three follow-up visits with a Family Support Counsellor to consolidate the work started.

In Calgary, Looking for Information - Phone: 403-299-9699

In Calgary, Looking to Access - Phone: 403-270-1701

Outside of Calgary, Contact the Inake Co-ordinator – Phone: 403-247-7115

[http://www.woodshomes.ca/site/PageNavigator/programs/intensive/programs\\_crisis\\_stabilization.html#sthash.uC2CIA8y.dpuf](http://www.woodshomes.ca/site/PageNavigator/programs/intensive/programs_crisis_stabilization.html#sthash.uC2CIA8y.dpuf)

## **Counselling Individual, Family, Group**

### - **Eastside Family Center – Counselling**

The Eastside Family Centre offers mental health services for youth, families and individuals experiencing emotional upset that may arise from a variety of situations. Walk-in counselling services are available at no cost and no appointment is necessary. Multidisciplinary teams of professionals, including psychiatric and clinical consultation, are available. The Centre also provides no-cost, legal advice in collaboration with Calgary Legal Guidance.

Phone: 403-299-9696

[http://www.woodshomes.ca/site/PageNavigator/programs/crisis/programs\\_eastside.html#sthash.GgbjrVXJ.dpuf](http://www.woodshomes.ca/site/PageNavigator/programs/crisis/programs_eastside.html#sthash.GgbjrVXJ.dpuf)

### - **Eastside Family Center – Crisis**

The Community Resource Team (CRT) views crisis as a normal process that all people encounter at some point in their lives. The multi-disciplinary team provides service to all individuals and families who are experiencing immediate difficulty.

Phone: 403-299-9699 or 1-800-563-6106

Text: 587-315-5000 (9 a.m. - 10 p.m.)

[http://www.woodshomes.ca/site/PageNavigator/programs/crisis/programs\\_community\\_resource\\_team.html#sthash.HMRcacBl.dpuf](http://www.woodshomes.ca/site/PageNavigator/programs/crisis/programs_community_resource_team.html#sthash.HMRcacBl.dpuf)

### - **Hull Services – Bridging The Gap**

Bridging the Gap (BTG) provides services to young adults between 16-24 years who are experiencing mental health concerns, issues with wellbeing, and barriers to service. We work together with the individual and their supports to help them access services, learn new skills and strengthen their support network.

Intake Line, 403-216-0660

<http://www.hullservices.ca/service/bridging-gap>

### - **Other General Counselling Resources for Individuals / Families:**

#### **Calgary Counselling Center**

Phone: 403-265-4980

#### **CARYA (Formerly Calgary Family Services)**

Phone: 403-269-9888

#### **Catholic Family Services**

Phone: 403-233-2360

#### **Eastside Family Center**

Phone: 403-288-3313

#### **Calgary Family Therapy Program**

[www.familytherapy.org](http://www.familytherapy.org)

## **Information Sources**

- **Lexicon Database**  
Medication database with information pertaining to side effects and drug interaction. You may search and use this data base or else consult with a pharmacist.
- **Up To Date Database**  
As the name suggests, the database provides up to date information on a wide range of diagnosis and topics pertaining to medications, assessments, testing, and diagnosing physical health concerns. It is less ripe for topics pertaining to mental health, but may be useful when ruling out medical cause and/or differentiating when dealing with comorbidities between mental health and physical health cases.
- **Information on prescriptions for Anxiety and ADHD**  
<http://frcr.albertahealthservices.ca/health-information/library/information-prescriptions/>

## **Sleep Hygiene Information**

- Sleep Hygiene (Handout is from 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)
- Healthy Sleeping  
[http://teenmentalhealth.org/wp-content/uploads/2014/08/Healthy\\_Sleeping.pdf](http://teenmentalhealth.org/wp-content/uploads/2014/08/Healthy_Sleeping.pdf)
- Here is the link to the short video on how the blue light emitted from electronic devices interferes with sleep (3 minutes) <http://www.brainfacts.org/Sensing-Thinking-Behaving/Sleep/Articles/2015/How-Smartphones-Keep-You-Awake> (Sometimes teens may take in the info better in video format)

## **Useful Online Resources for Child and Families**

- **Mini Mind Masters**  
Mini MindMasters is a fun and versatile program that helps children under 6 years build positive living skills which they can use anytime, anywhere for the rest of their lives. This resource is great as there are short videos to show adults how to implement techniques. Adults teach children many different life-long skills - tying shoes, spelling their name and using the telephone. These skills help children to manage in the world.

There are many other life skills that children need, too.

- How to listen well
- How to work on a task to get it done
- How to stay calm when feeling scared or anxious
- How to channel feelings of anger so no one gets hurt
- How to look on the bright side when life seems hard
- These skills help children to excel in school, at home, in relationships, in sports, and in a performance environment, basically in all aspects of their lives.

The Mini MindMasters program gives parents and children's service providers proven successful activities to do with children to teach them:

- listening and focusing
- body awareness

- relaxation and stress management
- positive perspectives

<http://www.cyhneo.ca/#!mini-mindmasters/c8sf>

- **Anxiety BC**

A website with a wealth of information to help people learn about and practice effective strategies to manage anxiety on their own, at their own pace. All content is grounded in scientific research and developed by professionals who specialize in helping people with anxiety.  
<http://www.anxietybc.com/>

- **Brain Health – Concussion (Information)**

The teen mental health website has some good information on concussions and brain health  
<http://teenmentalhealth.org/learn/brain-injury/>

## **Anxiety Specific**

- **Suggested Reading for Patient’ Caregiver/Parents**

Book: “Keys To Parenting Your Anxiety Child” (Author K. Matalas).

This specific book is the highest recommended book by the Mood and Anxiety Disorder Clinic for parents to read on this topic.

- **Website: Anxiety BC**

A website with a wealth of information to help people learn about and practice effective strategies to manage anxiety on their own, at their own pace. All content is grounded in scientific research and developed by professionals who specialize in helping people with anxiety.  
<http://www.anxietybc.com/>

## **Tourette’s Specific**

- **National Tourette Syndrome Association**

This is an *excellent and very extensive* website with information and resources for children, adults, parents, educators, clinicians.

<http://www.tsa-usa.org/>

- **Tourette Syndrome Foundation of Canada**

<http://www.tourette.ca/index.php>

- **Tourette’s Syndrome Plus**

<http://www.tourettesyndrome.net/disorders/tourette’s-syndrome/>

## **Grief and Loss Specific**

- **Sage Grief Center / Sage Center**

Formerly known as Hospice Calgary.

Phone: 403-263-4525

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## **Behaviour and Anger Specific**

### **Boys and Girls Club of Calgary**

Phone: 403-276-9981

### **Calgary Counselling Center**

Phone: 403-265-4980

### **CARYA (Formerly Calgary Family Services)**

Phone: 403-269-9888

### **Catholic Family Services**

Phone: 403-233-2360

## **“At Risk” Specific**

### - **Youth-At-Risk Development Program (YARD)**

The Youth at Risk Development Program (YARD) is a community-based early intervention initiative that supports youth who are at risk of gang involvement. YARD works with youth aged 10-17 who are currently at risk, affiliated with a gang or involved in gang activity.

Phone: 403-428-8409

<http://www.calgary.ca/cps/Pages/Youth-programs-and-resources/Youth-intervention/Gangs-and-Youth-at-Risk-Development-Program.aspx>

### - **Cops for Kids, About Face Program**

Program is ran by the Calgary Police Service. This is a diversion program aimed for ages 12 – 18 whose behaviour has brought them into conflict with authority figures such as parents, teachers or police. The program encourages young people to take responsibility for their behaviour and shows them the advantages of positive life choices.

Phone: 403-428-8288

<http://www.calgary.ca/cps/Pages/Youth-programs-and-resources/Youth-intervention/Cops-for-Kids-About-Face-Program.aspx>

### - **Multi-Agency School Support Team (MASST)**

Program is multi-agency, but inclusive of Calgary Police Service. For ages 5-12 years who are exhibiting high risk and negative behavior or are at increased risk of victimization.

Phone: 428-5808

<http://www.calgary.ca/cps/Pages/Youth-programs-and-resources/Youth-intervention/Multi-Agency-School-Support-Team.aspx>

### - **ENVIROS (at-risk-youth)**

Several programs including short term stabilization to longer term residential. Many require status with Child and Family Services.

Phone: 403-219-3499

<http://www.enviros.org/about-us/who-is-enviros/our-organization-services-programs/>

### - **Hull Child and Family Services – New Roads**

New Roads is a free early intervention program for children 7 to 11 years who engage in, or are

at risk of engaging in, offending or challenging behaviours such as aggression, defiance, lying, stealing, vandalism, challenging authority, peer conflict and fire setting. Parental/Caregiver consent and involvement is required.

Phone: 403-251-8000 or Program Coordinator: 403-274-2297

<http://www.hullservices.ca/service/new-roads>

- **John Howard Society**

This is for youth at risk, or involved with, the criminal justice system

Phone: 403-266-4566

## **Autism Spectrum Specific**

### **The Ability Hub**

The resource centre, located in Calgary, has an extensive library of materials that can be signed out for free. The Resource database of programs and services is equipped with search functions. Ability Hub is a great resource for families and professionals. While their programs are geared towards adolescent and adult populations, they have a fabulous collection of resources for all ages.

<http://www.theabilityhub.org/resources>

## **Sexuality Specific**

- **Transgendered - 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 .

- “Metta Clinic - Assisting Transitioning and Transgendered Youth” (30 minutes)

Genderbread Person

<http://itspronouncedmetrosexual.com/wp-content/uploads/2012/03/Genderbread-2.1.pdf>

- **Family Community Resource** Centre’s [Information Prescriptions](#) has an excellent collection of [Transgender](#) resources for parents and youth

- **Kids Help Phone** - Teen Section <http://www.kidshelpphone.ca/Teens/Home.aspx> (support via Phone, Email and Chat) -- Gender Identity Information

<http://www.kidshelpphone.ca/Teens/InfoBooth/LGBTQ/GenderIdentity.aspx>

- **Calgary Outlink Centre for Gender and Sexual Identity** [www.calgaryoutlink.ca/](http://www.calgaryoutlink.ca/) Resource List [www.calgaryoutlink.ca/lgbtq-resource-book/](http://www.calgaryoutlink.ca/lgbtq-resource-book/)

An extensive list of topics for LGBTQ - scroll down for Trans Resources and Youth

One to One Peer Support [www.calgaryoutlink.ca/peer-support/](http://www.calgaryoutlink.ca/peer-support/)

- **Out is OK Peer Support Line** [www.calgaryoutlink.ca/outisok/](http://www.calgaryoutlink.ca/outisok/)

Can be reached every day of the week from 5-10PM (MST). Toll free at 1-877-OUT-IS-OK (1-877-



688-4765)

- **Inside Out Youth Group** (ages 14-25) [www.calgaryoutlink.ca/insideout-youth/](http://www.calgaryoutlink.ca/insideout-youth/)
- **New Directions Group** (18 +) [www.calgaryoutlink.ca/new-directions-trans-group/](http://www.calgaryoutlink.ca/new-directions-trans-group/)
- **Trans Family Group** Meets monthly [www.calgaryoutlink.ca/trans-families-group/](http://www.calgaryoutlink.ca/trans-families-group/)
- **Mosaic Youth Group**: a peer facilitated group for LGBTQ youth, as well as queer friendly allies, ages 10 to 25. As a branch from the Miscellaneous Youth Network, this group is also a provider of safe spaces for youth involving fun activities and education into their community. As a youth group run specifically by youth. Meets every Wednesday evening from 7 – 10 pm in the Common Room of the Old Y Building (223 12 Ave SW) 403.282.0127.

## **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 suitable candidates receive an assessment. Based on level of risk, individuals are invited to participate in the appropriate research study and/or treatment options. If they meet the clinical requirements and at least 15 years of age, they may be referred to the PRIME clinic or Early Psychosis Intervention Program. Individuals who receive an assessment are under no obligation to participate in the research study or treatment offered.  
\*Assessments can be obtained quickly compared to PRIME and EPIP whose referral process is through Access Mental Health and then it may take 8-10 weeks before they can be assessed.

The following Alberta Health Services

- **PRIME clinic (Prevention through Risk Identification, Management and Education)**  
Ages 15 – 35  
Individuals showing warning signs for being at clinical risk for developing a psychotic disorder. Suitable candidates receive an assessment and based on their diagnosis they are offered PRIME Clinic services or referred to other mental health options. Referrals through Access Mental Health. Catchment area restricted to Calgary and surrounding area. Geographical limits are Olds, Strathmore, Claresholm and Lake Louise.
- **EPIS (Early Psychosis Intervention Service)**  
<http://www.albertahealthservices.ca/services.asp?pid=service&rid=1003859>  
Ages 15 – 35  
Individuals showing warning signs of being in the early stages of psychosis. Suitable candidates receive an assessment and based on their diagnosis they are offered EPIP services or referred to other mental health options. Exclusion criteria are the individual has had previous psychotic episodes or has been treated with a therapeutic dose of antipsychotic medication for more than 3 months. Referrals made through Access Mental Health. Catchment area restricted to Calgary and surrounding area. Geographical limits are Olds, Strathmore, Claresholm and Lake Louise.

- **Mood, Anxiety and Psychosis Service (MAPS)**  
<http://www.albertahealthservices.ca/services.asp?pid=service&rid=1032705>  
 Referral process through Access Mental Health. Under 14 years of age for Psychosis services,  
 Ages 6-18 for Mood and anxiety

## **Child and Youth Mentoring Programs and Recreation**

- **Big Brothers and Big Sisters**  
 Phone: 403-777-3535
- **City of Calgary, Police Service**  
 Calgary Police Cadet Corps 403-801-0861  
 Junior Police Academy 403-428-8393  
 Power Play (free hockey program) 403-428-8399  
 Super Kids [YouthMentorship@calgarypolice.ca](mailto:YouthMentorship@calgarypolice.ca)
- **Calgary Bridge Foundation for Youth**  
 Phone: 403-230-7745
- **Two Wheel View Canada**  
 Bike Repair and ownership program  
 Phone: 1-866-858-2453
- **Child and Youth Recreation Services**  
 Boys and Girls Clubs of Calgary Phone: 403-276-9981  
 City of Calgary Park and Recreation After School Program Phone:403-268-2489

## **ADDITIONAL RESOURCES**

- **Family Physician**  
 A more multi-service office with primary care provider who is consistent (to help families have centralized care and not see multiple doctors)  
[www.calgaryareadocs.com](http://www.calgaryareadocs.com)
- **Translation and Interpretation Services**  
 Immigrant Services Calgary  
<http://www.immigrantservicescalgary.ca/how-can-we-help/translation>  
 Calgary Catholic Immigration Society  
<https://www.ccisab.ca/>
- **Further Screening Tools – Multicultural**  
**PSC-35** is available in several languages, including pictorial versions.  
**PSC-17** (Spanish, Chinese and Vietnamese) Youth Self-Report (Spanish)  
 They can be accessed from the following link  
[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>
- **Further Diagnostic Clarification**  
 DSM-5 Online Assessment Measurements webpage  
<http://www.psychiatry.org/psychiatrists/practice/dsm/dsm-5/online-assessment-measures>

- **Rating Scales – Added**
    - The Vanderbilt for school to complete (this one prints off better/nicer than CAP): [http://dss.mo.gov/mhd/cs/psych/pdf/adhd\\_rating\\_teacher.pdf](http://dss.mo.gov/mhd/cs/psych/pdf/adhd_rating_teacher.pdf)
    - The SNAP Scales online: [www.adhdratingscales.com](http://www.adhdratingscales.com)
    - SNAP Scales can also be found at [www.caddra.ca](http://www.caddra.ca)
    - OCD screening questionnaire on the CAPPCC website <http://www.cappccny.org/home/index.php/clinical-resources>
  - **Family Supports for Children with Disabilities**  
<http://humanservices.alberta.ca/disability-services/14855.html>
  - **Non-Pharm / Psycho-Social Approached**  
Website for Dr. Ross Greene: Previously called Collaborative Problem Solving but now the term is Collaborative and Proactive Solutions  
<http://www.livesinthebalance.org/paperwork>
  - **Treatment and Psychopharmacology Algorithms**  
Refer back to the ADHD algorithms in CanREACH Manual. CADDRA medication chart  
[http://www.caddra.ca/pdfs/Medication\\_Chart\\_English\\_CANADA.pdf](http://www.caddra.ca/pdfs/Medication_Chart_English_CANADA.pdf)
  - **Calgary and Area Child and Family Services**  
24 hour intake line 403-297-2995  
Toll Free 1-800-387-5437
  - **Sheldon Kennedy Child Advocacy Centre** <http://www.sheldonkennedycac.ca/>
  - **Clinical Consultants with Healthy Minds Healthy Children.**  
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. Please also see their website at [www.hmhc.ca](http://www.hmhc.ca)
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- **Supporting Every Student Learning Series**  
*The Supporting Every Student Learning Series* is creating opportunities for jurisdiction and school leaders to explore the importance of welcoming, caring, respectful and safe learning environments to support student success. The project will provide evidence and ideas through

recorded "TedTalk" style presentations and conversation guides. Topics will relate to evidence-based strategies in supporting successful for all students.

<http://www.research4children.com/theme/common/page.cfm?i=10003043>

Same folks who produced the **Human Services Children's Mental Health Learning Series**

<http://www.research4children.com/theme/common/page.cfm?i=10001522>