The title of each AHS/Covenant program or service is color coded with the above organization chart, to match with the responsible Director.

Note: Other collaborative services such as CASA, Glenrose Rehabilitation Hospital, NECHC, Sturgeon Community Hospital and Capital Care are also included in this index.

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1.0 Child/Adolescent Mental Health

Alberta Health Services provide a wide range of services and supports for children and adolescents 5-17 years of age—and their families—residing within Edmonton and area that require mental health assessment and treatment. Services are provided at several hospital sites, community health care clinics, and various community and school locations throughout the Edmonton Zone.

Assessment and treatment services are generally provided by multi-disciplinary teams that may consist of psychiatrists and/or psychiatric resident, nurses, child development workers, mental health therapists, social workers, psychologists, occupational therapists. Some programs are provided with the Edmonton School Boards and therefore teachers are an important part of the team.

In addition to the AHS-delivered services, CASA (Child, Adolescent and Family Mental Health) delivers many programs as a non-profit, contracted agency.

Entry Points to the Services:
Intake Services & Program Information 780-342-2701
Crisis Services 780-427-4491

1.1 Intake Services

Intake Services provide a single point of access to children’s mental health services within Edmonton and area. Anyone can refer:

- Parent or guardian
- School personnel
- Child and Family Services
- Pediatrician and/or Family Physician

Intake for Edmonton city is located at the Northgate Community Health Clinic. The Community Mental Health Clinics in Spruce Grove, Leduc, Sherwood Park/Ft Saskatchewan, St Albert/Morinville provide intake screening for people living in these suburban areas.

Intake Therapists - conduct an initial screening interview—usually by telephone—once a referral is received. In combination with other information, the Intake Therapist uses the Western Canada Wait List (WCWL) prioritization tool to assess urgency/ wait list priority and potential benefit of treatment.

Intake therapists provide information about this service, but also for other service provider options that parents may find helpful. Through the screening process, it may be determined that other services or supports in the community are more appropriate for the family and a referral is not progressed to a full assessment.

If a full assessment is warranted, an appointment for a face-to-face appointment with child / adolescent and parents / guardian is offered as soon as possible. Data on wait time is an important measure of access, therefore every attempt is made to offer urgent appointments within 7 days, and less urgent appointments in less than 30 days.

Intake therapists review each screened case with the Intake Team to ensure that they have considered all the issues. When a case is considered to be complex or urgent, physician involvement is sought as well.
1.2 Interim Support

Interim Support is provided to children on waitlists through the Intake Therapist who provided the screening. Interim Support to children and their families is available through a variety of measures designed to have an impact at different points in the referral enrollment continuum, i.e. education information and resources, telephone follow-up.

Please see http://www.albertahealthservices.ca/3102.asp for the Referral Form and process to access Child & Adolescent Mental Health Services.

2.0 Child/Adolescent Mental Health: Hospital Based

2.1 Inpatient Child & Adolescent Acute Care

Is located at the Royal Alexandra Hospital (RAH) on Units 35 and 36 (28 beds). Admission to this unit is considered when mental health interventions in the community are not able to provide the level of care and support that the patient requires. Approximately 480 patients per year are admitted to this program.

Children (ages 6-12 yrs) are admitted through a referral by a child psychiatrist to the program for a planned or elective admission process. Stabilization, diagnostic clarification, assessment and short term treatment are the primary purposes of the admission. As part of the therapeutic program, these children go home on weekends (Friday afternoon -Sunday afternoon) keeping parents involved and part of the team. This program closes 2 weeks over Christmas and 8 weeks through July and August. Children attend a school program as part of their assessment and treatment program.

Adolescent (ages 13-17 yrs) are usually admitted through emergency or urgent services. Stabilization, diagnostic clarification, assessment and short term treatment are the primary purposes of the admission. Attendance in a school program is part of the assessment and treatment if possible.

A Special Care Area is part of Unit 35 and provides an intensive level of support and observation for patients who are extremely unwell.

Two thirds of adolescent admissions are due to an emergency presentation. The youth admitted through emergency are admitted to the special care area. The emergency admissions are typically for patients in a psychotic state, post suicide attempt or actively suicidal. Emergency admissions are also provided for youth who are exhibiting extreme, out of control behaviors as a result of PDD or autistic spectrum disorders. Home and school placements are often at risk.

The adolescent unit St 35 is open 24/7 365 days of the year to ensure coverage for the emergency service over the weekend.

Admission is through one of four consulting child psychiatrists.

2.2 Child & Family Psychiatric Unit (CFPU)

Located at the Glenrose Rehabilitation Hospital (GRH), offers assessment and treatment services for children and adolescents 5-17 years of age.

Services are rehabilitative in nature and are offered five days per week throughout the school year with some clinical services provided year round. Approximately 135 patients per year are admitted to inpatient programs with an average length of stay is 3-4 months.
Inpatient Program Unit 301:
Children (ages 5-12 years) with a variety of emotional, behavioral, and psychiatric concerns are admitted. Patients attend the program from Sunday afternoon to Friday afternoon. Children attend school as part of their treatment. The children’s unit offers transitional inpatient/day treatment service.

Inpatient Program Unit 302:
Adolescents, aged 13-17 years, with a variety of severe and persistent mental health disorders are assessed and treated through this program. The adolescent inpatients program also has a transitional day treatment component. Patients attend the program from Sunday afternoon to Friday afternoon. Adolescents attend school as part of their treatment.

Day Treatment Programs:
Ambulatory services for children ages 5-17 years with a variety of mental health conditions. Access to specific services is determined by presenting concerns and interventions most appropriate to treat.

Specialized Clinics:
Offer tertiary level psychiatric services to children and adolescents with mental health issues such as affective disorders, ADHD, Oppositional Defiant Disorder, Tourettes Disorder and Complex Neuro-psychiatric Clinic.

2.3 Stollery Children’s Hospital – Mental Health and Psychiatric Consultation and Liaison for Pediatric Inpatients and Outpatients

The service provides consultation and treatment support for children and adolescents presenting with a comorbidity of medical, psycho-social, emotional and behavioral concerns. The team coordinates consultation and provides follow-up such as psycho-education, parent support, parent education, supportive psychotherapy and medication review.

2.4 Division of Clinical Psychology - University of Alberta Hospital

Provides treatment services to outpatient and inpatient referrals from pediatricians. Services include working with children and teens to help improve physical health and cope with medical illness, helping young people with mental health issues, and parenting intervention and support. The Children’s Taming of Anxiety Group Therapy Program, ages 9 to 12, is a 10 week CBT program for children and parents that runs twice yearly with a physician referral required. Contact (780) 407-6896.

2.5 Learning and Development Clinics

(Formerly Regional Pediatric Developmental and Mental Health Program / neurodevelopment service) These clinics are located at East Edmonton Health Center and Grey Nuns Hospital.

The Clinics take referrals where there are concerns about a child’s learning, development or behavior. Referrals must include active participation by the parent/guardian, school, and physician. Assessment and treatment services are provided by an inter-disciplinary team and may include:

- Physician assessment of development, behavior and any medical conditions that might affect learning
- Interpretation of diagnostic information to the child and family
- Physician consultation regarding the management of any diagnosed conditions, including supervised trial of medication, if indicated
- Case conferences as required, with the family and school
- Individual and family counselling with mental health therapists
- Therapeutic group services
- Referral to other community services, tertiary services and other medical services
Referral forms are available from the Clinics. Cognitive and academic achievement testing is required to complete the referral. In addition, questionnaires for the parent and teacher are completed as part of the information gathering process.

### 3.0 Child/Adolescent Mental Health: Residential

#### 3.1 CASA House Residential Program

This inpatient program focuses on treating adolescents who have not responded to previous interventions and now require a higher degree of intensive treatment. The adolescents’ emotional, psychological and behavioral difficulties are so extreme and enduring that the family or school cannot tolerate the continued effects.

CASA House has four on-site classrooms and four full time teachers from the Edmonton Public School system. The schooling goal is to help the student develop work habits resulting in a sense of accomplishment and increased self-esteem. After treatment is completed, students are reintegrated into their community school. [http://www.casaservices.org/casa-house](http://www.casaservices.org/casa-house).

### 4.0 Child/Adolescent Mental Health: Community Based

#### 4.1 Transition, Liaison & Consultation Services

These services are designed to ensure effective transition between different types of care and treatment, including the transition from acute facility-based services to/from community.

These services proactively partner and collaborate to support children receiving care in Child & Adolescent Mental Health; to improve care and case coordination; and to improve early intervention, prevention and education for children, youth and their families.

**Outreach Bridging** is designed to significantly enhance existing efforts to facilitate a smoother transition between hospitals, schools, home and community services. In-region and out-of-region children and their families are served.

**Community Extension Therapists** support children, youth and their families during the transition between inpatient programs and the community. The teams provide community outreach from the starting point of tertiary service, following and supporting transitions to home and school for complex and persistent mental health issues.

**Youth in Transition** service targets youth ages 16-20 years who have mental health concerns and are in need of support in their transition to adulthood. The service works to empower the youth to become assertive in self-advocacy. It is individual focused, goal oriented and recognizes the youth’s resiliency factors.

#### 4.2 School Services

Several services are available through various partnerships with school divisions and other funding mechanisms. The primary goal is to keep children with mental health conditions learning and functioning as well as possible in their schools and communities.

**School Mental Health Consultation & Liaison** (SMHCL) is an ESHIP-funded service representing a partnership between the Edmonton Public School Board, the Edmonton Catholic School Board. The service is designed to meet the mental health intervention and liaison support needs of children and youth attending schools within Edmonton who are referred to the service.
**ESHIP Emotional Behavioral Service** works in schools within the City of Edmonton with teachers, school staff, parents and other ESHIP partners to support students’ learning and success through enhancing social emotional wellbeing. Referrals are made by the principal (or designate) of the school. The referral form (ISR) can be accessed at [www.eshiponline.ca](http://www.eshiponline.ca)

**Mental Health Therapists** that are funded by Student Health Partnerships are also incorporated into the Children’s Mental Health Teams at the Spruce Grove Clinic and St. Albert Clinics. Leduc SHP supports Family Support Liaison Workers within the Leduc Clinic.

**Specific Mental Health programs in schools:**

**Parkview Mental Health Classrooms** provide education and mental health services for children and adolescents grades 2-9. The ten-student classrooms are available for children and adolescents with severe and complex mental health concerns. This is an ESHIP-funded service for long-term educational placement provided in partnership with Edmonton Public School Board.

**STEPPS** (Supportive Transition for Emotional Physical Psychological and Spiritual Well-being) is for students who have been diagnosed with a mental health disorder who have difficulty functioning in a regular community school program. The service is located at St. Elizabeth School in partnership with the Edmonton Catholic School Board. There is one classroom for student in grades 1-6. The goal of the program is to transition students to regular classrooms.

**A Safe Place** is a Mental Health Capacity Building Project focused on preventative intervention in a mental health classroom that serves students from Dan Knott, Edith Rogers and T.D. Baker Schools. It supports students experiencing difficulty coping due to an emotional or psychological state. The service targets junior high students and provides a space removed from, but connected to, regular classroom activity.

**The Way In** is a Mental Health Capacity Building Project related to “A Safe Place” classroom. It is a school-based community mental health promotion and prevention program provided to junior high students in Millwoods. The overall aim is to increase coping behaviors by teaching students to make better choices and adopt behaviors to self protect their mental and physical health. Students are maintained in the regular classroom and may access “A Safe Place” classroom as required.

**ASIST (Assessment, Support and Intervention Success Team)** provides wraparound services that include integrated interventions and supports to students in grades 7-12 who are at risk of suspension and/or expulsion within Edmonton Catholic School Board. The goal is to increase resilience and instill hope in the youth by providing tools or strategies to address risk factors.

**STAR (Jasper Place High School)** is a Mental Health Capacity Building Project providing an integrated, school-based community mental health promotion and prevention program and, when necessary, early intervention and/or treatment services for children, youth or families who are identified as requiring such services. Common risk factors include: attendance issues, motivational deficiencies, substance abuse, and behavior concerns.

### 4.3 CASA Infant and Preschool Community Mental Health Services

Helps families and their infants and children up to age 5 offering a clinic-based assessment and treatment program, providing outreach services to Head Start and Home Visitation Programs. Infants and children under 4.5 years of age are referred directly to CASA at 780-400-2271. All other children (and adolescents) in the zone use Intake Services at 780-342-2701.
4.4 CASA School Age Services

Provides voluntary, non-residential mental health services for children (ages 5-18 years) and their families who are experiencing emotional, psychological and/or behavioural problems. Services also include Adult Psychotherapy Group for parents, Family Therapy Team, Social Skills programs, and a Parenting Support Group. Contact 780-342-2701.

4.5 CASA Trauma and Attachment (TAG) Program

Is a training, support and treatment program for guardians and children suffering from attachment disorders. The program is designed to promote attachment behaviors in adopted or foster children. Contact 780-342-2701.

4.6 CASA Day Programs

**Children's Day Treatment Program** or TIES (Therapeutic Intervention and Educational Support) program offers daily treatment and education to children aged six to twelve with severe psychiatric and behavioral difficulties. Children who attend this program typically cannot function in a community school setting and require additional supports and a multidisciplinary approach to treatment.

**The Adolescent Day Program** provides mental health treatment and academic support to 12-14 adolescents aged 12-18 who are unable to attend a community school because of emotional, psychological and/or behavioral problems.

Access to these day programs is through Intake Services at 780-342-2701. [http://www.casaservices.org/programs-services](http://www.casaservices.org/programs-services)

4.7 Community Mental Health Clinics

Once a child or adolescent has been screened through the Intake Services, Community Mental Health Clinics provide assessment & treatment within the multi-disciplinary model.

Community Mental Health Clinics are considered to be secondary or Tier 3 Mental Health Services. This means that clients who require services from clinicians that have experience in child and adolescent mental health (child psychiatrists, mental health therapists etc) are the focus. It is expected that most children or youth engaging in treatment will be provided with a set of time-limited, goal-directed interventions. If clients do not experience improvement in their function or level of distress, then more intensive levels of service may be considered.

Community Mental Health Clinics work collaboratively with primary care providers (family physicians and PCN's) so that clients' ongoing care is followed through at the primary care level.

Community Mental Health Clinical services may also be a step-down or community follow-up intervention for children or youth who have been in a tertiary or Tier 4/5 levels of service (hospital-based services).

CASA provides School-Aged Mental Health Services and intake to this program is through the Centralized Intake process described above.

Services are provided by Children’s Mental Health Therapists and each clinic is actively involved with the Student Health Initiative Program (SHIP) in partnership with Alberta Learning and Children and Families Services Authorities – Edmonton & Area.
Parental involvement is an important feature of this service.

Child & Adolescent Mental Health Services are available through community clinics sites:

<table>
<thead>
<tr>
<th>Clinic Name</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Northgate Mental Health Clinic</td>
<td>780-342-2701</td>
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<tr>
<td>Fort Saskatchewan Mental Health Clinic</td>
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<tr>
<td>Leduc Mental Health Clinic</td>
<td>780-986-2660</td>
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<tr>
<td>Morinville Mental Health Clinic</td>
<td>780-939-3319 ext 262</td>
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<td>Sherwood Park Mental Health Clinic</td>
<td>780-342-4675</td>
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<td>Spruce Grove Mental Health Clinic</td>
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<tr>
<td>St. Albert Mental Health Clinic</td>
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5.0 Child/Adolescent Mental Health Crisis

5.1 Crisis Service

The Crisis Service is made up of the following component parts:

**Mobile Response Team** (including Crisis Telephone Line) – 780-427-4491
0830- 2345hrs Monday – Friday
1000- 2345hrs Saturday, Sunday & stats

**Crisis Telephone Line** Provision of non-judgmental, supportive telephone interaction by multidisciplinary crisis staff. The Mobile Response Team receives calls and referrals from anyone.

**Mobile Response Team (MRT)** Multidisciplinary staff completes mental health risk assessments, crisis intervention / stabilization services and referrals in community settings and hospital emergency departments with the main goal of avoiding hospital admission. MRT assessments and interim care plans are reviewed with the team and with the Urgent Clinic Psychiatrist on a weekly basis. Two MRT staff (RN or RPN) are assigned to work Monday- Friday in the RAH emergency department between the hours of 0800-1815h.

5.2 Royal Alexandra Hospital (RAH) – Emergency Department

Between the hours of 8am to 6pm, the team will complete mental health risk assessments, provides referrals and consults with emergency department physicians, residents and child psychiatrists-on-call. Decisions about the need for more extensive emergency assessment and treatment in RAH Acute Inpatient Program or community follow-up are made by child psychiatrist on call.

The psychiatrist-on-call is the only child psychiatrist on call for Northern Alberta and as such provides advice and consultation for all after-hours crises for all Northern Alberta and NWT. When the Nursing staff assigned in the ER is not available, the MRT will be responsible for providing this support. It is important to note that the goal for MRT is hospital avoidance hence community visits are a priority.

5.3 Urgent Clinic

The Urgent Clinic provides prompt and short term follow up by a child psychiatrist and/or resident for children/ youth. Urgent Clinic generally sees children or adolescents who have presented to ER, did not require admission, but would benefit from psychiatric follow up within 72 hours.
Other referrals could come from:
- Mobile Response Team
- RAH Child Psychiatrists / Residents
- Urgent Services Therapists

The Urgent Services team works closely with Mobile Response Team to ensure that there are follow-up crisis support services after regular office hours for identified youth at risk.

All components of crisis services engage in weekly case conference with psychiatry support so that experiences of children, youth and their families seen by any of the crisis services are reviewed and conferenced. In additional, monthly seminars and other learning opportunities are built in to the schedule for all team members.

6.0 Youth Addiction

Youth Services offers a continuum of programs and services for children/adolescents (ages 12 to 18 years), families, and professionals concerned about alcohol, drugs, tobacco and gambling.

6.1 Prevention and Health Promotion Services

Provide consultation and support to other professionals, schools, and community agencies to develop addiction and mental health prevention and early intervention initiatives. Curriculum based resources and print materials are available.

6.2 Outpatient Services

Provides individual, group, and family counselling by appointment. Referrals to Detox/stabilization, Residential, Intensive Day Treatment, and other treatment options are completed through Outpatient Services. Youth needs are matched to the appropriate service through an intake appointment, either drop-in or by appointment. 12325-140 Street, Edmonton, T5L 2C9 Phone 780-422-7283 and fax 780-427-0213.

6.3 Intensive Day Treatment Program

6 week treatment program where youth learn strategies to manage substance and gambling abuse concerns (we accept clients anywhere on the motivation continuum and employ treatment strategies ranging from harm reduction to more abstinence based approaches. Program includes individual, group and family counselling, incorporates leisure assessment and support, as well as curriculum based education services. Hybrids of outpatient and intensive day program treatment are considered to ensure access is quick and needs specific to individual youth are being met.

6.4 Mobile Services

Mobile counsellors provide intake, referral, counselling and prevention services to youth and families at designated community sites.

6.5 Stabilization Treatment

A voluntary 6-10 day residential stabilization program that supports and helps to stabilize youth from alcohol, other drugs, and gambling. Youth receive a comprehensive assessment, access to family counselling, connection with mental health services providers, and planned transition to other voluntary services. Youth can access the program through an outpatient counsellor at 780-422-7383 or by direct contact with the Stabilization program at 780-644-3627.
6.6 Residential Treatment

A voluntary 12-week residential treatment program for youth requiring longer term treatment for substance use. The 12-week group program includes: individual, group, recreational and family counselling. All youth attend an onsite school and participate in supervised community outings and activities that support wellness and a healthy transition to home communities. Programming also includes access to mental health services and cultural activities. Youth wishing to access this program will need to complete an assessment and referral package with an Outpatient Counsellor. Contact 780-422-7383.

6.7 Protection of Children Abusing Drugs (PChAD)

The PChAD Act is a tool that can be used by guardians or primary care takers whose youth are using alcohol or other drugs in a dangerous way and are unwilling to access voluntary services. When a guardian believes that a youth’s substance use may be physically, psychologically or socially harmful to themselves or others, they can apply to family court for a confinement order or an apprehension and confinement order. Youth are confined in a Protective Safe House for a period not exceeding 10 days, where they are secured, stabilized and comprehensively assessed. Guardians or primary care takers wishing to access this program are required to contact Outpatient Services to complete a pre-application to discuss alternative voluntary services before making application to the court for a PChAD order. Guardians or primary care takers who obtain a confinement order are required to attend information sessions. Application for a PChAD order is facilitated by the local Family Court.

6.8 In Roads (Drug Treatment Funding Program)

The goal of the In Roads Program is to improve access to screening, assessment, referral and early intervention treatment services for agencies serving 12-24 year olds involved in a lifestyle that is highly co-related with illicit substance use. Interested agencies can contact the In Roads program at 780-638-4169.

7.0 Adult Mental Health Inpatient

7.1 Royal Alexandra Hospital Inpatient Program

Unit 62 is a 30-bed adult inpatient psychiatric unit that provides stabilization & treatment for persons suffering from acute episodes of mental illness and complex cases including a combination of substance abuse and mental illness (concurrent disorders). The care involves assessment, stabilization, short-term therapeutic intervention and recommendations for follow-up upon discharge.

Consultation and Liaison Service provides psychiatric assessment and consultation to all inpatient programs at the Royal Alexandra Hospital (10240 Kingsway Avenue, Edmonton, AB, T5H 3V9) contact 780-735-4111 and the Adult Mental Health Program at 780-735-4181.

Electroconvulsive Therapy (ECT) is a form of treatment used to treat severe depression and other mental health illness when medications have not worked. Both inpatients and outpatients are services. The aim of the outpatient -ECT program is to maintain stability of patients with mental illness and to prevent relapse.

7.2 University of Alberta Inpatient Program

Adult Acute Inpatient Treatment is offered on Units 4F3 and 4G2 (34 beds in total). Focus of hospitalization is the stabilization of illness (following acute exacerbation) and modification of treatment. Patients who are admitted have significant mental illness, are often high risk and usually have concurrent medical, neurological and/or addiction concerns. Treatment and stabilization services are provided by an interdisciplinary team working to full scope of practice.
Eating Disorder Program is a specialized unit for patients who suffer from a variety of eating disorders with a principle focus on those with low body weight. This is the only inpatient program for Eating Disorders in the province. This is a 12 bed inpatient unit and an active and fully integrated outpatient program. Typically 35 – 40 outpatients are seen in day treatment within the program each day. The goal of treatment for the eating disorder patient is normalization of weight, eating, and attitudes towards weight/eating and concurrent management of co-morbid features. The outpatient program provides an enhanced and continuous monitoring of the medical safety of patients who suffer from severe eating disorders. The outpatients participate in integration with inpatient activities such as groups and meal supervision (up to 4 times per day). Several outpatients who remain at very high medical and/or social risk and/or who come from out of zone are accommodated in sleeping quarters in the outpatient residence and spend much of their waking hours on the inpatient unit, contact 780-407-6114 or 780-407-7969.

Electroconvulsive Therapy (ECT) is a form of treatment used to treat severe depression and other mental health illness when medications have not worked. Both inpatients and outpatients are services. The aim of the outpatient –ECT program is to maintain stability of patients with mental illness and to prevent relapse.

The Psychiatric Inpatient and Rehabilitation Program offers a wide of group and individual programs to assist patients with mental illness to live satisfying successful lives including changes in vocational, living and social skills. The treatment includes inpatient group therapy, outpatient group therapy, occupational therapy, family support and education, recreation therapy, psychiatric rehabilitation and case management. The Rehabilitation Program services are offered by an interdisciplinary team.

Clinical Psychology Division provides psychological assessment and treatment services to inpatients and outpatients referred from all areas of the hospital. This service offers a number of therapy groups based on cognitive behavioral model for various depressive and anxiety disorders. A primary role for the Division is working with patients and their families to improve their physical and mental health and helping them cope with illness. The Division takes an active role in teaching, research, and health promotion.

The Consultation Liaison (C/L) team provided assessment and ongoing follow up to patients admitted to the medical, surgical and ICU areas at the UAH site. A large percentage of the consultations come from the medical areas, with the remained from surgery, ICU and the burn unit. Patients with delirium, dementia, anxiety, depression, chronic mental health disorders, addictions and adjustment disorders comprise the majority of diagnosis. The team liaises with various teams in the hospital as well as assists with the management of complex behavior issues, discharge planning and community liaison. 8440–112 Street, Edmonton, T6G 2B7, contact 780-407-8822.

7.3 Alberta Hospital Edmonton (AHE)

Is a 340 bed psychiatric hospital providing assessment, diagnosis, treatment, consultation, education and research. Admission and continuing treatment at AHE can be voluntary, formal under the Mental Health Act, or in the Forensic Psychiatry Program under the Criminal Code of Canada. The services provided to patients in the Adult Psychiatry Program include acute and rehabilitative components of care:

Acute Psychiatry consists of four units totalling 100 beds. The general acute care units are comprised of Units 10-1A, 10-2 and 10-2A. There are 28 beds in each of the units. The Psychiatric Intensive Care Unit (PICU) 10-1 is distinct from the other three units, as it is a 16-bed unit that provides services to patients who are experiencing an acute exacerbation of their mental illness that requires a secure psychiatric environment.
Rehabilitation Psychiatry consists of four services. Unit 8/2A is now the Edmonton Hope and Wellness Centre, a recovery based day program. Unit 8/2B is the Specialized Treatment, Assessment and Reintegration Services (STARS) and provides services to individuals with developmental delay and a concurrent psychiatric disorder. The Continuous/Intensive Care Unit 8/1B provides treatment to patients who are severely and persistently mentally ill. Due to the complexity of the illness and challenges with extreme behaviours with this population, this unit offers intensive intervention in a safe and secure environment. Unit 8/1A is a rehabilitation unit and serves patients with chronic mental illness.

The ALC Transition Unit is a 20 bed alternate-level-of-care unit. This unit serves patients within acute care psychiatry units in the Edmonton Zone who no longer require active acute care.

The Young Adult Rapid Evaluation Treatment and Reintegration Service, comprised of 20 beds is for young adults between the ages of 17-24, with a strong focus on recovery, community reintegration and appropriate transitional follow-up.

Alberta Hospital Edmonton Box 307, Edmonton, T5J 2J7. Contact 780-342-5392 and fax 780-342-5291

7.4 The Misericordia Community Hospital

Is administered by Covenant Health and has 28 adult inpatient beds. Services are provided to those suffering from acute episodes of mental illness including psychosis, major depression, anxiety disorders, bipolar illness and concurrent disorders. An interdisciplinray team (comprised of Psychiatrists, Psychologists, Nurses, Social Workers, Occupational Therapists, Pharmacists, Dietician, Recreational Therapists, Mental Health Therapist, Spiritual Care Chaplain, and Addiction Counsellor) provides assessment on admission, and ongoing treatment and discharge planning. Treatment opportunities may include individual and group therapies, support/activities/education, family support, medications and electroconvulsive therapy. Discharge planning, education and support are provided for both patients and their families by referral and on-going follow up within Covenant Health out-patient department or other community services. 16940-87 Avenue, Edmonton, T5R 4H5. Contact 780-735-2720.

7.5 The Grey Nuns Community Hospital

Is administered by Covenant Health. The Grey Nun’s Hospital offers a range of integrated programs for Inpatients and Outpatients. There are 66 psychiatric inpatient beds, including two inpatient psychiatry units (Unit 91 or Unit 93) as well as a ten bed Psychiatric Intensive Care Unit (Unit 92). Services are provided to those suffering from acute episodes of mental illness. Services include psychiatric assessment and crisis intervention, and a treatment focus on stabilization and recovery through patient centered therapeutic interventions with a comprehensive interdisciplinary treatment team. Discharge planning, education and support are provided for both patients and their families by referral and on-going follow up within Covenant Health out-patient services or other community services. Treatment opportunities to meet patient goals within the in-patient program may include individual and group therapies, activities, patient and family education and support, medications and electroconvulsive therapy (Unit 17).The interdisciplinary team is comprised of Psychiatrists, Psychologists, Nurses, Social Workers, Occupational Therapists, Pharmacists, Dietician, Recreational Therapists, Spiritual Care Chaplain, and Addiction Counsellor. A full range of Medical services complement the mental health program. Unit 91: 780-735-7595; Unit 92: 780-735-7611; Unit 93: 780-735-7609; Unit 17 ECT Program: 780-735-9746; and Mental Health Program 780-735-7292.
**Clinical Psychological Services:** Psychologists at the Grey Nuns Community Hospital see patients referred by Psychiatrists and Medical Physicians affiliated with the hospital for assessment and treatment. The psychologists provide consultation, psychological testing (for the purposes of clarifying diagnoses, assessment of competency, cognitive impairment and/or intellectual functioning), and provision of individual psychotherapy. **Contact 780-735-7575.** 1100 Youville Drive West, Edmonton, AB, T6L 5X8, at 780-735-7145.

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This Alberta Hospital Edmonton program provides expert and specialized assessment, treatment, consultation, education and research activities for, or related to, adults and adolescents with mental health or behavior problems and who are in conflict with the law. Services are provided to individuals who are in custody, on probation, those with court mandated treatment orders, sexual and violent offenders, and individuals with severe or persistent mental illness. Patients are generally admitted on orders from the courts, from provincial and federal correctional/remand facilities, from the Young Offender Centers, and occasionally from the community through Forensic Assessment and Community Services (FACS). The Helen Hunley Forensic Pavilion (3 Building) is comprised of 123 beds.

**Acute Assessment and Treatment Unit 3-5** provides intensive care with 19 beds. Programming includes pharmacotherapy, behavior management, supportive counselling, skill development, education about diagnosed illness and treatment, academic learning, social skills development, community living programs and occupational therapies.

**Remand Unit 3-7** primarily provides remand assessment with 15 beds. Written reports are provided to the courts with recommendations regarding mental capability to stand trial, criminal responsibility, disposition recommendations, clinical management and follow-up needs.

**Forensic Sub-Acute Transition Unit 3-4** acts as a bridge unit for patients who are not quite ready for long term rehab, but are also well enough to exercise some degree of privileges.

**Forensic Rehabilitation Units 3/1 and 3/2** has 42 beds. Patients are generally accepted from the more acute in-patient units as their mental health improves and patients are able to partake in rehabilitation. The ultimate goal is to successfully and safely re-integrate the patient into the community at the patient’s optimal level of functioning.

**Phoenix Program Unit 3/3** is a 19-bed unit that provides intensive group psychotherapy for convicted adult male sex offenders. Although Provincial offenders are the priority, Federal offenders are accepted as bed space allows. Admission is voluntary, and to be accepted into the program, patients must have committed a sexual offense, and must at least acknowledge they have committed a crime. The principles of risk, need and responsivity form the basis for therapy interventions.

**Turningpoint Unit 3/6** provides assessment and treatment services for young offenders under the federal Youth Criminal Justice Act (YCJA). The population is quite diverse as the program accepts boys, girls, youth with significant mental illness, and youth with primarily behavioural issues. The program utilizes a multi-modal cognitive-behavioral approach to identify and address the various deficits that place these youth at risk for re-offense and psychiatric problems in adulthood. Treatment is individualized and includes psychotherapy, life skills training, school, substance abuse groups, parenting group and leisure planning. Family members are encouraged to become involved in the treatment of their relative and family therapy can be facilitated.

Alberta Hospital Edmonton, Box 307, Edmonton, T5J 2J7 telephone **780-342-5493** and fax **780-342-5599** or **342-5595**.
9.0 Adult Addiction Residential

9.1 The Addiction Recovery Centre

Is a 42-bed residential facility provides safe detoxification services with 24-hour care by qualified nursing staff and a consulting physician. Provides health stabilization, assessment, referral, information sessions and an introduction to self-help groups. The centre offers addiction treatment planning, facilitated by addictions counsellors. Clients can present for admission assessment seven days a week between 9:30 and 10:30 am. 10302-107 Street, Edmonton, T5J 1K2 telephone 780-427-4291 (24 hours) and fax 780-422-2881.

9.2 Henwood Treatment Centre

Is a 72-bed residential treatment facility for men and women who are recovering from addictions. The centre offers a 19-day, gender-specific intensive treatment program that includes individual and group counselling, information sessions, skill-based workshops, recreation and leisure activities, and participation in self-help groups. Services include a short-term Problem Gambling Stabilization Program for men and women experiencing nonlife-threatening crisis related to gambling and a Tobacco Cessation Program for clients who wish to address their tobacco use along with their use of alcohol or other drugs. 18750-18 Street, RR6, LCD 1, Edmonton, T5B 4K3, general office contact telephone 780-422-9069 and fax 780-422-2223. For admissions contact 780-422-4466 and fax 780-422-5408.

10.0 Adult Mental Health Community

10.1 Community Adult Assessment and Treatment Services (CAATS)

Are delivered at and out of a variety of community mental health clinic locations in the Edmonton zone (including the 108th Street, East Edmonton, Northgate, St. Albert, Morinville, Fort Saskatchewan, Sherwood Park, Leduc, Stony Plain). CAATS services are designed for adults suffering from severe and/or persistent mental illness using a multidisciplinary approach to care. Therapists provide services tailored to the needs of individual clients. Services may include individual and/or group therapy, medication management, psychiatric consultation, case management and crisis stabilization. As much as possible, clients are connected with their community and are helped to make positive use of available resources to meet their housing, employment, health and leisure needs. Services can be outreach to a variety of locations/settings appropriate to the needs of the individual. Traveling clinics to smaller communities in the zone are provided. Recovery program areas within CAATS consist of the following:

Intake is the first point of contact for individuals seeking to connect to CAATS programming. The Intake Team at 108th Street manages referrals for the Edmonton Mental Health Clinic 108 Street and the Northgate Health Centre. The East Edmonton Health Centre, St. Albert and the Suburban and Rural clinics manage their own intake. Anyone can refer to intake services -- a provider referral is not required. Intake therapists conduct a brief assessment and screening interview, usually by telephone, once a referral is received. Through the screening process, it may be determined that other services or supports in the community are more appropriate and a referral is not progressed to a full assessment. If appropriate, the referral will progress to a full assessment with one of the CAATS treatment teams. The 108 Street Intake team can be contacted at 780-342-7600.

Short-term Treatment Program provides short-term (less than one year), goal-directed therapy for adults (ages 18 to 64 yrs) who suffer from acute psychiatric or emotional disorders. The service is intended to provide time limited interventions that will improve functioning and wellness in a short period of time. Mental Health Therapists work collaboratively with primary care providers (family physicians and PCN’s) so that the clients’ ongoing care may be followed through at the primary care level.
Community Wellness and Recovery Program – integrating a chronic disease management model, the Community Wellness & Recovery Program provides a broad range of services and supports at varying levels of intensity for individuals with significant mental illness who require longer term and/or ongoing assistance in managing their recovery.

Community Adult Support Team provides enhanced daily living supports with a focus on building skills that will enable community living. Access to this care team is limited to clients who are actively in treatment with either the Short Term Treatment Program or the Community Wellness and Recovery Program.

10.2 Assertive Community Treatment (ACT)

Integrated with the other CAATS programs and a broad range of other mental health and community services, the ACT program provides team-based, intensive interventions to individual’s whose mental illness creates a significant barrier to them accessing and effectively participating in treatment through regular community mental health programs. Assertive engagement and extensive community outreach approaches are used to assist individuals in achieving sufficient recovery to access and participate in other programs and services.

10.3 The Aboriginal Mental Health Program

Works with Aboriginal people and communities to develop and provide quality, culturally appropriate mental health treatment and services that promote balance and well-being. This includes specialized group based services to Aboriginal school age children associated with First Nations communities in the region and spiritual cultural services and consultation to clients and staff at AHE and the community clinics. Emil Durocher, the Aboriginal Cultural Helper, is located at 108th Street office at 780-342-7612 and 9 Building, AHE, across from Central Service Office at 780-342-5647.

10.4 Recovery Supports, CLSS

Provides a range of recovery-oriented programs that increase participant’s functioning and independence:

Pathways Day program operates Monday-Friday and provides participants with many opportunities for social, recreational and vocational experiences. Individuals participate in programs and activities of their own choice and are able to establish their own schedules based on their individual interests. Opportunities are provided for social, leisure, work, interpersonal and daily living skill development. For more information contact 780-342-7766.

Peer Led Education programs include BRIDGES/Footsteps, WRAP and WoW (co-led with staff). Each program has a different format and curriculum, but all are recovery based and recognize the value of lived experience as an integral component of recovery programming.

Challenge by Choice is a community based multi-agency initiative with three major stakeholders: Alberta Health Services - Addictions and Mental Health, YMCA of Edmonton and Canadian Mental Health Association - Edmonton Region. This program offers wellness oriented, recovery focused programming for those 16 - 30 who are living with a mental illness. The format is an experiential learning approach to teach recreation and leisure skills as well as developing enhanced social and personal development skills. Outcomes expected include: improved mental health, transferable skill development, reduced substance use, increased social, peer and sibling connection, increased community integration and reduced stigmatization and isolation. Located at the Bill Rees YMCA. Contact 780-414-6300.

Employment, Education and Peer Support Initiatives Recovery oriented services in the areas of employment, volunteering, education and self-management skill development are offered in dynamic individual and group formats. Strength-based services are designed to be consistent with individual needs,
interests and abilities and to assist individuals to reach their maximum level of satisfying community involvement. Located at 9942-108 Street, Northgate Health Centre and various integrated community sites. **Contact 780-342-7754.**

**Community Recreation** - Recreation Therapists assist clients in finding ways to enjoy meaningful leisure time. This includes assessment of individual interests, abilities and attitudes surrounding leisure; planning and developing treatment plans with clients to assist them in reaching their leisure goals and facilitating community integration; implementing leisure based programs and; evaluating clients’ treatment plan and goals and programs. Located at 9942-108 Street; Inner City; Northgate Health Center and numerous community locations. **Contact 780-342-7754.**

**Community Partnerships** Our skilled clinical staff, supervisors and managers are able to respond to a variety of community development activities designed to build the capacity of our community to accept and effectively support individuals living with mental illness. Through a wide range of formal and informal partnerships, initiatives can be planned, developed and delivered to enhance the communities of the Edmonton Zone. Located at 9942-108 Street. **Contact 780-342-7754.**

**The Wellness Network (WN)** - A collaboration of community partners with a wide variety of skills and experience, working together to provide individuals and families with options to help achieve optimal wellness. This would include individuals dealing with their own mental health and/or addiction concern, family members, friends and care providers. Individuals can access the WN by visiting a WN location or by logging onto the website: [www.wellnessnetworkedmonton.com](http://www.wellnessnetworkedmonton.com). The programs and services offered through the Wellness Network will be provided throughout Edmonton and area by various community partners. The first WN site is located at the Support Network 400, 10025 – 106 Street. **Contact 780-488-0851.**

**10.5 Residential and Housing Supports and Initiative, CLSS**

Provision of collaborative assessment, consultation and assistance in all aspects of obtaining safe, integrated, affordable housing. The housing support team may also provide ongoing recovery oriented support as needed. Located at 9942 – 108 Street building. **Contact 780 342-7754.**

**Anderson Hall** Transitional Independent Supported Housing, 14 suites for program participants able to live independently with supports from housing team aged 18 - 30, priority population include individuals transitioning from inpatient settings, eating disorder program and out of zone referrals. **Contact 780-342-7754.**

**Cornerstone Apartments** - Transitional Independent Supported Housing, 18 suites for women aged 18 – 65. Length of stay up to 1 year. Housing provider is Salvation Army with supports inreached by housing supports team. **Contact 780 342-7754.**

**Ottewell Manor** - Permanent Lodge level living for adults aged 55 - 65, 38 rooms. Supports inreached by home care and Addiction and Mental Health. **Contact 780 342-7754.**

**YMCA** - Transitional Housing for 6 clients. Priority population: individuals transitioning from hospital. **Contact 780-342-7941.**

**Baba Manor** - This George Spady Society permanent supportive housing program provides a safe controlled environment for men and women who require significant permanent supports to maintain their independence in the community. The program operates from a harm reduction perspective and focuses with residents on skills and knowledge in tenancy. **Contact 780-342-7695.**

**Approved Home Program** – Matches men and women 18 years or older who have severe and/or persistent mental illness with families who are contracted to provide a supportive home environment and address the
resident’s individual needs. Individuals eligible for Approved Home placement need assistance in developing living skills, personal routines and usually medication supervision. Appropriate individuals do not require 24 hour supervision and are ideally working towards independent living. Referrals for placement may come from any Alberta Health Services professional source that provides services to clients with mental illness, but each client will require a designated Case Manager upon placement. Contact 780-342-7695 or 780-342-7782.

**DiverseCity Housing** - Multidisciplinary Care team provides supported mental health housing to sixty individuals who have current criminal justice involvement and whose function is significantly impacted by a mental illness or a concurrent disorder. Located at 9942 – 108 Street. Contact 780-428-7930.

**Community Outreach Assessment and Support Team (COAST)** - The Community Outreach Assessment and Support Team (COAST) is the product of a cross-ministerial initiative that aims to meet the needs of people with complex service needs. The COAST is a multidisciplinary care team that is enabling and enhancing the community’s capacity to provide effective and enriched supports to individuals with developmental disabilities. Areas that are targeted include; providing increased supports to service providers during times of crisis, developing preventative strategies to avoid the need for service providers to initiate a critical response and empowering service providers with the ability to maintain and implement high quality service provision. The team consists of a Psychologist, Social Worker, Registered Psychiatric Nurses, Behavioural Specialists, Occupational Therapists, a Therapy Assistant and an ILS Worker. Currently located at Alberta Hospital Edmonton – Administration Building Rooms 101B and 102B. COAST Intake Line – 780-342-5500.

10.6 Edmonton Diversion Services

Is a joint partnership with AHS and the Justice Department. Diversion Services redirects eligible 12 years and older individuals with addiction and mental health issues with low risk minor criminal offences from the Criminal Justice System to the appropriate community based health services. Clients are assessed with goals established to assist in the treatment and access to mental health, addiction and community resources. Working in collaboration with the Justice Department where clients goals are achieved, charges may be withdrawn. AHS information available at 780-342-7654. Or contact the Crown Prosecutors at 780-427-9117.

10.7 Edmonton Early Psychosis Intervention Clinic (EEPIC)

Is aimed at improving the outcome of individuals with a first episode of psychosis and providing support to their families. EEPIC services are coordinated by a clinical team comprised of nurses/mental health therapists, psychiatrists, neuropsychologists, occupational therapists, psychologists, and a manager. EEPIC offers services to individuals 16 to 35 years of age who have a suspected psychosis or are displaying early signs and symptoms of psychosis. Preference may be given to clients who have less than 3 months (cumulative) exposure to anti-psychotic medications. Key strategies are to empower young adults and their families who are coping with psychosis through supportive counselling, education (client and family), and respectful specialized treatment. Contact 780-342-5523.

10.8 The Royal Alexandra Hospital Outpatient Adult Mental Health Program

The RAH Outpt program provides a range of ambulatory services to clients, including psychiatric consultations to primary care, individual and group therapies (with an emphasis on Emotion Regulation) and some specialized services. The Outpatient Program includes a Day Program where clients/patients attend both morning and afternoon group sessions.

Mental Health Day Program is a time limited program providing short-term structured daily support. Patients attend a variety of groups both morning and afternoon, with a supportive, psycho-educational or exploratory focus. 10240 Kingsway Avenue, Edmonton, T5H 3V9, Adult Mental Health Program 780-735-4181 and fax 780-735-4797.
10.9 The University of Alberta Hospital Outpatient Services

**Psychiatric Treatment Clinic (PTC)** is an outpatient program offering comprehensive psychiatric assessments to adults, a range of primarily group based psychotherapeutic treatments and psychopharmacological treatment. This team has nine interdisciplinary therapists who evaluate and provide treatment. **Contact 780-407-6501.**

**Day Treatment Program (DTP)** provides intensive, insight oriented, psychodynamic groups and psychotherapy to patients with co-morbid personality disorders and Axis 1 disorders. **Contact 780-407-6501.**

**Evening Treatment Program (ETP)** is a similar program to the Day Treatment Program but operates during the evening hours. It is managed along the same lines as DTP. **Contact 780-407-6501.**

**Outpatient Psychiatry Clinic** provides a variety of diagnosis-specific clinics once a week for initial assessment and follow-up care of medication and reassessments. 8440-112 Street, Edmonton, T6G 2B7. **Contact 780-407-8822.**

10.10 Sturgeon Community Hospital services

**Psychiatric Consultation-Liaison Service** consisting of a full-time Psychiatrist. The Psychiatric Consultation Liaison Service works closely with social work and other interdisciplinary team members in treating patients with mental health and/or substance use concerns on the inpatient units. On weekday evenings and weekends, urgent consultation to the inpatient units is provided by the ER social worker.

**Emergency Room** addiction and mental health services provided by the ER Social Work staff (16 hours X 7 days a week - Days & Evenings: 0800 – 2400 hrs). The full time psychiatrist also provides consultation to the ER on weekdays based on availability. 201 Boudreau Road, St. Albert, T8N 6C4 Mental Health Reception at 780-418-7379 and main 780-418-8200.

10.11 Northeast Community Health Centre

Provides assessment, counselling, treatment, information, and support to adults with mental health, with psychosocial and/or substance misuse/gambling concerns using a short-term therapy model (usually under six months) for mental health concerns with access to psychiatric consultation as needed: individual, couple, family, and group interventions; and counselling or treatment for substance misuse and gambling concerns. Other services include:

**Shared Care** Mental health and Addiction therapists provide consultation/brief interventions to family physicians in Northeast Edmonton who continue to manage the patient’s care. Clients are typically seen jointly with their physicians in the physician’s office. Access to psychiatric consultation is available as required.

**Groups:** All groups are accessed via an internal referral for clients already receiving individual therapy via the NECHC Mental Health & Addictions Clinic. Groups include Art Therapy Group for Clients with Depression; Changeways CBT Depression Group; Changeways Relaxation Group; Managing Your Emotions Group; Recovery & Support for Clients with Addictions; drop-in Group for women suffering from Postpartum Depression. 14007 - 50th Street, Edmonton AB T5A 5E4, 780-342-4027 and fax 780-342-4195. **Hours:** Monday through Friday 8 a.m. – 4:15 p.m. Mental Health Pager 780-445-1597.
10.12 Grey Nuns Community Hospital Out-patient Services

**Psychiatric Partial Hospitalization Program (Unit 17)** offers a recovery oriented model of care providing group therapy services, injection clinic, outpatient ECT program, medication management and individual supportive services. Programs are provided within an interdisciplinary team.

**Psychiatric Outpatient Program** is a 12 week structured dynamic group psychotherapy program with a focus on relational patterns for patients who are making healthy positive changes in their lifestyle. Programs also include Couple’s Communication Group, and Managing Motherhood programs. A physician or mental health professional may refer patients to this program.

**Outpatient Cognitive Behavioral Therapy Program (CBT)** and **Dialectal Behavior Therapy (DBT)** programs.

**Psychiatric Day Center** (for clients with serious and persistent mental health problems) this program provides social and leisure activities by a recreational therapist.

**Reproductive Mental Health Clinic** is specific to women with mental health issues associated with their reproductive cycle. Referrals to this clinic may be made by faxing a consultation letter to the Grey Nun’s Outpatient Department at 780-735-7492 and fax 780-735-7496. 1100 Youville Drive West, Edmonton, AB, T6L 5X8 at 780-735-7000, Mental Health Program at 780-735-7145.

10.13 Misericordia Community Hospital Psychiatric Outpatient Program

**General Group Program** is a structured psycho educational group program which runs 3-6 months and includes individual assessment, counselling, group therapy and referral to other services as needed. Programs include Stress Management and Relaxation Group, Life Management and Personal Growth Group, Anxiety Group and Insight Group.

**Community Support Program** is a structured psychotherapy group which provides support to people with long term mental illness through specialized clinics and groups, links to the community, and ongoing case management. Programs include Activity/Support Group, Discussion Group, Self-Awareness Group, Community Linking, and Neuroleptic Clinic. Contact 780-735-2792.

**Clinical Psychological Services:** Psychologists at the Misericordia Community Hospital see patients referred by Psychiatrists and the Medical Physicians affiliated with the hospital for assessment and treatment. The psychologists provide consultation, psychological testing (for the purposes of clarifying diagnoses, assessment of competency, cognitive impairment and/or intellectual functioning), and provision of individual psychotherapy. 16940 87 Avenue, Edmonton, AB, T5R 4H5 at 780-735-2877.

10.14 Operational Stress Injury Clinic

This clinic provides specialized services to Veterans, Canadian Forces members, RCMP members and their families. Treatment of service related stress injuries (including PTSD, anxiety, depression or addiction), educational programs, and family counselling services are available. Operated at Northgate Mall in partnership with Veteran’s Affairs Canada. Northgate Centre, 1058, 9499-137 Avenue, Edmonton, AB, T5E 5R8, Toll Free 1-877-657-5770 and fax 780 476-5906.

10.15 Reproductive Mental Health Program

Provides counselling for coping, anxiety, and other mental health concerns related to the reproductive process occurring (pre-pregnancy to menopause). Also provides consultation for mental health issues. Counselling addresses coping strategies; anxiety, depression; stress management; and grief and
bereavement. Available to Women who are experiencing, or have recently experienced a reproductive issue including: Gynecological (surgery/medical therapy, menopause, chronic illness), obstetrical (difficult pregnancy, postpartum depression, pregnancy loss, infertility). General support and counselling is offered to assist clients dealing with the loss of a pregnancy greater than 20 weeks gestation or the loss of a newborn baby. Physician referral and any pertinent lab work or reports are needed. Service providers are a Bereavement Coordinator, Mental Health Therapist, Pharmacist, and Psychologists. Royal Alexandra Hospital, Women's Pavilion, 10240 Kingsway Avenue NW, Edmonton, Alberta T5H 3V9 Call 780-735-4881

10.16 Community Outreach Assessment and Support Team (COAST)

The Community Outreach Assessment and Support Team (COAST) is the product of a cross-ministerial initiative that aims to meet the needs of people with complex service needs. The COAST is a multidisciplinary care team that is enabling and enhancing the community’s capacity to provide effective and enriched supports to individuals with developmental disabilities. Areas that are targeted include; providing increased supports to service providers during times of crisis, developing preventative strategies to avoid the need for service providers to initiate a critical response and empowering service providers with the ability to maintain and implement high quality service provision. The team consists of a Psychologist, Social Worker, Registered Psychiatric Nurses, Behavioural Specialists, Occupational Therapists, a Therapy Assistant and an ILS Worker. Currently located at Alberta Hospital Edmonton – Administration Building Rooms 101B and 102B. COAST Intake Line – 780-342-5500.

11.0 Adult/Youth Forensic Mental Health Community

11.1 Forensic Assessment and Community Services (FACS)

Provides a broad range of outpatient assessment and treatment services to individuals who have mental health/behavioural issues and have found themselves in conflict with the law.

11.2 Adult Treatment Services

Violent offender treatment includes male Domestic Violence and male General Violence groups, a Women’s Intimate Partner Violence group, and a mixed gender Anger Control group for those with below average intelligence. Sexual Offender treatment includes Relapse Prevention Groups (SORPP), an ongoing Incest Offender group, an ongoing maintenance group for graduates of SORPP and/or other treatment programs, and an ongoing group for sex offenders with below average intelligence. A day program is provided as part of the ongoing treatment and follow-up of patients found Not Criminally Responsible. Clinicians provide pre-sentence reports for complex cases and offer recommendations to the courts and Probation Offices.

11.3 Community Geographic Team (CGT)

Provides outreach services in Northern Alberta, including Telehealth services to individuals who have mental health/behavioural issues and have found themselves in conflict with the law.

11.4 Centrepoint

Program provides young offender assessment and treatment services.

11.5 Counterpoint

Provides residential treatment to adolescent sex offenders
11.6 Corrections Transition Team

Provides linkage services between newly released offenders and mental health / addictions services. This team works toward a goal of ensuring individuals released from custody can be re-established in the community and not fall back to criminal behaviour. Forensic Assessment and Community Services (FACS), 26th Floor, CN Tower, 10004 – 104 Avenue, Edmonton, T5J 0K2 at 780-342-6400 and fax 780-426-7272; Centerpoint #701, 10242 – 105 Street, Edmonton, T5J 3L5 780 at 780-428-4524 and fax 780 423-8904.

12.0 Adult/Youth/Family Addiction Community

12.1 Addiction Services Edmonton (ASE)

Provides outpatient services for adults, families, friends and others dealing with alcohol, other drug, gambling, and sex addiction issues. Provides personalized assessment, treatment and referral services; a wide range of individual, group and family counselling; a three week intensive, outpatient Day counselling Program for clients who have substance use or gambling problems; afternoon and evening group sessions related to addiction recovery; psychiatric consultations to clients; and referral for clients to self-help groups. 10010-102 A Avenue, Edmonton, T5J 0G5, 780-427-2736 and fax 780-427-4180.

12.2 Enhanced Services for Women (ESW)

This program provides assessment and addiction counselling for women in the childbearing age that may or may not be pregnant and require an enhanced level of support. Information, consultations, and referrals are also provided to community professionals to better meet the needs of women with substance use concerns.10010-102A Avenue, Edmonton, T5J 3G2 call 780-415-0786 or 780-415-0776 and fax 780-427-4180.

12.3 Family Violence

This program works with individuals who have been convicted of a family violence offense and have been mandated to address substance abuse concerns.

12.4 Young Adult Initiative

Works with individuals between the ages of 18-24 who have substance abuse issues. Addiction assessment, 1 to 1 counselling and group programming is offered. A 90 day residential addiction treatment program, specifically developed for the developmental needs of this age-group, is also provided within the continuum of addiction services.

12.5 Action 22

This program works with young women between the ages of 14-20 who are pregnant and/or parenting and need support addressing their addiction and mental health concerns. The aim of this initiative is to improve health outcomes for both the young women and their children by providing mobile treatment services, necessary counselling, and referrals to both pre and post natal health care providers.

12.6 Opioid Dependency Program (ODP)

For adults with a history of opioid dependence (e.g., heroin, morphine, codeine, Percodan®, Percocet®, Dilaudid®, Demerol®, OxyContin®). ODP provides:
- Personalized medical and substance use assessments for clients dependent on opioids;
- Methadone or Suboxone maintenance treatment, including stabilization and long-term support for clients on methadone or suboxone (clients are responsible for the cost of their medication);  
- Counselling services for clients on methadone or suboxone;  
- Referral to other addictions treatment services, including intensive treatment and self-help programs;  
- Co-ordinates access to methadone or suboxone for clients through community pharmacies; and  
- Consultations to pharmacists, family physicians, other professionals, and the public.

Main Floor, 10010-102A Avenue, Edmonton, T5J 0G5 at 780-422-1302 or 780-427-0777.

12.7 Suburban/Rural Offices

For adults, youth, families, friends and others dealing with alcohol, other drug or gambling problems. Personalized assessment, treatment and referral is provided for clients with alcohol, other drug or gambling concerns. Other services include information and referral for people who are concerned about their tobacco use; information, counselling and support for family members, friends and interested others; information and consultations to agencies, businesses, schools, community groups and health professionals.

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<td>Leduc</td>
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<td>Sherwood Park</td>
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<td>St. Albert</td>
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<td>780-460-4971</td>
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<tr>
<td>Stony Plain</td>
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13.0 Adult Mental Health Crisis

13.1 Police and Crisis Team (PACT)

Is a joint partnership between Alberta Health Services and Edmonton Police Services. The focus is to provide early intervention to clients that require joint services for mental health and EPS. These teams are trained to assist mental health and police services to advocate the most appropriate intervention for Addiction and Mental Health clients in high risk situations. PACT is adjunct to the Adult Crisis Response Team.

13.2 Rural (RCMP) Police and Crisis Team (R-PACT)

Is a joint partnership between RCMP and Alberta Health Services, providing crisis interventions, outreach stabilization, consultations and referrals to community resources to suburban Edmonton areas within the 13 detachments in the Provincial Capital District. 780-960-6580 Spruce Grove Office, 780-449-0189 Sherwood Park Office, if unavailable contact the Crisis Response Team at 780-342-7777.

13.3 Inner City Police and Crisis Team (IC-PACT)

Is a joint partnership between Edmonton Police and Alberta Health Services providing an appropriate and timely response to clients with addiction and mental health issues who reside in the Inner City. The teams provide crisis intervention, outreach stabilization and referrals to local resources. Contact number 780-421-2219, if unavailable contact the Crisis Response Team at 780-342-7777.

13.4 Community Urgent Services & Stabilization Team (CUSST)

Community Urgent Services & Stabilization Team (CUSST) is the amalgamation of the Crisis Response Team and the Community Support Team offering a range of Crisis assessments and stabilization service to clients and their families who are in an acute mental health crisis in the community. These services include a crisis intervention, consultation assessment, short term clinic, community or home based stabilization services and the Urgent Psychiatric Clinic Team. Urgent Psychiatric Clinic Team consists of interdisciplinary...
health care professionals. Referrals are accepted from the general public, Emergency Departments and services, General Practitioners, community agencies and AHS providers. CUSST is available 24 hours a day, 7 days a week. Contact number: 780-342-7777.

13.5 Emergency Psychiatric Service

The Emergency Mental Health Team is located in the RAH Emergency department. They provide direct patient care to individuals presenting with Addiction and Mental Health concerns once medical clearance is provided at triage.

The Safe Observation and Assessment area (SOA) which is attached to the EMHT provides decanting of patients received into the ED for whom a longer period of observation and assessment specific to their complex mental health and/or addictions issues is required in determining appropriate and safe disposition (including discharge planning and service linkage). Targeting LOS in the area is < 24 hours.

University Hospital (UAH) - Emergency Department: Individuals presenting to the UAH Emergency Department can be referred to the Mental Health team once triaged and medically cleared. The team will provide consultation as required around assessment/ disposition.

Misericordia Stabilization Team – provides short term follow-up to individuals who present to the MCHC ED with an Addiction or Mental Health concern that require additional support/stabilization within the community on discharge from the ED. Referral to this program can only be made by the psychiatrist within the Misericordia ED

Bed Management Office is the point of contact for all adult acute psychiatric admissions within the Edmonton Zone. Their mission is to ensure that the right patient is admitted to the right bed at the right time.

14.0 Seniors Mental Health Inpatient

14.1 Geriatric Rehabilitation Program, Glenrose Rehabilitation Hospital

Was created to care for frail seniors who require in-depth assessment, treatment and rehabilitation. The program, working with 16 different professional services, aims to help seniors live their desired lifestyle independently. Geriatric medicine and geriatric psychiatry provide inpatient and outpatient (including day patient) services for the elderly and their families. In addition, our staff assesses and treats problems associated with loss of memory, feeding and swallowing, and movement disorders. Special dental services are available for people with disabilities in the region. 10230-111 Avenue, Edmonton, T5G 0B7 at 780-735-7999.

14.2 Villa Caritas

Is operated by Covenant Health. This 150 bed acute inpatient Geriatric Psychiatry program is divided into 4 units with 120 beds allocated for acute geriatric psychiatry patients and a 30 bed geriatric psychiatry transitional unit. The inpatient program is one component in the continuum of care which is designed to provide urgent psychiatric treatment for a broad range of psychiatric problems and diagnoses serious enough to require intensive treatment. 16515-88 Avenue, Edmonton, AB T5R OA4, at 780-342-6500.

14.3 Capital Care Lynnwood

Includes a 43 bed secure mental health unit. Contact 780-496-2500 and fax 780-484-8089. Intake is through Community Care Access at 780-496-1300.
15.0 Seniors Mental Health Community

15.1 Geriatric Psychiatry Service (GPS)

Is a community program providing goal-directed treatment and services for seniors who have mental health concerns. The program staff provide consultation and education to other agencies and facilities to promote recognition and treatment of psychiatric problems in the elderly. Anyone may refer to the service by asking to speak to someone from the Integrated Intake team at 780-342-7700.

15.2 Community Geriatric Psychiatry Program

Is operated by Covenant Health. The community geriatric psychiatry program is fully integrated with the Villa Caritas inpatient program and works collaboratively with other service providers in the community. The community program services include in-home assessment and treatment; day program; assessment, treatment and follow-up; consultation; education; and liaison and referral to other community agencies. Outpatient clinics are conducted at the Hys Centre by psychiatrists from Villa Caritas. Hys Centre day program provides outpatient social programs for discharged patients requiring support; a similar program is located in Erminskin. **Northside**: 2nd Floor, Hys Centre, 11010-101 St, Edmonton AB T5H 4B9, at 780-424-4660 and **Southside**: 3030-106 St, Edmonton AB, T6J 5MM (in Erminskin Mall), at 780-342-1400.

15.3 Capital Care: CHOICE Mental Health

Is designed to assist seniors to continue living independently and in their own home longer by managing all their health requirements. 14504 - 118 Street, at 780 944-8668 and fax 780-944-8082.

16.0 Addiction Prevention and Mental Health Promotion

16.1 Addiction Prevention and Mental Health Promotion Unit

Is an integrated service that builds on the expertise and experience of the two fields. Staff deliver addiction prevention/mental health promotion services across the adult/youth spectrum. 12803 – 116 Avenue, Edmonton, Alberta T5M 3C8, at 780-644-3642 and fax 780-644-7122.

16.2 Wellness Network Edmonton

Wellness Network Edmonton is an easily accessible, non-stigmatizing resource for individuals to explore their personal wellness with a focus on strengths, choice and empowerment. By collaborating with community partners, it offers a network of wellness enhancing opportunities available through the Edmonton Zone for individuals to participate in. Access is available through visiting a Wellness Network physical location, calling the Wellness Network offices or logging onto our website at www.wellnessnetworkedmonton.com. The Wellness Network demonstrates the value of lived experience through inclusion of peers in our staffing model. On-site peer navigating services are available Monday to Friday at the Wellness Network’s first physical site: Wellness Network Central at #400, 10025 106th Street, Edmonton, The Support Network at 780-488-0851.

17.0 Operations Support Services

17.1 Information and Evaluation Services

Our services are designed to support the ability of Addiction & Mental Health services in Edmonton to continuously define, advance, monitor, and improve practice and system performance.
Clinical Education Team is helping develop clinical services through improving access to competency and evidence based learning. Our team has the expertise to create or find materials to support practice. Over time, our goal is to build a framework for the learning activity of clinical staff through learning plans linked to comprehensive access to resources. Contact Judy Simpson at 780-342-7606 for consultation or topics of available inservices (topics change monthly).

Information Management & Planning is primarily focused on data-reporting activities and the implementation of eHealth and other web technologies, as well as providing consultation support. Contact Carl Chan at 780-342-7685.

The Research & Evaluation Team (RET) provides program evaluation, research, consultation, knowledge dissemination, and best practice review support to Addiction and Mental Health services in the Edmonton Zone. The overall goal of the team is to advance addiction and mental health delivery by promoting and conducting research and evaluation and by incorporating the knowledge gained into practice. Contact Dr. Shireen Surood at 780-342-7696.

Contact Daniel Scott, Manager, Education, Information & Evaluation Services, at telephone 780-342-7618 or e-mail Daniel.Scott@albertahealthservices.ca for any changes or corrections to this index.