

# CanREACH



**Compiled Resource List from  
CanREACH PPP Teleconference Calls**



Email: [CanREACH@ahs.ca](mailto:CanREACH@ahs.ca)

# Table of Contents

ACES – ADVERSE CHILDHOOD EXPERIENCES (Trauma, Abuse, Violence) .....	8
ACEs and Trauma Informed Practice in Primary Care.....	8
ACES information from the CDC .....	8
ACES information for patients .....	8
ACES - Parenting Resources .....	8
Alberta Child and Family Wellness Initiative (AFWI) .....	8
CanREACH Module on ACES.....	8
Crisis / Emergency Information .....	8
DSM-5 - PTSD .....	8
Differential Diagnosis Guide .....	8
Recommended Reading for Physicians .....	8
Trauma and Behaviours .....	9
Trauma and Dissociation.....	9
Trauma (PTSD) - Rating Scale .....	9
Video - Toxic Stress Derails Healthy Brain .....	9
Website – ACES .....	9
ADHD (ATTENTION DEFICIT HYPERACTIVITY DISORDER).....	9
ADHD in Primary Care .....	9
Anxiety and ADHD.....	9
ADHD and Co-Existing Conditions – Ideograph .....	9
ADHD and Healthy Eating .....	9
ADHD and Gender Differences .....	9
ADHD - Information and Resources for Families from the FCRC.....	9
ADHD - Information for Parents from the CDC.....	10
ADHD in the Post-Secondary Environment.....	10
Anxiety and ADHD.....	10
ADHD Medication Information from CADDRA.....	10
ADHD and Operating a Motor Vehicle.....	10
ADHD simulations .....	10
ADHD - Websites for Patients and Families.....	10
ADHD Workbook.....	10
Books / Recommended Readings for families .....	10
CADDRA.....	10
CanLEARN Society .....	10
Classroom Accommodations .....	10
Consequences of ADHD .....	10
Medication Information re: Dosing.....	11
Dr. Margaret Weiss from the CADDRA Advisory Panel provided the following information.....	11
Psychosocial Information for ADHD from CADDRA .....	11
Recommended Literature for Physicians to read specific to ADHD .....	11
Recommended Readings .....	11
Self-Regulation .....	11
Texas Algorithm for ADHD .....	11
Understood .....	11
AGE OF CONSENT / CONFIDENTIALITY RELATED .....	11
Reading related to the topic of confidentiality and consent in adolescent medicine.....	11
AGGRESSION .....	12
Behavioral Concerns .....	12

Suggested Readings for Parents on Behavioral Problems in Children.....	12
Opposition – A Guide for Families .....	12
Rating Scale – Aggression .....	12
Aggression Literature Recommended for physicians to read.....	12
Treatment of Maladaptive Aggression in Youth (T-MAY).....	12
ALBERTA EDUCATION / CODING / PSYCHOEDUCATIONAL ASSESSMENTS / SCHOOL SPECIFIC .....	12
Agencies that do Psycho-Educational Assessments .....	12
Classroom Support and Strategies.....	12
Demystifying the Psycho-Educational Report.....	12
Finding Psychologists in Private Practice who do Psycho-Educational Assessments .....	12
Education Coding .....	12
Giftedness .....	12
Learning Disabilities .....	13
Mental Health Classrooms / Programming.....	13
Physicians requesting school support and accommodations.....	13
Screening Tool - Learning Disabilities .....	13
ALCOHOL AND SUBSTANCE USE / ADDICTIONS.....	13
Addictions and Mental Health Mobile Application Directory.....	13
Alberta Adolescent Recovery Center .....	13
Alberta Cannabis Framework – Government of Alberta .....	13
Effects of Marijuana Use .....	13
Infographic - Marijuana .....	13
Naloxone Kit.....	13
Overview of Street Drugs and Slang .....	13
Parent Action on Drugs .....	13
Parent Skill-Shop .....	14
Primary Care Provider Information and Training.....	14
Programming in Alberta.....	14
Screening for Youth Substance Abuse .....	14
Screening Tool – CRAFFT.....	14
Substance Use Screening .....	14
Substance Use Related Resources - FCRC.....	14
The Canadian Centre on Substance Abuse .....	14
The Downside of High video .....	14
ANXIETY.....	14
Alberta Health Services. (2014). Alcohol and Adolescents. Retrieved from.....	14
Anxiety and Avoidance .....	14
Anxiety at School.....	14
Anxiety BC Website.....	14
Anxiety Focused Groups for Kids .....	14
Anxiety in Primary Care.....	14
Anxiety Related Resources - FCRC .....	14
Anxiety in Primary Care “online toolkit” .....	15
Free, self-help workbook for teens with anxiety if therapy is not an option .....	15
Good resources for PCP and/or to recommend to parents.....	15
Good screening tools for physicians/health care providers .....	15
Practice Parameters.....	15
Relaxation .....	15
Resource Lists for Families and Patients specific to Anxiety .....	15
Self-Help Workbook for Teens with Anxiety.....	15
Social Anxiety .....	15
“AT-RISK” CHILDREN / YOUTH .....	16
Cops for Kids – About Face Program.....	16
Elizabeth Fry Society and John Howard Society .....	16

Multi Agency School Support Team (MASST) .....	16
Youth At Risk Development Program (YARD) .....	16
AUTISM SPECTRUM DISORDER (ASD) .....	16
Ability Hub Resource Centre .....	16
ASD in Primary Care .....	16
Assessment / Consultation (Alberta Health Services) .....	16
Autism Canada .....	16
Autism Specific Resources FCRC .....	16
Blog regarding ASD .....	16
Physician Handbook.....	16
Screening tools for ASD.....	16
Websites with information for families .....	16
Bipolar Disorder .....	17
Mania Rating Guide.....	17
Young Mania Rating Scale.....	17
DSM-5 Information on Bipolar Disorder .....	17
Daily Mood Tracker for Bipolar.....	17
CBT INFORMATION AND HOME PROGRAMS.....	17
Behavior or Habit Reversal Therapy .....	17
Home Programs .....	17
Primary Care Provider CBT Training.....	17
COUNSELLING SERVICES – COMMUNITY BASED .....	17
Calgary Counselling Center .....	17
Calgary Family Therapy Program .....	17
CARYA (Formerly Calgary Family Services) .....	17
Catholic Family Services.....	18
Eastside Family Center .....	18
CULTURALLY FOCUSED / CULTURALLY SENSITIVE PROGRAMS .....	18
Aboriginal Network.....	18
Calgary Bridge Foundation for Youth.....	18
Calgary Catholic Immigration Society .....	18
Caring for Kids New to Canada .....	18
Cultural Competency for Service Providers .....	18
Home Connections.....	18
Mental Health information by Language .....	19
Screening Tools .....	19
Youth Specific Mental Health issues and Cultural Variables .....	19
CRISIS SUPPORT .....	19
Calgary Connec Teen.....	19
Crisis and Distress lines: .....	19
Distress Center .....	19
Kids Help Phone .....	19
Hope for Wellness Help Line (immediate crisis support for Indigenous people) .....	19
Emergency Basic Needs .....	19
Crisis Stabilization Service.....	19
DEVELOPMENTAL DISABILITIES.....	20
Arnika Center .....	20
Family Supports for Children with Disabilities (FSCD) .....	20
SCOPE Society .....	20
WJS Canada.....	20
EATING DISORDER.....	20
Academy for Eating Disorders.....	20
F.E.A.S.T.....	20
Eating Disorder Support Network of Alberta (EDSNA) .....	20

National Eating Disorder Information Centre .....	20
ENGAGEMENT .....	20
Engaging Clients .....	20
Engaging difficult parents .....	20
Open ended questions .....	20
Motivational Interviewing in Primary Care .....	20
ENURESIS.....	20
Evaluation and Treatment .....	20
General information for Primary Care Providers .....	21
IACAPAP .....	21
Practice Essentials.....	21
Family Therapy Specific.....	21
Family Therapy Program .....	21
Therapy: South Health Campus .....	21
FETAL ALCHOL SPECTRUM DISORDER (FASD).....	21
FASD Handbook .....	21
FASD Learning Series.....	21
FASD Networks.....	21
Know FASD Website.....	21
For Assessment/Diagnosis (FASD) .....	21
McMan .....	21
Resources .....	21
Resources for Caregivers of persons with FASD .....	21
Sensory Issues in FASD specific to sleep .....	22
Sleep and FASD .....	22
What Parents and Caregivers need to know about FASD.....	22
FUNCTIONAL ASSESSMENT .....	22
Scales Child Global Assessment Scale .....	22
GENERAL MEDICATION AND MENTAL HEALTH INFORMATION .....	22
Alberta Health Services Brochure .....	22
Diagnosis Information .....	22
Medication Guidelines .....	22
Medication Information.....	22
Physicians Medication Management .....	22
Rating Scales and Screening Tools .....	22
Service Directory.....	23
Titrating across medications .....	23
Medication Specific – Titration and Switching Medications for physician management.....	23
Funding Supports / Compassionate Care Benefits for Medication .....	23
Alberta Child Health Benefit .....	23
Pharmacy Representation / “Drug Reps” .....	23
IN- HOME SUPPORT (for families, parenting) .....	24
Aspen .....	24
Closer to Home .....	24
COMPASS YWCA .....	24
Families Matter .....	24
Home Connections.....	24
Hull Services .....	24
McMan Services .....	24
IPP Specific .....	24
Codes and Coding .....	24
MEDICATION FUNDING SUPPORT .....	25
Available Funding Supports .....	25
MENTORSHIP AND MENTORING PROGRAMS.....	25

Mentoring Programs for Children and Youth .....	25
MOBILE APPLICATIONS .....	25
Addictions and Mental Health Mobile Application Directory 2017 by AHS .....	25
Anxiety Coach .....	25
Booster Buddy.....	25
Breathe2Relax.....	25
Breathing Room .....	25
Mind Masters.....	25
Mind Your Mood.....	25
Mood Kit.....	25
Mood Tools .....	26
Mind Shift.....	26
Panic Relief.....	26
Todoist .....	26
Omnifocus.....	26
MOOD DISORDERS.....	26
GLAD-PC.....	26
Fetzima.....	26
Mood Disorders Toolkit .....	26
Mood Log / Tracking .....	26
Self-Help Workbooks .....	26
Suggested Reading for Physicians related to treating Mood Disorders .....	26
Serotonin Norepinephrine Reuptake Inhibitors: A Pharmacological Comparison .....	27
Shared Mental Health Care Program .....	27
OBSESSIVE COMPULSIVE DISORDER .....	27
OCD in Schools .....	27
Recommended Books For Families.....	27
Resources specific to OCD.....	27
Rating Scales pertaining to OCD .....	27
PARENTING SUPPORT / PARENT SKILL DEVELOPMENT .....	27
Book Recommendation for Parents.....	27
Child Development Services (CDC) .....	27
Collaborative Problem Solving.....	27
Community Links.....	27
Community Resource Team (CRT) .....	27
Dialectical Behaviour Therapy (DBT) .....	27
DBT AHS Program Calgary.....	28
Families Matter .....	28
Okotoks Family Resource Centre .....	28
Parent Link .....	28
Parent Peer Support.....	28
Parenting After Separation .....	28
Strongest Families.....	28
Triple P – Positive Parenting Program (Parenting groups and resources – Free) .....	28
Psychosis/ Schizophrenia Related.....	28
DSM 5 Information.....	28
EPIS.....	28
NAPLS (North American Prodromal Longitudinal Study).....	28
Practice Guidelines.....	28
PRIME Clinic .....	28
PUBLIC PROGRAMS VIA ALBERTA HEALTH SERVICES .....	28
Access Mental Health.....	28
CONeX .....	29
Day Treatment Programming for Child Mental Health.....	29

Dual Diagnosis Program .....	29
Healthy Minds Healthy Children .....	29
Pediatric Sleep Clinic .....	29
Transitional Youth (EATC) Clinic.....	29
Youth Addiction Services .....	29
<b>RECREATION PROGRAMS.....</b>	<b>30</b>
ALIGN Association .....	30
Boys and Girls Clubs.....	30
Calgary Bridge Foundation for Youth.....	30
Calgary Public Library.....	30
City of Calgary Park and Recreation.....	30
Foothills Academy.....	30
Kid Sport.....	30
Kids Up Front.....	30
Power Play .....	30
Two Wheel View Canada .....	30
<b>RESPITE SERVICES.....</b>	<b>30</b>
Children’s Cottage.....	30
Community Resource Team (CRT) .....	30
Enviros – Respite Care Connection .....	30
Family Supports for Children with Disabilities (FSCD) .....	30
Just 4 U Family Services .....	31
Urgent Respite via CARYA .....	31
<b>SAFETY PLANNING, SUICIDAL IDEATION AND SELF HARM .....</b>	<b>31</b>
Creating a Safety Plan .....	31
Crisis Center and Resources.....	31
Guide for Medical Professionals .....	31
Handouts for Patients / Families.....	31
Rating Scale.....	31
Relevant Presentation.....	31
Self-Help Workbook.....	31
TASR-A Screening Tool .....	31
<b>SCHOOL REFUSAL AND SCHOOL TRUANCY .....</b>	<b>31</b>
Family Physician Specific.....	31
Rating Scale.....	31
Regarding School Attendance.....	32
School Refusal Criteria and Treatment .....	32
Understanding School Refusal .....	32
<b>SELECTIVE MUTISM.....</b>	<b>32</b>
General Information .....	32
Handout for School/Educators .....	32
Home Strategies.....	32
Myths .....	32
Resources and Videos .....	32
<b>SENSORY PROCESSING SPECIFIC .....</b>	<b>32</b>
General Information .....	32
Information for Caregivers.....	32
Resources.....	32
Sensory Processing Disorder Foundation .....	32
STAR Institute.....	32
<b>SEXUALITY, SEXUAL ORIENTATION, AND GENDER ORIENTATION .....</b>	<b>32</b>
Calgary Outlink.....	32
Calgary Sexual Health Center.....	32
Camp Firefly .....	33

Correlation Information .....	33
Ideographic .....	33
Genderbread Person .....	33
Mosaic Youth Group .....	33
Out Stories .....	33
PFLAG Website.....	33
Resources (FCRC) .....	33
Youthline .....	33
Youthsafe .....	33
SLEEP .....	33
Night Wandering.....	33
Sleep For Kids.....	33
Sleep Hygiene.....	33
Sleep Resources – FCRC .....	33
Optimized Practice website .....	34
SOMATIC SYMPTOMS, SOMATIZATION, SOMATIC SYMPTOM DISORDER .....	34
Recommended Reading for Physicians .....	34
Somatic Symptoms and Somatization in Children and Youth.....	34
Video: “Story of Somatization” .....	34
TRANSITIONAL YOUTH SERVICES – SUPPORTS / SERVICES FOR CHILDREN TRANSITIONING IN TO ADULTHOOD .....	34
City of Calgary Youth Guide .....	34
Programs and Services for Support .....	34
Resources .....	34
VIDEO GAME / INTERNET ADDICTION .....	35
Empowering Parents.....	35
Research / Reading .....	35
Videogame Guide.....	35
Website .....	35



## ACES – ADVERSE CHILDHOOD EXPERIENCES (Trauma, Abuse, Violence)

ACES and Trauma Informed Practice in Primary Care	Excellent Resource Guide primary care physicians to Trauma Informed Practice <a href="http://www.albertafamilywellness.org/assets/Resources/CAAMHPP-ACE-TIC-Resource-Guide-Nov-2016.pdf">http://www.albertafamilywellness.org/assets/Resources/CAAMHPP-ACE-TIC-Resource-Guide-Nov-2016.pdf</a>
ACES information from the CDC	Center for Disease Control website has excellent information on ACES and the ACE study <a href="http://www.cdc.gov/violenceprevention/acestudy/index.html">http://www.cdc.gov/violenceprevention/acestudy/index.html</a>
ACES information for patients	Useful information for patients to understand ACES, what they are, and the impact <a href="https://readyornot.alberta.ca/ready/healthy-mind-and-body/adverse-personal-experiences/#2640">https://readyornot.alberta.ca/ready/healthy-mind-and-body/adverse-personal-experiences/#2640</a>
ACES - Parenting Resources	<a href="http://www.cfpcn.ca/resources">www.cfpcn.ca/resources</a> Click on “Parenting”
Alberta Child and Family Wellness Initiative (AFWI)	The Brain Story <a href="http://www.albertafamilywellness.org/what-we-know/the-brain-story">http://www.albertafamilywellness.org/what-we-know/the-brain-story</a> Video Link = Every physician should watch this brief 4-minute video. This video demonstrates the important relationship between brain development and early childhood experiences <a href="http://www.albertafamilywellness.org/resources/video/brain-architecture">www.albertafamilywellness.org/resources/video/brain-architecture</a>
CanREACH Module on ACES	Module on ACES created by CanREACH specific to primary care providers <a href="http://www.hmhc.ca/canreachalumni.html">http://www.hmhc.ca/canreachalumni.html</a> Username: Username: CanREACH Password: PPP123 (*the username and password are case sensitive)
Crisis / Emergency Information	→ Child and Area Child and Family Services 24 hour intake line 403-297-2995 Toll Free 1-800-387-5437 → Calgary Women’s Emergency Shelter <a href="https://www.calgarywomensshelter.com/">https://www.calgarywomensshelter.com/</a> → Family Violence Helpline (24 hours) 403-234-7233 (SAFE) Toll-Free: 1-866-606-7233 (SAFE) <a href="https://www.calgarywomensshelter.com/index.php/shelter-programs/24-hour-family-violence-helpline">https://www.calgarywomensshelter.com/index.php/shelter-programs/24-hour-family-violence-helpline</a> → Shelter Safe- Online directory of women’s shelters across Canada <a href="http://www.sheltersafe.ca/">http://www.sheltersafe.ca/</a> → YWCA (emergency shelter, housing, support, counselling) <a href="http://www.ywcalgary.ca/">http://www.ywcalgary.ca/</a>
DSM-5 - PTSD	DSM-5 Criteria for PTSD <a href="http://www.dsm5.org/Documents/PTSD%20Fact%20Sheet.pdf">www.dsm5.org/Documents/PTSD%20Fact%20Sheet.pdf</a>
Differential Diagnosis Guide	A useful read to help negotiate differential diagnosis such as trauma and ADHD called “Is It ADHD or Traumatic Stress? A Guide for Clinicians” <a href="http://www.nctsn.org/sites/default/files/assets/pdfs/adhd_and_child_traumatic_stress_final.pdf">http://www.nctsn.org/sites/default/files/assets/pdfs/adhd_and_child_traumatic_stress_final.pdf</a>
Recommended Reading for Physicians	→ Modifiable Resilience Factors for Childhood Adverse Experiences in Pediatric Practices <a href="http://pediatrics.aappublications.org/content/early/2017/04/17/peds.2016-2569">http://pediatrics.aappublications.org/content/early/2017/04/17/peds.2016-2569</a> → Shonkoff, Jack P., (2016). Capitalizing on Advances in Science to Reduce the Health Consequences of Early Childhood Adversity. JAMA Pediatrics, doi:10.1001/jamapediatrics.2016.1559 from <a href="http://archpedi.jamanetwork.com/article.aspx?articleid=2546141">http://archpedi.jamanetwork.com/article.aspx?articleid=2546141</a> → SAMHSA (nd). Trauma-informed care in behavioral health services:

	<p>treatment improvement protocol (TIP) series 57. Part 3: A review of the literature. Rockville, MD: US Department of Health and Human Services, SAMHSA. Available from <a href="http://store.samhsa.gov/shin/content//SMA14-4816/SMA14-4816_LitReview.pdf">http://store.samhsa.gov/shin/content//SMA14-4816/SMA14-4816_LitReview.pdf</a></p> <p>→ Ungar, M. (2015). Practitioner Review: Diagnosing childhood resilience: A systemic approach to the diagnosis of adaptation in adverse social ecologies. <i>Journal of Child Psychology and Psychiatry</i>, 56(1), 4-17. <a href="http://resilienceresearch.org/research/resources/publications/24-peer-reviewed-journal-articles">http://resilienceresearch.org/research/resources/publications/24-peer-reviewed-journal-articles</a></p>
Trauma and Behaviours	The NCTSN (National Child Traumatic Stress Network) has some great information on their website in general, including information on behaviours: <a href="http://www.nctsn.org/trauma-types/early-childhood-trauma/Symptoms-and-Behaviors-Associated-with-Exposure-to-Trauma">http://www.nctsn.org/trauma-types/early-childhood-trauma/Symptoms-and-Behaviors-Associated-with-Exposure-to-Trauma</a>
Trauma and Dissociation	Dissociation can be a common feature of traumatization, information <a href="http://www.isst-d.org/default.asp?contentID=52">http://www.isst-d.org/default.asp?contentID=52</a>
Trauma (PTSD) - Rating Scale	Child PTSD Rating Scale <a href="http://www.cappcny.org/home/media/ptsd_child_symptom_scale.pdf">http://www.cappcny.org/home/media/ptsd_child_symptom_scale.pdf</a> The scale and scoring: <a href="http://www.cappcny.org/home/clinical-rating-scales/">http://www.cappcny.org/home/clinical-rating-scales/</a>
Video - Toxic Stress Derails Healthy Brain	A must watch video (short but powerful) for all physicians and even for families to help explain ACES and the Development Link <a href="http://developingchild.harvard.edu/resources/toxic-stress-derails-healthy-development/">http://developingchild.harvard.edu/resources/toxic-stress-derails-healthy-development/</a>
Website – ACES	ACES too High Website – Excellent information

## ADHD (ATTENTION DEFICIT HYPERACTIVITY DISORDER)

ADHD in Primary Care	Identification and management for Canadian primary care professionals <a href="http://www.shared-care.ca/files/ADHD_Overview_Update_February_2017.pdf">http://www.shared-care.ca/files/ADHD_Overview_Update_February_2017.pdf</a>
Anxiety and ADHD	→ Information regarding the interplay between Anxiety and ADHD: <a href="https://www.healthychildren.org/English/health-issues/conditions/emotional-problems/Pages/Anxiety-Disorders-and-ADHD.aspx">https://www.healthychildren.org/English/health-issues/conditions/emotional-problems/Pages/Anxiety-Disorders-and-ADHD.aspx</a>
ADHD and Co-Existing Conditions – Ideograph	Useful for patients, families, and physicians to see and learn about for psycho-educational purposes pertaining to conditions, symptoms, and treatment: <a href="http://www.chadd.org/Portals/0/NRC/AboutADHD/PDF/Infographic3.pdf">http://www.chadd.org/Portals/0/NRC/AboutADHD/PDF/Infographic3.pdf</a>
ADHD and Healthy Eating	Information and handouts for families <a href="http://www.shared-care.ca/files/ADHD_and_eating.pdf">http://www.shared-care.ca/files/ADHD_and_eating.pdf</a>
ADHD and Gender Differences	The ADDvance website has some information for girls/women <a href="http://addvance.com/help/women/index.html">http://addvance.com/help/women/index.html</a> → Suggested Reading: <i>Understanding Girls with Attention Deficit/Hyperactivity Disorder</i> by Kathleen G. Nadeau, Ellen B. Littman and Patricia O. Quinn → Information on gender differences in ADHD <a href="https://psychcentral.com/lib/adhd-and-gender/">https://psychcentral.com/lib/adhd-and-gender/</a> → ADHD Checklist specific to females <a href="http://www.addvance.com/help/women/girl_checklist.html">http://www.addvance.com/help/women/girl_checklist.html</a> → Questionnaire specific to self-report in females for ADHD <a href="http://www.addvance.com/help/women/girl_questionnaire.html">http://www.addvance.com/help/women/girl_questionnaire.html</a>
ADHD - Information and Resources for	Family and Community Resource Center (FCRC) – “information

Families from the FCRC	prescriptions” – useful information, resources, and support for families <a href="http://fcrc.albertahealthservices.ca/health-information/library/information-prescriptions/adhd/">http://fcrc.albertahealthservices.ca/health-information/library/information-prescriptions/adhd/</a>
ADHD - Information for Parents from the CDC	Useful for psycho-education and information for families: “My Child has been diagnosed with ADHD, now what?” from the CDC <a href="https://www.cdc.gov/ncbddd/adhd/treatment.html">https://www.cdc.gov/ncbddd/adhd/treatment.html</a>
ADHD in the Post-Secondary Environment	CADDRA commentary to help understand ADHD in the post-secondary setting <a href="http://www.caddac.ca/cms/page.php?244">http://www.caddac.ca/cms/page.php?244</a> Support services offer supports and services for students with ADHD offering strategies and skill building. <a href="http://www.additudemag.com/search/keyword/ADHD%20and%20College.html">http://www.additudemag.com/search/keyword/ADHD%20and%20College.html</a>
Anxiety and ADHD	→ Information regarding the interplay between Anxiety and ADHD: <a href="https://www.healthychildren.org/English/health-issues/conditions/emotional-problems/Pages/Anxiety-Disorders-and-ADHD.aspx">https://www.healthychildren.org/English/health-issues/conditions/emotional-problems/Pages/Anxiety-Disorders-and-ADHD.aspx</a>
ADHD Medication Information from CADDRA	Canadian ADHD Medication Updates from CADDRA: <a href="https://www.caddra.ca/category/resources/medication-updates/">https://www.caddra.ca/category/resources/medication-updates/</a> Canadian ADHD Medication Chart from CADDRA: <a href="https://www.caddra.ca/resources/medication-chart/">https://www.caddra.ca/resources/medication-chart/</a> CADDRA Patient ADHD Medication Form <a href="https://caddra.ca/pdfs/downloads/CADDRA_PatientADHDMedicationForm.pdf">https://caddra.ca/pdfs/downloads/CADDRA_PatientADHDMedicationForm.pdf</a>
ADHD and Operating a Motor Vehicle	CADDRA commentary to help assess and manage concerns related to ADHD and operating a motor vehicle which includes a questionnaire <a href="http://www.caddra.ca/pdfs/caddraGuidelines2011Document6C_Driving.pdf">http://www.caddra.ca/pdfs/caddraGuidelines2011Document6C_Driving.pdf</a>
ADHD simulations	→ <a href="#">Organizational skills</a> → <a href="#">Attention</a>
ADHD - Websites for Patients and Families	→ Totally ADD Website <a href="http://totallyadd.com">http://totallyadd.com</a> → CHADD website <a href="http://www.chadd.org/">http://www.chadd.org/</a>
ADHD Workbook	Self-Directed help for when therapy is not an option <a href="https://www.amazon.com/ADHD-Workbook-Teens-Activities-Motivation/dp/1572248653">https://www.amazon.com/ADHD-Workbook-Teens-Activities-Motivation/dp/1572248653</a>
Books / Recommended Readings for families	→ <i>My Brain Needs Glasses</i> by Annick Vincent M.D. and <i>My Brain Still Needs Glasses</i> by Annick Vincent M.D. - <a href="http://www.attentiondeficit-info.com/books-annick-vincent.php">http://www.attentiondeficit-info.com/books-annick-vincent.php</a> → <i>ADD Stole My Car Keys</i> by Rick Green and Umesh Jain - <a href="http://totallyaddshop.com/products/book-add-stole-my-car-keys#.Vvw_L9IrK9J">http://totallyaddshop.com/products/book-add-stole-my-car-keys#.Vvw_L9IrK9J</a>
CADDRA	Practice Guidelines and Assessment Forms <a href="https://www.caddra.ca/practice-guidelines/">https://www.caddra.ca/practice-guidelines/</a>
CanLEARN Society	Useful program in Calgary that has resources, therapy, groups, coaching, etc. <a href="https://www.canlearnsociety.ca/">https://www.canlearnsociety.ca/</a>
Classroom Accommodations	→ <a href="http://www.shared-care.ca/files/Classroom_Accommodations.pdf">http://www.shared-care.ca/files/Classroom_Accommodations.pdf</a> → <a href="http://www.shared-care.ca/files/Accommodations_Help_Students_with_ADD.pdf">http://www.shared-care.ca/files/Accommodations_Help_Students_with_ADD.pdf</a>
Consequences of ADHD	An excellent “tear-sheet” useful for physician offices or to hand out <a href="http://www.janssen.com/sites/www_janssen.com_canada/files/pdf/CR_LB120161E_ADHD_ConsequencesofADHD.pdf">http://www.janssen.com/sites/www_janssen.com_canada/files/pdf/CR_LB120161E_ADHD_ConsequencesofADHD.pdf</a>

Medication Information re: Dosing	Dosing equivalency calculator for stimulants <a href="http://www.uacap.org/uploads/3/2/5/0/3250432/stimulant_equivalency.pdf">http://www.uacap.org/uploads/3/2/5/0/3250432/stimulant_equivalency.pdf</a>
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.
Psychosocial Information for ADHD from CADDRA	It outlines the main elements of psychosocial education and includes practical recommendations for patients <a href="https://www.caddra.ca/resources/psychosocial-chart/">https://www.caddra.ca/resources/psychosocial-chart/</a>
Recommended Literature for Physicians to read specific to ADHD	→ Dalsgaard et al., Lancet 2015. <a href="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</a> → “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. <a href="https://www.ncbi.nlm.nih.gov/pubmed/23452682">https://www.ncbi.nlm.nih.gov/pubmed/23452682</a>
Recommended Readings	Recommended Reading List for Families from CADDRA <a href="https://www.caddra.ca/public-information/educators/recommended-reading/">https://www.caddra.ca/public-information/educators/recommended-reading/</a>
Self-Regulation	→ <a href="http://www.self-reg.ca">www.self-reg.ca</a> → <a href="#">Toolkit</a> → <a href="#">Infographics</a>
Texas Algorithm for ADHD	Texas Algorithm which was shared and reviewed in the PPP training <a href="http://www.regionhalland.se/PageFiles/50487/Texas%20C-Map%20ADHD.pdf">http://www.regionhalland.se/PageFiles/50487/Texas%20C-Map%20ADHD.pdf</a>
Understood	<a href="#">Through your child’s eyes</a> → Simulations of disabilities → stories
<b>AGE OF CONSENT / CONFIDENTIALITY RELATED</b>	
Reading related to the topic of confidentiality and consent in adolescent medicine.	→ “Adolescent Confidentiality: Understanding and Practices of Health Care Providers” (Feb 2014) Paediatrics and Child Health <a href="https://www.researchgate.net/publication/260529031_Adolescent_confidentiality_Understanding_and_practices_of_health_care_providers?enrichId=rgreq-0e479ba351a5c397e2490ceb8f64cb3d-XXX&amp;enrichSource=Y292ZXJQYWdlOzI2MDUyOTAzMTtBUzo1MjlyNDQ5OTc4MTYzMjBAMTUwMTUyNDMxODI4MQ%3D%3D&amp;el=1_x_3&amp;_esc=p_ublicationCoverPdf">https://www.researchgate.net/publication/260529031_Adolescent_confidentiality_Understanding_and_practices_of_health_care_providers?enrichId=rgreq-0e479ba351a5c397e2490ceb8f64cb3d-XXX&amp;enrichSource=Y292ZXJQYWdlOzI2MDUyOTAzMTtBUzo1MjlyNDQ5OTc4MTYzMjBAMTUwMTUyNDMxODI4MQ%3D%3D&amp;el=1_x_3&amp;_esc=p_ublicationCoverPdf</a> → Recent article on this in the Globe and Mail <a href="https://beta.theglobeandmail.com/life/the-tricky-issue-of-consent-in-adolescent-mental-health-care/article24569021/?ref=http://www.theglobeandmail.com&amp;">https://beta.theglobeandmail.com/life/the-tricky-issue-of-consent-in-adolescent-mental-health-care/article24569021/?ref=http://www.theglobeandmail.com&amp;</a>

AGGRESSION	
Behavioral Concerns	<a href="http://www.shared-care.ca/toolkits-behaviour">http://www.shared-care.ca/toolkits-behaviour</a>
Suggested Readings for Parents on Behavioral Problems in Children	Information and Suggested Readings for Parents on Behavioral Problems in Children <a href="http://www.shared-care.ca/files/Offord_Behaviour.pdf">http://www.shared-care.ca/files/Offord_Behaviour.pdf</a>
Opposition – A Guide for Families	American Academy of Child and Adolescent Psychiatry has put together this useful Guide for Families regarding aggression and oppositional behaviors <a href="http://www.aacap.org/App_Themes/AACAP/docs/resource_centers/odd/odd_resource_center_odd_guide.pdf">http://www.aacap.org/App_Themes/AACAP/docs/resource_centers/odd/odd_resource_center_odd_guide.pdf</a>
Rating Scale – Aggression	Outburst Monitoring Scale <a href="http://www.cappcnyc.org/home/clinical-rating-scales/">www.cappcnyc.org/home/clinical-rating-scales/</a>
Aggression Literature Recommended for physicians to read	Recommended Reading for Physicians 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 Literature out of Canada in the area of aggression including both systemic review and meta-analysis. → <a href="http://journals.sagepub.com/doi/abs/10.1177/070674371506000202">http://journals.sagepub.com/doi/abs/10.1177/070674371506000202</a> → <a href="http://journals.sagepub.com/doi/abs/10.1177/070674371506000203">http://journals.sagepub.com/doi/abs/10.1177/070674371506000203</a> → <a href="http://journals.sagepub.com/doi/abs/10.1177/070674371506000204">http://journals.sagepub.com/doi/abs/10.1177/070674371506000204</a>
Treatment of Maladaptive Aggression in Youth (T-MAY)	The Treatment of Maladaptive Aggression in Youth (T-MAY) was covered in the PPP training and the formal book of this can be found here <a href="http://www.thereachinstitute.org/images/pdfs/T-MAY-final.pdf">http://www.thereachinstitute.org/images/pdfs/T-MAY-final.pdf</a>

## ALBERTA EDUCATION / CODING / PSYCHOEDUCATIONAL ASSESSMENTS / SCHOOL SPECIFIC

Agencies that do Psycho-Educational Assessments	→ Calgary - Integrated Services in Education (ISE) formerly U-CAPES <a href="http://werkland.ucalgary.ca/ise/">http://werkland.ucalgary.ca/ise/</a> → CanLearn Society <a href="http://canlearnsociety.ca/how-we-help/child-assessments/">http://canlearnsociety.ca/how-we-help/child-assessments/</a> → Foothills Academy <a href="http://www.foothillsacademy.org/psych/assessments/">http://www.foothillsacademy.org/psych/assessments/</a>
Classroom Support and Strategies	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. <a href="http://www.edu.gov.on.ca/eng/document/reports/SupportingMinds.pdf">http://www.edu.gov.on.ca/eng/document/reports/SupportingMinds.pdf</a>
Demystifying the Psycho-Educational Report	<a href="https://www.ldatschool.ca/demystifying-the-psycho-educational-assessment-report/">https://www.ldatschool.ca/demystifying-the-psycho-educational-assessment-report/</a>
Finding Psychologists in Private Practice who do Psycho-Educational Assessments	Online Referral Search for Psychologists <a href="https://www.psychologistsassociation.ab.ca/site/doctor_search_agreement">https://www.psychologistsassociation.ab.ca/site/doctor_search_agreement</a>
Education Coding	Codes and Coding in Alberta for IPP and Special Education Purposes <a href="https://open.alberta.ca/dataset/ee2ccea8-97fe-41a1-aa11-ed9f21421364/resource/22551585-a8d1-4b54-bdc3-7b21067cdaa7/download/3656041-2015-Special-Education-Coding-Criteria-2015-2016.pdf">https://open.alberta.ca/dataset/ee2ccea8-97fe-41a1-aa11-ed9f21421364/resource/22551585-a8d1-4b54-bdc3-7b21067cdaa7/download/3656041-2015-Special-Education-Coding-Criteria-2015-2016.pdf</a>
Giftedness	→ Websites <a href="http://www.learnaberta.ca">www.learnaberta.ca</a> and <a href="http://www.education.alberta.ca">www.education.alberta.ca</a> → Developmental Considerations:

	<a href="http://www.learnalberta.ca/content/ieptLibrary/documents/en/is/developmental_considerations.pdf">http://www.learnalberta.ca/content/ieptLibrary/documents/en/is/developmental_considerations.pdf</a> → Transitional Considerations: <a href="http://www.learnalberta.ca/content/ieptLibrary/documents/en/is/transition_considerations.pdf">http://www.learnalberta.ca/content/ieptLibrary/documents/en/is/transition_considerations.pdf</a> → Handbook for Parents and Children who are Gifted: <a href="https://education.alberta.ca/media/464613/the-journey-a-handbook-for-parents-2004.pdf">https://education.alberta.ca/media/464613/the-journey-a-handbook-for-parents-2004.pdf</a>
Learning Disabilities	(a resource to get information on a variety of LD's) <a href="https://www.ldatschool.ca/learn-about-lds/">https://www.ldatschool.ca/learn-about-lds/</a>
Mental Health Classrooms / Programming	→ Calgary Board of Education specialty programs <a href="http://www.cbe.ab.ca/FormsManuals/Specialized-Classes-and-Unique-Settings.pdf">http://www.cbe.ab.ca/FormsManuals/Specialized-Classes-and-Unique-Settings.pdf</a> → Calgary Catholic School Division programming for students struggling with mental health needs. <a href="https://www.cssd.ab.ca/Programs/ProgramSupports/DiverseLearning/Documents/DistrictSupportandSpecializedProgramming.pdf">https://www.cssd.ab.ca/Programs/ProgramSupports/DiverseLearning/Documents/DistrictSupportandSpecializedProgramming.pdf</a>
Physicians requesting school support and accommodations	Templates for requesting school support and accommodations → <a href="https://www.caddra.ca/pdfs/caddraGuidelines2011Document6A_EdAccomTemplate.pdf">https://www.caddra.ca/pdfs/caddraGuidelines2011Document6A_EdAccomTemplate.pdf</a> → <a href="http://www.shared-care.ca/files/School_Req_for_IEP.pdf">http://www.shared-care.ca/files/School_Req_for_IEP.pdf</a>
Screening Tool - Learning Disabilities	A useful screener for Learning Disabilities you can use in Primary Care Practice <a href="http://www.yourgrowingedges.com/pdf/learnDisabChildScreen.pdf">http://www.yourgrowingedges.com/pdf/learnDisabChildScreen.pdf</a>
<b>ALCOHOL AND SUBSTANCE USE / ADDICTIONS</b>	
Addictions and Mental Health Mobile Application Directory	<a href="https://www.albertahealthservices.ca/assets/info/res/mhr/if-res-mhr-kt-mobile-app-directory.pdf">https://www.albertahealthservices.ca/assets/info/res/mhr/if-res-mhr-kt-mobile-app-directory.pdf</a>
Alberta Adolescent Recovery Center	Alberta Adolescent Recovery Center (AARC) is a private, long term facility <a href="http://aarc.ab.ca/">http://aarc.ab.ca/</a>
Alberta Cannabis Framework – Government of Alberta	Alberta Cannabis Framework from the Government of Alberta – draft released in October. There is a downloadable copy of the framework and more. <a href="https://www.alberta.ca/cannabis-framework.aspx">https://www.alberta.ca/cannabis-framework.aspx</a>
Effects of Marijuana Use	Information on the effects of marijuana use during adolescents <a href="http://www.ccsa.ca/Resource%20Library/CCSA-Effects-of-Cannabis-Use-during-Adolescence-Summary-2015-en.pdf">http://www.ccsa.ca/Resource%20Library/CCSA-Effects-of-Cannabis-Use-during-Adolescence-Summary-2015-en.pdf</a>
Infographic - Marijuana	Marijuana fact and fiction for teens <a href="http://www.ccsa.ca/Resource%20Library/CCSA-Marijuana-Fact-and-Fiction-Infographic-2016-en.pdf">http://www.ccsa.ca/Resource%20Library/CCSA-Marijuana-Fact-and-Fiction-Infographic-2016-en.pdf</a>
Naloxone Kit	All physicians are recommended to have a Naloxone Kit in their office <a href="http://www.albertahealthservices.ca/info/page12491.aspx">http://www.albertahealthservices.ca/info/page12491.aspx</a>
Overview of Street Drugs and Slang	Physicians often find this brief overview of street drugs useful for their own knowledge building → <a href="http://drugfree.org/">http://drugfree.org/</a> → Street Drug “talk” assists with understanding the “street language” of drug use, activity and product <a href="http://www.noslang.com/drugs/dictionary.php">http://www.noslang.com/drugs/dictionary.php</a> <a href="http://havenhouse.net/street-drug-slang-names/">http://havenhouse.net/street-drug-slang-names/</a>
Parent Action on Drugs	<a href="http://parentactionondrugs.org/">http://parentactionondrugs.org/</a> Parent Action Pack resource (Marijuana and Mental Health Problems in Youth) <a href="http://parentactionpack.ca/alcohol-other-drugs/marijuana/">http://parentactionpack.ca/alcohol-other-drugs/marijuana/</a>

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.
Primary Care Provider Information and Training	Training in addictions for primary care providers, as well, this website has lots of useful information for physicians pertaining to addictions <a href="http://www.sbirtoregon.org/">http://www.sbirtoregon.org/</a>
Programming in Alberta	Information on prevention, voluntary detox, addictions counselling programs, PCHAD (involuntary detox) and more <a href="http://www.albertahealthservices.ca/info/facility.aspx?id=68&amp;service=1056701">http://www.albertahealthservices.ca/info/facility.aspx?id=68&amp;service=1056701</a>
Screening for Youth Substance Abuse	The essentials of screening for youth substance abuse and mental health <a href="http://www.cclt.ca/Resource%20Library/2012_PT_Essentials_of_Screening_Youth_en.pdf">http://www.cclt.ca/Resource%20Library/2012_PT_Essentials_of_Screening_Youth_en.pdf</a>
Screening Tool – CRAFFT	The CRAFFT Screening Tool <a href="http://www.ceasar-boston.org/CRAFFT/screenCRAFFT.php">http://www.ceasar-boston.org/CRAFFT/screenCRAFFT.php</a>
Substance Use Screening	Information for Primary Care Providers pertaining to Substance Use and Screening <a href="http://www.shared-care.ca/files/SUBSTANCE_USE_SCREEN_FOR_YOUTH.pdf">http://www.shared-care.ca/files/SUBSTANCE_USE_SCREEN_FOR_YOUTH.pdf</a>
Substance Use Related Resources - FCRC	Family and Community Resource Center (FCRC) – “information prescriptions” – useful information, resources, and support for families <a href="http://frc.albertahealthservices.ca/health-information/library/information-prescriptions/substance-use-and-abuse/">http://frc.albertahealthservices.ca/health-information/library/information-prescriptions/substance-use-and-abuse/</a>
The Canadian Centre on Substance Abuse	Useful information for families where Substance Use is a concern <a href="http://www.ccsa.ca/">http://www.ccsa.ca/</a>
The Downside of High video	Video by David Suzuki, The Nature of Things <a href="http://www.cbc.ca/natureofthings/episodes/the-downside-of-high">http://www.cbc.ca/natureofthings/episodes/the-downside-of-high</a>

## ANXIETY

Alberta Health Services. (2014). Alcohol and Adolescents. Retrieved from	<a href="http://www.albertahealthservices.ca/assets/info/hp/edu/if-hp-edu-amh-alcohol-and-adolescents.pdf">http://www.albertahealthservices.ca/assets/info/hp/edu/if-hp-edu-amh-alcohol-and-adolescents.pdf</a>
Anxiety and Avoidance	Anxiety and Avoidance information from AACAP <a href="https://www.aacap.org/aacap/Families_and_Youth/Resource_Centers/Anxiety_Disorder_Resource_Center/Your_Adolescent_Anxiety_and_Avoidant_Disorders.aspx">https://www.aacap.org/aacap/Families_and_Youth/Resource_Centers/Anxiety_Disorder_Resource_Center/Your_Adolescent_Anxiety_and_Avoidant_Disorders.aspx</a>
Anxiety at School	→ Information for Educators about students with anxiety: <a href="https://www.anxietybc.com/educators">https://www.anxietybc.com/educators</a> → Teacher Handout: <a href="http://www.shared-care.ca/files/Managing_Anxiety_Problems_at_School.pdf">http://www.shared-care.ca/files/Managing_Anxiety_Problems_at_School.pdf</a>
Anxiety BC Website	This is a wonderful website for patients and families with resources pertaining to a variety of types of anxiety <a href="http://www.anxietybc.com/">http://www.anxietybc.com/</a>
Anxiety Focused Groups for Kids	→ Medicine Hat (see attachment), referrals made to Addiction and Mental Health – Medicine Hat Clinic. Phone: (403)529-3582 or Fax: (403)529-3130. → Calgary, Worry Warriors via CARYA. Phone: (403)269-9888. Self-Referral.
Anxiety in Primary Care	Overview and Resources useful for physicians and families alike <a href="http://www.shared-care.ca/toolkits-anxiety">http://www.shared-care.ca/toolkits-anxiety</a>
Anxiety Related Resources - FCRC	Family and Community Resource Center (FCRC) – “information prescriptions” – useful information, resources, and support for families <a href="http://frc.albertahealthservices.ca/health-">http://frc.albertahealthservices.ca/health-</a>

	<a href="http://information/library/information-prescriptions/anxiety/">information/library/information-prescriptions/anxiety/</a> → Relaxation - A nice hand out regarding relaxation strategies which is useful for anxiety <a href="https://www.getselfhelp.co.uk/docs/Relaxation.pdf">https://www.getselfhelp.co.uk/docs/Relaxation.pdf</a>
Anxiety in Primary Care “online toolkit”	<a href="http://www.shared-care.ca/toolkits-anxiety">http://www.shared-care.ca/toolkits-anxiety</a>
Free, self-help workbook for teens with anxiety if therapy is not an option	<a href="http://www.algomafamilyservices.org/Files/AFS/resources/Anxiety20Wbk20for20Teens.pdf">http://www.algomafamilyservices.org/Files/AFS/resources/Anxiety20Wbk20for20Teens.pdf</a>
Good resources for PCP and/or to recommend to parents	Alberta Health Services – Parent Information Series. Retrieved from: <a href="http://www.albertahealthservices.ca/amh/Page2434.aspx">http://www.albertahealthservices.ca/amh/Page2434.aspx</a> Canadian Centre on Substance Abuse. (2016). Clearing the Smoke on Cannabis. Highlights: An update. Retrieved from: <a href="http://www.ccdus.ca/Resource%20Library/CCSA-Clearing-the-Smoke-on-Cannabis-Highlights-2016-en.pdf">http://www.ccdus.ca/Resource%20Library/CCSA-Clearing-the-Smoke-on-Cannabis-Highlights-2016-en.pdf</a> Drug Free Kids Canada. (2016). Cannabis Talk Kit: Know how to talk to your teen. Available at: <a href="https://www.drugfreekidscanada.org/">https://www.drugfreekidscanada.org/</a> Winters, K. (2008). Adolescent Brain Development and Drug Abuse. The Mentor Foundation. University of Minnesota. Retrieved from: <a href="http://www.bbbslangley.com/site-bbbs/media/langley2012/Adolescent_Brain_Bochure.pdf">http://www.bbbslangley.com/site-bbbs/media/langley2012/Adolescent_Brain_Bochure.pdf</a>
Good screening tools for physicians/health care providers	National Institute on Drug Abuse (2015). Chart of Evidence-Based Screening Tools for Adults and Adolescents. Retrieved from: <a href="https://www.drugabuse.gov/nidamed-medical-health-professionals/tool-resources-your-practice/screening-assessment-drug-testing-resources/chart-evidence-based-screening-tools-adults">https://www.drugabuse.gov/nidamed-medical-health-professionals/tool-resources-your-practice/screening-assessment-drug-testing-resources/chart-evidence-based-screening-tools-adults</a>
Practice Parameters	The Journal of American Academy of Child and Adolescent Psychiatry (AACAP)’s paper on practice parameters for assessing and treating anxiety <a href="http://www.jaacap.com/article/S0890-8567(09)61838-4/pdf">http://www.jaacap.com/article/S0890-8567(09)61838-4/pdf</a>
Relaxation	A nice hand out regarding relaxation strategies which is useful for anxiety <a href="https://www.getselfhelp.co.uk//docs/Relaxation.pdf">https://www.getselfhelp.co.uk//docs/Relaxation.pdf</a>
Resource Lists for Families and Patients specific to Anxiety	Resource List for parents and children <a href="http://www.shared-care.ca/files/Anxiety_Resources_Updated_June_2015.pdf">http://www.shared-care.ca/files/Anxiety_Resources_Updated_June_2015.pdf</a> Resource List for teens <a href="http://www.shared-care.ca/files/Youth_Friendly_Resources_Updated_June_2015.pdf">http://www.shared-care.ca/files/Youth_Friendly_Resources_Updated_June_2015.pdf</a>
Self-Help Workbook for Teens with Anxiety	Free, self-help workbook for teens with anxiety if therapy is not an option <a href="http://www.algomafamilyservices.org/Files/AFS/resources/Anxiety20Wbk20for20Teens.pdf">http://www.algomafamilyservices.org/Files/AFS/resources/Anxiety20Wbk20for20Teens.pdf</a>
Social Anxiety	→ Home Management Strategies for Social Anxiety <a href="https://www.anxietybc.com/sites/default/files/hmsocial.pdf">https://www.anxietybc.com/sites/default/files/hmsocial.pdf</a> → Parenting and Social Anxiety Disorder <a href="https://www.anxietybc.com/parenting/social-anxiety-disorder">https://www.anxietybc.com/parenting/social-anxiety-disorder</a> → Self-Strategies (or in combination with care provider) <a href="https://www.anxietybc.com/sites/default/files/adult_hmsocial.pdf">https://www.anxietybc.com/sites/default/files/adult_hmsocial.pdf</a>



## “AT-RISK” CHILDREN / YOUTH

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. <a href="http://www.calgary.ca/cps/Pages/Youth-programs-and-resources/Youth-intervention/Cops-for-Kids-About-Face-Program.aspx">http://www.calgary.ca/cps/Pages/Youth-programs-and-resources/Youth-intervention/Cops-for-Kids-About-Face-Program.aspx</a> Phone: 403-428-8288
Elizabeth Fry Society and John Howard Society	Programming for “at risk” youth Females – Elizabeth Fry Society: <a href="http://www.caefs.ca/">http://www.caefs.ca/</a> Males – John Howard Society: <a href="http://www.johnhoward.ca">www.johnhoward.ca</a>
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 <a href="http://www.calgary.ca/cps/Pages/Youth-programs-and-resources/Youth-intervention/Multi-Agency-School-Support-Team.aspx">http://www.calgary.ca/cps/Pages/Youth-programs-and-resources/Youth-intervention/Multi-Agency-School-Support-Team.aspx</a>
Youth At Risk Development Program (YARD)	Calgary Police Service program for Youth ages 10 -17 at risk of Gang involvement <a href="http://www.calgary.ca/cps/Pages/Youth-programs-and-resources/Youth-intervention/Gangs-and-Youth-at-Risk-Development-Program.aspx">http://www.calgary.ca/cps/Pages/Youth-programs-and-resources/Youth-intervention/Gangs-and-Youth-at-Risk-Development-Program.aspx</a>

## AUTISM SPECTRUM DISORDER (ASD)

Ability Hub Resource Centre	The Ability Hub website in general, but also the resource center has great information <a href="https://www.theabilityhub.org/resources/resource-centre">https://www.theabilityhub.org/resources/resource-centre</a>
ASD in Primary Care	Overview, understanding, screening and treatment <a href="http://www.shared-care.ca/toolkits-autism">http://www.shared-care.ca/toolkits-autism</a>
Assessment / Consultation (Alberta Health Services)	Consultative Diagnostic Clinic – Developmental Pediatrics – Child Development Center (Calgary) Referral Form: <a href="http://fcr.albertahealthservices.ca/professional/cds/">http://fcr.albertahealthservices.ca/professional/cds/</a>
Autism Canada	→ <a href="https://autismcanada.org/">https://autismcanada.org/</a> → Autism Physician Handbook
Autism Specific Resources FCRC	Family and Community Resource Center (FCRC) – “information prescriptions” – useful information, resources, and support for families <a href="http://fcr.albertahealthservices.ca/health-information/library/information-prescriptions/asd/">http://fcr.albertahealthservices.ca/health-information/library/information-prescriptions/asd/</a>
Blog regarding ASD	A blog that was created by Dr. Weiss at York University regarding ASD <a href="http://asdmentalhealth.blog.yorku.ca/editor/">http://asdmentalhealth.blog.yorku.ca/editor/</a>
Physician Handbook	Online Physician Handbook related to ASD from Autism Canada <a href="http://autismcanada.org/resources/physician-handbook/">http://autismcanada.org/resources/physician-handbook/</a>
Screening tools for ASD	→ Autism Resource Center Directory has various screening tools available <a href="http://www.autismresearchcentre.com/arc_tests">http://www.autismresearchcentre.com/arc_tests</a> → The M-CHAT (look under the Autism heading) <a href="http://www.cappcnyc.org/home/index.php/clinical-resources">http://www.cappcnyc.org/home/index.php/clinical-resources</a>
Websites with information for families	Useful website for families with a diagnosis of ASD in their family system → Autism Canada <a href="http://autismcanada.org/">http://autismcanada.org/</a> → Autism Calgary (programs, resources) <a href="http://www.autismcalgary.com/">www.autismcalgary.com/</a>

## Bipolar Disorder

Mania Rating Guide	(development and application of this structure interview) <a href="http://www.scielo.br/pdf/rbp/v25n2/v25n02a08.pdf">http://www.scielo.br/pdf/rbp/v25n2/v25n02a08.pdf</a>
Young Mania Rating Scale	<a href="http://dcf.psychiatry.ufl.edu/files/2011/05/Young-Mania-Rating-Scale-Measure-with-background.pdf">http://dcf.psychiatry.ufl.edu/files/2011/05/Young-Mania-Rating-Scale-Measure-with-background.pdf</a>
DSM-5 Information on Bipolar Disorder	<a href="https://dsm.psychiatryonline.org/doi/10.1176/appi.books.9780890425596.dsm03">https://dsm.psychiatryonline.org/doi/10.1176/appi.books.9780890425596.dsm03</a>
Daily Mood Tracker for Bipolar	Downloadable: <a href="https://www.depakote.com/resources/mood-tracker">https://www.depakote.com/resources/mood-tracker</a> Online: <a href="https://www.moodtracker.com/">https://www.moodtracker.com/</a>

## CBT INFORMATION AND HOME PROGRAMS

Behavior or Habit Reversal Therapy	Information on Behaviour or Habit Reversal Therapy <a href="https://med.nyu.edu/child-adolescent-psychiatry/news/csc-news/january-2015/habit-reversal-therapy-approach-managing-repetitive-behavior-disorders">https://med.nyu.edu/child-adolescent-psychiatry/news/csc-news/january-2015/habit-reversal-therapy-approach-managing-repetitive-behavior-disorders</a>
Home Programs	Home Programs that are CBT based → Go Zen! Program <a href="http://www.gozen.com/programs/">http://www.gozen.com/programs/</a> → Turnaround Program <a href="https://www.turnaroundanxiety.com/">https://www.turnaroundanxiety.com/</a>
Primary Care Provider CBT Training	CBT Training in the Medical Setting for Primary Care Providers <a href="http://cbt.ca/">http://cbt.ca/</a>

## COUNSELLING SERVICES – COMMUNITY BASED

Calgary Counselling Center	Suite 1000, 105 12 Avenue SE Phone: 403.691.5991 Self-Referral 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 <a href="http://www.calgarycounselling.com">www.calgarycounselling.com</a> . Offer professional counseling to individuals, couples, and families. Group programs in certain areas are also offered. Cost: fees on a sliding scale based on annual income.
Calgary Family Therapy Program	<a href="http://www.familytherapy.org">www.familytherapy.org</a> 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 engage 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. Cost: There is no cost for this service. There can be a wait pending demand.
CARYA (Formerly Calgary Family Services)	<a href="http://www.caryacalgary.ca">www.caryacalgary.ca</a> Main Reception Phone: 403-269-9888 Client Intake Line: 403-205-5244 CARYA offers a continuum of services and individual counselling and group programs are offered. 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). CARYA also offers Family Therapy (Functioning Families Together)

	<p>programming: <a href="http://caryacalgary.ca/our-programs/counselling/functional-family-therapy/">http://caryacalgary.ca/our-programs/counselling/functional-family-therapy/</a></p> <p>Cost: Sliding fee scale according to gross household income, however some programs are fully funded and are free of charge to participants.</p>
Catholic Family Services	<p>250, 707 – 10 Avenue SW      Intake: 403.233.2360</p> <p><a href="https://www.cfs-ab.org/">https://www.cfs-ab.org/</a></p> <p>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.</p> <p>Cost: Sliding scale fees; fee will not be a barrier.</p>
Eastside Family Center	<p>Counselling Phone: 403-299-9696      <a href="http://www.woodshomes.ca">http://www.woodshomes.ca</a></p> <p>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.</p>

## CULTURALLY FOCUSED / CULTURALLY SENSITIVE PROGRAMS

Aboriginal Network	<p>→ Aboriginal Specific Resource lists <a href="http://www.suicideinfo.ca/Library/AlbertaResourceSheets.aspx">http://www.suicideinfo.ca/Library/AlbertaResourceSheets.aspx</a></p> <p>→ Aboriginal Resource Toolkit <a href="https://suicideinfo.ca/LinkClick.aspx?fileticket=MVlyGo2V4YY%3D&amp;tabid=516">https://suicideinfo.ca/LinkClick.aspx?fileticket=MVlyGo2V4YY%3D&amp;tabid=516</a></p> <p>→ Healthy Aboriginal Network <a href="http://thehealthyaboriginal.net/">http://thehealthyaboriginal.net/</a></p>
Calgary Bridge Foundation for Youth	<p>The Calgary Bridge Foundation for Youth offers many great programs including mentorship <a href="http://www.cbfy.ca/">http://www.cbfy.ca/</a></p>
Calgary Catholic Immigration Society	<p>Offering many difference services including those specific to Youth <a href="https://www.ccisab.ca/services/services-for/youth-teens">https://www.ccisab.ca/services/services-for/youth-teens</a> And Families <a href="https://www.ccisab.ca/services/services-for/families">https://www.ccisab.ca/services/services-for/families</a></p>
Caring for Kids New to Canada	<p>Canadian Pediatric Society has created this website which has extensive resources for working with Refugees <a href="http://www.kidsnewtocanada.ca/">www.kidsnewtocanada.ca/</a></p>
Cultural Competency for Service Providers	<p>The Hogg Foundation has created this “Cultural Competency, A Practical Guide for Mental Health Service Providers,” <a href="http://www.hogg.utexas.edu/PDF/Saldana.pdf">http://www.hogg.utexas.edu/PDF/Saldana.pdf</a></p>
Home Connections	<p>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</p> <p>Families are referred to this program via Calgary Child and Family Services.</p> <p>Phone: Calgary – 403 270-5696</p> <p>Families in the Canmore and Strathmore areas can also access services directly through self- referrals or community referrals.</p> <p>Phone: Canmore – 403-678-9484 or Strathmore – 403-934-1784</p>

	<a href="http://www.woodshomes.ca/site/PageNavigator/programs/inhome/programs_home_connections.html#sthash.ZCUDw3Hc.dpuf">http://www.woodshomes.ca/site/PageNavigator/programs/inhome/programs_home_connections.html#sthash.ZCUDw3Hc.dpuf</a>
Mental Health information by Language	The Multicultural Mental Health Resources Center offers patient Information on mental health specifically organized by language <a href="http://www.multiculturalmentalhealth.ca/clinical-tools/mental-health-information/by-language/">www.multiculturalmentalhealth.ca/clinical-tools/mental-health-information/by-language/</a>
Screening Tools	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): <a href="http://www.massgeneral.org/psychiatry/services/psc_forms.aspx">http://www.massgeneral.org/psychiatry/services/psc_forms.aspx</a> Strength and Difficulties Questionnaire (SDQ) is available in a plethora of languages: <a href="http://www.sdqinfo.com/py/sdqinfo/b0.py">http://www.sdqinfo.com/py/sdqinfo/b0.py</a>
Youth Specific Mental Health issues and Cultural Variables	Cultural Variables in the assessment, diagnosis and treatment of mental disorders in children and adolescents <a href="http://texmed05.texmed.org/content/psychiatry%20kashyap.pdf">http://texmed05.texmed.org/content/psychiatry%20kashyap.pdf</a>
<b>CRISIS SUPPORT</b>	
Calgary Connec Teen	Peer support by phone, text, chat or email <a href="http://calgaryconnecteen.com/">http://calgaryconnecteen.com/</a> Phone: 403-264-TEEN (8336)
Crisis and Distress lines:	Edmonton and area: <a href="tel:7804824357">780-482-HELP (4357)</a> Red Deer north: <a href="tel:18002327288">1-800-232-7288</a> Calgary and Red Deer south: <a href="tel:4032664357">403-266-HELP (4357)</a> South Western Alberta: <a href="tel:4033277905">403-327-7905</a> or toll- free: <a href="tel:18887872880">1-888-787-2880</a> Central and Southern Alberta 1-800-SUICIDE (784-2433) Mental Health Help Line 1-877-303-2642
Distress Center	The Calgary Distress Center will come to you / your child when there is a crisis to assess and respond <a href="http://www.distresscentre.com/">http://www.distresscentre.com/</a> Phone: 403-266-HELP (4357)
Kids Help Phone	<a href="https://www.kidshelpphone.ca/teens/home/splash.aspx">https://www.kidshelpphone.ca/teens/home/splash.aspx</a> Phone: 1-800-668-6868
Hope for Wellness Help Line (immediate crisis support for Indigenous people)	Phone: 1-855-242-3310
Emergency Basic Needs	Get help in an emergency with basic needs like shelter, food, clothing and transportation. Toll Free Phone: 1-866-644-5135 Email: <a href="mailto:hs.iscc@gov.ab.ca">hs.iscc@gov.ab.ca</a>
Crisis Stabilization Service	Woods Home offers a Crisis Stabilization Service Program 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

Looking to Access – Phone: 403-270-1701  
 Outside of Calgary, Contact the Intake Co-ordinator – Phone: 403-247-7115

## DEVELOPMENTAL DISABILITIES

Arnika Center	Developmental Disabilities and Mental Health assessment and services <a href="http://www.albertahealthservices.ca/info/service.aspx?id=1060552">http://www.albertahealthservices.ca/info/service.aspx?id=1060552</a>
Family Supports for Children with Disabilities (FSCD)	FSCD offers funding and support (i.e., in-home, respite) services <a href="http://www.humanservices.alberta.ca/disability-services/14855.html">http://www.humanservices.alberta.ca/disability-services/14855.html</a>
SCOPE Society	The Calgary SCOPE Society is a non-profit agency improving lives for persons with developmental disabilities <a href="http://www.calgaryscope.org/">http://www.calgaryscope.org/</a>
WJS Canada	WJS Canada provides supports to those with disabilities for individuals and families supports <a href="http://wjscanada.com/content/services/children-family/">http://wjscanada.com/content/services/children-family/</a>

## EATING DISORDER

Academy for Eating Disorders	The Academy for Eating Disorders is a global professional association committed to leadership in eating disorders research, education, treatment, and prevention. <a href="http://www.aedweb.org">www.aedweb.org</a>
F.E.A.S.T.	Families Empowered and Supporting Treatment of Eating Disorders is an international organization of and for caregivers of eating disorder patients. F.E.A.S.T. serves families by providing information and mutual support, promoting evidence-based treatment, and advocating for research and education to reduce the suffering associated with eating disorders. <a href="http://www.feast-ed.org">www.feast-ed.org</a>
Eating Disorder Support Network of Alberta (EDSNA)	Non-profit organization and a registered charity dedicated to providing meaningful support to those affected-- directly and indirectly-- by eating disorders Providing. Facilitated support groups to individuals and family members both in person and on-line. <a href="http://www.EDSNA.ca">www.EDSNA.ca</a>
National Eating Disorder Information Centre	The National Eating Disorder Information Centre (NEDIC) is a Canadian non-profit providing resources on eating disorders & weight preoccupation. <a href="http://www.nedic.ca">www.nedic.ca</a>

## ENGAGEMENT

Engaging Clients	A brief presentation on engaging clients <a href="http://www.aamft.org/handouts/604.pdf">http://www.aamft.org/handouts/604.pdf</a>
Engaging difficult parents	Specific to engaging difficult parents, a paper titled “accommodating narcissistic parents” <a href="http://www.alanrappoport.com/pdf/Co-Narcissism%20Article.pdf">http://www.alanrappoport.com/pdf/Co-Narcissism%20Article.pdf</a>
Open ended questions	Sample open ended questions to assist in engagement <a href="http://centerforchildwelfare.fmhi.usf.edu/kb/integofsvcs/Handout%20-1C.pdf">http://centerforchildwelfare.fmhi.usf.edu/kb/integofsvcs/Handout%20-1C.pdf</a>
Motivational Interviewing in Primary Care	Information on Motivational Interviewing in Primary Care for engaging <a href="https://www.harvardpilgrim.org/portal/page?_pageid=253,2272039&amp;_ad=portal&amp;_schema=PORTAL">https://www.harvardpilgrim.org/portal/page?_pageid=253,2272039&amp;_ad=portal&amp;_schema=PORTAL</a>

## ENURESIS

Evaluation and Treatment	Information on the evaluation and treatment of Enuresis <a href="http://www.aafp.org/afp/2008/0815/p489.html">http://www.aafp.org/afp/2008/0815/p489.html</a>
--------------------------	--

General information for Primary Care Providers	International Association for Child and Adolescent Psychiatry and Allied Professionals (IACAPAP) <a href="http://www.iacapap.org/wp-content/uploads/C.4-ENURESIS-072012.pdf">http://www.iacapap.org/wp-content/uploads/C.4-ENURESIS-072012.pdf</a>
IACAPAP	The International Association of Child and Adolescent Psychiatry and Allied Professionals has a complete textbook which has a chapter devoted to Anxiety (and various sub topics within anxiety) <a href="http://iacapap.org/iacapap-textbook-of-child-and-adolescent-mental-health">http://iacapap.org/iacapap-textbook-of-child-and-adolescent-mental-health</a>
Practice Essentials	Guidelines and information: → <a href="http://emedicine.medscape.com/article/1014762-overview">http://emedicine.medscape.com/article/1014762-overview</a> → <a href="http://bjgp.org/content/bjgp/early/2017/05/22/bjgp17X691337.full.pdf">http://bjgp.org/content/bjgp/early/2017/05/22/bjgp17X691337.full.pdf</a>

### Family Therapy Specific

Family Therapy Program	→ Calgary Family Therapy Program <a href="http://www.familytherapy.org">www.familytherapy.org</a> Phone: 403-802-1680 (no cost) → CARYA offers Family Therapy (Functioning Families Together) programming: <a href="http://caryacalgary.ca/our-programs/counselling/functional-family-therapy/">http://caryacalgary.ca/our-programs/counselling/functional-family-therapy/</a>
Therapy: South Health Campus	(Group Therapy / Parenting Groups / Individual Therapy) (see attached brochure) <a href="https://www.albertahealthservices.ca/info/facility.aspx?id=1050651&amp;service=1066155">https://www.albertahealthservices.ca/info/facility.aspx?id=1050651&amp;service=1066155</a> Fax referrals to: 403-956-4290 -OR- Email referrals to both: <a href="mailto:Dawnette.Fox-Glasgow@albertahealthservices.ca">Dawnette.Fox-Glasgow@albertahealthservices.ca</a> and <a href="mailto:Paula.Hendrickson@albertahealthservices.ca">Paula.Hendrickson@albertahealthservices.ca</a>

### FETAL ALCOHOL SPECTRUM DISORDER (FASD)

FASD Handbook	Strategies not Solutions Handbook for FASD <a href="http://fasd.alberta.ca/documents/Strategies_Not_Solutions_Handbook.pdf">http://fasd.alberta.ca/documents/Strategies_Not_Solutions_Handbook.pdf</a>
FASD Learning Series	This FASD learning series has videos and handouts as well as useful searches <a href="http://fasd.alberta.ca/search.aspx">http://fasd.alberta.ca/search.aspx</a>
FASD Networks	The Saskatchewan FASD Network <a href="http://www.skfasnetwork.ca/resources">http://www.skfasnetwork.ca/resources</a> The Alberta FASD Network <a href="http://fasd.alberta.ca/">http://fasd.alberta.ca/</a>
Know FASD Website	The Know FASD Website has helpful information and links that is interactive <a href="https://knowfasd-webpro.ualberta.ca/">https://knowfasd-webpro.ualberta.ca/</a>
For Assessment/Diagnosis (FASD)	Consultative Diagnostic Clinic – Developmental Pediatrics – Child Development Center (Calgary) Referral Form <a href="http://fcrc.albertahealthservices.ca/professional/cds/">http://fcrc.albertahealthservices.ca/professional/cds/</a>
McMan	FASD Services offered by McMan <a href="https://www.mcmancalgary.ca/section2/FASD.html">https://www.mcmancalgary.ca/section2/FASD.html</a>
Resources	Resource sheet for resources specific to FASD by Human Services Alberta <a href="http://www.humanservices.alberta.ca/documents/fscd-resource-info-fasd.pdf">http://www.humanservices.alberta.ca/documents/fscd-resource-info-fasd.pdf</a>
Resources for Caregivers of persons with FASD	→ Tip Sheet for Caregivers <a href="http://fasdmanitoba.com/SOSTipsheets.pdf">http://fasdmanitoba.com/SOSTipsheets.pdf</a> → What Parents and Caregivers need to know about FASD

	<a href="http://www.gov.mb.ca/healthychild/fasd/fasd_caregivers.pdf">http://www.gov.mb.ca/healthychild/fasd/fasd_caregivers.pdf</a>
Sensory Issues in FASD specific to sleep	Sensory Issues in FASD specific to sleep and the role of OT <a href="https://www.researchgate.net/profile/Ana_Hanlon-Dearman/publication/295177507_Sensory_processing_and_sleep_challenges_in_children_with_fetal_alcohol_spectrum_disorder/links/58a9dd82a6fdcc0e07982c95/S">https://www.researchgate.net/profile/Ana_Hanlon-Dearman/publication/295177507_Sensory_processing_and_sleep_challenges_in_children_with_fetal_alcohol_spectrum_disorder/links/58a9dd82a6fdcc0e07982c95/S</a>
Sleep and FASD	→ Clinical Considerations pertaining to Sleep and FASD <a href="https://www.hindawi.com/journals/ijpedi/2010/639048/">https://www.hindawi.com/journals/ijpedi/2010/639048/</a> → Sleep Tips for FASD <a href="http://keltymentalhealth.ca/sites/default/files/Kelty_ProfToolkit_M5_SleepTipsforFASD.pdf">http://keltymentalhealth.ca/sites/default/files/Kelty_ProfToolkit_M5_SleepTipsforFASD.pdf</a> sensory-processing-and-sleep-challenges-in-children-with-fetal-alcohol-spectrum-disorder.pdf
What Parents and Caregivers need to know about FASD	<a href="http://www.gov.mb.ca/healthychild/fasd/fasd_caregivers.pdf">http://www.gov.mb.ca/healthychild/fasd/fasd_caregivers.pdf</a>

## FUNCTIONAL ASSESSMENT

Scales Child Global Assessment Scale	→ The Child Global Assessment Scale (C-GAS) <a href="https://msu.edu/course/sw/840/stocks/pack/axisv.pdf">https://msu.edu/course/sw/840/stocks/pack/axisv.pdf</a> → The WEISS Functional Scale Parent Version: <a href="http://www.caddra.ca/pdfs/caddraGuidelines2011WFIRS_P.pdf">http://www.caddra.ca/pdfs/caddraGuidelines2011WFIRS_P.pdf</a> Self Version: <a href="http://naceonline.com/AdultADHDtoolkit/assessmenttools/wfirs.pdf">http://naceonline.com/AdultADHDtoolkit/assessmenttools/wfirs.pdf</a>
--------------------------------------	--

## GENERAL MEDICATION AND MENTAL HEALTH INFORMATION

Alberta Health Services Brochure	Know Your Addiction and Mental Health Options Brochure – Calgary zone – For families <a href="http://www.albertahealthservices.ca/assets/info/hp/amh/if-hp-amh-calz-know-your-options-brochure.pdf">http://www.albertahealthservices.ca/assets/info/hp/amh/if-hp-amh-calz-know-your-options-brochure.pdf</a>
Diagnosis Information	→ DSM-5 Fact Sheets by Diagnostic area <a href="https://www.psychiatry.org/psychiatrists/practice/dsm/educational-resources/dsm-5-fact-sheets">https://www.psychiatry.org/psychiatrists/practice/dsm/educational-resources/dsm-5-fact-sheets</a> → Facts for Families pertaining to mental health diagnosis (arranged by diagnostic area) <a href="http://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/FFF-Guide-View-by-Topic.aspx">http://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/FFF-Guide-View-by-Topic.aspx</a>
Medication Guidelines	→ CAMESA guidelines: <a href="http://comesaguideline.org">http://comesaguideline.org</a> → Choosing Wisely Guidelines <a href="http://www.choosingwiselycanada.org/recommendations/">http://www.choosingwiselycanada.org/recommendations/</a>
Medication Information	Medication Overviews from BC Mental health that can be saved/printed as PDF re: various medications and classifications which can be useful for physicians and families <a href="http://keltymentalhealth.ca/treatment/medications">http://keltymentalhealth.ca/treatment/medications</a>
Physicians Medication Management	Medication Specific – Titration and Switching Medications <a href="http://switchrx.ca/">http://switchrx.ca/</a>
Rating Scales and Screening Tools	→ CAPPC-NY has an extensive list of rating scales by diagnostic category that are free use: <a href="http://www.chadd.org/understanding-adhd/about-adhd/coexisting-conditions.aspx">http://www.chadd.org/understanding-adhd/about-adhd/coexisting-conditions.aspx</a>

	<p>→ The APA is offering a number of “emerging measures” in Section III of <i>DSM-5</i></p> <p><a href="https://www.psychiatry.org/psychiatrists/practice/dsm/educational-resources/assessment-measures">https://www.psychiatry.org/psychiatrists/practice/dsm/educational-resources/assessment-measures</a></p>
Service Directory	<p>Service Directory from Informal Alberta related to Mental Health</p> <p><a href="https://informalberta.ca/public/common/viewComboList.do?comboListId=1003351">https://informalberta.ca/public/common/viewComboList.do?comboListId=1003351</a></p>
Titration across medications	<p>Stimulants:</p> <ul style="list-style-type: none"> <li>- Dosing equivalency calculator for stimulants: <a href="http://www.uacap.org/uploads/3/2/5/0/3250432/stimulant_equivalency.pdf">http://www.uacap.org/uploads/3/2/5/0/3250432/stimulant_equivalency.pdf</a></li> <li>- Dr. Margaret Weiss from the CADDRA Advisory Panel provided the following information: <ul style="list-style-type: none"> <li>1) The methylphenidate to dextroamphetamine ratio is generally 2-1 or 1.5-1.</li> <li>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.</li> <li>4) 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.</li> </ul> </li> </ul>
Medication Specific – Titration and Switching Medications for physician management	<a href="http://switchrx.ca/">http://switchrx.ca/</a>
<b>Funding Supports / Compassionate Care Benefits for Medication</b>	
Alberta Child Health Benefit	<a href="http://www.humanservices.alberta.ca/financial-support/2076.html">http://www.humanservices.alberta.ca/financial-support/2076.html</a>
Pharmacy Representation / “Drug Reps”	<p>→ JANSSEN</p> <ul style="list-style-type: none"> <li>- Dean Halcro <a href="mailto:dhalcro@its.jnj.com">dhalcro@its.jnj.com</a></li> <li>- General Contact 1-800-JANSSEN (1-800-526-7736)</li> </ul> <p>→ SHIRE</p> <ul style="list-style-type: none"> <li>- Michele Chovanez - Email <a href="mailto:mchovanez@shire.com">mchovanez@shire.com</a></li> <li>- Cell phone: 403-629-1371</li> <li>- June Ko - Email: <a href="mailto:june.ko@shire.com">june.ko@shire.com</a> - Cell phone: 403-629-1371</li> <li>- Brent Gray – Email: <a href="mailto:bgray@shire.com">bgray@shire.com</a> - Cell phone: 403-813-2420</li> </ul> <p>→ PURDUE</p> <p>Machelle Milligan – Email: <a href="mailto:Machelle.milligan@purdue.ca">Machelle.milligan@purdue.ca</a> Phone: 403-771-2796</p> <p>Psychiatrists Includes: C&amp;A Psychiatrists Adult Psychiatrists Calgary-Lethbridge-Medicine Hat</p> <p>Christina (Tina) McDiarmid – Email: <a href="mailto:Christina.mcdiarmid@purdue.ca">Christina.mcdiarmid@purdue.ca</a> Phone: 403-604-4688</p>



	<p>Family Physician Pediatricians Calgary – Medicine Hat</p> <p>Matt Chislett – Email: <a href="mailto:Matt.chislett@purdue.ca">Matt.chislett@purdue.ca</a> Phone: 403-370-4698 Family Physician Pediatricians Calgary – Lethbridge</p>
<b>IN- HOME SUPPORT (for families, parenting)</b>	
Aspen	<p>Information on In-Home Support services provided by Aspen <a href="http://www.aspenfamily.org/what-we-do/families/in-home-family-support/">http://www.aspenfamily.org/what-we-do/families/in-home-family-support/</a></p>
Closer to Home	<p>Information on In-Home Support services offered by Closer To Home <a href="http://calgaryclosertohome.com/programs-and-services-overview/in-home-family-support">http://calgaryclosertohome.com/programs-and-services-overview/in-home-family-support</a></p>
COMPASS YWCA	<p>Referral is required from a professional (i.e., family physician) Phone: 403-263-1550 // 403-294-3664 Fax: 403-262-1743 <a href="mailto:compassprogram@ywcaofcalgary.com">compassprogram@ywcaofcalgary.com</a> <a href="https://www.ywcaofcalgary.com/program/ywca-community-parent-and-school-support-compass">https://www.ywcaofcalgary.com/program/ywca-community-parent-and-school-support-compass</a></p>
Families Matter	<p>Individualized or In-home Support offered by Families Matter <a href="http://www.familiesmatter.ca/programs/individualized-support-yearly-participation-fee">http://www.familiesmatter.ca/programs/individualized-support-yearly-participation-fee</a> Calgary (limited services offered to neighboring communities. To arrange or enquire about our rural support call 403 205 5178)</p>
Home Connections	<p>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 <a href="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</a></p>
Hull Services	<p>Family Initiatives programs offer In-Home Support Contact Program Coordinator: 403-207-2521 <a href="http://www.hullservices.ca/service/family-initiatives">http://www.hullservices.ca/service/family-initiatives</a> They also offer services for children whose parents have mental illness <a href="http://www.hullservices.ca/service/lasting-impressions">http://www.hullservices.ca/service/lasting-impressions</a></p>
McMan Services	<p>Provides support and education to families in the Calgary and surrounding rural communities who have been identified as recipients for intervention support due to various challenges that they encounter. <a href="https://www.mcmancalgary.ca/section2/Family&amp;communityse.html">https://www.mcmancalgary.ca/section2/Family&amp;communityse.html</a></p>
<b>IPP Specific</b>	
Codes and Coding	<p>→Codes and Coding in Alberta for IPP and Special Education Purposes <a href="https://open.alberta.ca/dataset/ee2ccea8-97fe-41a1-aa11-ed9f21421364/resource/22551585-a8d1-4b54-bdc3-7b21067cdaa7/download/3656041-2015-Special-Education-Coding-Criteria-2015-2016.pdf">https://open.alberta.ca/dataset/ee2ccea8-97fe-41a1-aa11-ed9f21421364/resource/22551585-a8d1-4b54-bdc3-7b21067cdaa7/download/3656041-2015-Special-Education-Coding-Criteria-2015-2016.pdf</a></p>

	<p>→ Templates for Physicians letters to schools requesting school support and accommodations  <a href="https://www.caddra.ca/pdfs/caddraGuidelines2011Document6A_EdAccomTemplate.pdf">https://www.caddra.ca/pdfs/caddraGuidelines2011Document6A_EdAccomTemplate.pdf</a>  <a href="http://www.shared-care.ca/files/School_Req_for_IEP.pdf">http://www.shared-care.ca/files/School_Req_for_IEP.pdf</a></p>
<b>MEDICATION FUNDING SUPPORT</b>	
Available Funding Supports	<p>→ Alberta Child Health Benefit  <a href="http://www.humanservices.alberta.ca/financial-support/2076.html">http://www.humanservices.alberta.ca/financial-support/2076.html</a>  → Shire Cares / One Path (Shire Products Only)  <a href="https://www.shire.com/patients/patient-services/shire-cares">https://www.shire.com/patients/patient-services/shire-cares</a></p>
<b>MENTORSHIP AND MENTORING PROGRAMS</b>	
Mentoring Programs for Children and Youth	<p>→ Alberta Mentoring Partnership  <a href="https://albertamentors.ca/">https://albertamentors.ca/</a>  → Big Brothers / Big Sisters of Calgary and Area  <a href="http://bbbscalgary.ca/mentoring-programs">http://bbbscalgary.ca/mentoring-programs</a>  Phone: 403-777-3535  → City of Calgary Police Services – Super Kids – Youth Mentorship  <a href="http://www.calgary.ca/cps/Pages/Youth-programs-and-resources/Youth-mentorship/SuperKids.aspx">http://www.calgary.ca/cps/Pages/Youth-programs-and-resources/Youth-mentorship/SuperKids.aspx</a></p>
<b>MOBILE APPLICATIONS</b>	
Addictions and Mental Health Mobile Application Directory 2017 by AHS	<a href="http://www.albertahealthservices.ca/assets/info/res/mhr/if-res-mhr-kt-mobile-app-directory.pdf">http://www.albertahealthservices.ca/assets/info/res/mhr/if-res-mhr-kt-mobile-app-directory.pdf</a>
Anxiety Coach	Self-help app that addresses fears and worries using CBT strategies. <a href="https://itunes.apple.com/us/app/anxietycoach/id565943257?mt=8">https://itunes.apple.com/us/app/anxietycoach/id565943257?mt=8</a>
Booster Buddy	This app guides a series of daily quests designed to establish and sustain positive habits like coping skills and self-care. <a href="http://viha.ca/cyf_mental_health/boosterbuddy">http://viha.ca/cyf_mental_health/boosterbuddy</a>
Breathe2Relax	A simple, intuitive app to teach breathing techniques to manage stress. <a href="https://itunes.apple.com/us/app/breathe2relax/id425720246?mt=8">https://itunes.apple.com/us/app/breathe2relax/id425720246?mt=8</a>
Breathing Room	BreathingRoom is an online program for youth and young adults aged 13-24, who want to learn new ways to manage symptoms stress, anxiety and depression <a href="http://breathingroom.me/">http://breathingroom.me/</a>
Mind Masters	MindMasters is a research based program that teaches simple and concrete techniques to help children manage stress and frustration, relax 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. <a href="http://www.cheo.on.ca/en/MindMasters">http://www.cheo.on.ca/en/MindMasters</a> Mini MindMasters – (under 6) <a href="http://www.cyhneo.ca/mini-mindmasters">http://www.cyhneo.ca/mini-mindmasters</a> MindMasters – (Level 1 Ages 6-9, Level 2 Ages 9-12) <a href="http://www.cyhneo.ca/mindmasters">http://www.cyhneo.ca/mindmasters</a> MindMasters 2 – (Ages 4-9) <a href="http://www.cyhneo.ca/mindmasters-2-dha2r">http://www.cyhneo.ca/mindmasters-2-dha2r</a>
Mind Your Mood	The app allows young people to record how they feel each day without drawing unwanted attention from peers. <a href="https://mindyourmind.ca/interactives/mind-your-mood">https://mindyourmind.ca/interactives/mind-your-mood</a>
Mood Kit	The skills taught include self-monitoring, identifying and changing

	unhealthy thought patterns, and engaging in mood-enhancing activities. <a href="https://itunes.apple.com/ca/app/moodkit-mood-improvement-tools/id427064987?mt=8">https://itunes.apple.com/ca/app/moodkit-mood-improvement-tools/id427064987?mt=8</a>
Mood Tools	MoodTools is a self-help app targeting depression. It provides psychoeducation about risk factors and psychosocial approaches to treatment, a depression symptom questionnaire (PHQ-9), a thought diary, a suicide safety plan, and videos such as meditation guides. <a href="http://www.moodtools.org/">http://www.moodtools.org/</a>
Mind Shift	App designed to help teens and young adults cope with anxiety. Teaches how to relax, develop more helpful ways of thinking, and identify active steps. <a href="https://www.anxietybc.com/resources/mindshift-app">https://www.anxietybc.com/resources/mindshift-app</a>
Panic Relief	This app is targeted to help individuals with panic disorder access easy-to-use, empirically supported coping tools to better manage and move through panic attacks. <a href="http://cognitivetherapyapp.com/">http://cognitivetherapyapp.com/</a>
Todoist	Organization in ADHD <a href="https://en.todoist.com/">https://en.todoist.com/</a>
Omnifocus	Omnifocus helps with Organization in ADHD <a href="https://www.omnigroup.com/omnifocus">https://www.omnigroup.com/omnifocus</a>
<b>MOOD DISORDERS</b>	
GLAD-PC	Guidelines for Adolescent Depression in Primary Care (GLAD-PC) Toolkit <a href="http://www.thereachinstitute.org/images/GLAD-PCToolkit_V2_2010.pdf">http://www.thereachinstitute.org/images/GLAD-PCToolkit_V2_2010.pdf</a>
Fetzima	<b>Fetzima</b> (levomilnacipran) ER [an extended-release capsule of serotonin and norepinephrine reuptake inhibitor (SNRI) indicated for the treatment of Major Depressive Disorder (MDD) in adults].
Mood Disorders Toolkit	Toolkit including overview, screenings, comorbidities, and resources <a href="http://www.shared-care.ca/toolkits-mood">http://www.shared-care.ca/toolkits-mood</a>
Mood Log / Tracking	→ Mood Chart (paper version) <a href="http://www.cqaimh.org/pdf/tool_edu_moodchart.pdf">http://www.cqaimh.org/pdf/tool_edu_moodchart.pdf</a> → Mobile Versions Mood Trek: <a href="http://mood-trek.com/consumer/consumer-product/">http://mood-trek.com/consumer/consumer-product/</a> Mood Diary: <a href="http://www.medhelp.org/land/mood-diary-app">http://www.medhelp.org/land/mood-diary-app</a>
Self-Help Workbooks	→ Dealing with Depression offers self-help workbooks for free, online. Print Version: <a href="http://www.comh.ca/publications/resources/dwd/DWD_PrintVersion.pdf">http://www.comh.ca/publications/resources/dwd/DWD_PrintVersion.pdf</a> Writable Version: <a href="http://www.comh.ca/publications/resources/dwd/DWD_WritableVersion.pdf">http://www.comh.ca/publications/resources/dwd/DWD_WritableVersion.pdf</a> French Version: <a href="http://www.comh.ca/publications/resources/dwd/DWD_French.pdf">http://www.comh.ca/publications/resources/dwd/DWD_French.pdf</a> → Workbooks can also be ordered online: <a href="https://www.amazon.ca/Beyond-Blues-Workbook-Overcome-Depression-ebook/dp/B0077RMW2S/ref=sr_1_1?ie=UTF8&amp;qid=1464718802&amp;sr=8-1&amp;keywords=depressed+teen+workbook">https://www.amazon.ca/Beyond-Blues-Workbook-Overcome-Depression-ebook/dp/B0077RMW2S/ref=sr_1_1?ie=UTF8&amp;qid=1464718802&amp;sr=8-1&amp;keywords=depressed+teen+workbook</a>
Suggested Reading for Physicians related to treating Mood Disorders	→ <i>“Cognitive Behavioral Therapy, Sertraline, or a Combination in Childhood Anxiety” In: The New England Journal of Medicine (2008). By: John T. Walkup, Anne Marie Albano, John Piacentini,</i>

	<p><i>et al. NEJM Direct Link:</i>  <a href="http://www.nejm.org/doi/pdf/10.1056/NEJMoa0804633">http://www.nejm.org/doi/pdf/10.1056/NEJMoa0804633</a>  → “Fluoxetine, cognitive-behavioral therapy, and their combination for adolescents with depression: Treatment for Adolescents With Depression Study (TADS) randomized controlled trial”. In: <i>JAMA : the Journal of the American Medical Association</i> (2004), Vol 292(7) pages 807-820. By: March J, Silva S, Petrycki S, Curry J, Wells K, Fairbank J, Burns B, Domino M, McNulty S, Vitiello B, Severe J, Treatment for Adolescents With Depression Study (TADS) Team.  <i>Jama Link:</i>  <a href="http://jamanetwork.com/journals/jama/fullarticle/199274">http://jamanetwork.com/journals/jama/fullarticle/199274</a> Link to Electronic Copies of the Medication Cards given during the PPP Training:  → <a href="http://www.hmhc.ca/canreachalumni.html">http://www.hmhc.ca/canreachalumni.html</a></p>
Serotonin Norepinephrine Reuptake Inhibitors: A Pharmacological Comparison	<a href="#">Serotonin Norepinephrine Reuptake Inhibitors: A Pharmacological Comparison</a> (Research article)
Shared Mental Health Care Program	<a href="#">Shared Mental Health Care Program</a> (AHS, Calgary Zone)

## OBSESSIVE COMPULSIVE DISORDER

OCD in Schools	Identifying and Supporting Students with OCD in Schools <a href="https://www.anxietybc.com/sites/default/files/ocdschools.pdf">https://www.anxietybc.com/sites/default/files/ocdschools.pdf</a>
Recommended Books for Families	→ <i>Talking Back to OCD</i> by John S. March → <i>Freeing Your Child from Obsessive Compulsive Disorder</i> by Tamar E. Chansky → <i>What to Do When Your Child Has Obsessive-Compulsive Disorder: Strategies and Solutions</i> by Aureen Pinto Wagner
Resources specific to OCD	Useful resources pertaining to OCD for families and patients alike <a href="https://www.anxietybc.com/sites/default/files/resourcesocd.pdf">https://www.anxietybc.com/sites/default/files/resourcesocd.pdf</a>
Rating Scales pertaining to OCD	→ Child Yale Brown OC Scale (CYCOCS) <a href="https://www.cappcny.org/home/clinical-rating-scales/">https://www.cappcny.org/home/clinical-rating-scales/</a> → Yale Brown OC Scale (YBOCS) <a href="http://www.brainphysics.com/ybocs.php">http://www.brainphysics.com/ybocs.php</a>

## PARENTING SUPPORT / PARENT SKILL DEVELOPMENT

Book Recommendation for Parents	→ “How To Talk So Kids Will Listen” by A. Faber and E. Mazlish
Child Development Services (CDC)	A multidisciplinary tertiary service for children from birth to 18 years of age that present with multiple and complex developmental, behavioural and learning challenges. <a href="http://frcr.albertahealthservices.ca/professional/cds/">http://frcr.albertahealthservices.ca/professional/cds/</a>
Collaborative Problem Solving	This website has a host of valuable parenting information <a href="http://www.thinkkids.org">www.thinkkids.org</a>
Community Links	Contact info: <a href="http://nrvc.ab.ca/contact/">http://nrvc.ab.ca/contact/</a> Programs and Services: <a href="http://nrvc.ab.ca/programs-services/">http://nrvc.ab.ca/programs-services/</a>
Community Resource Team (CRT)	Crisis support in Calgary <a href="https://www.woodshomes.ca/programs/community-resource-team/">https://www.woodshomes.ca/programs/community-resource-team/</a>
Dialectical Behaviour Therapy (DBT)	Dialectical Behaviour Therapy (DBT) created by Marsha Linehan - DBT Skills Training Manual, Second Ed. (2015) - The Linehan Institute <a href="https://linehaninstitute.org/">https://linehaninstitute.org/</a> - What is DBT?

	<a href="https://linehaninstitute.org/dbt/">https://linehaninstitute.org/dbt/</a> <a href="https://behavioraltech.org/resources/faqs/dialectical-behavior-therapy-dbt/">https://behavioraltech.org/resources/faqs/dialectical-behavior-therapy-dbt/</a> - DBT Resources and Worksheets <a href="https://psychologytools.com/dbt.html">https://psychologytools.com/dbt.html</a>
DBT AHS Program Calgary	AHS DBT Program Calgary <a href="https://www.albertahealthservices.ca/info/service.aspx?id=1006583">https://www.albertahealthservices.ca/info/service.aspx?id=1006583</a>
Families Matter	Phone: 403-205-5178 <a href="http://www.familiesmatter.ca/programs">http://www.familiesmatter.ca/programs</a>
Okotoks Family Resource Centre	<a href="#">Okotoks Family Resource Centre</a> <a href="#">Okotoks Family and Community Support Services (FCSS)</a>
Parent Link	Alberta has many parent link centers that can offer a variety of services <a href="http://www.humanservices.alberta.ca/family-community/15576.html">http://www.humanservices.alberta.ca/family-community/15576.html</a>
Parent Peer Support	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 <a href="http://www.helpforparents.ca">www.helpforparents.ca</a>
Parenting after Separation	Parenting After Separation Services and Courses <a href="http://pas.albertacourts.ab.ca/">http://pas.albertacourts.ab.ca/</a>
Strongest Families	Online parent coaching management program <a href="http://strongestfamilies.com">http://strongestfamilies.com</a> Phone: Toll-free 1-866-470-7111
Triple P – Positive Parenting Program (Parenting groups and resources – Free)	<a href="http://www.triplep-parenting.net/alb-en/home/">http://www.triplep-parenting.net/alb-en/home/</a> Online course <a href="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">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</a>

### Psychosis/ Schizophrenia Related

DSM 5 Information	Pertaining to Schizophrenia Spectrum and Other Psychotic Disorders
EPIS	Early Psychosis Intervention in Calgary for ages 15-35, referrals made through Access Mental Health or contact clinic at Tel. 403-944-4836 Fax 403-944-4008 for more info
NAPLS (North American Prodromal Longitudinal Study)	The NAPLS At Risk for Mental Illness Studies at the University of Calgary is recruiting young people who may have some concerns with their mental health and/or developing psychosis. Youth between ages 12-30 who meet the eligibility requirements will receive a clinical assessment. - Website <a href="https://naplscalgary.wordpress.com/">https://naplscalgary.wordpress.com/</a> - Clinical High Risk Symptoms - Contact Information for all referrals and inquiries.
Practice Guidelines	<a href="http://www.jaacap.com/article/S0890-8567(13)00112-3/pdf">http://www.jaacap.com/article/S0890-8567(13)00112-3/pdf</a>
PRIME Clinic	Prevention through Risk Identification, Management and Education (PRIME) clinics across Canada: <a href="http://schizophrenia.com/earlypsychosis.htm#canada">http://schizophrenia.com/earlypsychosis.htm#canada</a>

### PUBLIC PROGRAMS VIA ALBERTA HEALTH SERVICES

Access Mental Health	Phone: 403-943-1500 (persons can self-refer or be referred by physician) Rural Access: Phone: 1-877-652-4700
----------------------	---

CASA	Child, Adolescent and Family Mental Health provides a variety of assessment and treatment services in the Edmonton region. <a href="https://www.casaservices.org/">https://www.casaservices.org/</a>
CONeX	Supports children and youth aged 10-20 with dual diagnoses including at least one complex mental health concern. CONeX works alongside families and caregivers to connect to the best supports for their child/youth across home, school and community settings to provide comprehensive, integrated, time limited case management and collaborative support across systems. CONeX works in conjunction with existing teams/services within Bow River RCSD, Calgary and Area RCSD, and Central East Collaborative RCSD. To access, please contact your systems point person to discuss how to refer to our team or to access other services in the tri-regional area. → <b>Regional Collaborative Service Delivery (RCSD)</b> is a provincially lead approach by Alberta Education in partnership with Alberta Health (including Alberta Health Services), Alberta Children's Services and Alberta Community and Social Services. <a href="https://education.alberta.ca/regional-collaborative-service-delivery/what-is-rcsd/">https://education.alberta.ca/regional-collaborative-service-delivery/what-is-rcsd/</a>
Day Treatment Programming for Child Mental Health	Based out of the Alberta Children's Hospital (ACH) Day-Treatment Program <a href="http://www.albertahealthservices.ca/info/facility.aspx?id=1010904&amp;service=1066151">http://www.albertahealthservices.ca/info/facility.aspx?id=1010904&amp;service=1066151</a> Information on the Gordon Townsend School located at ACH <a href="http://schools.cbe.ab.ca/b108/pdfs/DGTS-Brochure.pdf">http://schools.cbe.ab.ca/b108/pdfs/DGTS-Brochure.pdf</a>
Dual Diagnosis Program	Addictions Center at Foothills Hospital – Concurrent Disorders – Addictions and Mental Health Programs for youth (access via Access Mental Health) <a href="http://www.albertahealthservices.ca/info/service.aspx?id=1017551">http://www.albertahealthservices.ca/info/service.aspx?id=1017551</a>
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. Consultations for Professionals. <a href="http://www.hmhc.ca/consultation.html">http://www.hmhc.ca/consultation.html</a> Contact the main number 1-403-955-8446. An Admin Assistant will take the call and forward it to the appropriate and available clinician.
Pediatric Sleep Clinic	The Pediatric Sleep Clinic at Alberta Children's Hospital offers diagnosis, assessment and treatment programs for children with sleep disorders <a href="http://www.albertahealthservices.ca/info/facility.aspx?id=1010904&amp;service=2123">http://www.albertahealthservices.ca/info/facility.aspx?id=1010904&amp;service=2123</a> Referrals are done by the Alberta Referral Directory <a href="http://www.albertahealthservices.ca/info/Page14282.aspx">http://www.albertahealthservices.ca/info/Page14282.aspx</a>
Transitional Youth (EATC) Clinic	Emerging Adults Treatment Clinic (formerly Transitional Youth) <a href="http://www.albertahealthservices.ca/info/service.aspx?id=1058141">http://www.albertahealthservices.ca/info/service.aspx?id=1058141</a>
Youth Addiction 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: 1005-17 <sup>th</sup> Street NW. In Calgary – <a href="http://www.albertahealthservices.ca/services.asp?pid=saf&amp;rid=1093780">http://www.albertahealthservices.ca/services.asp?pid=saf&amp;rid=1093780</a> Rural – <a href="http://www.albertahealthservices.ca/services.asp?pid=service&amp;rid=1060409">http://www.albertahealthservices.ca/services.asp?pid=service&amp;rid=1060409</a>

## RECREATION PROGRAMS

ALIGN Association	Community Service that includes Family Resources for low income Albertans – <a href="http://www.alignab.ca/family-resource/">http://www.alignab.ca/family-resource/</a>
Boys and Girls Clubs	The Boys and Girls Clubs of Alberta offer a variety of recreational programming for children and youth. Phone: 403-276-9981 <a href="http://www.boysandgirlsclubsofcalgary.ca/">http://www.boysandgirlsclubsofcalgary.ca/</a>
Calgary Bridge Foundation for Youth	The Calgary Bridge Foundation for Youth Ph: 403-230-7745
Calgary Public Library	The Calgary Public Library offers various free / low cost programs <a href="http://events.calgarypubliclibrary.com/programs/online-registration">http://events.calgarypubliclibrary.com/programs/online-registration</a>
City of Calgary Park and Recreation	The City of Calgary offers various free / low cost programs <a href="http://www.calgary.ca/CSPS/Recreation/Pages/Home.aspx">http://www.calgary.ca/CSPS/Recreation/Pages/Home.aspx</a>
Foothills Academy	Amicus Programs and Camps (for children diagnosed with Learning Disabilities and/or ADHD) <a href="http://www.foothillsacademy.org/amicus-programs-camps/">http://www.foothillsacademy.org/amicus-programs-camps/</a>
Kid Sport	Kid Sport Programs: <a href="http://www.kidsportcanada.ca/alberta/algary/">http://www.kidsportcanada.ca/alberta/algary/</a>
Kids Up Front	Offers Event Tickets to Low Income / Kids in Need <a href="http://www.kidsupfrontcalgary.com/">http://www.kidsupfrontcalgary.com/</a> Phone: 403-444-4318
Power Play	Free Hockey Programming: Phone: 403-428-8399
Two Wheel View Canada	Bike repair/ownership program – 1-866-858-2453

## RESPITE SERVICES

Children's Cottage	Offering 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. Phone: 403-233-2273 <a href="http://www.frfp.ca/parents-resources/crisis-support/emergency-child-care/the-childrens-cottage-society-child-care-program-and-respite.htm">http://www.frfp.ca/parents-resources/crisis-support/emergency-child-care/the-childrens-cottage-society-child-care-program-and-respite.htm</a>
Community Resource Team (CRT)	Community Resource Team can take information and arrange for necessary services including respite <a href="http://www.woodshomes.ca/site/PageNavigator/programs/crisis/programs_community_resource_team.html">http://www.woodshomes.ca/site/PageNavigator/programs/crisis/programs_community_resource_team.html</a> Phone: 403-299-9699 or 1-800-563-6106
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. Self-Referral is an option and ages 6-17 are accepted. <a href="http://www.enviros.org/what-does-enviros-do/community-programs/respite-care-connection/">http://www.enviros.org/what-does-enviros-do/community-programs/respite-care-connection/</a> Phone: 403.219.3499
Family Supports for Children with Disabilities (FSCD)	FSCD can arrange for respite support services on an ongoing basis and provide funding for this in instances where the child has identified disabilities (mental health, intellectual, developmental, etc.). FSCD <a href="http://www.humanservices.alberta.ca/disability-services/14855.html">http://www.humanservices.alberta.ca/disability-services/14855.html</a>

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. <a href="http://www.just4ufamilyservices.com">http://www.just4ufamilyservices.com</a> Phone: 403- 590-2122
Urgent Respite via CARYA	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. <a href="http://caryacalgary.ca/our-programs/parenthood/support-for-parents/urgent-family-care/">http://caryacalgary.ca/our-programs/parenthood/support-for-parents/urgent-family-care/</a> Phone: 403-269-9888

## SAFETY PLANNING, SUICIDAL IDEATION AND SELF HARM

Creating a Safety Plan	Basic Information and template to create a safety plan with patients <a href="https://www.verywell.com/suicide-safety-plan-1067524">https://www.verywell.com/suicide-safety-plan-1067524</a>
Crisis Center and Resources	→ Crisis/Suicide Centre for Suicide Prevention <a href="http://www.suicideinfo.ca/">http://www.suicideinfo.ca/</a> → Suicide Specific Resources <a href="http://www.suicideinfo.ca/Library/Resources.aspx">http://www.suicideinfo.ca/Library/Resources.aspx</a>
Guide for Medical Professionals	Self-Injury Guide for Medical Professionals <a href="http://sioutreach.org/learn-self-injury/medical-professionals/">http://sioutreach.org/learn-self-injury/medical-professionals/</a>
Handouts for Patients / Families	→ Distraction Techniques and Alternative Coping Strategies <a href="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</a> → Parent Information <a href="http://www.cheo.on.ca/uploads/12810_Self-Harm.pdf">http://www.cheo.on.ca/uploads/12810_Self-Harm.pdf</a>
Rating Scale	The Ottawa Self Injury Inventory (OSI-Clinical) can be very therapeutic for a teen and professional to go through together. <a href="http://www.shared-care.ca/files/OSI_English.pdf">http://www.shared-care.ca/files/OSI_English.pdf</a>
Relevant Presentation	A presentation on Safety planning with suicidal youth in primary care settings <a href="https://www.starcenter.pitt.edu/Files/PDF/STAR%20Center%20KOP%20-%20Wintersteen%20(2012-03-19).pdf">https://www.starcenter.pitt.edu/Files/PDF/STAR%20Center%20KOP%20-%20Wintersteen%20(2012-03-19).pdf</a>
Self-Help Workbook	Self-Help Workbook specific to Self Harm <a href="https://www.amazon.ca/Cutting-Down-workbook-treating-self-harm/dp/0415624533/ref=sr_1_2?ie=UTF8&amp;qid=1464718733&amp;sr=8-2&amp;keywords=self+harm+workbook">https://www.amazon.ca/Cutting-Down-workbook-treating-self-harm/dp/0415624533/ref=sr_1_2?ie=UTF8&amp;qid=1464718733&amp;sr=8-2&amp;keywords=self+harm+workbook</a>
TASR-A Screening Tool	The TASR-A was developed to assist in the clinical evaluation of young people at imminent risk for suicide. <a href="http://teenmentalhealth.org/product/tasr/">http://teenmentalhealth.org/product/tasr/</a>

## SCHOOL REFUSAL AND SCHOOL TRUANCY

Family Physician Specific	School Refusal Behaviour Primer for Family Physicians <a href="http://gc7pr5bx5e.scholar.serialssolutions.com/?sid=google&amp;auinit=CA&amp;aualast=Kearney&amp;atitle=Dealing+with+school+refusal+behavior:+A+primer+for+family+physicians:+Workable+solutions+for+unhappy+youth+and+frustrated+parents&amp;title=The+Journal+of+family+practice&amp;volume=55&amp;issue=8&amp;date=2006&amp;spage=685&amp;issn=0094-3509">http://gc7pr5bx5e.scholar.serialssolutions.com/?sid=google&amp;auinit=CA&amp;aualast=Kearney&amp;atitle=Dealing+with+school+refusal+behavior:+A+primer+for+family+physicians:+Workable+solutions+for+unhappy+youth+and+frustrated+parents&amp;title=The+Journal+of+family+practice&amp;volume=55&amp;issue=8&amp;date=2006&amp;spage=685&amp;issn=0094-3509</a>
Rating Scale	→ Initial Kearney Scale <a href="http://knoxvillepsychs.pbworks.com/f/Function%20of%20school%20Bref">http://knoxvillepsychs.pbworks.com/f/Function%20of%20school%20Bref</a>



	<a href="#">usal.pdf</a> → Revised Kearney Scale <a href="http://www.schoolrefusal.co.uk/School%20Refusal%20Scale%20parent%20and%20child_3%20assessment-1.pdf">http://www.schoolrefusal.co.uk/School%20Refusal%20Scale%20parent%20and%20child_3%20assessment-1.pdf</a>
Regarding School Attendance	In Alberta, a referrals are to the Attendance Board <a href="https://education.alberta.ca/attendance/attendance-board/">https://education.alberta.ca/attendance/attendance-board/</a>
School Refusal Criteria and Treatment	School Refusal in Children and Adolescents published by the American Family Physician Website: <a href="http://www.aafp.org/afp/2003/1015/p1555.html">http://www.aafp.org/afp/2003/1015/p1555.html</a>
Understanding School Refusal	Kearney Functional Models of School Refusal <a href="https://www.ucc.ie/archive/pub/medstud/uccmed/Malone%20cp4003/school%20refusal.pdf">https://www.ucc.ie/archive/pub/medstud/uccmed/Malone%20cp4003/school%20refusal.pdf</a>

## SELECTIVE MUTISM

General Information	Anxiety BC has excellent information on Selective Mutism <a href="https://www.anxietybc.com/parenting/selective-mutism">https://www.anxietybc.com/parenting/selective-mutism</a>
Handout for School/Educators	School Tips for Teachers of Children with selective mutism <a href="https://www.anxietybc.com/sites/default/files/resources/documents/School%20Tips%20for%20Teachers%20of%20Children%20with%20Selective%20Mutism.pdf">https://www.anxietybc.com/sites/default/files/resources/documents/School%20Tips%20for%20Teachers%20of%20Children%20with%20Selective%20Mutism.pdf</a>
Home Strategies	Home Strategies for Selective Mutism <a href="https://www.anxietybc.com/parenting/my-anxiety-plan-selective-mutism">https://www.anxietybc.com/parenting/my-anxiety-plan-selective-mutism</a>
Myths	Myths about Selective Mutism <a href="https://www.anxietybc.com/parenting/myths-about-selective-mutism">https://www.anxietybc.com/parenting/myths-about-selective-mutism</a>
Resources and Videos	Understanding and Managing Selective Mutism Resources and Videos <a href="https://www.anxietybc.com/resources/video/understanding-and-managing-selective-mutism">https://www.anxietybc.com/resources/video/understanding-and-managing-selective-mutism</a>

## SENSORY PROCESSING SPECIFIC

General Information	General Information about Sensory Processing Disorder <a href="http://www.cheo.on.ca/en/sensory-processing">http://www.cheo.on.ca/en/sensory-processing</a>
Information for Caregivers	Children and Youth with Sensory Processing Issues – Information for parents and caregivers <a href="http://www.cheo.on.ca/uploads/Sensory%20Processing/Sensory%20Processing%20ENG.pdf">http://www.cheo.on.ca/uploads/Sensory%20Processing/Sensory%20Processing%20ENG.pdf</a>
Resources	Resources specific to Sensory Processing Disorder care of CHEO <a href="http://www.cheo.on.ca/en/SensoryProcessingDisorder-resource#Top">http://www.cheo.on.ca/en/SensoryProcessingDisorder-resource#Top</a>
Sensory Processing Disorder Foundation	Sensory Processing Disorder Foundation <a href="http://www.spdfoundation.net/">http://www.spdfoundation.net/</a>
STAR Institute	STAR Institute for Sensory Processing Disorder <a href="https://www.spdstar.org/">https://www.spdstar.org/</a>

## SEXUALITY, SEXUAL ORIENTATION, AND GENDER ORIENTATION

Calgary Outlink	Calgary Outlink provides a variety of services related to sexuality and gender orientation <a href="http://www.calgaryoutlink.ca/">http://www.calgaryoutlink.ca/</a> Group For Youth Program <a href="http://www.calgaryoutlink.ca/inside-out">http://www.calgaryoutlink.ca/inside-out</a> Peer Support Line <a href="http://www.calgaryoutlink.ca/outisok/">www.calgaryoutlink.ca/outisok/</a> Resources <a href="http://www.calgaryoutlink.ca/lgbtq-resource-book/">www.calgaryoutlink.ca/lgbtq-resource-book/</a>
Calgary Sexual Health Center	General Information <a href="https://www.calgarysexualhealth.ca/sexual-health-info/sexual-">https://www.calgarysexualhealth.ca/sexual-health-info/sexual-</a>

	<a href="#">orientation/</a> Counselling services are available via Calgary Sexual Health Center <a href="https://www.calgarysexualhealth.ca/programs-workshops/counselling/">https://www.calgarysexualhealth.ca/programs-workshops/counselling/</a>
Camp Firefly	Canada's only national leadership retreat for lesbian, gay, bisexual, transidentified, two-spirited, intersexed, queer, questioning, and allied youth. <a href="http://www.fyrefly.ualberta.ca/">http://www.fyrefly.ualberta.ca/</a> -
Correlation Information	Information regarding the correlation between mental health and LGBTQ <a href="http://www.rainbowhealthontario.ca/wp-content/uploads/woocommerce_uploads/2011/06/RHO_FactSheet_LGBTQMENTALHEALTH_E.pdf">http://www.rainbowhealthontario.ca/wp-content/uploads/woocommerce_uploads/2011/06/RHO_FactSheet_LGBTQMENTALHEALTH_E.pdf</a>
Ideographic	An excellent Ideographic created by the Alberta Government <a href="http://www.humanservices.alberta.ca/documents/LGBTQ-supports-infographic.pdf">http://www.humanservices.alberta.ca/documents/LGBTQ-supports-infographic.pdf</a>
Genderbread Person	An excellent ideographic picture that physicians find useful to share and keep in their offices <a href="http://itspronouncedmetrosexual.com/2011/11/breaking-through-the-binary-gender-explained-using-continuums/">http://itspronouncedmetrosexual.com/2011/11/breaking-through-the-binary-gender-explained-using-continuums/</a>
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
Out Stories	Youth sharing their stories about “coming out” <a href="https://www.kidshelpphone.ca/Teens/InfoBooth/LGBTQ/SexualOrientation/Coming">https://www.kidshelpphone.ca/Teens/InfoBooth/LGBTQ/SexualOrientation/Coming</a>
PFLAG Website	A useful website (PFLAG) <a href="https://pflagcanada.ca/">https://pflagcanada.ca/</a>
Resources (FCRC)	The Family and Community Resource Center (FCRC) has excellent resources <a href="http://fcrc.albertahealthservices.ca/health-information/library/information-prescriptions/sexuality/">http://fcrc.albertahealthservices.ca/health-information/library/information-prescriptions/sexuality/</a>
Youthline	Offering peer support by phone, text, chat, or email <a href="http://www.youthline.ca/get-support/ways-we-support/">http://www.youthline.ca/get-support/ways-we-support/</a>
Youthsafe	A guide to Alberta's resources for LGBTQ Youth <a href="http://www.youthsafe.net/">http://www.youthsafe.net/</a>
<b>SLEEP</b>	
Night Wandering	WebMD has provided 10 Tips pertaining to Night Wandering <a href="https://www.webmd.com/brain/10-ways-to-prevent-wandering#1">https://www.webmd.com/brain/10-ways-to-prevent-wandering#1</a>
Sleep For Kids	The Sleep for Kids website teaches kids about the importance of sleep in a child friendly way using games and pictures. <a href="http://www.sleepforkids.org/html/stars.html">http://www.sleepforkids.org/html/stars.html</a>
Sleep Hygiene	→ Healthy Sleeping Information and tips from Teen Mental Health <a href="http://teenmentalhealth.org/wp-content/uploads/2014/08/Healthy_Sleeping.pdf">http://teenmentalhealth.org/wp-content/uploads/2014/08/Healthy_Sleeping.pdf</a> → Sleep Hygiene from Anxiety BC <a href="http://www.anxietybc.com/sites/default/files/SleepHygiene.pdf">http://www.anxietybc.com/sites/default/files/SleepHygiene.pdf</a>
Sleep Resources – FCRC	Family and Community Resource Center (FCRC) – “information

	prescriptions” – useful information, resources, and support for families <a href="http://fcrc.albertahealthservices.ca/health-information/library/information-prescriptions/sleep-problems/">http://fcrc.albertahealthservices.ca/health-information/library/information-prescriptions/sleep-problems/</a>
Optimized Practice website	→ Towards Optimized Practice website: Sleep Diary; Sleep Questionnaire: Top 10 Sleep Tips <a href="http://www.topalbertadoctors.org/cpgs/?search=sleep&amp;x=19&amp;y=12">http://www.topalbertadoctors.org/cpgs/?search=sleep&amp;x=19&amp;y=12</a>  → Sleep Well Nova Scotia <a href="http://sleepwellns.ca/">http://sleepwellns.ca/</a>

## SOMATIC SYMPTOMS, SOMATIZATION, SOMATIC SYMPTOM DISORDER

Recommended Reading for Physicians	Recommended readings for Physicians in Primary Care Practice regarding pediatric somatization: → Campo, John V., and Gregory Fritz. "A management model for pediatric somatization." <i>Psychosomatics</i> 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." <i>Clinical child psychology and psychiatry</i> 13.4 (2008): 531-542. → Hardwick, Peter John. "Engaging families who hold strong medical beliefs in a psychosomatic approach." <i>Clinical child psychology and psychiatry</i> 10.4 (2005): 601-616.
Somatic Symptoms and Somatization in Children and Youth	<a href="http://keltymentalhealth.ca/sites/default/files/kelty-somatization-brochure_final.pdf">http://keltymentalhealth.ca/sites/default/files/kelty-somatization-brochure_final.pdf</a>
Video: “Story of Somatization”	<a href="http://keltymentalhealth.ca/r/video-stories-somatization">http://keltymentalhealth.ca/r/video-stories-somatization</a>

## TRANSITIONAL YOUTH SERVICES – SUPPORTS / SERVICES FOR CHILDREN TRANSITIONING IN TO ADULTHOOD

City of Calgary Youth Guide	Contains a listing of agencies and organizations that provide programs and services for youth in order to help connect youth to the programs and people they need. <a href="https://www.calgary.ca/CSPS/CNS/Documents/youth_services_guide.pdf?noredirect=1">https://www.calgary.ca/CSPS/CNS/Documents/youth_services_guide.pdf?noredirect=1</a>
Programs and Services for Support	→ Enviro offers Youth Transitions to Adulthood programming <a href="http://www.enviros.org/what-does-enviros-do/community-programs/youth-transitions-to-adulthood/">http://www.enviros.org/what-does-enviros-do/community-programs/youth-transitions-to-adulthood/</a> → McMan Youth Transition Programs <a href="http://mcmansouth.ca/se_yta.html">http://mcmansouth.ca/se_yta.html</a>
Resources	The Family and Community Resource Center (FCRC) provides great information and resources for youth who are transitioning in to adulthood: <a href="http://fcrc.albertahealthservices.ca/transition/">http://fcrc.albertahealthservices.ca/transition/</a> Resources: <a href="http://fcrc.albertahealthservices.ca/transition/resources/list/#community-access-advocacy-support-resources">http://fcrc.albertahealthservices.ca/transition/resources/list/#community-access-advocacy-support-resources</a>

## VIDEO GAME / INTERNET ADDICTION

Empowering Parents	→ Empowering parents to set limits around video game use: <a href="https://www.empoweringparents.com/">https://www.empoweringparents.com/</a> → Recommended Reading for Parents: "What Every Parent Should Know about Controlling a Child's use of Technology" Book by Dr. Kimberly S. Young (2014)
Research / Reading	Predictive Values of Psychiatric Symptoms for Internet Addiction in Adolescents: A 2-Year Prospective Study. Journal of the American Medical Association. Pediatrics. <a href="http://archpedi.jamanetwork.com/article.aspx?articleid=382237">http://archpedi.jamanetwork.com/article.aspx?articleid=382237</a>
Videogame Guide	A Guide for Parents and Teachers" AHS Youth Addiction Services Brochure <a href="http://schools.cbe.ab.ca/b654/videogaming%20brochure.pdf">http://schools.cbe.ab.ca/b654/videogaming%20brochure.pdf</a>
Website	TechAddiction website has a quiz kids can take, as well as parent tips: <a href="http://www.techaddiction.ca/index.html">http://www.techaddiction.ca/index.html</a>