Addiction & Mental Health in the Edmonton Zone

Notes:
1) The former Caritas Mental Health Program has become part of Covenant Health but they continue to maintain their full working relationship with other mental health services in the Edmonton Area and are included in this guide.
2) Child Adolescent Services Association (CASA) is a major community-based provider of mental health services for children, adolescents and their families. CASA is incorporated under the Companies Act as a not-for-profit, charitable organization, governed by a volunteer Board of Directors, and provides treatment under contract with Alberta Health Services.
3) Numerous other agencies and consumer groups provide valuable services that are not listed here but can be found by calling 211.

1.0 Child/Adolescent Mental Health Intake

1.1 Children’s Mental Health Intake provides access to all publicly funded children’s services in the Edmonton Zone using trained, experienced interdisciplinary staff. Referrals are accepted for children from ages 3 to 18 who have a mental health concern or a psychiatric disorder. Children under the age of 4.5 years may be referred directly to CASA at 780-438-0011.

2.0 Child/Adolescent Mental Health Inpatient

2.1 The Royal Alexandra Hospital (RAH) Inpatient Child & Adolescent Program, Unit 35 and 36, consists of ten child (ages 5-12 yrs) and twelve adolescent (ages 13-17 yrs) beds providing inpatient elective psychiatric assessment and shortterm treatment with an average length of stay less than three weeks. Admission is through one of five consulting child psychiatrists. Children or adolescents (aged 5-17 yrs) presenting with an acute psychiatric concern are admitted on an emergency basis to the Special Care Area (6 beds) located on Unit 35 for assessment and stabilization for a period of 24 to 72 hours. Admission to the Special Care Area is through a psychiatrist.

10240 Kingsway Avenue, Edmonton, T5H 3V9. Children’s Mental Health Program 780-735-4636

2.2 The Glenrose Rehabilitation Hospital (GRH), Child & Family Psychiatry Unit (CFPU) offers assessment and treatment services for children and adolescents 5-17 years of age. Services are offered five days per week throughout the school year with some clinical services provided year round. The CFPU programs include the following:

Inpatient Program Unit 301 Children (ages 5-12 yrs) with a variety of emotional, behavioral, and psychiatric concerns are admitted. Children are usually admitted following an assessment at the RAH Inpatient Unit. Patients attend the program from Sunday afternoon to Friday afternoon. Children attend school on site as part of their treatment, and programs operate in accordance with the Edmonton Public School calendar year, closing for all school breaks. The average length of stay is four months. There is also a transitional partial hospitalization treatment service on this unit.

Inpatient Program Unit 302 Adolescents (ages 13-17 yrs) with a variety of severe psychiatric disorders and who have complex mental health needs are assessed and treated through this program. Adolescents are usually admitted following an assessment at the Royal Alexandra Hospital Inpatients Unit. Patients attend the program from Sunday afternoon to Friday afternoon. Adolescents attend school as part of their treatment and programs operate in accordance with the Edmonton Public School calendar year, closing for all school breaks.

10230- 111 Avenue, Edmonton, T5G 0B7, 780-735-7999

2.3 The Stollery Mental Health Consultation-Liaison Service provides inpatient and outpatient psychiatric consultation, evaluation and treatment related to the psychological adjustment of children and families with acute and chronic medical illness at the Stollery Children’s Hospital. Children served are those who present with psychiatric complications of a medical illness or a primary mental health disorder complicating a medical illness. Referral by Physician only.

Stollery Children’s Hospital, 8440-112St, Edmonton, T6G 2B7 780-407-7300 Fax 780-407-1252
3.0 Child/Adolescent Mental Health Residential

3.1 CASA House offers a voluntary residential treatment program for 12 to 18 year old adolescents. The 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 two on-site classrooms and two full time teachers from the Edmonton Public School system.

www.casaservices.org 780-438-0011 Fax 780-437-6133

3.2 Columbia Program is a partnership between Children’s Mental Health and Children and Family Services to provide care for youth with significant, complex and difficult to manage psychiatric and disruptive behavior patterns at the Yellowhead Youth Centre. Four inpatient beds are available on a long-term basis.

12320 124 Street, Edmonton, T5L 0N4 780-454-0411

4.0 Child/Adolescent Mental Health Community

4.1 Glenrose Rehabilitation Hospital Day Treatment Programs involve school attendance on site and operate in accordance with the Edmonton Public School calendar, closing for all school breaks:
- Assessment Classroom (3 week)- Intensive assessment via multidisciplinary team, followed by transition to community school setting for children grades 1 through 6.
- Day Treatment Program (12 week)- Longer term family-based intervention via multidisciplinary team for children grades 1 through 6.
- Cognitive Health Intervention/School Program- Family based-day treatment of duration in accordance with need, for children grade 1 through 6 with more complex symptom presentations.

Specialized Clinics provide tertiary level psychiatric services to children and adolescents with mental health issues and supportive educational services to their families. All programs require a physician’s referral. Groups are provided for: Anxiety (for adolescents 13-17 yrs); Social Skills Group (for children 9-12 yrs); and Tourette’s Group (for parents). The clinics are supported by a psychiatrist and multidisciplinary team including representation from nursing, psychology, social work, occupational therapy, speech therapy, and language:
- Affective Disorder Clinics
- Attention Deficit Hyperactive Disorder Clinics
- Tourette’s Disorder Clinic
- Complex Neuro-psychiatric Disorder Clinic
  10230 - 111 Avenue, Edmonton,, T5G 0B7, 780-735-7999

4.2 Suburban Mental Health Clinics provide mental health assessment and treatment services to children and families. Services are provided by Children’s Mental Health Therapists and each clinic is actively involved with the Student Health Partnership (SHP) in partnership with Alberta Learning and Regional Children and Families Services Authorities. Some clinics also have available the services of a consulting child psychiatrist who will assist with assessment, diagnosis and the development of treatment strategies. Services include the following: Intake services and determination of priority for all referrals; Crisis intervention services; Mental health assessment; Mental health treatment services; In-school services; Case coordination; Assistance with referral to alternate services; and Assistance to school providers, physicians and other health/community providers for clients who are experiencing mental health difficulties.

Local clinics are found in Sherwood Park (780-342-4675), St. Albert (780-342-1410), Fort Saskatchewan (780-342-2388), Morinville (780-939-3388), Stony Plain (780-963-6151), Spruce Grove (780-962-7674), and Leduc (780-986-2660)

4.3 Each year Child Adolescent Services Association (CASA) provides assessment and treatment services to about 2500 children and adolescents from birth to 18 years of age. CASA offers extensive community treatment options including Infant and Pre-School Services; School-Age Services; Adolescent Day Program; Outreach Services; and Consultation.

www.casaservices.org 780-438-0011 Fax 780-437-6133
4.4 Hospital/ Tertiary Transition Support to Edmonton Public/ Edmonton Catholic schools for children/youth with severe complex psychological, emotional and behavioural concerns. Services include:
- **The Way In** and **Safe Place** classrooms: wrap around service for Junior High (3 schools/ 1500); risk reduction and multi-partner collaborative, capacity building, i.e. Mental Health, police, Family Centre, Child & Family Services, Health, etc.
- **Spruce Avenue specialized classrooms**: Elementary, junior high; severe, persistent and complex mental health concerns
  - Edmonton Catholic Schools: Elementary, specialized classroom **STEPPS**
  - School-based Mental Health Capacity Building Initiatives: **The Way in** and **STAR**
  
Children’s Mental Health Administration Office: 780-413-4980

5.0 Child/Adolescent Mental Health Crisis

5.1 **Children’s Mental Health Crisis Services (CMHCS) Team** is comprised of the Children’s Mobile Response Team (MRT), the Urgent Clinic, and hospital based Emergency Room (ER) Response. These services provide mental health/risk assessments, short-term crisis intervention, psychiatric care (Urgent Clinic), follow-up, triage and referral to community resources. The Children’s Mental Health Crisis Services Team is available at 780-427-4491
  - **Mobile Response Team** is located at the Northgate Centre. Hours of operation: Monday to Friday 8 am- 11 pm, Saturday and Sunday 10 am- 10 pm. This service can be accessed by all Edmonton hospital ER sites.
  - **Urgent Clinic** is located at the Glenrose Hospital. Hours of operation: Monday to Friday 8 am- 4 pm (Psychiatric support on Tuesdays, 12 noon- 2 pm)
  - **Hospital Based Emergency Room (ER) Response** is located at both the Royal Alexandra Hospital and the Stollery Children’s Hospital. Hours of operation: Royal Alexandra Hospital- Monday to Friday 8 am- 11 pm; Stollery Children’s Hospital- Monday to Friday 8 am- 4 pm.

6.0 Child/Adolescent Addiction Residential and Support Services

6.1 **Youth Services** is a program for children/adolescents (ages 12 to 17 yrs) and families who are experiencing problems associated with alcohol, other drugs or gambling. The program provides personalized assessment, treatment and referral services; a residential youth detox program with a focus on engagement and treatment planning; residential treatment for youth through a three-month, urban-based group program; and three-month intensive day treatment program. All residential and intensive treatment programs incorporate comprehensive counselling, support and educational resources for youth. Other services include:
  - Residential support homes for youth who live out of town or who temporarily require additional support while attending the intensive treatment program;
  - Leisure-based aftercare and peer support groups for youth who have completed day treatment;
  - Family programs, support groups and information for parents or guardians of youth involved in or recovering from substance abuse or problem gambling;
  - Four-week Adolescent Information Series that uses videos, print resources and group discussions to teach youth about the effects and consequences of alcohol, other drugs and gambling on life areas;
  - Mobile Team services to youth, families and others within their own communities (e.g., schools, justice sites, children’s services agencies);
  - Workshops and in-services tailored to the needs of cultural groups or community organizations;
  - Consultation with other youth agencies and groups to develop prevention and early intervention initiatives;
  - Curriculum-based resources and current print materials to schools and community agencies
  
12325-140 Street. Edmonton, T5L 2C9 Phone 780-422-7383 Fax 780-427-0213

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 such as psychosis, major depression, manic depression, suicidal behaviors, and complex cases of a combination of substance abuse and mental illness (concurrent disorders). The care involves short-term therapeutic intervention and recommendations for follow-up upon discharge.
The Regional Short Stay Crisis Program is an 8-bed inpatient program providing intensive and integrated management of psychiatric emergencies for up to 72 hours. Community Outreach follow-up is offered to discharged clients. Referrals are accepted from emergency departments, crisis teams, and psychiatrists.

Emergency Consultation and Liaison Service provides psychiatric assessment and consultation to all inpatient programs at the Royal Alexandra Hospital, and to the Emergency Department.

10240 Kingsway Avenue, Edmonton, AB, T5H 3V9, 780-735-4111 Adult Mental Health Program 780-735-4181

7.2 University of Alberta Inpatient Team 4F3 and 4G2 have a total of 32 general psychiatry beds. These psychiatric units provide treatment for persons suffering from acute episodes of mental illness such as psychosis, major depression, manic depression, suicidal behaviours, post-partum depression, and complex cases of a combination of physical and mental illnesses. The care involves short-term therapeutic intervention and recommendations for follow-up upon discharge. 780-407-1247

The Eating Disorders Program consists of 12 beds, a Day Hospital and an outpatient program with a focus on treatment and weight restoration of clients with Anorexia Nervosa and Bulimia Nervosa, and other co-morbid illnesses that co-exist with these disorders. These include depression, OCD, suicidality, drug and alcohol abuse and personality disorders. The length of stay can be up to six months and re-admissions are not uncommon. 780-407-6114 or 780-407-6239

The Clinical Psychology Division provides psychological assessment and treatment services to inpatients and outpatients referred from all areas of the hospital. A primary role for the Division is working with patients and their families to improve their physical health, and helping them cope with illness. The Division also takes an active role in teaching, research, and health promotion.

Consultation/Liaison Service Psychiatrists and a nurse provide psychiatric consultations to all inpatient programs at the University of Alberta Hospital.

8440–112 Street, Edmonton, T6G 2B7, 780-407-8822

7.3 Alberta Hospital Edmonton (AHE) is a 408 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.

The Acute Psychiatry Subprogram consists of four units: 10-1, 10-1A, 10-2 and 10-2A. Services are divided into general and intensive psychiatric care subprograms. The General Subprogram is comprised of Units 10-1A, 10-2 and 10-2A. There are 28 beds in each of the units. The Intensive Care Subprogram consists only of Unit 10-1, which is distinct from the other three units, as it provides services to a more volatile patient population.

The Rehabilitation Psychiatry Subprogram consists of four units: The Behavioral Assessment and Treatment Unit serves individuals presenting with behavioral excesses or deficits that are compromising their community tenure. Services are provided on Unit 8-2A, which has 24 beds. Specialized Treatment, Assessment and Reintegration Services (STARS) provides services to individuals with developmental delay and a concurrent psychiatric disorder. Patients are generally between the ages of 16 and 65 years. Services are provided within a 19-bed unit. The Continuous/Intensive Care Unit provides treatment to patients who are severely and persistently mentally ill. There is a high incidence of aggression and self-harming behavior among patients in this population, creating the need for intensive intervention in a safe and secure environment. Services are provided on Unit 8-1B, which has 25 beds.

Box 307, Edmonton, T5J 2J7 780-342-5392, 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 interdisciplinary team 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.

16940 87 Avenue, Edmonton, T5R 4H5, 780-735-2611

7.5 The Grey Nuns Community Hospital is administered by Covenant Health. There are 62 inpatient beds, including a ten bed Psychiatric Intensive Care Unit. Services are provided to those suffering from acute episodes of mental illness including psychosis, major depression, anxiety disorders, bi-polar illness and concurrent disorders. A multi disciplinary treatment team provides assessment and therapeutic intervention on a short term
basis as well as referral to community services on discharge. Treatment opportunities may include individual and group therapies, support/activities/education, family support, medications and electroconvulsive therapy.

**Clinical Psychology** The group of psychologists provides assessments and treatments to inpatients and out patients referred from all areas of the hospital.

1100 Youville Drive West, Edmonton, AB, T6L 5X8 780-735-7000, Mental Health Program 780-735-714

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### 8.0 Adult Mental Health Forensic Inpatient

#### 8.1 Northern Alberta Forensic Psychiatry Services

Provide 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. Priority is given to individuals who are in custody, on probation, those with court ordered treatment conditions, sexual and violent offenders, and individuals with severe or persistent mental illness. Patients are generally admitted from the courts, from provincial and federal correctional facilities, from the Young Offender Centers, and occasionally from the community through FACS.

Helen Hunley Forensic Pavilion, Inpatient Services (110 beds) include the following:

- Acute assessment and treatment (intensive care and remand assessment)
- Forensic rehabilitation
- Phoenix program (sex offender treatment)
- Turningpoint (young offender assessment and treatment)

Box 307, Edmonton, T5J 2J7 780-342-5493; Fax: 780-342-5599 or 342-5595

### 9.0 Adult Addiction Residential

#### 9.1 The Recovery Centre

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 counselors.

10302-107 Street, Edmonton, T5J 1K2. Phone 780-427-4291 (24 hours) Fax 780-422-2881

#### 9.2 Henwood Treatment Centre

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, Phone 780-422-9069 (general office) 780-422-4466 (admissions) Fax 780-422-2223 (general office), Fax 780-422-5408 (admissions)

### 10.0 Adult Mental Health Community

#### 10.1 Community Adult Assessment and Treatment Services (CAATS)

Based at Edmonton Mental Health Clinic (780 342-7700) and Northgate Health Centre (780 342-2700). Services are available to adults (for ages 18 to 64 yrs) suffering from severe mental illness. 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.

Recovery program areas within CAATS consist of the following:

- **Short-term Treatment Program** provides short-term (approximately 12 sessions), goal-directed therapy for adults (ages 18 to 64 yrs) who suffer from acute psychiatric or emotional disorders.
- **Community Adult Support Team** provides enhanced daily living supports and include programs and services offered through the Life Skills Program, Inner City Support program, Independent Living Support program and Pastoral Support.
- **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.
- **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 participating in 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.

10.2 **Shared Care and Collaborative Services Program (780-342-7716)** is composed of staff who are in a range of collaborative and shared care arrangements. This includes mental health consultants to Home Care; a therapist co-located at Boyle McCauley Health Center; a staff position doing shared care out of the Northeast Community Health Centre with family physicians on the north end; and a therapist position with the primary care networks. The emphasis in this program is on being able to provide very prompt consultation response and brief intervention to clients of particular providers who will usually remain the main service provider.

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 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 (780-342-7612) and 9 Building, AHE, across from Central Service Office (780-342-5647). Elsey Gauthier, the Aboriginal Care Coordinator, is available for all inpatient units and is based at Alberta Hospital Edmonton in Room 125, 10 Building (780-342-5262).

10.4 **Regional Social and Vocational Programs** provides a range of recovery-oriented programs that increase participant’s functioning and independence.
- **AHE Apparel Shop and Movie Station (780-342-5225)** Located at Alberta Hospital Edmonton, this program provides two services to patients at the hospital, free clothing and video access. The program is also vocational opportunity for inpatients as they learn work skills in both areas of the program.
- **Budzzz Bistro (780-342-5477)** Located at Alberta Hospital Edmonton, this vocational program incorporates the operation of a café. Inpatients placed in this area learn how to serve customers, prepare food and other related skills in the food industry. Customers include hospital staff, patients and visitors.
- **Horticulture Program (780-342-5203)** Located at Alberta Hospital Edmonton, this vocational program operates a greenhouse in partnership with Facilities Management. Inpatients work learn horticultural skills and basic work skills. Indoor and outdoor plants are grown, cared for and sold.
- **The Works** This program located on the grounds of Alberta Hospital Edmonton teaches work skills to inpatients through the operation of a car wash, beverage container recycling and picture framing.
- **Tasty Budzzz** This transitional work program operates at the Northeast Community Health Centre café. Clients work in this environment for 3 to 6 months as a step towards competitive employment.
- **Fat Frank’s** In partnership with Merrick’s Fine Foods, a retail hot dog cart is operated, with clients as trainees, on the grounds of the provincial legislature from June through September. This is a transitional employment opportunity that allows clients to develop work skills in a supportive environment. Many clients have moved to competitive employment after the season has ended.
- **Community Rehabilitation Services** For community clients a team of rehabilitation staff (occupational therapists, recreation therapists and employment placement specialists) help clients with work, leisure or educational goals in the community.
- **Pathways (780-342-7766)** A community day program for individuals with severe, chronic and persistent mental illness. This program offers social, recreation, educational and vocational activities daily in order to increase skills and to re-integrate clients to other community activities.
- **Supported Employment (780-342-5206 or 780-342-5230)** This program is designed to assist referred clients to locate, secure and maintain community-based employment. Clients receive individual assistance on job searches, writing resumes, liaison with employers and on the job coaching if needed.
- **Highwood School** educational services are offered to adults by Edmonton Public Schools. Students wishing to pursue educational goals are referred by an Occupational Therapist with the Regional Social and Vocational Program.
- **Community Linking Programs** are operated by the Community Linking Committee, a multi-agency collaboration. There numerous recreation and leisure related programs offered weekly for self-identified mental health consumers.
- Computer Labs Two computer labs are operated in the program: one at Alberta Hospital Edmonton and one at Pathways in the 108 street building. Formal instruction is provided, including IC3 Certificate Training. There is also drop-in access to a variety of software as well as the Internet. Alberta Hospital Edmonton **780-342-5259**, Pathways Information: **780-342-7766**

- Out of the Shadows (780-342-7681) The “Out of the Shadows” art initiative expands awareness of mental health in society. This program provides an outlet for adults living with mental health concerns to learn and express artistic talent within a variety of modes and mediums. The creative process fosters acknowledgement and esteem by highlighting the participants’ unique work within our communities.

- Housing Supports Program using a small group of mental health staff enhanced mental health housing supports are provided to 6 sites. The Housing Team also provides transitional support and support with discharge for patients leaving hospital after significant periods of hospitalization.

10.5 Suburban Mental Health Clinics provides a wide range of services to those with acute or chronic mental illness from children to seniors. Formal and informal partnerships ensure there is a comprehensive list of services available to people living in these communities. Each clinic is actively involved with a local Student Health Partnership (SHP). The clinics collaborate with local Primary Care Networks (PCN) to provide services to clients and this includes a support group for Postpartum Depression. All clinics provide crisis services during office hours and are linked to the Crisis Response Team responding to local Emergency Departments when they are call. Referral to specialized services is also arranged when needed. The intake/crisis therapists at each clinic provide a consistent comprehensive intake over the phone or in person. All intakes are triaged with a team of professionals and the outcome recommendations are then made to the person in need of support or services.

Local clinics are found in Sherwood Park (780-342-4675), St. Albert (780-342-1410), Fort Saskatchewan (780-996-5225), Morinville (780-939-3388), Stony Plain (780-963-6151), Spruce Grove (780-962-7674), and Leduc (780-986-2660). Traveling clinics service the communities of Beaumont, Calmar, Devon, Evansburg, Redwater, Gibbons and Thorsby. Professional mental health services are provided for children and adults at these clinics. Assessment and treatment of adults, children and families is provided by mental health therapists and consulting psychiatrists.

10.6 Edmonton Early Psychosis Intervention Clinic (EEPIC) 780-342-7690 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 a nurse case manager, psychiatrists, group therapists, neuropsychologists, neurochemists, 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. Clients must be medication free or have been taking anti-psychotic medication for less than three months. Key strategies are to empower young adults and their families who are coping with psychosis through supportive counseling, education (client and family), and respectful specialized treatment.

10.7 The Royal Alexandra Hospital Outpatient Adult Mental Health Program provides a range of services to clients, including individual training group, support groups, interactive groups. Dialectical Behavioral Therapy psycho-educational groups, Anxiety Disorder group, assertiveness training, Bipolar Clinic, Schizophrenic Rehabilitation, and Cognitive Therapy. Other services:

- 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,(780-735-4111) Adult Mental Health Program (780-735-4181, Fax 780-735-4797

10.8 The University of Alberta Hospital offers a diverse range of outpatient services including the following:

- The Psychodynamic Psychotherapy Day and Evening Treatment Programs providing intensive, insight oriented group psychotherapy treatment to people with severe personality disorders and affective disorders. Limited family therapy is also offered. The duration of treatment for both programs is 18 weeks. Day Treatment Program also offers a six week rehabilitative treatment called work therapy. This treatment is specifically designed to assist patients to adapt to work environment under supervised conditions. The Psychiatric Clinic can be accessed on a self-referral basis. Many of the referrals are from general practitioners or emergency departments. The program offers assessments and treatment with various options. 780-407-6501

June, 2009 email: daniel.scott@albertahealthservices.ca with updates
- **Rehabilitation Program:** This program serves the inpatient and outpatient units through a variety of modalities such as groups, day programs, and case management.

- **Sleep Lab:** The Sleep Medicine program is a multidisciplinary clinical program which evaluates and treats individuals with primary sleep disorders. The program includes Cognitive-Behavioral treatment for primary insomnia.

  8440- 112 Street, Edmonton, T6G 2B7, **780-407-8822**

**10.9 Sturgeon Community Hospital**

outpatient services:

- **ER Mental Health Crisis Team:** Registered Social Worker, Monday– Friday (days). On-call roster (mental health nurses) 4 PM – 8 AM, Monday – Friday and weekends.

- **Psychiatric Services:** Psychiatrists maintain practices on site and provide a number of scheduled inpatient and outpatient consultations to the hospital. Community access is by way of physician referral. The goal of the Mental Health program is to promote shared mental health care by providing consultation and support to referring physicians to manage the mental health care of their patients where possible.

  201 Boudreau Road, St. Albert, T8N 6C4 Mental Health Reception (**780-418-7379**), Main **780-418-8200**

**10.10 Northeast Community Health Centre**

provides assessment, counseling, 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 counseling or treatment for substance misuse and gambling concerns. Other services:

- **Shared Care** Mental health and addictions 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:** 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** Fax: **780-342-4195**

**10.11 Grey Nuns Community Hospital Out-patient Services**

includes:

- **Psychiatric Out-Patient Program (P.O.P.)** 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. A physician or mental health professional may refer patients.

- **Psychiatric Partial Hospitalisation Program (P.P.H.P.)** A day program offering acute care and structured support for patients who do not require 24 hour hospitalization, and are able to return home each night and on weekends.

- **Cognitive-Behavioral Therapy (CBT) Programs:** These programs are offered to individuals with an anxiety disorder or a depressive disorder. In a series of groups people identify and challenge thought patterns that are contributing to a worsening of symptoms. Psychiatrists associated with the Grey Nuns Community Hospital make referrals

- **Dialectical Behavior Therapy Program:** Assisting patients who meet the DSM-IV criteria for BPD to reduce life-threatening behaviors (e.g. suicide attempts, self-mutilation, etc.). Secondary goals involve reducing quality of life-interfering behaviors (e.g. impulsiveness, hostility, and avoidance) via a number of different strategies. This program is provided to patients via individual therapy and/or group therapy.

- **Psychiatric Out-Patient Clinics:** Patients may be referred by their family physician to a psychiatrist for assessment and treatment and for follow-up. Specialised referral clinics include Panic Disorder, Social Phobia, Bipolar Affective Disorder, Obsessive Compulsive Disorder, Rapid Response for urgent cases, Dissociative Disorder, Clinical pharmacology evaluation and review of medication profiles, and Sexual Dysfunction.

- **Psychiatric Day Centre:** Upon referral by a Psychiatrist associated with the Grey Nuns Community Hospital, this program run by the Recreation Therapist provides social and leisure activities to support those people who’ve had a mental illness over a long period of time and those people who are reintegrating back into the community after hospitalization

- **Reproductive Mental Health Clinic** This clinic is specific to women with mental health issues associated with their reproductive cycle. Patients with Premenstrual Dysphoric Disorder (PMDD), Pregnancy and Postpartum Disorders, Sexual Dysfunction and Mood Disorders associated during peri-menopause are assessed and

June, 2009      email: daniel.scott@albertahealthservices.ca  with updates
managed. Referrals to this clinic can be made by faxing a consultation letter to the Grey Nuns Outpatient Department at 780-735-7492.

- **Satellite Club** is a joint venture between Grey Nuns Community Hospital and the Canadian Mental Health Association. It is an evening social/recreational group that provides a linkage between the hospital and the community for individuals with mental illness.
- **Managing Motherhood:** This weekly ten session group helps mothers experiencing postpartum depression understand and cope with their experiences. Referrals by any health professional.

1100 Youvville Drive West, Edmonton, AB, T6L 5X8 780-735-7000, Mental Health Program 780-735-7145

**10.12 The Misericordia Community Hospital Psychiatric Outpatient Program** provides:
- **General Group Program** runs 3-6 months and includes individual assessment, counseling, group therapy and referral to other services as needed.
- **Community Support Program** provides support to people with long term mental illness through specialized clinics and groups, links to the community, and ongoing case management.

16940 87 Avenue, Edmonton, AB, T5R 4H5, 780-735-2611

**10.13 Outreach component of the Regional Short-Stay Crisis Program** 780-342-7670 begins working with clients when they are admitted to the short-stay program at the Royal Alexandra Hospital. They determine the areas that need stabilization prior to discharge, i.e., housing, finances, follow-up treatment services, etc. They follow clients for up to five days after discharge, conducting home visits to monitor their mental state and risk level.

**10.14 Community Support Team (CST) 780-342-7692** has the option of serving clients both in their home and/or at the Edmonton Mental Health Clinic. They serve clients 7 days a week: Monday to Friday 0800h to 1900h and Saturday/Sunday 0900h to 1900h. This program is to provide an option to hospitalization. With family support and home visits by professional staff, clients who would have been previously admitted to hospital can receive psychiatric interventions and support in their home. Referrals are accepted from psychiatrists, psychiatric residents and general practitioners.

**10.15 Operational Stress Injury Clinic** This new clinic will provide 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 counseling services will be available. Operated at Northgate Mall in partnership with Veteran's Affairs Canada.

**11.0 Adult/Youth Forensic Mental Health Community**

**11.1 Forensic Assessment and Community Services (FACS)** provides outpatient assessment and treatment services are provided to adults. Outreach services are provided by the Community Geographic Team (CGT) and by Telehealth Services. Young offender assessment and treatment services are provided by the Centerpoint program. Residential treatment is provided to adolescent sex offenders at Counterpoint.

Approximately 3500 outpatients are served annually.

Forensic Assessment and Community Services (FACS), 26th Floor, CN Tower, 10004 – 104 Avenue, Edmonton, T5J 0K2 780-342-6400 Fax: 780-426-7272

Centerpoint #701, 10242 – 105 Street, Edmonton, T5J 3L5 780 428-4524, Fax: 780 423-8904

**12.0 Adult/Youth/Family Addiction Community**

**12.1 Edmonton Counselling & Prevention Services** for adults, families, friends and others dealing with alcohol, other drug or gambling problems. Provides personalized assessment, treatment and referral for clients with alcohol, other drug or gambling concerns; a wide range of individual, group and family counseling; intensive, structured Day Counselling Program for clients who have substance use or gambling problems; offers afternoon and evening group sessions related to addiction recovery; psychiatric consultations to clients; referral for clients to self-help groups, some of which meet at the clinic; and information and referral for people who are concerned about their tobacco use.

10010-102 A Avenue, Edmonton, T5J OG5 780-427-2736 Fax 780-427-4180

**12.2 Enhanced Services for Women (ESW)** for women (adult or youth) who are pregnant or likely to have pregnancy concerns, who are concerned about their own or someone else's substance use, or who may need an
enhanced level of support. Information, consultations and referrals are provided to community professionals to better meet the needs of women with substance use concerns.

10010-102A Avenue, Edmonton, T5J 3G2 780-415-0786 or 780-415-0776. Fax 780-427-4180

12.3 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 maintenance treatment, including stabilization and long-term support for clients on methadone (clients are responsible for the cost of their medication);
- Counselling services for clients on methadone;
- Referral to other addictions treatment services, including intensive treatment and self-help programs;
- Co-ordinates access to methadone for clients through community pharmacies; and
- Consultations to pharmacists, family physicians, other professionals, and the public.

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

12.4 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.

Leduc 4901-50 Avenue, T9E 6W7 780-980-7580 Fax 780-980-758
Sherwood Park 14 Blackfoot Road, T8A 4P4 780-449-3468 Fax 780-417-7222
St. Albert Provincial Building, 30 Sir Winston Churchill Avenue, T8N 3A3 780-460-4971 Fax 780-460-4979
Stony Plain Office Suite 108, 4709-44 Avenue, T7Z 1N4 780-968-6466 Fax 780-968-6465

13.0 Adult Mental Health Crisis

13.1 The Crisis Response Team is dedicated to providing quick, appropriate care in response to a situation in which a client is experiencing a significant mental health problem. The crisis team operates 7 days per week, 24 hours per day. (780-342-7777). The goal is to promote a positive resolution to the current crisis situation and provide the client with appropriate care in order to avoid a similar episode in the future. Mental health therapists de-escalate and stabilize crisis situations.

13.2 Emergency Department Coverage provides individuals experiencing a crisis with access to appropriate services. When a client comes in with a psychiatric difficulty, emergency department staff insure the client is stable and then arrange to meet with the crisis response team member. An assessment is completed and information and recommendations are passed on to the emergency department physicians and/or psychiatrist. The team follows up with clients the day after they are discharged back to the community from the emergency department.

13.3 Police and Crisis Team (PACT) is a joint partnership between the Addiction & Mental Health, Crisis and Access Services and the Edmonton Police Service. PACT assists clients experiencing a mental health crisis and is an adjunct to the 24/7 Adult Crisis Response Team.

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, 780-735-7999

14.2 Geriatric Psychiatry Program, Alberta Hospital Edmonton inpatient programs provide prompt, accessible, specialized assessment, treatment, consultation and support services for persons 65 years and older who have an acute/persistent mental illness.
- **Assessment & Treatment Inpatient Program** (Unit 12/1 - 30 beds) provides assessment and treatment for the elderly with an acute mental illness and require urgent stabilization.

- **Treatment & Rehabilitation Inpatient Program** (Unit 12/2C - 25 beds) provides continuing psychiatric treatment and rehabilitation for the elderly with treatment resistant psychiatric illnesses.

- **Assessment & Treatment Inpatient Program** (Unit 12/1A – 25 beds) provides assessment and treatment for the elderly who have an organic brain disorder and are demonstrating moderate to severe behavioral dysfunction.

- **Treatment & Rehabilitation Inpatient Program** (Unit 12/2B - 26 beds) provides continuing treatment for the elderly whose psychiatric illnesses are complicated by other medical conditions requiring a longer period of treatment and rehabilitation.

17480 Fort Road, Box 307, Edmonton, T5J 2J7, **780-342-5555**

### 15.0 Seniors Mental Health Community

#### 15.1 Geriatric Psychiatry Service (GPS) (**780-342-7700**) is a community program providing goal-directed treatment and services for seniors (65 years of age and over) 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 works collaboratively with other service providers in the community. The community program services include in-home assessment and treatment; outpatient clinics; day program; assessment, treatment and follow-up; consultation; education; and liaison and referral to other community agencies. Northside: 2nd Floor, Hys Centre, 11010-101 Street, **780-424-4660**. Southside: 3030-106 St in the Ermineskin Mall, Call **780-342-1400**.

[http://www.albertahealthservices.ca/](http://www.albertahealthservices.ca/)