

CanREACH

CANREACH PPP RESOURCE LIST

COMPILED RESOURCE LIST FROM
CANREACH PPP
TELECONFERENCE CALLS

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General for Professionals

	WHAT	DESCRIPTION / DETAILS	INFORMATION
CME			
Ongoing learning for professionals	Online- General	Continuing Professional Development (CPD) offering web-based online accredited courses across a variety of areas	https://wp.hmhc.ca/cpd/
	CBT	Training in CBT for primary care providers with practicality and application in the medical setting	http://cbt.ca/
	Online - General	Project Teach (US) offers online courses for primary care providers across a variety of areas	https://projectteachny.org/live-training/online- courses/
	Online - General	CanREACH has a variety of lunch and learn videos and narrated powerpoints to view on demand	https://wp.hmhc.ca/canreach/canreach- alumni/
	Self-Harm	Online training for professionals	http://www.selfinjury.bctr.cornell.edu/training.html
	Self-Harm	AHS and the PCNs put together this short accredited video on: "Adolescent Non-Suicidal Self-Injury for Primary Care Physicians"	https://ahamms01.https.internapcdn.net/ahamms01/Content/Videos_Other/FMC/NSSI_V5_final.mp4

General

	Website	eMentalHealth.ca/PrimaryCare provides online tools to support busy primary care providers in caring for patients with mental health needs:	https://primarycare.ementalhealth.ca/index.php?p=m=fpStart
	Information	DSM 5 Fact Sheets for diagnostic information	https://www.psychiatry.org/psychiatrists/practice/dsm/educational-resources/dsm-5-fact- sheets
	Guidelines	Choosing Wisely - National Guidelines re: tests and treatment	http://www.choosingwiselycanada.org/recommendations/
	Medication	Medication information re: titration and switching	http://switchrx.ca/
	Guidelines and Rating Scales	Compiled key guidelines across the various mental health diagnostic areas and rating scales for download and printing	https://childmentalhealth.ca/resource s/primary-care- providers/
	Rating Scales	Downloadable and Printable	https://www.thereachinstitute.org/tr ainees/ppp- trainees/rating-scales-1

General for Patients

	WHAT	DESCRIPTION / DETAILS	INFORMATION
Information			
	Medication Information	Medication and classification information for families to learn more	https://keltymentalhealth.ca/medicatio ns
	Navigating the mental health system	Brochures (including multi languages) from AHS that is intended to help individuals and families find most appropriate supports.	https://www.albertahealthservices.ca/in fo/Page11622.aspx
	Options	Information for families to understand where to start	https://www.albertahealthservices.ca/a ssets/info/amh/if- amh-calz-know-your- options-web.pdf
	Information	Information across a large variety of topics related to mental health	https://www.heads- ed.com/en/infoSheets
	Education	Community Education Services (CES) is an AHS program that offers free public education sessions	http://community.hmhc.ca/

Online

Self-Help Websites and more	Self-Help Workbooks	Workbooks - Comprehensive List of workbooks for self- help (free)	https://mindremakeproject.org/2018/11 /12/free-printable-pdf-workbooks- manuals-and-self-help- guides/
	Mobile Apps	Addictions and Mental Health Mobile Application Directory by AHS	https://www.albertahealthservices.ca/a ssets/info/res/mhr/if- res-mhr-kt-mobile- app-directory.pdf

	Skill Development	Self-Regulation Courses and Resources	https://self-reg.ca/
	Virtual Mental Health Care	Virtual Mental Health care (over age 16) in Alberta through AHS, togetherall, as well as links to many great resources for patients/families	https://www.albertahealthservices.ca/a_mh/Page17137.aspx
	Website	Mindfulness for Teens	http://mindfulnessforteens.com/
	Website	Stressed Teens	https://www.stressedteens.com/
	Website	Jacked - Youth Mental Health Resource Hub for Albertans	https://jack.org/Resources/ABHub

ACEs, Trauma, Resiliency

	WHAT	DESCRIPTION / DETAILS	INFORMATION
Information for Professionals	Video	Brief (3 min) video for professionals pertaining to ACEs and Health Care Utilization: "Delivering Better Care"	https://vimeo.com/83703534
	Information	Brain Story information (videos, resources, course) from Alberta Family Wellness Initiative (AFWI)	https://www.oxfordbrainstory.org/for-professionals
	Summary	Summary Information of the five concepts of the brain story (architecture, interactions, toxic stress, executive function and resilience)	https://www.ccsa.ca/sites/default/files/2019-07/CCSA-Brain-Builders-Learning-Cards-Tool-2019-en_0.pdf
	Information	Information from Harvard Developing Child separated into information for practice providers as well as printable resources for caregivers	https://pediatrics.developingchild.harvard.edu/resource-category/for-practice/
	Information	Alberta Family Wellness Initiative (AFWI) has an abundance of resources and science exploring effects of early brain development on lifelong health	http://www.albertafamilywellness.org/
	Trauma Informed Care	National Child Traumatic Stress Network (NCTSN) website for Primary Care Providers - Information on Trauma Informed Care	https://www.nctsn.org/
	Guide	ACEs and Trauma Informed Care Guide from AHS	http://www.albertafamilywellness.org/assets/Resources/CAAMHP-P-ACE-TIC-Resource-Guide-Nov-2016.pdf
	Learning Module	CanREACH Developed Module - brief developed for Primary care providers to view on demand	https://wp.hmhc.ca/canreach/canreach-alumni/adverse-childhood-experiences-aces-in-primary-care/
	Differential	ADHD or Trauma - Brief guide to help differentiate and recognize symptom overlap between ADHD and Trauma	https://www.nctsn.org/sites/default/files/resources/is_it_adhd_or_child_traumatic_stress.pdf
	Information	International Society for Traumatic Stress - information and more	https://istss.org/home
	Pathway	Care Process Model (CPM) - Pathway for Primary Care re: Child Traumatic Stress	https://utahpips.org/cpm/
	Pathway	Diagnosis and management of Child Traumatic Stress (Primary Care Process Model - CPM)	https://intermountainhealthcare.org/ckr-ext/Dcmnt?ncid=529796906
	Rating Scale	PTSD Rating Scale - Child PTSD Symptom Scale (CPSS)	https://projectteachny.org/rating-scales/
	Reading	Recommended Reading: Modifiable Resilience Factors for Childhood Adverse Experiences in Pediatric Practices	http://pediatrics.aappublications.org/content/early/2017/04/17/peds.2016-2569
Information for Patients / Families	Information	Online website - ACEs Too High - a news site reporting on research about ACEs.	https://acestoohigh.com/
	Video	Brief video to explain brain development and ACEs - great overview for families	http://www.albertafamilywellness.org/resources/video/how-brains-are-built-core-story-of-brain-development
	Information	Information from Harvard Developing Child - re: what toxic stress is and why it matters	https://developingchild.harvard.edu/guide/a-guide-to-toxic-stress/
	Video	Sesame Street "The Big Idea:: The more you know about childhood trauma, the more help, hope, and healing you can offer to children and families	https://sesamestreetincommunities.org/topics/traumatic-experiences/
	Information	Ready or Not Website has information on what ACEs are and the impact	https://readyornotalberta.ca/ready/healthy-mind-and-body/adverse-personal-experiences/#2640

Resilience	Tools	Tools to help assess resilience (to see where we can leverage and where to build)	https://cyrm.resilienceresearch.org/
	Reading	All Health Providers ought to read: "Modifiable Resilience Factors for Childhood Adverse Experiences in Pediatric Practices"	http://pediatrics.aappublications.org/content/early/2017/04/17/peds.2016-2569
	Information	Information about Resilience including research, videos, publications, tools, and more	https://resilienceresearch.org/

Addictions and Substance Use

	WHAT	DESCRIPTION / DETAILS	INFORMATION
Information for Professionals	Resources and Training	Training in addictions for primary care providers, as well, this website has lots of useful information and resources for physicians pertaining to addictions	http://www.sbirtoregon.org/
	Module	CanREACH modules including lunch and learns and narrated powerpoints	https://wp.hmhc.ca/canreach/canreach-alumni/
	Information	Canadian Center on Substance Use and Addiction	https://www.ccsa.ca/
Information for Patients / Families	Information	Information and resources for youth and caregivers from Drug Free Canada	https://www.drugfreekidscanada.org/
	Information	Drug Safe from AHS is a trusted source for information on reducing harm	https://www.albertahealthservices.ca/info/paage12491.aspx
	Information	Information series for caregivers from AHS	https://www.albertahealthservices.ca/amh/Page2716.aspx
	Parent Support	Skillshop Group and Empowering Parents in Choices (EPIC) groups for parents struggling with child's substance use.	Contact 403-297-4664 to learn more or see https://webdocs.ccsd.ab.ca/schools/bishopmncally/Documents/Parents/EPIC%20Handout%20-%20November%201%2C%202018.pdf
	Resources	Family and Community Resource Center (FCRC) "information perscription"	http://frcr.albertahealthservices.ca/health-information/library/information-prescriptions/substance-use-and-abuse/
	Services	AHS offers a continuum of services.	To inquire about services call 403-297-4664 and speak with an intake counsellor. In Calgary: http://www.albertahealthservices.ca/services.asp?pid=saf&rid=1_093780 Rural: http://www.albertahealthservices.ca/services.asp?pid=service&rid=1060409
Cannabis Specific	Kit	Free printed copies of Drug Free Canada Cannabis Talk Kit available	https://www.drugfreekidscanada.org/order-cannabis-talk-kit/
	Information	A summary of accurate information about the effects of cannabis use on the adolescent brain that is useful for professionals, families and even teen clients to be aware of	http://www.ccsa.ca/Resource%20Library/CCSA-Effects-of-Cannabis-Use-during-Adolescence-Report-2015-en.pdf
	Alberta Framework	Information on the Alberta Cannabis Framework from Government of Alberta	https://www.alberta.ca/cannabis-framework.aspx
	Research	Paper on cannabis use in adolescents and impact on mental health	https://jamanetwork.com/journals/jamapsychiatry/fullarticle/2723657
	Summary	Fact or Fiction Ideographic (great printout for the office) about teens and marijuana	https://www.ccsa.ca/help-your-teen-understand-whats-fact-and-fiction-about-marijuana-infographic
Tech / Media Specific	Parenting	Empowering parents in limit setting	https://www.empoweringparents.com/
	Information	Online Self Assessment, self help and parenting tips	http://www.techaddiction.ca/index.html
	Research	Research: Predictive Values of Psychiatric Symptoms for Internet Addiction in Adolescents: A 2-Year Prospective Study. Journal of the American Medical Association. Pediatrics.	http://archpedi.jamanetwork.com/article.aspx?articleid=382237
	Research	Research: Effects of Pathological Use of Internet on Adolescent Mental health: A prospective Study. Arch Pediatr Adolesc Med. 2010;164(10):901-906.	https://jamanetwork.com/journals/jamapediatrics/fullarticle/383813?widget=personalizedcontent&previousarticle=382237
	Family Plan	Creating a family Media Use Plan	https://healthychildren.org/English/family-life/Media/Pages/How-to-Make-a-Family-Media-Use-Plan.aspx

ADHD

	WHAT	DESCRIPTION / DETAILS	INFORMATION
Information for Professionals	Medication	Medication Calculator	http://www.adhdmedcalc.com/
	Medication	Dosing Equivalence	https://www.uptodate.com/contents/image?imageKey=PEDS%2F61007
	Research	Dalsgaard et al. (Lancet) "Mortality in children, adolescents, and adults with attention deficit hyperactivity disorder: a nationwide cohort study"	https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(14)61684-6/fulltext
	Research	Shaw, P et al (2009) Arch Gen Psychiatry Vol.66. Development of Cortical Asymmetry in Typically Developing Children and Its Disruption in ADHD (Treatment result in normalization of brain development):	https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2948210/
	Research	MTA Study: "A 14-Month randomized clinical trial of treatment strategies for attention-deficit/hyperactivity disorder (ADHD)". In: Arch Gen Psychiatry (1999) Vol 56 pages 1073-1086.	http://jamanetwork.com/journals/jamapsychiatry/fullarticle/205525
	Differential	Brief Guide for professionals re: ADHD versus Trauma	https://www.nctsn.org/resources/it-adhd-or-child-traumatic-stress-guide-clinicians
	Guidelines	CADDRA - Canadian ADHD Resource Alliance is an independent, not-for-profit resource organization with information and resources including Canadian Practice Guidelines	http://www.caddra.ca/canadian-adhd-practice-guidelines/
	Psycho-Social	CADDRA Psycho-social chart for considerations when treating	https://www.caddra.ca/resources/psychosocial-chart/
	Med Chart	CADDRA Medication Chart	https://www.caddra.ca/resources/medication-chart/
Information for Patients / Families	Information	CHADD has information re: ADHD and parenting	https://chadd.org/for-parents/overview/
	Information	Understood website for learning and attention issues offers parents and caregivers information and even simulation of what it is like for the child	https://www.understood.org/en/tools/through-your-childs-eyes
	Apetite	ADHD and Healthy Eating / Apitite	http://www.shared-care.ca/files/ADHD_and_eating.pdf
	Classroom	ADHD and classroom accomodations for specific behaviours	http://www.shared-care.ca/files/Classroom_Accommodations.pdf
	Classroom	ADHD and possible classroom accomodations caregivers and/or health providers can consider and advocate for	http://www.shared-care.ca/files/Accommodations_Help_Students_with_ADD.pdf
	Website	ADHD and You website has resources, tools and more	https://www.adhdandyou.ca/
	Website	Additude Magazine is a trusted source of excellent information including skill building, strategies, and more	https://www.additudemaq.com/
	Website	Totally ADHD website has information and resources	http://totallyadd.com
	Website	Rolling with ADHD has excellent self-help and managemnet tools and strategies	https://healthymindslearning.ca/rollingwith-adhd/
	Services	Foothills Academy has programs for resources, therapy, groups, and coaching	https://www.foothillsacademy.org/community/comm-education/online
	Reading / Book Suggestions	Recommended Reading list from CADDRA	https://www.caddra.ca/public-information/educators/recommended-reading/
		"Smart But Scattered: Executive Function for Kids"	https://amzn.to/2G7Bo3N
		"Smart But Scattered: Executive Function for Teens"	https://amzn.to/30CELcF
		My brain needs glasses (explaining ADHD to children)	https://amzn.to/2uelH8v
		My brain still needs glasses (adolescents and adults)	https://amzn.to/2TO4c9s

		The Organized Child Program	https://amzn.to/2NLMfVg
		ADHD 2.0: new science and essential strategies	https://amzn.to/3nCOA7W

Aggression

	WHAT	DESCRIPTION / DETAILS	INFORMATION
Information for Professionals	Guide	The Treatment of Maladaptive Aggression in Youth (T-MAY) was covered in the training and accessible for download	http://www.thereachinstitute.org/images/pdfs/T-MAY- final.pdf
	Research	Canadian Journal of Psychiatry - Pharmacological Management: A Systematic Review and Meta-Analysis - Part 1	https://journals.sagepub.com/doi/abs/10.1177/070674371506000202
	Research	Canadian Journal of Psychiatry -Systematic Review and Meta-Analysis Part 2	https://journals.sagepub.com/doi/abs/10.1177/070674371506000203
	Research	Canadian Journal of Psychiatry - Canadian Guidelines	https://journals.sagepub.com/doi/abs/10.1177/070674371506000204
	Video	Ted Talk - Re-Thinking Challenging Kids	https://www.youtube.com/watch?v=zuoPZkFclVs
Information for Patiens/ Families	Information	Educational hand out for families related to aggression	http://www.shared-care.ca/files/Offord_Behaviour.pdf
	Guide	American Academy of Child and Adolescent Psychiatry put together a guide for Families regarding aggression and oppositional behaviours	http://www.aacap.org/App_Themes/AACAP/docs/resource_centers/odd/odd_resource_center_odd_guide.pdf
	Parenting	Parenting Approach -Collaborative Problem Solving - approach by Ross Greene looking at skill deficits and related behaviour	https://www.livesinthebalance.org/parents-families
	Reading	Ross Green: "Explosive Child"	https://amzn.to/37bAEqD
		Overivew of "Explosive Child"	https://possibilitiesclinic.com/teaching-parents-to-deactivate-tantrums-meltdowns-and-challenging-behaviour-a-rundown-on-the-explosive-child-by-dr-ross-greene-phd/
		How to Talk so Kids will Listen (and listen so kids will talk)	https://amzn.to/3cqS0Wm
		Parenting Out of Control Child - Step by Step guide	https://amzn.to/3dlWTHG
Services	Calgary Police Services	Calgary Police Service (CPS) offers a variety of programs including mentorship and intervention for "high" and "at risk" youth	http://www.calgary.ca/cps/Pages/Youth-programs-and-resources/Youth-intervention/Programs-for-children-teens-and-youth.aspx

Anxiety

	WHAT	DESCRIPTION / DETAILS	INFORMATION
Information for Professionals	Gudelines	The Journal of American Academy of Child and Adolescent Psychiatry (AACAP)'s paper on	https://www.jaacap.org/article/S0890-8567(09)61838-4/pdf
	Research	"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, et al.	http://www.nejm.org/doi/pdf/10.1056/NEJMoa0804633
	Practice	Canadian Pediatrics Society position paper - Part 1 - Assessment	https://cps.ca/en/documents/position/anxiety-in-children-and-youth-diagnosis
		Canadian Pediatrics Society position paper - Part 2 - Treatment	https://cps.ca/en/documents/position/anxiety-in-children-and-youth-management

Information for Patients/ Families	Relaxation	Relaxation information	https://www.getselfhelp.co.uk/docs/Relaxation.pdf
	Sleep	Sleep Hygiene Handout	https://anxietycanada.com/sites/default/files/SleepHygiene.pdf
	Mobile Apps	MindShift	https://anxietycanada.com/articles/new-
			mindshift-cbt-app-gives-canadians-free-anxiety-relief/
	Mobile Apps	MindMasters	http://www.cheo.on.ca/en/MindMasters
	Reading	Recommended Reading lists for children	http://www.shared-care.ca/files/Anxiety_Resources_Updated_June_2015.pdf
	Reading	Recommended Reading lists for adolescents	http://www.shared-care.ca/files/Youth_Friendly_Resources_Updated_June_2015.pdf
	Information re: Parenting	Lynn Lyons has great resources for teaching parents about how to respond to worry	https://www.lynnlyons.com/books-videos/
	Website	Anxiety Canada Website - wonderful resource for families and individuals pertaining to a wide variety of types of anxiety	http://anxietycanada.com/
	Website	Worry Wise Kids - offers information and resources for families and individuals	http://www.worrywisekids.org/
	Information and Resources	Compiled information of valuable resources for families and individuals	https://childmentalhealth.ca/clients/anxiety/
	Online CBT	Coping Cat - CBT based online program / manuals and workbooks	http://copingcat.net/
	Online CBT	Coping Cats Parents and Camp-Cope-A-Lot are CBT based online programs	https://www.copingcatparents.com/
	Self-Help	Playing with Anxiety - Free online workbook for kids / families to work through - self-help	https://www.playingwithanxiety.com/download_ebook.html
OCD	Research	"The pediatric PCT treatment study (POTS) randomized control"	https://pubmed.ncbi.nlm.nih.gov/15507582/
	Rating Scale	YBOCS	https://pandasnetwork.org/wp-content/uploads/2018/11/y-bocs-w-checklist.pdf
	Information	Guide to OCD published by CAMH with good information and resources	https://www.camh.ca/-/media/files/guides-and-publications/oed-guide-en.pdf
	Resources	Resources put together by Anxiety Canada specific to OCD	https://anxietycanada.com/anxiety-disorder/obsessive-compulsive-disorder/
	Video	Video for families and individuals about OCD - what it is and what can be done	https://www.youtube.com/watch?v=ug9zr16jC1M&feature=youtu.be
	Reading	"Talking Back to OCD" by John S. March - Introduction and Message for parents online	https://www.quilford.com/excerpts/march3.pdf

ASD

	WHAT	DESCRIPTION / DETAILS	INFORMATION
Information for Professionals	Learning	Project Teach NY offers a video for physicians called Understanding Autism: What the PCP should know.	https://projectteachny.org/resources/
	Screening	Various screening tools available	https://autismcanada.org/autism-explained/screening-tools/
	Guidelines	American Academy of Pediatrics : Identification, Evaluation, and Management of Children With Autism Spectrum Disorder	https://pediatrics.aappublications.org/content/145/1/e20193447

Information for Patients / Families	Information and Services	Autism Speaks - website has a comprehensive list of information by topic, services, and resources	https://www.autismspeaks.org/help-and-information
	Information	Autism Partnership Alberta	http://www.autismpartnership.ca/wheredowestart.html
	Resources	The Ability Hub lists online resources	https://sinneavefoundation.org/thriving-in-adulthood/additional-thriving-resources/
	Information and Resources	Autism Canada has information and resources for individuals and families	https://autismcanada.org/#home-row-1
	Information and Resources	FCRC: Family Community Resource Center has a comprehensive list of local and national resources, services and more	http://fcrc.albertahealthservices.ca/health-information/library/information-prescriptions/asd/
Services	Calgary	Assessment and consultation via Alberta Health Services. Referrals made by professionals to the Child Development Center, Consultative Diagnostic Clinic, Developmental Pediatrics.	http://fcrc.albertahealthservices.ca/professional/cds/
	Edmonton	Assessment Child - Glenrose Autism Diagnostic Clinic	https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1007810&serviceAtFacilityID=1019729
	Edmonton	Assessment - Older Teens and Adults	https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1073107&serviceAtFacilityID=1114129

Bullying

	WHAT	DESCRIPTION / DETAILS	INFORMATION
Information for Patients / Families	Information	The Bully Project: Social action campaign	http://www.thebullyproject.com/about_the_bully_project
	Parenting	What parents can do when their children are being bullied (and signs to watch for)	https://www.greatschools.org/gk/articles/what-parents-can-do-about-childhood-bullying/
	Internet Safety	Digital and Media Literacy / Cyberbullying and Internet Safety	http://mediasmarts.ca/

Crisis

	WHAT	DESCRIPTION / DETAILS	INFORMATION
	Support	Calgary Connec Teen - Peer support by phone, text, chat or email	Phone: 403-264-TEEN (8336) http://calgaryconnecteen.com/
	Consult / Support	Crisis and Distress Lines around Alberta	Edmonton and area: 780-482-HELP (4357) Red Deer north: 1-800-232-7288 Calgary and Red Deer south: 403-266-HELP (4357) South Western Alberta: 403-327-7905 Central and Southern Alberta 1-800-SUICIDE or 1-888-787-2882 Mental Health Help Line 1-877-303-2642
	Support	Community Resource Team (CRT) Woods Home offers phone, text & chat for youth and families	text 587-315-5000 or phone 403-229-9699 or 1-800-563-6106 https://www.woodshomes.ca
	Support	Kids Help Phone	Phone: 1-800-668-6868 https://kidshelpphone.ca/
	Stabilization	Woods Home offers Crisis Stabilization via brief placement for families with adolescents (12- 17 years) experiencing serious mental health and family system difficulties.	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

	Basic Needs	Get help in an emergency with basic needs like shelter, food, clothing and transportation.	Toll Free Phone: 1-866-644-5135 Email: hs.iscc@gov.ab.ca
	Mobile Response	MH assessment, intervention, incident debriefing	403-266-4359
	Safety	Calgary & Area Child and Family Services (24/7 line)	403-297-2997
	Safety / Information	Family Violence Information Line	alberta.ca/safetychat 403-810-1820
	Safety	Connect Family Violence Helpline (24/7)	text 403-604-6689, email help@cwes.ca 403-234-7233 (SAFE)
	Safety		
	Stabilization	Children's Cottage Limited community intake for short stay (under 48 hrs) after thorough screening	403-233-2275

Culturally Focused

	WHAT	DESCRIPTION / DETAILS	INFORMATION
Information for Professionals	Learning	The Hogg Foundation has created this "Cultural Competency, A Practical Guide for Mental Health Service	http://diversityrx.org/resources/cultural-competency-practical-guide-mental-health-service-providers
	Information	Canadian Pediatric Society has created this website, Caring for Kids New to Canada, which has extensive resources for	www.kidsnewtocanada.ca/
	Jordan's Principle	Jordan's Principle makes sure all First Nations children can access the products, services and supports they need, when they need them. It can help with a wide range of health, social and educational needs.	https://www.canada.ca/en/indigenous-services-canada/services/jordans-principle.html
Information for Patients / Families	Support for First Nations	The First Nations and Inuit Hope for Wellness Help Line provides culturally competent support 24/7 - Mental Health Line	Phone: 1-855-242-3310
	First Nations Support	Jordan's Principle makes sure all First Nations children can access the products, services and supports they need, when they need them. It can help with a wide range of health, social and educational needs.	https://www.canada.ca/en/indigenous-services-canada/services/jordans-principle.html
	Support for First Nations	Provincial Virtual After Hours Indigenous Health Cultural Support Line	Toll free number is: 1-855-735-6766
	Multi Cultural Services	The Calgary Bridge Foundation offers a range of programs including after school programming, mentoring, etc., for immigrant persons.	http://www.cbfy.ca/
	Services	Calgary Catholic Immigration Society - Offering many difference services including those specific to children, youth and families	https://www.ccisab.ca
	Services	Center for Newcomers - Provides training programs and collaborative support services for immigrants to promote full integration, cultural diversity, community participation and citizenship.	http://centrefornewcomers.ca/
	Services including in-home support	Calgary Immigrant Women's Association - Assists immigrant and refugee families in Calgary with children between 0 and 17 years. Self Referral/Community Referrals. Also does mental health therapy (Free).	https://www.ciwa-online.com/our-services/family-services/in-home-support-program Please contact: familyservices@ciwa-online.com
	Services / Crisis	Multilingual Emergency Response Centre- Emergency Hotline available to Calgary and Area.	1-833-217-6614

		Hours of operation, 8am – 7pm daily, with responders (cultural brokers) available in 22 different languages.	
	Free Therapy	Free therapy to Black Albertan individuals, families, couples and children - 9 languages and interpretation services available	africacentre.ca

Depression

	WHAT	DESCRIPTION / DETAILS	INFORMATION
Information for Professionals	Guidelines	Guidelines for Adolescent Depression in Primary Care (GLAD-PC) Toolkit	http://glad-pc.org/
	Resources	The Collaborative Mental Health Care group, including some of our CanREACH faculty, have put together this website which is a great resource for physicians.	http://www.shared-care.ca/toolkits- mood
	Research	"Fluoxetine, cognitive-behavioral therapy, and their combination for adolescents with depression: Treatment for Adolescents With Depression Study (TADS) randomized controlled trial". In: JAMA	http://jamanetwork.com/journals/ja ma/fullarticle/199274
	Research	" Switching to Another SSRI or to Venlafaxine With or Without Cognitive Behavioral Therapy for Adolescents With SSRI-Resistant Depression: The TORDIA Randomized Controlled Trial". In: JAMA	http://jamanetwork.com/journals/ja ma/fullarticle/1028633
Information for Patients / Families	Information	Depression Guide published by CAMH with information and resources for patients and their families impacted by depression	https://www.camh.ca/-/media/files/guides-and- publications/depression-guide-en.pdf
	Information	HealthlinkBC – Depression in Children and Teens	https://www.healthlinkbc.ca/health-topics/ty4640
	Self-Help	Free Self-Help workbooks free online, printable called "Dealing with Depression (DWD): Antidepressant skills for teens".	http://dwdonline.ca/about-dwd
	Self-Help	CBT: For Depression or Anxiety, CBT is an evidence-based intervention. Island Health has provided this manual for people to work through	https://qpsc.bc.ca/sites/default/files/C_BIS%20Manual-Electronic%20Copy%20-%20v2%20Oct%2022,%202015.pdf
	Monitor	Medication Tracking handout	https://keltymentalhealth.ca/sites/default/files/documents/antidepressant_monitoring_form_-_may_2013.pdf
	Monitor	Mood logs and mood tracking can be useful to understand severity and to look for cycling.	Mood Chart (paper version): Mobile Versions - Mood Diary: http://www.medhelp.org/land/mood-diary-app

Developmental

	WHAT	DESCRIPTION / DETAILS	INFORMATION
Developmental Disability	Services	The Calgary SCOPE Society is a non-profit agency improving lives for persons with developmental	http://www.calgaryscope.org/
	Recreation	"Jooay" app – purpose is to connect children and youth with	https://jooay.com/

Developmental Coordination Disorder			
Information for Professionals	Information	Canadian Paediatrics - practice paper	https://cps.ca/en/documents/position/developmental-coordination-disorder
Information for Patients / Families	Recreation	"Jooay" app – purpose is to connect children and youth with disabilities to leisure	https://jooay.com/
	Information	CanChild	https://www.canchild.ca/en/diagnoses/developmental-coordination-disorder

Eating Disorders

	WHAT	DESCRIPTION / DETAILS	INFORMATION
Information for Professionals	Learning	CanREACH developed online learning module for physicians - brief, narrated power point	http://www.hmhc.ca/canreachalumni.html
	Learning	Project Teach NY offers a video for physicians called Understanding Eating Disorders: Update for Primary Care Physicians	https://projectteachny.org/resources/
	Referrals	Alberta Pathway Referral to care information for professionals	https://www.albertahealthservices.ca/assets/info/hp/arp/if-hp-arp-cz-eatingdisorders-qr.pdf
	Rating Scale	Eating Attitude Test - EAT-26	https://www.seattlechildrens.org/globalassets/documents/healthcare-professionals/pal/ratings/eat-26-rating-scale.pdf
	Practice Guidelines	Kelty Mental Health has put out Canadian Guidelines for Clinical Practice	https://keltyeatingdisorders.ca/wp-content/uploads/2017/05/BC-Clinical-Practice-Guidelines.pdf
Information for Patients / Families	Information	The Academy for Eating Disorders is a global professional association committed to leadership in eating disorders research, education, treatment, and prevention.	www.aedweb.org
	Information and Support	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.	www.EDSNA.ca
	Information	National Eating Disorder Information Centre (NEDIC) is a Canadian non-profit providing resources on eating disorders & weight preoccupation.	www.nedic.ca
	Information	Families Empowered and Supporting Treatment of Eating Disorders (FEAST) 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	www.feast-ed.org
	Family Information	On this site there is an excellent manual for families	http://maudslayparents.org/whatis_maudsley.html
	Services and Resources	Silver Lining Foundation has information, support, services and resources	https://www.silverliningsfoundation.ca/
	Videos	Ottawa childrens hospital - video modules	canped.ca

Engagement

	WHAT	DESCRIPTION / DETAILS	INFORMATION
Information for Professionals	Guide	Guide to improving patient engagement in health care	https://www.ahrq.gov/professionals/quality-patient-safety/patient-family-engagement/pfepriarycare/index.html
	Information	Overview of rationale and examples of ways to better engage patients and families in medical home	https://pcmh.ahrq.gov/sites/default/files/attachments/Engaging%20Patients%20and%20Families%20in%20the%20Medical%20Home.pdf
	Motivational Approach	Motivational Interviewing in Primary Care	https://docs.clinicaltools.com/sites/clinicalencounter/buppractice/pdf/part-2a/5-SBIRTMotivationalInterviewingforPrimaryCare.pdf
	Motivational Approach	Motivational Interviewing Information	https://www.umass.edu/studentlife/sites/default/files/documents/pdf/Motivational Interviewing Definition Principles Approach.pdf
	Trauma Informed	Mental Health First Aid National Council put together this resource for primary care providers to become trauma informed	https://www.nationalcouncildocs.net/trauma-informed-care-learning-community/tic-in-primary-care
	Goal Setting	Setting SMART goals with clients	https://fountainofhealth.ca/sites/default/files/resources/setting_smart_goals_and_sample_smart_goals.pdf

FASD

	WHAT	DESCRIPTION / DETAILS	INFORMATION
Information for Professionals	Guidelines	Guidelines: Fetal alcohol spectrum disorder: a guideline for diagnosis across the lifespan	http://www.cmaj.ca/content/188/3/191
	Podcast	CMAJ podcast had the writer of the guidelines on to speak:	https://soundcloud.com/cmajpodcasts/141593-guide
Information for Patients / Families	Caregiver tips	Tip Sheet for Caregivers	http://fasdmanitoba.com/SOSTipsheets.pdf
	Information	For Caregivers called 'what caregivers need to know'	http://www.gov.mb.ca/healthychild/fasd/fasd_caregivers.pdf
	Information	Strategies not Solutions Handbook for FASD	http://fasd.alberta.ca/documents/Strategies_Not_Solutions_Handbook.pdf
	Information	This FASD learning series has videos and handouts as well as useful searches	http://fasd.alberta.ca/search.aspx
	Resources	Resource sheet for resources specific to FASD by Human Services Alberta	http://www.humanservices.alberta.ca/documents/fsc_d-resource-info-fasd.pdf
	Information and Resources	The Alberta FASD Network	http://fasd.alberta.ca/ Know FASD Website https://knowfasd-webpro.ualberta.ca/
	Assessment Services	Assessment and Intervention Services via ASH	http://fcrc.albertahealthservices.ca/professional/cds/

Financial

	WHAT	DESCRIPTION / DETAILS	INFORMATION
	FSCD funding	Family Supports for Children with Disabilities (FSCD)	http://www.humanservices.alberta.ca/disability-services/14855.html
	Benefits	Alberta Child Health Benefit	http://www.humanservices.alberta.ca/financial-support/2076.html
	Medication	Families can call to discuss their medication needs and financial challenges to explore options	For Concerta (BioAdvance Programme) parents can call 1-833-972-2420. For Vyvanse parents can call 1- 855-442-9395.
	Medication	The innoviCares card is a free prescription savings card available to all Canadian residents, that automatically cover a portion of the cost of the	https://innovicares.ca/en

		original brand and will coordinate with existing insurance plan(s), or can be used on its own.	
	Information	Information on Medication costs	https://pricingdoc.acfp.ca/pricing/
	Vyvanse	Vyvanse has a patient support program - that can qualify up to 100% - contact 10855-442-9395	https://players.brightcove.net/2574028764001/SykGTiz2b_default/index.html?videoid=6188994614001
	Pharm Reps	Pharmacy reps can help with samples, information, and may be aware of any compassionate funding programs specific to their products	Janssen: General Contact 1-800-JANSSEN (1-800-526- 7736) . Calgary: Dean Halcro dhalcro@its.jnj.com and / or Georgianne Daugela gdaugela@its.jnj.com cel 403-836-4568
			TAKEDA (formerly Shire): Daniel Foote (for Edmonton) daniel.foote@takeda.com 780 901 0452 ; Michelle Chovanez (Calgary and Southern AB) michele.chovanez@takeda.com is or cel: 403 389 6431 ; Brent Gray (Calgary and Central AB) – Email: brent.gray@takeda.com - Cell phone: 403-813-2420
			Elvium Life Sciences (formerly Purdue): Matt Chislett (South Calgary and south to Lethbridge area) matt.chislett@elvium.ca Phone: 403-370-4698 ; Machele Milligan (NW Calgary & Airdrie, Medicine Hat area) Machele.milligan@elvium.ca Phone: 403-771-2796

Grief

	WHAT	DESCRIPTION / DETAILS	INFORMATION
Information for Patients and Families	Information and Resources	website - Hospice Calgary	https://www.hospicecalgary.ca/contact-us
	Self-Help	Website - Canadian Hospital, virtually based/ support self-help program	http://www.mygrief.ca/

Bereavement by suicide

Information for Patients and Families	Support	CMHA Suicide Bereavement Program - Support Centers in Alberta	https://cmha.calgary.ab.ca Phone: (403)297-1744 or email suicideservices@cmha.calgary.ab.ca
	Information	Information	https://www.suicideprevention.ca/bereaving-from-suicide
	Information	Supporting others who are bereaving from suicide loss	https://www.suicideprevention.ca/How-to-Support-Those-Living-With-Suicide-Loss

Legal

	WHAT	DESCRIPTION / DETAILS	INFORMATION
Information for Professionals	Legal Advice	Legal advice for professionals related to issues of consent, mature minor, custody issues, etc.	AHS' Clinical & Regulatory Law Team at 1- 888-943-0904. Physicians seeking legal advice should contact the CMPA at 1-800-267-6522 (website: www.cmpa-acpm.ca)
	Family Law Information	Family Law In Alberta – resources and information	https://www.cplea.ca/publications/family-law/
	Mental Health Act Information	Mental Health Act and Resources	https://www.albertahealthservices.ca/info/mha.aspx
Consent and Confidentiality	Information	Understanding common legal issues in youth mental health	https://ontario.cmha.ca/documents/under-standing-common-legal-issues-in-child-and-youth-mental-health/
	Information	Position paper on age of consent	https://cps.ca/en/documents/position/medial-decision-making-in-paediatrics-infancy-to-adolescence

Mentoring

	WHAT	DESCRIPTION / DETAILS	INFORMATION
	Alberta Mentoring	The Alberta Mentorship Program connects mentors with those looking for mentorship	https://albertamentors.ca/
	Big Brothers / Big Sisters	Big Brothers / Big Sisters of Calgary and Area	http://bbbscalgary.ca/mentoring-programs
	Calgary Police	The Calgary Police Service offers a variety of mentorship, intervention and educational programs for youth and young adults from aged 5 to 18+.	http://www.calgary.ca/cps/Pages/Youth-programs-and-resources/Youth-intervention/Programs-for-children-teens-and-youth.aspx

Parenting

	WHAT	DESCRIPTION / DETAILS	INFORMATION
Parenting Supports	Program	Family Connections Program - evidence-based 12-week group that meets weekly to provide education, skills training, and support for people who are in a relationship with someone who has emotion dysregulation or related problems	https://sashbear.org/en/family-connections Alberta Specific: https://sashbear.wildapricot.org/AB-Groups-Upcoming/ or contact local organizer: Cindy Gerdes cindy.gerdes@ahs.ca or ph: 780-907-7054
	Services	Community Links offers various parenting programs and services	http://nrvc.ab.ca/programs-services/parenting/
	Program	Confident Parents: Thriving Kids has two program streams to help parents support their children aged 3-12 to manage either anxiety or behaviour challenges.	https://welcome.cmhacptk.ca/
	Coaching	Strongest Families offers online parent coaching management program	Ph: 1-866-470-7111 http://strongestfamilies.com
	Information	Stronger Families toolkit - Resources for families	https://www.albertahealthservices.ca/info/Page16039.aspx
	Information	Child Youth & Families Addiction & Mental Health Education Team: Offers online parenting groups and sessions related to parenting and children's mental health. Includes a caregiver session specific to managing Emotional Regulation.	https://www.cyfcaregivereducation.ca/
	Course	Triple P Parenting Course - online teaching	http://www.triplep-parenting.net/alb-en/home/
	Course	Connect - Attachment based parenting program	http://connectattachmentprograms.org/
	Information	Community Education Services (CES) is an AHS program that offers free public education sessions	http://community.hmhc.ca/
	Information	Parenting after separation - courses, resources and more	http://pas.albertacourts.ab.ca/
In-Home Support	In-Home	ASPEN: Families are referred by Child and Family Services (CFS)	http://www.aspenfamily.org/what-we-do/families/in-home-family-support/
	In-Home	Calgary Immigrant Women's Association Assists immigrant and refugee families in Calgary with children between 0 and 17 years. Self Referral/Community Referral	https://www.ciwa-online.com/our-services/family-services/in-home-support-program Please contact: familyservices@ciwa-online.com
	In-Home	YWCA: The Community Parent and School Support program (COMPASS) offers education and support to parents of children up to 12 years old (grade 6) via in-home visits.	Referral is required from a professional (i.e., family physician). Phone: 403-263-1500 or 403-264-3440. Email: compassprogram@ywcalgary.ca Website: https://www.ywcalgary.ca/programs/parent-and-school-support-compass/

	In-Home	Families Matter - Individualized or In-home Support offered by Families Matter	Phone: 403-205-5178
	In-Home	Hull - Family Initiatives programs offer In-Home Support as do their Lasting Impressions Programs	Family Initiatives - Program Coordinator: 403-207- 2521 Lasting Impressions - Program Coordinator: 403-207-2504 https://www.hullservices.ca/services/lasting- impressions
Parenting Information	Reading	"Hold on to Your Kids" (explores the dynamic of peer orientation and offers ideas on how to strengthen the attachment to the parent to remove the lure of the attachment to peers)	https://amzn.to/2IN1cqz
	Reading	How to Talk so Kids will Listen (and listen so kids will talk)	https://amzn.to/30ohknZ
	Podcast	The Puberty Podcast - lots of great parenting topics covered	https://podcasts.apple.com/us/podcast/the-puberty-podcast/id1576221880
	Podcast	Good Inside Podcast with Dr. Becky	https://goodinside.com/podcast/
	Podcast	Ask Lisa - parenting topics and advice	https://www.dr.lisadamour.com/podcast/
	Video	The Stress Bucket explained	https://www.youtube.com/watch?v=2TEoQR0LqM
	Videos	Community Education Services video archive from AHS	https://www.youtube.com/playlist?list=PLi1tOF1I5Z_oWtN4oLlqPWHEoPP_7qIMdP
	Videos	Videos for parents/caregivers to help kids recognize emotions / build mental health and wellness awareness	https://childmind.org/healthyminds/parents/?utm_medium=email&utm_source=email&utm_campaign=chmtk_topic1_2022-02-03&utm_content=cta2_ca-healthy-minds-parents
	Reading	Untangled - specific to parenting teenage girls	https://amzn.to/2VUeW9P
	Reading	Parenting a Teen Who has Intense Emotions: DBT Skills to Help Your Teen Navigate Emotional and Behavioural Challenges	https://amzn.to/37S7QoZ
Respite Support	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 http://www.frfp.ca/parents-resources/crisis-support/emergency-child-care/the- childrens-cottage-society-child-care-program-and- respite.htm
	Community Resource Team	Community Resource Team can take information and arrange for necessary services including respite	Phone: 403-299-9699 or 1-800-563-6106 http://www.woodshomes.ca/site/PageNavigator/pro grams/crisis/programs_community_resource_team.h tml
	Enviros	Enviros offers 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.	Phone: 403.219.3499 http://www.enviros.org/what-does-enviros- do/community-programs/respite-care-connection/
	Just for You	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.	http://www.just4familyservices.com Phone: 403-590-2122
	CARYA	CARYA Urgent Respite - Offered to families across Calgary with a sliding scale fee based on income. Able to assist with in-home childcare and practical support for up to 6 weeks.	Phone: 403-269-9888 http://caryacalgary.ca/our- programs/parenthood/support-for-parents/urgent- family-care/

Personality

	WHAT	DESCRIPTION / DETAILS	INFORMATION
Information for Professionals	Reading	Borderline Personality Disorder in the Primary Care Setting	https://www.ncbi.nlm.nih.gov/pubmed/25134872
Information for Patients / Families	Self Help	Book: "Don't let your emotions rule your life: DBT skill book for teens"	https://amzn.to/2T2G0Qn
	Reading	Parenting a Teen Who has Intense Emotions: DBT Skills to Help Your Teen Navigate Emotional and Behavioural Challenges	https://amzn.to/37S7QoZ
	Self Help	DBT skills (via 6 - 2minute videos) suitable ages 10 +	https://www.sunrisertc.com/distress-tolerance-skills

Recreation

	WHAT	DESCRIPTION / DETAILS	INFORMATION
Information for Patients and Families	Resources	ALIGN Association: Community Service that includes Family Resources for low income Albertans	https://alignab.ca/resources/
	Programs	Trellis - Programs, clubs, initiatives and more around Calgary	https://www.growwithtrellis.ca/
	Programs	Boys and Girls Clubs have mentoring, after school programs, and more	https://bgcbiqs.ca/
	Services	Kid Sport - Kid Sport Alberta offers financial support and programs	https://kidsportcanada.ca/alberta/
	Hockey and soccer	Power Play - free hockey and soccer programs	https://yvicyouthfoundation.ca/power-play/
	City	City of Calgary has many affordable programs across ages, types and areas	https://www.calgary.ca/categories/sub_category-recreation-grid.html?redirect=/csps/recreation/pages/home.aspx
	Tickets	Kids Up Front - Offers Event Tickets to Low Income / Kids in Need	http://kidsupfrontcalgary.com/
	Adaptive	Adaptive Sports Association Alberta - for kids with disability	https://www.parasportsab.com/
	Services	"Jooyay" – purpose is to connect children and youth with disabilities to leisure	https://jooyay.com/

School/Education

	WHAT	DESCRIPTION / DETAILS	INFORMATION
Assessments and Advocacy			
Information for Professionals	Information	Module for primary care providers to understand when to get, and what psycho-educational assessments can offer - developed by CanREACH	https://wp.hmhc.ca/canreach/canreach-alumni/canreach-understanding-psycho-educational-assessments-for-the-primary-care-provider/
	Accommodations	Classroom accommodation ideas from Alberta education which primary care providers can consider in writing advocacy letters	https://www.learnalberta.ca/content/inmdict/html/adhd.html
Information for Patients and Families	Special Needs	Supporting Students with Special Needs in Alberta Schools	http://frc.albertahealthservices.ca/health-information/supporting-students-with-special-needs/
	Assessment Information	Demystifying the psycho-educational assessment process and report	https://www.ldatschool.ca/demystifying-the-psycho-educational-assessment-report/
	Assessments around Alberta	Various places to obtain psycho-educational assessments: Calgary (University of Calgary, Department of Psychology)	http://werkklund.ucalgary.ca/ise/

		Calgary (Foothills Academy)	http://www.foothillsacademy.org/psych/assessment/s/
		Alberta (online referral director from Alberta Psychology Association)	https://www.psychologistsassociation.ab.ca/site/doctor_search_agreement
		Edmonton (University of Alberta, psychology)	https://www.ualberta.ca/educational-psychology/centres-and-institutes/clinical-services
		Edmonton (learning disabilities association of Edmonton)	https://ldalberta.ca/resources/assessment

School Avoidance

Information for Professionals	Reading	School Refusal Behaviour Primer for Family Physicians	https://pubmed.ncbi.nlm.nih.gov/16882441/
	Reading	Children with School Difficulties: A Physicians Manual	https://amzn.to/3c1Zexo
	Information	School Refusal Criteria and Treatment - School Refusal in Children and Adolescents published by the American Family Physician Website	http://www.aafp.org/afp/2003/1015/p1555.html
	Reading	Paper - Assessing school refusal in youth	https://files.eric.ed.gov/fulltext/EJ1072107.pdf
	Reading	Paper - Moving from assessment to treatment for school refusal in youth	https://files.eric.ed.gov/fulltext/EJ844312.pdf
Information for Patients and Families	Information	Information and resources for families	https://schoolavoidance.org/school-avoidance-101/
	Information	Information for families re: school refusal reasons and actions	https://www.anxietycanada.com/articles/school-refusal/
	Podcast	Information for families re: school refusal reasons and actions	https://tiltparenting.com/2020/04/07/episode-203-dr-chris-kearney-talks-about-school-refusal-what-it-is-why-it-happens-and-how-to-handle-it/
Home Schooling	Information	Home Schooling Resources Alberta	http://albertahomeschooling.ca/
	Information	Resources and Responsibilities for Home Schooling	https://www.alberta.ca/home-education.aspx?utm_source=redirector
	Resources	Resources and supports for homeschooling / homeschooled kids in Alberta	https://www.adlc.ca/homeschool-supports/

Self-Injury

	WHAT	DESCRIPTION / DETAILS	INFORMATION
Information for Professionals	Guide	A guide for health care providers from SiOS on non-suicidal self-injury	http://sioutreach.org/learn-self-injury/medical-professionals/
	Training	Online training for professionals	http://www.selfinjury.bctr.cornell.edu/training.html
	Video	AHS and the PCNs put together this short accredited video on: "Adolescent Non-Suicidal Self-Injury for Primary Care Physicians"	https://ahamms01.https.internapcdn.net/ahamms01/Content/Videos/Other/FMC/NSSI_V5_final.mp4
	Rating Scale	The Ottawa Self Injury Inventory	http://insync-group.ca/wp-content/uploads/publications/OSI-2015-English-v3.1.pdf
Information for Patients and Families	Information	Information and Resources from Self- Injury Outreach and Support (SiOS)	http://sioutreach.org/
	Information	Information and Resources from The Cornell Research Program on Self-Injury Recovery	http://www.selfinjury.bctr.cornell.edu/index.html
	Caregiver Information	A guide for families from SiOS on non-suicidal self-injury	http://sioutreach.org/learn-self-injury/parents-and-families/
	Support	Information, services, and resources for youth	http://insync-group.ca/for-youth/
	Distraction	Distraction Techniques and Alternatives to self-harm	http://www.selfinjury.bctr.cornell.edu/perch/resources/distraction-techniques-pm-5.pdf
	Self-Help	Self-Help workbook for self-harm	https://amzn.to/2JqZF6G

Sensory Processing Disorder

	WHAT	DESCRIPTION / DETAILS	INFORMATION
	Information	General Information about Sensory Processing Disorder	http://www.cheo.on.ca/en/sensory-processing
	Information	Sensory Processing Disorder Foundation	http://www.spdfoundation.net/
	Information	STAR Institute for Sensory Processing Disorder	https://www.spdstar.org/
	Recommended Reading	"Living Sensationally: Understanding your senses" By: Winnie Dunn (for parents to understand spectrum)	https://amzn.to/2UuYBVz
		"Sensational Kids: Hope and Help for Kids with Sensory Processing Disorder" By: Lucy Jane Miller;	https://amzn.to/2wF3cM3
		"The Out-of-Sync Child" By: Carol Stock Kranowitz	https://amzn.to/33VsmlA
		Sensory Smart Child - Handbook	https://amzn.to/2UuZ3n1

Sex and Sexuality

	WHAT	DESCRIPTION / DETAILS	INFORMATION
Information for Professionals	Guide and Information	A great resource for terms and guides re: caring for trans and gender-diverse patients	https://www.rainbowhealthontario.ca/TransHealthGuide/
Information for Patients and Families	Information	Gender Creative Kids - A reference community organization that has supported trans, non binary, and gender-fluid youth's affirmation within	https://gendercreativekids.com/
	Services	Skipping Stones - Leader in providing affirming care to trans and gender-diverse youth, adults, and families- programs and resources are listed on their website	https://www.skippingstone.ca/
	Services	Calgary Outlink provides a variety of services related to sexuality and gender orientation including groups, information, resources and more	http://www.calgaryoutlink.ca/
	Services	Canada's only national leadership retreat for lesbian, gay, bisexual, transgender, two-spirited, intersexed, queer, questioning, and allied youth.	http://www.fyrefly.ualberta.ca/
	Support	Youthline - Offering peer support by phone, text, chat, or email	http://www.youthline.ca/get-support/ways-we-support/
	Support	Stories and information from other youth from kids help phone online	https://kidshelpphone.ca/tag-cloud/?tags=2slgbtq
	Guide	Youth Safe - A guide to Alberta's resources for LGBTQ Youth	http://www.youthsafe.net/
	Resources	Comprehensive list of Resources in Calgary and beyond related to LGBTQ	https://calgarypaeds.org/wp-content/uploads/2013/06/LGBTQ-Resources-Calgary.pdf
	Resources	Comprehensive list of various resources	https://airdriepride.ca/resources/
	Resources	Comprehensive list of Resources in Edmonton and beyond related to LGBTQ	https://pridecentreofedmonton.ca/resources/community-services/
	Caregiver Information	TransParent Alberta 101 - A compilation of resources for supportive parents, guardians and caregivers of transgender, non-binary and gender-expansive children (minor or adult) in Alberta	https://www.transparentalberta101.com/
	Caregiver Information	PFLAG - Organization specifically geared towards supporting parents and caregivers	https://pflagcanada.ca/

	Caregiver Information	Family Acceptance Project - Information on how families can best support their children	https://familyproject.sfsu.edu/about
Sexualized Behaviors in Children	Information	National Child Traumatic Stress Network - understanding and coping with sexual behaviour	https://www.nctsn.org/sites/default/files/resources/understanding_coping_with_sexual_behavior_problems.pdf
	Information	Government of Canada : When Children act out Sexually	https://www.canada.ca/en/public-health/services/health-promotion/stop-family-violence/prevention-resource-centre/children/children-sexually-guide.html

Sleep

	WHAT	DESCRIPTION / DETAILS	INFORMATION
Information for Professionals	Services for Assessment	Calgary Sleep Clinic	https://www.albertahealthservices.ca/findhealth/Service.aspx?serviceAtFacilityId=1023360
		Edmonton Sleep Clinic	https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1026354&serviceAtFacilityID=1046554
	Information	Information on Insomnia from alberta doctors, but on page 11 there is a great summary of CBT i	https://act.albertadoctors.org/CPGs/Lists/CPGDocumentList/Adult-Insomnia-CPG.pdf
Information for Patients and Families	Information and Support	The Sleep for Kids website teaches kids about the importance of sleep in a child friendly way using games and pictures.	http://www.sleepforkids.org/html/stars.html
	Tips for Sleep	Healthy Sleeping Information and tips from Teen Mental Health	http://teenmentalhealth.org/wp-content/uploads/2014/08/Healthy_Sleeping.pdf
	Monitoring	Sleep Diary	https://www.anxietycanada.com/sites/default/files/Sleep_Diary.pdf
	Self-Help	CBE for Sleep and Insomnia	https://www.cbtforinsomnia.com/
	Information	Resources and information to help with sleep for individuals and families	https://centreforsleep.com/
	Information	Information to help in setting sleep goals and plans - good self-help for people	https://mysleepwell.ca/
	Mobile Apps	Mindshift (guided meditations, free)	https://www.anxietycanada.com/resources/mindshift-app
		Tactical Breather (breathing to relax, free)	https://itunes.apple.com/ca/app/tactical-breather/id445893881?mt=8
		Calm (guided relaxation, some free, some \$)	https://itunes.apple.com/app/calm.com/id571800810
		Sleep Meditations for Kids (sleep stories, free and \$)	https://itunes.apple.com/au/app/sleep-meditations-for-kids/id549414156

Somatic

	WHAT	DESCRIPTION / DETAILS	INFORMATION
Information for Professionals	Clinical Pathway	Developing a Clinical Pathway for Somatic Symptom and Related Disorders in Pediatric	https://pubmed.ncbi.nlm.nih.gov/30782623/
	Recommended Reading	Campo, John V., and Gregory Fritz. "A management model for pediatric somatization." <i>Psychosomatics</i> 42.6 (2001): 467-476.	https://www.sciencedirect.com/science/article/pii/S0033318201704537
		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</i>	https://journals.sagepub.com/doi/abs/10.1177/1359104508096769

		psychiatry 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.	https://journals.sagepub.com/doi/abs/10.1177/1359104505056323
		Eden McCaffrey Chapter 17 "patient experience, safety and quality" in <i>somatic medicine</i> (pgs 303-323)	https://dl.uswr.ac.ir/bitstream/Hannan/32606/1/9783319894874.pdf
Information for Patients and Families	Video	Video from Kelty Mental Health called "Story of Somatization"	http://keltymentalhealth.ca/r/video-stories-somatization
	Family Handbook	Kelty Mental Health has produced this useful family handbooks re: somatization	https://keltymentalhealth.ca/sites/default/files/resources/Somatization%20Family%20Handbook%202019.pdf

Suicide

	WHAT	DESCRIPTION / DETAILS	INFORMATION
Information for Professionals	Guide	Overview of processes, tools, techniques, resources and references	http://www.patientsafetyinstitute.ca/en/toolsResources/SuicideRisk/Documents/Suicide%20Risk%20Assessment%20Guide.pdf
	Safety Planning	CHEO - information / template for safety planning	https://www.cheo.on.ca/en/resources-and-support/resources/P5681E.pdf
	Sreening	The TASR-A was developed to assist in the clinical evaluation of young people at imminent risk for suicide	http://teenmentalhealth.org/product/tasr/
Information for Patients and Families	Information and Resources	Website for information and resources from The Center for Suicide Prevention	https://www.suicideinfo.ca/
	Information and Resources	Website and Information from the Canadian Association for Suicide Prevention	https://suicideprevention.ca/
	Safety Planning	CHEO - information / template for safety planning	https://www.cheo.on.ca/en/resources-and-support/resources/P5681E.pdf
	Resource	Suicide Prevention Mobile App called "HOPE" by CAMH	https://www.camh.ca/hopebycamhapp

Tics

	WHAT	DESCRIPTION / DETAILS	INFORMATION
Information for Professionals	Recommended Reading	Meta-Analysis : Treatment of Attention-Deficit/Hyperactivity Disorder in Children With Comorbid Tic Disorders. Bloch et al. 2009.	https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3943246/
		Canadian Guidelines to provide the practicing clinician with guidance on the pharmacological management of TIC disorder in children and adults	http://journals.sagepub.com/doi/pdf/10.1177/070674371205700302
		Non-Pharmacological Options: The efficacy of habit reversal therapy for tics, habit disorders, and stuttering: a meta-analytic review. KS Bate et al. 2011.	https://www.ncbi.nlm.nih.gov/books/NBK81987/
	Rating Scale	YALE Tic Rating Scale	https://dcf.psychiatry.ufl.edu/files/2011/06/TIC-YGTSS-Clinician.pdf
Information for Patients and Families	Information	Website with information and resources	https://tourette.ca/
	Information	How Habit Reversal Therapy works for Tics - Child Mind Institute	https://childmind.org/article/how-habit-reversal-therapy-works-for-tics/

Youth transitioning to Adult

	WHAT	DESCRIPTION / DETAILS	INFORMATION
	Recommended Reading	"Know Before You Go" document for teens moving in to university/college years	https://teenmentalhealth.org/download/7809/
		The Stressed Days of Their Lives looking at important skills for success	https://amzn.to/2NLvmtV
	Resources	The Family and Community Resource Center (FCRC) provides great information and resources for youth who are transitioning in to adulthood	http://fcrc.albertahealthservices.ca/transition/resources/list/#community-access-advocacy-support-resources
	Programs	McMan - has a transitions to adulthood program referred by those with Child Services	https://mcmansouth.ca/services/yta.html
	Services	Hull - Bridging the Gap - age 16-24 mental health program to build resilience (self-refer)	https://hullservices.ca/services/bridging-the-gap/

Location Specific

	OVERVIEW	DESCRIPTION / DETAILS	INFORMATION
Calgary	Access Mental Health	Central Intake - Telephone based centralized intake that is accessed by self referral or professional referral to access services.	Calgary : 403-943-1500 // Rural Access: 1-877-652-4700
	Community Connect YYC	Accessible and affordable therapy in Calgary (free, sliding scale, and more) for a range of populations and needs.	https://www.communityconnectyyc.ca/
	Calgary Counselling Center	Self referral by phone or online. Professional counseling to individuals, couples, and families. Group programs are also offered. Cost is based on sliding scale for annual income	Suite 1000, 105 12 Avenue SE Phone: 403.691.5991 www.calgarycounselling.com
	Calgary Family Therapy Program	Self referral or professionals may refer (phone, fax, or email). No cost. Offers family therapy services for families with children 18- years or younger whose children are experiencing emotional or behavioural problems. There can be a wait pending demand.	www.familytherapy.org Phone: 403-802-1680 Fax: (403) 270-7446 E-mail: cftc@ucalgary.ca 600, 1816 Crowchild Trail NW
	CARYA	CARYA offers individual counselling and group programs. CARYA also offers Family Therapy (Functioning Families Together) programming. Self-referral. Sliding scale fee, but some programs are fully funded.	www.caryacalgary.ca Main Reception Phone: 403-269-9888 Client Intake Line: 403-205-5244 200, 1000 8 Avenue S.W.
	Catholic Family Services	Counseling formats include: individual, marital/couples, family. Self-referral by contacting Intake. Cost: Sliding scale fees; fee will not be a barrier.	250, 707 – 10 Avenue SW https://www.cfs-ab.org/ Intake: 403.233.2360
	YW Calgary	Offering many programs including groups and individual and family work. Fee based on sliding scale and is minimal.	To access any of counselling services, the Intake Line is 403-536-2844.
	Eastside Family Center	The Eastside Family Centre offers mental health services for youth, families and individuals. Walk-in counselling services and e- counselling are available at no cost and no appointment is necessary. Multidisciplinary teams, including psychiatric and clinical consultation, are available.	Counselling Phone: 403-299-9696 https://www.woodshomes.ca/programs/eastside-family-centre/ 255 - 495 36 Street NE

	AHS Addiction Helpline	free and timely phone counselling offered by clinicians	1-866-332-2324
	AHS – Grief Support Program	self referral grief counselling	403-955-8013
	AHS – Indigenous Mental Health	only phone intake, therapy & wellness support	403-955-6647
	AHS Mental Health Helpline	free and timely phone counselling offered by clinicians	1-877-303-2644
	Canadian Mental Health Association	offers mental health peer support, suicide grief counselling, mental health recovery courses, and individual counselling	403-297-1700 https://cmha.calgary.ab.ca
	Starling – Free digital mental health support	Free digital mental health support	https://info.starlingminds.com/covid19-free-mental-health
	YWCA Group Counseling for Men and Women	Counseling for Men and Women	https://www.ywcalgary.ca/programs/group-counseling/ 403-536-2846
Edmonton	Elm Tree Clinic	Counselling and Presentations focusing on pre-school aged and early child mental health	http://www.elmtreeclinic.ca/
	CASA	Child, Adolescent, and Family Mental Health Services	https://www.casaservices.org/
	ACCESS Open Minds	ACCESS Open Minds Edmonton is a walk-in clinic for youth seeking addiction and mental health supports.	Walk in Tuesday to Friday 12:00 pm - 5:30pm, no appointment necessary. First floor of the YMCA: 10211-105 Street NW.T (780) 415-0048 **Please note, this is a voicemail line – you can leave your contact information and someone from our team will contact you as soon as possible.
	Addictions and Mental Health Child and Adolescent Mental Health Walk-in Clinic	Walk-in Clinic for children, youth and their caregiver seeking mental health or substance concerns	Northgate Children’s Community Mental Health Clinic 9499-137 Ave Edmonton, AB Phone: 780-342-2701 Monday – Friday 12:30pm – 4:00pm Rutherford Children’s Community Mental Health Clinic Suite 202 11153 Ellerslie Road SW Phone: 780-342-2701 Monday – Friday 12:30pm - 4:00pm
	Catholic Social Services		Children, Family and Community Services 10320 - 146 Street Edmonton, AB T5N 3A2 Tel: (780) 471-1122 www.cssalberta.ca
	AHS Addiction and Mental Health Intake Services Child and Adolescent	Provides a single intake service for child & adolescent community mental health clinics across the Edmonton Zone Offers screening and triaging of referrals, parent orientation, redirects some referrals to appropriate services, and arranges time for formal assessments Professional referral is not required	Phone : 780-342-2701 Monday – Friday 8:15am – 4:30pm
Medicine Hat	Bridges Family Services Hub		https://www.bridgesfamilyprograms.com
	Intake	AHS Children's Central Intake	Phone: 780-342-2701

St. Albert	Private therapy	Some recommended therapists for private (assessment / treatment) in the area	<p>Rivers Edge Counselling always has excellent therapists for children, along with different groups and psycho-educational testing: https://www.riversedgescounselling.com/teen-wellness-group</p> <p>- Other highly recommended therapists in the area: Corinne Eckhart: www.eckertchildpsych.ca and Susan Ginder: https://chariscounselling.net/contact</p> <p>-Edgars Psychological is another private resource for counselling, and they also offer a DBT Skills group for children and teens. https://www.edgarpsychological.com/motion-regulation-skills-group-for- children</p>
	Resources	St. Albert Family Resource Center is a wealth of info-- from workshops for parents and children, to having free parent coaches.	http://www.stalbertfrc.ca/
	Group	St. Albert offers the P.E.P (Parents Empowering Parents) support group. Right now, everything is online	https://pepsociety.ca/
	Support	Because I Love You (B.I.L.Y)	https://www.bilyedmonton.com/