

Cohort 6 Resources

ADHD

CADDRA Guidelines [CADDRA Guidelines](https://www.caddra.ca/practice-guidelines/download)
<https://www.caddra.ca/practice-guidelines/download>

CADDRA Psychosocial Chart/Guidelines
<https://www.caddra.ca/practice-guidelines/download>

CADDRA - [Assessment forms for teachers](https://www.caddra.ca/patient-forms/educators)
<https://www.caddra.ca/patient-forms/educators>

[Information on Gender Differences in ADHD](https://psychcentral.com/lib/adhd-and-gender/)
<https://psychcentral.com/lib/adhd-and-gender/>

Book: *Understanding Girls with Attention Deficit/Hyperactivity Disorder* by Kathleen G. Nadeau, Ellen B. Littman and Patricia O. Quinn.

Gender Differences - ADDvance website - [Information for Women and Girls with ADHD](http://addvance.com/help/women/index.html)
<http://addvance.com/help/women/index.html>

CADDRA commentary to help/assess/manage concerns related to ADHD and operating a motor vehicle which includes a questionnaire
http://www.caddra.ca/pdfs/caddraGuidelines2011Document6C_Driving.pdf

[Understanding ADHD in the Post-Secondary Environment](http://www.caddac.ca/cms/page.php?244)
<http://www.caddac.ca/cms/page.php?244>

[ADHD and College](http://www.additudemag.com/search/keyword/ADHD%20and%20College.html) - University/College Student support services offer supports and services for students with ADHD offering strategies and skill building.
<http://www.additudemag.com/search/keyword/ADHD%20and%20College.html>

[Texas Algorithm for ADHD](http://www.regionhalland.se/PageFiles/50487/Texas%20C-Map%20ADHD.pdf)
<http://www.regionhalland.se/PageFiles/50487/Texas%20C-Map%20ADHD.pdf>

[Consequences of ADHD \(Tear Sheet\)](http://www.janssen.com/sites/www_janssen_com_canada/files/pdf/CRLB120161E_ADHD_Consequence_sofADHD.pdf)
http://www.janssen.com/sites/www_janssen_com_canada/files/pdf/CRLB120161E_ADHD_Consequence_sofADHD.pdf

[Totally ADD Website](http://totallyadd.com)
<http://totallyadd.com>

ADHD in Primary Care
http://www.shared-care.ca/files/ADHD_Overview_Update_February_2017.pdf

FCRC: ADHD related - [Information Prescriptions](http://fcrc.albertahealthservices.ca/health-information/library/information-prescriptions/adhd/)
<http://fcrc.albertahealthservices.ca/health-information/library/information-prescriptions/adhd/>

Books (great for families to read)

→ *My Brain Needs Glasses* by Annick Vincent M.D. and *My Brain Still Needs Glasses* by Annick Vincent M.D. - <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_L9lrK9J

CanLearn Society in Calgary offers Learning Strategies and ADHD Coaching

<http://canlearnsociety.ca/services/adhd-coaching/>

Literature for Physicians to read should they be interested on some new research in the area of ADHD: Dalsgaard et al., Lancet 2015.

[http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(14\)61684-6/abstract](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(14)61684-6/abstract)

Research/Reading Related to ADHD/Substance Use - "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, et al., J Am Acad Child Adolesc Psychiatry. 2013 Mar;52(3):250-63. <https://www.ncbi.nlm.nih.gov/pubmed/23452682>

CanLEARN Teen Group for ADHD:

<http://canlearnsociety.ca/how-we-help/adhd-and-anxiety/>

ADHD Workbook (for self-directed help when therapy is not an option)

<https://www.amazon.com/ADHD-Workbook-Teens-Activities-Motivation/dp/1572248653>

Dosing equivalency calculator for stimulants:

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

ADHD and Eating Healthy

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

Aggression

Treatment of Maladaptive Aggression in Youth (T-May)

<http://www.thereachinstitute.org/images/pdfs/T-MAY-final.pdf>

Literature pertaining to Aggression for physicians to read should they be interested in the area of aggression (Systemic Review and Meta) – published out of Canada:

<http://journals.sagepub.com/doi/abs/10.1177/070674371506000202> (part one)

and <http://journals.sagepub.com/doi/abs/10.1177/070674371506000203> (part two)

There is also this one: <http://journals.sagepub.com/doi/abs/10.1177/070674371506000204>

Clinical Rating Scale – Outburst Monitoring Scale www.cappcny.org/home/clinical-rating-scales/

Alcohol and Substance Abuse / Addictions

Primary care training in addictions - <http://www.sbirtoregon.org/>

Brief overview of street drugs - [Overview of Street Drugs](http://drugfree.org/) <http://drugfree.org/>

Cannabis – College of Family Physicians of Canada

[Authorizing Dried Cannabis for Chronic Pain or Anxiety](#) - Recommendation 4

Patients under the age of 25 (Level II) Youth who smoke cannabis are at a greater risk than older adults for cannabis-related psychosocial harms, including suicidal ideation, illicit drug use, cannabis use disorder, and long-term cognitive impairment.

<http://www.cfpc.ca/uploadedFiles/Resources/PDFs/Authorizing%20Dried%20Cannabis%20for%20Chronic%20Pain%20or%20Anxiety.pdf>

The Canadian Centre on Substance Abuse - <http://www.ccsa.ca/>

[The Effects of Cannabis Use during Adolescence \(Report in Short\)](#)

<http://www.ccsa.ca/Resource%20Library/CCSA-Effects-of-Cannabis-Use-during-Adolescence-Summary-2015-en.pdf>

[Help your Teen Understand What's Fact and Fiction about Marijuana \(Infographic\)](#)

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

Parent Action on Drugs <http://parentactionondrugs.org/>

- [Marijuana and Mental Health Problems in Youth](#) – a Parent Action Pack resource <http://parentactionpack.ca/alcohol-other-drugs/marijuana/>

Naloxone Kit - <http://www.albertahealthservices.ca/info/page12491.aspx>

Prevention, voluntary detox, addictions counselling, day programs, residential programs, PCHAD (involuntary detox) -

<http://www.albertahealthservices.ca/info/facility.aspx?id=68&service=1056701>

Parent Skill-Shop –an educational support group for parents who wonder what they can do to help support their substance using teenager. To access call 403-297-4664 and ask about the Parent Skill-Shop Support Group Series.

Alberta Adolescent Recovery Center - <http://aarc.ab.ca/> - private, long term.

Family and Community Resource Center (FCRC): Substance Use Related Resources

<http://fcrc.albertahealthservices.ca/health-information/library/information-prescriptions/substance-use-and-abuse/>

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

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

Substance Use Screening:

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

Anxiety

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

Youth Section - <http://youth.anxietybc.com/faq>

Videos - <http://www.anxietybc.com/resources/video>

Suggested Reading List for Families: [Anxiety Resources](#)

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

Family and Community Resource Center (FCRC): Anxiety Resources

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

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

Relaxation Handout <https://www.getselfhelp.co.uk/docs/Relaxation.pdf>

Autism Spectrum Disorder and/or Developmental Disabilities

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

Autism Canada Physician Handbook:

<http://autismcanada.org/resources/physician-handbook/>

Family and Community Resource Center (FCRC): Autism Resources

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

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

Ability Hub / Sinneave Foundation <https://www.theabilityhub.org/>

Arnika Center <http://www.albertahealthservices.ca/info/service.aspx?id=1060552>

Autism Calgary - www.autismcalgary.com/

Programs and Services in Calgary www.autismcalgary.com/asd-resources/links/

Family Supports for Children with Disabilities (FSCD)

<http://www.humanservices.alberta.ca/disability-services/14855.html>

FASD Related

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/>

For Assessment/Diagnosis (FASD) - Consultative Diagnostic Clinic - Developmental Pediatrics - Child Development Center (Calgary) Referral Form:

<http://fcrc.albertahealthservices.ca/professional/cds/>

Tip Sheets for Caregivers

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

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

Obsessive Compulsive Disorder

Books For Families :

→ *Talking Back to OCD* by John S. March

→ *Freeing Your Child from Obsessive Compulsive Disorder* by Tamar E. Chansky

→ *What to Do When Your Child Has Obsessive-Compulsive Disorder: Strategies and Solutions* by Aureen Pinto Wagner

Identifying and Supporting Students with OCD in Schools

<https://www.anxietybc.com/sites/default/files/ocdschools.pdf>

Resources pertaining to OCD: <https://www.anxietybc.com/sites/default/files/resourcesocd.pdf>

Rating Scales pertaining to OCD

→ Child Yale Brown OC Scale (CYCOCS)

<https://www.cappcnny.org/home/clinical-rating-scales/>

→ Yale Brown OC Scale (YBOCS) <http://www.brainphysics.com/ybocs.php>

Selective Mutism

General Information AnxietyBC Selective Mutism

<https://www.anxietybc.com/parenting/selective-mutism>

Resources and Videos: Understanding and Managing Selective Mutism

<https://www.anxietybc.com/resources/video/understanding-and-managing-selective-mutism>

Myths Myths About Selective Mutism

<https://www.anxietybc.com/parenting/myths-about-selective-mutism>

Home Strategies for Selective Mutism [Strategies for Selective Mutism](#)
<https://www.anxietybc.com/parenting/my-anxiety-plan-selective-mutism>

Handout for School/Educators relating to Selective Mutism - [School Tips for Teachers of Children with selective mutism](#)
<https://www.anxietybc.com/sites/default/files/resources/documents/School%20Tips%20for%20Teachers%20of%20Children%20with%20Selective%20Mutism.pdf>

[Sexuality, Sexual Orientation and Gender Orientation](#)

Calgary Sexual Health Center – General Information - [Calgary Sexual Health Centre](#)
<https://www.calgarysexualhealth.ca/sexual-health-info/sexual-orientation/>

Calgary Sexual Health Center - [Counselling services](#)
<https://www.calgarysexualhealth.ca/programs-workshops/counselling/>

Calgary Outlink - <http://www.calgaryoutlink.ca/>
Group For Youth Program <http://www.calgaryoutlink.ca/inside-out>
Peer Support Line www.calgaryoutlink.ca/outisok/

Resource List www.calgaryoutlink.ca/lgbtq-resource-book/

Youthsafe – a guide to Alberta’s Resources for LGBTQ Youth <http://www.youthsafe.net/>

Camp Firefly - <http://www.fyrefly.ualberta.ca/> - Canada's only national leadership retreat for lesbian, gay, bisexual, transgendered, two-spirited, intersexed, queer, questioning, and allied youth.

Sexual Orientation – Kids Help Phone:
<https://www.kidshelpphone.ca/Teens/InfoBooth/LGBTQ/SexualOrientation.aspx>

Family and Community Resource Center (FCRC): Sexuality Resources
<http://fcrc.albertahealthservices.ca/health-information/library/information-prescriptions/sexuality/>

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. Wednesday evening from 7 – 10 pm in the Common Room of the Old Y Building (223 12 Ave SW) 403-282-0127

Alberta Government Ideograph: <http://www.humanservices.alberta.ca/documents/LGBTQ-supports-infographic.pdf>

PLAG <https://pflagcanada.ca/>

Youthline LGBT Peer support - by phone, text, chat or email
<http://www.youthline.ca/get-support/ways-we-support/>

LGBTQ and Mental Health Correlation Information

http://www.rainbowhealthontario.ca/wp-content/uploads/woocommerce_uploads/2011/06/RHO_FactSheet_LGBTQMENTALHEALTH_E.pdf

Youth Sharing Their Stories about “coming out”

<https://www.kidshelpphone.ca/Teens/InfoBooth/LGBTQ/SexualOrientation/ComingOutStories.aspx>

Genderbread Person – Idiographic Picture

<http://itspronouncedmetrosexual.com/2011/11/breaking-through-the-binary-gender-explained-using-continuums/>

Violence, Abuse, Trauma and Adverse Childhood Experiences (ACEs)

ACEs and Trauma Informed – Resource Guide

**Note: Appendices III, IV & V on Pages 22-25 would be helpful for physicians*

<http://www.albertafamilywellness.org/assets/Resources/CAAMHPP-ACE-TIC-Resource-Guide-Nov-2016.pdf>

Alberta Child and Family Wellness Initiative (AFWI)

The Brain Story <http://www.albertafamilywellness.org/what-we-know/the-brain-story>

Video Link: www.albertafamilywellness.org/resources/video/brain-architecture

ACEs <http://www.albertafamilywellness.org/what-we-know/aces>

Toxic Stress Derails Healthy Brain Development

Link to video: <http://developingchild.harvard.edu/resources/toxic-stress-derails-healthy-development/>

Domestic/Family Violence: Airdrie and District Victims Assistance Society -

<http://airdrievictimassistance.com/info.html>

YWCA - <http://www.ywcalgary.ca/> (provide emergency shelter, housing, counselling, child development, and support).

Calgary Women’s Emergency Shelter - <https://www.calgarywomensshelter.com/>

24 hour Family Violence Helpline – 403-234-7233 (SAFE) Toll-Free: 1-866-606-7233

(SAFE) - <https://www.calgarywomensshelter.com/index.php/shelter-programs/24-hour-family-violence-helpline>

Signs of Safety information http://www.aascf.com/pdf/What_is_the_Signs_of_Safety.pdf

National Child Traumatic Stress Network

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

<http://www.nctsn.org/sites/default/files/html/early4.htm>

Calgary and Area Child and Family Services

24 hour intake line 403-297-2995 Toll Free 1-800-387-5437

Shelter Safe <http://www.sheltersafe.ca/> Online directory of women's shelters across Canada

Child PTSD Rating Scale

http://www.cappcny.org/home/media/ptsd_child_symptom_scale.pdf

The scale and scoring: <http://www.cappcny.org/home/clinical-rating-scales/>

DSM-5 Criteria for PTSD

www.dsm5.org/Documents/PTSD%20Fact%20Sheet.pdf

For more information on differential diagnosis please see: Is It ADHD or Child Traumatic Stress? A Guide for Clinicians August 2016

http://www.nctsn.org/sites/default/files/assets/pdfs/adhd_and_child_traumatic_stress_final.pdf

Sensory Processing Specific

General Information <http://www.cheo.on.ca/en/sensory-processing>

STAR Institute for Sensory Processing Disorder <https://www.spdstar.org/>

Self-Injury Specific

[Distraction Techniques and Alternative Coping Strategies](http://www.selfinjury.bctr.cornell.edu/perch/resources/distraction-techniques-pm-2.pdf)

<http://www.selfinjury.bctr.cornell.edu/perch/resources/distraction-techniques-pm-2.pdf>

Parent information sheet - http://www.cheo.on.ca/uploads/12810_Self-Harm.pdf

Self-Injury Guide for 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. http://www.shared-care.ca/files/OSI_English.pdf

Somatic Symptom/Somatization Disorder Specific

Recommended Reading for Primary Care Providers

- Campo, John V., and Gregory Fritz. "A management model for pediatric somatization." *Psychosomatics* 42.6 (2001): 467-476.
- Griffin, Angela, and Deborah Christie. "Taking the psycho out of psychosomatic: using systemic approaches in a paediatric setting for the treatment of adolescents with unexplained physical symptoms." *Clinical child psychology and psychiatry* 13.4 (2008): 531-542.
- Hardwick, Peter John. "Engaging families who hold strong medical beliefs in a psychosomatic approach." *Clinical child psychology and psychiatry* 10.4 (2005): 601-616.

Sleep

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

Family and Community Resource Center (FCRC): Sleep Related Resources
<http://fcrc.albertahealthservices.ca/health-information/library/information-prescriptions/sleep-problems/>

Pediatric Sleep Clinic at Alberta Children's Hospital -
<http://www.albertahealthservices.ca/info/facility.aspx?id=1010904&service=2123>

"At Risk" Youth

Multi Agency School Support Team (MASST) - Joint partnership between the Calgary Police Service, Calgary Schools, the City of Calgary and AHS. High risk youth ages 5-12

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

Youth At Risk Development Program (YARD) - Calgary Police Service program for Youth ages 10 -17 at risk of Gang involvement

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

John Howard Society www.johnhoward.ca (males)

Elizabeth Fry Society <http://www.caefs.ca/> (females)

Diagnostic Clarity

- [DSM-5 Online Assessment Measurements Webpage](#)

Engagement and Motivation

CanREACH PPP materials (book), Unit K specifically, towards the end of the unit has Modified Motivational Interviewing (LEAP) and Top Ten Tips in working with “tough cases”

Motivational Interviewing in Primary Care - Information -

https://www.harvardpilgrim.org/portal/page?_pageid=253,2272039&_dad=portal&_schema=PORTAL

Brief Presentation - <http://www.aamft.org/handouts/604.pdf>

Psychoeducational Assessments

University of Calgary [Integrated Services in Education \(ISE\)](#)

<http://werklund.ucalgary.ca/ise/our-services/assessment-services>

CanLearn Society [CanLearn Society](#) <http://canlearnsociety.ca/services/child-assessments/>

Foothills Academy [Foothill Academy](#) <http://www.foothillsacademy.org/psych/assessments/>

Online Referral Search for Psychologists

https://www.psychologistsassociation.ab.ca/site/doctor_search_agreement

Culturally Sensitive/Cultural Specific/Immigration

Calgary Catholic Immigration Society <https://www.ccisab.ca/>

The Hogg Foundation - “Cultural Competency, A Practical Guide for Mental Health Service Providers,” <http://www.hogg.utexas.edu/PDF/Saldana.pdf>

“Cultural Variables in the Assessment, Diagnosis, and Treatment of Mental Disorders in Children and Adolescents,” serves as a good resource for youth-specific mental health issues: <http://texmed05.texmed.org/content/psychiatry%20kashyap.pdf>

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>

Technology (Apps, Websites, etc. for self-help in tech-savvy patients)

Calm – www.calm.com

Mindshift Mobile Application (App) - <https://www.anxietybc.com/resources/mindshift-app>

Breathingroom - <http://breathingroom.me/>

Mind Your Mood App - <https://mindyourmind.ca/interactives/mind-your-mood>

Booster Buddy - http://www.viha.ca/cyf_mental_health/BoosterBuddy.htm

Mind Masters is a research based program that teaches simple and concrete techniques to help children manage stress and frustration, relax fully and develop a positive perspective. These skills may be incorporated into existing children's services, such as therapeutic, educational and recreational services, or used by parents at home.

<http://www.cheo.on.ca/en/MindMasters>

[Mini MindMasters](http://www.cyhneo.ca/mini-mindmasters) (under 6) <http://www.cyhneo.ca/mini-mindmasters>

[MindMasters](http://www.cyhneo.ca/mindmasters) (Level 1 Ages 6-9, Level 2 Ages 9-12) <http://www.cyhneo.ca/mindmasters>

[MindMasters 2](http://www.cyhneo.ca/mindmasters-2-dha2r) (Ages 4-9) <http://www.cyhneo.ca/mindmasters-2-dha2r>

Organization in ADHD [Omnifocus](https://www.omnigroup.com/omnifocus) <https://www.omnigroup.com/omnifocus>

Organization in ADHD [Todoist](https://en.todoist.com/) <https://en.todoist.com/>

Mood Tracking App [Moody Me App \(Mood Tracking\)](http://www.medhelp.org/land/mood-diary-app)

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

Recreation and Mentorship Programs

Big Brothers and Big Sisters – 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 – youth-mentorship@calgarypolice.ca

Calgary Bridge Foundation for Youth – 403-230-7745

Two Wheel View Canada: Bike repair/ownership program – 1-866-858-2453

Boys and Girls Clubs of Calgary – 403-276-9981

City of Calgary Park and Recreation After School Program – 403-268-2489

[Calgary Public Library](http://events.calgarypubliclibrary.com/programs/online-registration) <http://events.calgarypubliclibrary.com/programs/online-registration>

[City of Calgary Recreation](http://www.calgary.ca/CSPS/RECREATION/Pages/Home.aspx) <http://www.calgary.ca/CSPS/RECREATION/Pages/Home.aspx>

[Kids Up Front Program](http://www.kidsupfrontcalgary.com/) 403-444-4318 <http://www.kidsupfrontcalgary.com/>

Kid's Sport <http://www.kidsportcanada.ca/> - Provincial directory for local chapters. If your community is not listed you can still apply to the provincial fund. Calgary and area - <http://www.kidsportcanada.ca/alberta/calgary/>

ALIGN Association of Community Services – Family Resources for low income Albertans - <http://www.alignab.ca/family-resource/>

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

24 Hour Support

Calgary Connec Teen - (24/7 phone support) 403-264-TEEN (8336)

<http://calgaryconnecteen.com/>

Peer support by phone, text, chat or email

<http://calgaryconnecteen.com/need-to-talk-urnotalone/>

Kids Help Phone: 1-800-668-6868 <https://www.kidshelpphone.ca/teens/home/splash.aspx>

Distress Center: 403-266-HELP (4357) <http://www.distresscentre.com/>

Crisis and Distress lines:

Edmonton and area: [780-482-HELP \(4357\)](tel:780-482-HELP)

Red Deer north: [1-800-232-7288](tel:1-800-232-7288)

Calgary and Red Deer south: [403-266-HELP \(4357\)](tel:403-266-HELP)

South Western Alberta: [403-327-7905](tel:403-327-7905) or toll-free: [1-888-787-2880](tel:1-888-787-2880)

Central and Southern Alberta 1-800-SUICIDE (784-2433)

Mental Health Help Line 1-877-303-2642

Hope for Wellness Help Line (Immediate crisis support for Indigenous people across Canada)
1-855-242-3310 Available 24/7

Community Services - Counselling

Functioning Families Together (Family Therapy)

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

Calgary Counselling Center

Suite 1000, 105 12 Avenue SE Phone: 403.691.5991

Intake telephone lines are open from Monday to Friday 9:00am – 4:00pm at 403-691-5991. An Intake form can be completed over the phone or online at www.calgarycounselling.com. Offer professional counseling to individuals, couples, and families. The Centre is also an educational facility for interns and residents. Group programs in certain areas are also offered. Cost: fees on a sliding scale based on annual income.

CARYA (Formerly Calgary Family Services)

www.caryacalgary.ca Main Reception Phone: 403-269-9888 Client Intake Line: 403-205-5244

Carya offers a continuum of services to actively parenting families of children ages 0-24 years and adults ages 65+. This may encompass issues around mental health, like depression and anxiety, grief and loss, trauma, attachment, relationship challenges, and isolation. Individual counselling and group programs (i.e., CONNECT, BOOST) are offered. Sliding fee scale according to gross household income, however some programs are fully funded and are free of charge to participants. Some programs/groups offered include CONNECT, BOOST (ages 13-16), In-Sync (ages 0-6 and parents play based attachment), Prime Time (ages 0-2 and parents, skill based), Urgent Family Care, Worry Warriors (ages 7-11, 12-15).

Catholic Family Services

250, 707 – 10 Avenue SW Intake: 403.233.2360 <https://www.cfs-ab.org/>

To provide counselling and educational outreach services to those experiencing difficulty in any area of their life. Counseling formats include: individual, marital/couples, family. Self-referral by contacting Intake. Sliding scale fees; fee will not be a barrier.

Calgary Family Therapy Program

www.familytherapy.org Phone: 403-802-1680

Offering family therapy services for families with children 18-years or younger. Professional therapists work with families whose children are experiencing emotional or behavioural problems, with the primary goal being to enable these families to develop their own methods of managing the problems more effectively. Families can self-refer, or be referred by community professionals, by phone, fax, mail, or e-mail. Required information for intake includes names, address, phone numbers and a brief description of the problems. There is no cost for this service, and wait times depend on service demands.

Eastside Family Center – Counselling

Phone: 403-299-9696 <http://www.woodshomes.ca>

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.

In Home Support

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

Community Parent and School Support (COMPASS) - YWCA (Referral required from a professional) (Calgary)

<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>

Calgary (limited services offered to neighboring communities. To arrange or enquire about our rural support call 403 205 5178)

Home Connections - Families are referred to this program via Child and Family Services. Phone: 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

Hull Services – Family Initiatives - Contact Program Coordinator: 403-207-2521

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

Parenting Support

Alberta Parent Link Centres

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

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
Locations and Referral information <http://strongestfamilies.com/contact-us/>

Families Matter [Families Matter: Individualized and In-Home Support](http://www.familiesmatter.ca/programs) 403-205-5178
<http://www.familiesmatter.ca/programs>

Community Links - Contact info: <http://nrvc.ab.ca/contact/> Programs and Services:
<http://nrvc.ab.ca/programs-services/>

Functioning Families Together (Family Therapy)
<http://caryacalgary.ca/our-programs/counselling/functional-family-therapy/>

Respite and Crisis Support

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. 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/>

Calgary and Area Child and Family Services offers a range of supports and services to children, youth, adults and families. Ph# 403-297-6100

Housing Support - Discovery House: <https://www.discoveryhouse.ca/>

24-hour Emergency Income Support Contact Centre

Get help in an emergency with basic needs like shelter, food, clothing and transportation. Toll Free Phone: 1-866-644-5135 Email: hs.iscc@gov.ab.ca

Alberta Supports Contact Centre

Call for information and referrals for income support, disabilities, family violence, homelessness and more. Toll Free Phone: 1-877-644-9992 Email:
hs.ascc@gov.ab.ca

Family Supports for Children with Disabilities (FSCD)

<http://www.humanservices.alberta.ca/disability-services/14855.html>

Community Resource Team (CRT)

http://www.woodshomes.ca/site/PageNavigator/programs/crisis/programs_community_resource_team.html 403-299-9699 or 1-800-563-6106

Woods Homes - Stabilization Program

http://www.woodshomes.ca/site/PageNavigator/programs/intensive/programs_crisis_stabilization.html 403-299-9699 or 1-800-563-6106

Extras

Medical CBT Training - <http://cbt.ca/>

Behavior or Habit Reversal Therapy – <https://med.nyu.edu/child-adolescent-psychiatry/news/csc-news/january-2015/habit-reversal-therapy-approach-managing-repetitive-behavior-disorders>

Miracle Question (a variation of asking a child if they were granted 3 wishes)

In 1984 we invented a way to set a frame for goal setting that we call “the miracle question” (deShazer, 1988).

Suppose one night there is a miracle (or suppose a fairy godmother came with a magic wand) and while you are sleeping the problem is solved: What will you notice different the next morning that will tell you that there has been a miracle?”

Family Physicians Accepting New Patients in Calgary website to help those who are unconnected to and in need of a family physician: <https://calgaryareadocs.com/>

Public Services – Alberta Health Services

ACCESS Mental Health Access Mental Health 403-943-1500 Ext 1 (Child and Adolescent) – Calgary Zone

<http://www.albertahealthservices.ca/info/facility.aspx?id=1002752&service=2381>

Healthy Minds Healthy Children with Alberta Health Services

[Healthy Minds Healthy Children Outreach Services \(HMHC\)](http://www.hmhc.ca/) - Provide clinical consultation, education and resources to professionals working with children and adolescents with addiction and mental health concerns. Can assist with navigating child and adolescent addiction and mental health programs and services in Southern Alberta as well as liaise with collateral contacts.

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

Youth Addictions Services (YAS) with Alberta Health Services.

Youth Addiction Services offers a wide range of substance abuse treatment services for adolescents (aged 12 to 17), and their families.

Contact intake any time at Ph: (403) 297-4664 for information. Walk-in's also available: 1005-17th Street NW.

In Calgary - <http://www.albertahealthservices.ca/services.asp?pid=saf&rid=1093780>
Rural - <http://www.albertahealthservices.ca/services.asp?pid=service&rid=1060409>

Dual Diagnosis Program – Addictions Center at Foothills Hospital - Concurrent Disorders – Addictions and Mental Health Programs

[Addiction Centre - Adolescent Program \(Calgary\) concurrent program](http://www.albertahealthservices.ca/info/service.aspx?id=1017551)
<http://www.albertahealthservices.ca/info/service.aspx?id=1017551>

Referrals are made by contacting Access Mental Health (individual or family physician) at (403) 943-1500.

Child Development Services – <http://fcrc.albertahealthservices.ca/professional/cds/>