



COMMUNITY WELLNESS PROGRAM

Child & Youth Mental Health *Treatment Package*

This service is designed to meet the immediate needs of children and youth age 12-24 requiring mental health treatment and support.

Completion of this treatment package typically occurs between 5-8 months.

Clients enrolled in the Community Wellness Program have access to our 26-session weekly DBT group program. Upon completion of the 26-week program clients are able to access ongoing monthly DBT group (at no additional cost).

The following is an outline and framework for services, some changes may be made depending on the need and unique circumstances of each client and their family.

- 15-minute intake and consultation with referring party
- 1.5 hour Psychosocial Assessment with youth and guardian resulting in a written report
- Assessment and treatment recommendations (please note, we are unable to provide formal diagnoses)
- 10 individual counselling sessions. The initial 4 sessions will occur on a weekly basis and depending on the client's needs they may transition to bi-weekly for the remaining sessions
- 2 parent or caregiver sessions with a mental health clinician
- 1 mid-service report
- 1 end of service report

Total \$2200.00

*Additional sessions packages may be purchased separately following completion of initial package.

*Please be advised that Saplings is a teaching and clinical supervision organization therefore, master's levels practicum students do work within our programming.

*No show appointment or late cancellations are counted as a session.