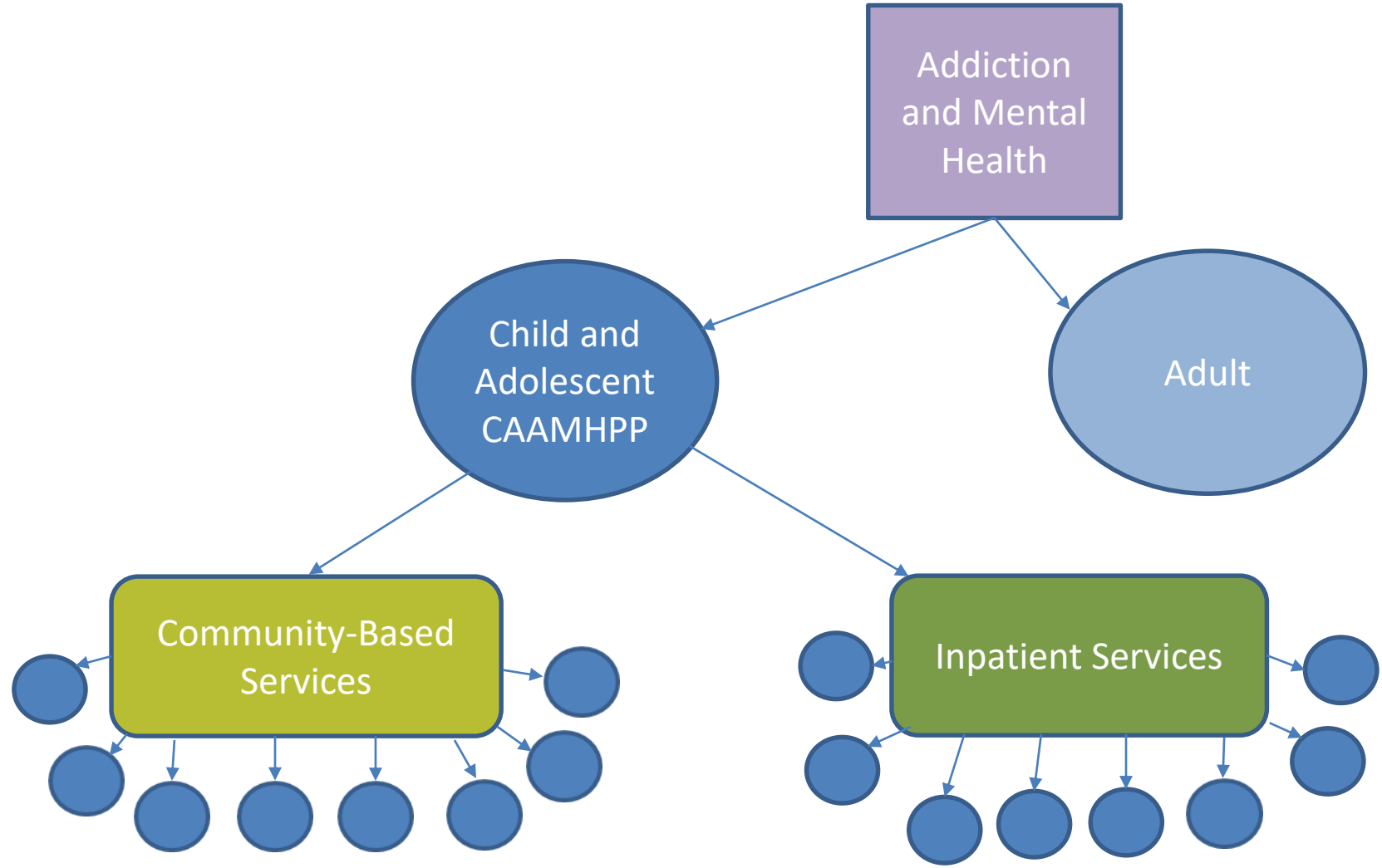


AHS Calgary Zone – Youth Addiction and
Mental Health Services

Community Health Promotion Services

AHS Calgary Zone



CAAMHPP Programs

- Child and Adolescent Psychiatric Acute Care
- Adolescent Day Treatment Program
- Child Day Treatment Program
- Eating Disorder Clinic
- Psychiatric Emergency
- Young Adult Program (Unit 26)
- Unit 23 Child and Adolescent Mental Health
- South Health Campus Inpatient
- Pediatric Consultation Liaison and Psychiatric Emergency
- OCD/PAC
- Mental Health Care Unit – Alberta Children’s Hospital
- Community Clinics
- Pediatric Behavioral Development Clinic
- Urgent Community Services
- Healthy Minds, Healthy Children
- Community Education Services
- Mental Health Online Resources for Educators
- Community Assessment and Consultation
- Parent Consultation Clinic
- PCN Intervention Team
- Autism and Neuro-Psychiatry Services
- Pediatric Consultation
- Mood, Anxiety and Psychosis Services
- Child and Adolescent Psychiatry
- Treatment Resistant ADHD
- School-Based Mental Health
- Emerging Adult Treatment Clinic
- Complex Care
- Youth Community Support Program
- Youth Addiction Services

Youth Addiction Services

- Outpatient Services
- Mobile Services Team
- Action Day Treatment Program
- Wilderness-based Residential Program
- Detox/Stabilization
- PChAD – Protection of Children Abusing Drugs
- Community Outreach/PSECA – Protection of Sexually Exploited Children Act
- Community Health Promotion Services

Community Health Promotion Services

CHPS assists communities to **prevent, delay, and reduce the harms** associated with youth substance use, problem gambling/gaming, and mental health issues.

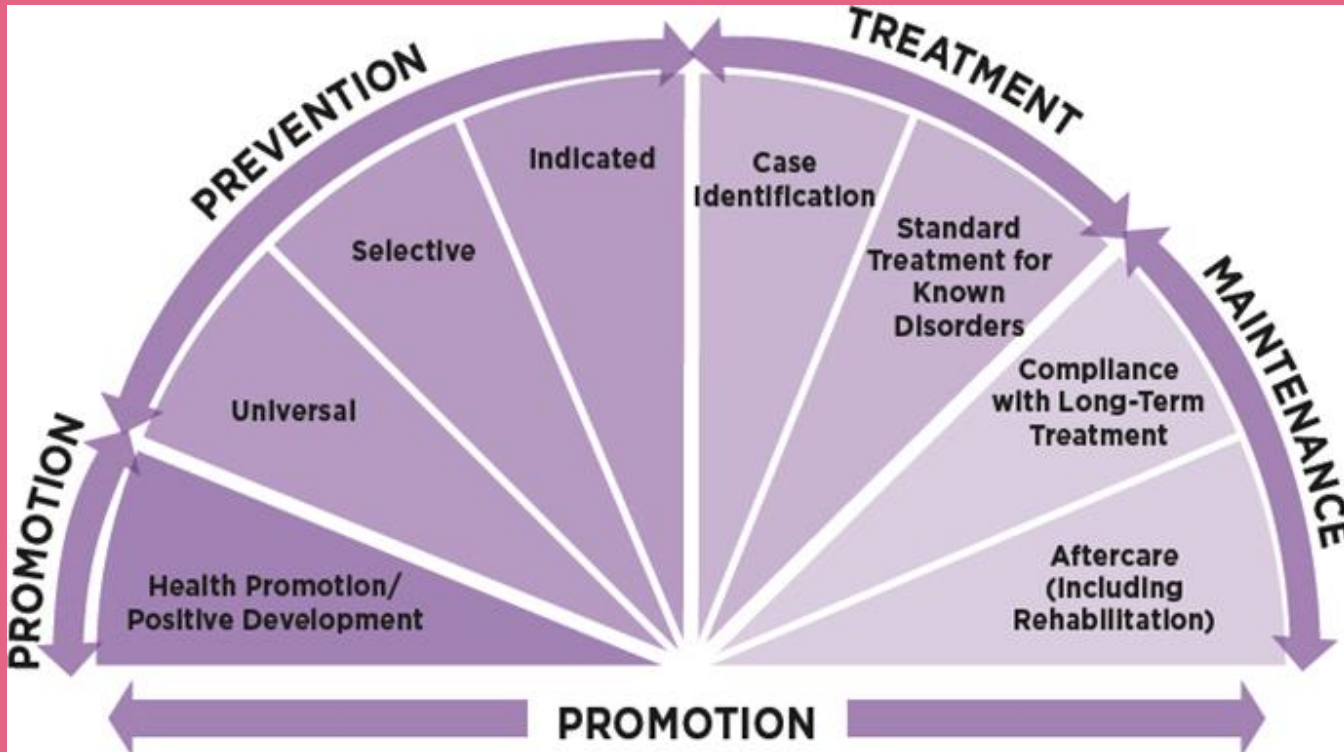
CHPS provides support to schools and other local stakeholders with the goal of **increasing protective factors and decreasing risk factors** for individuals, families and communities.

Focus is on adults/organization/services that work/engage with youth

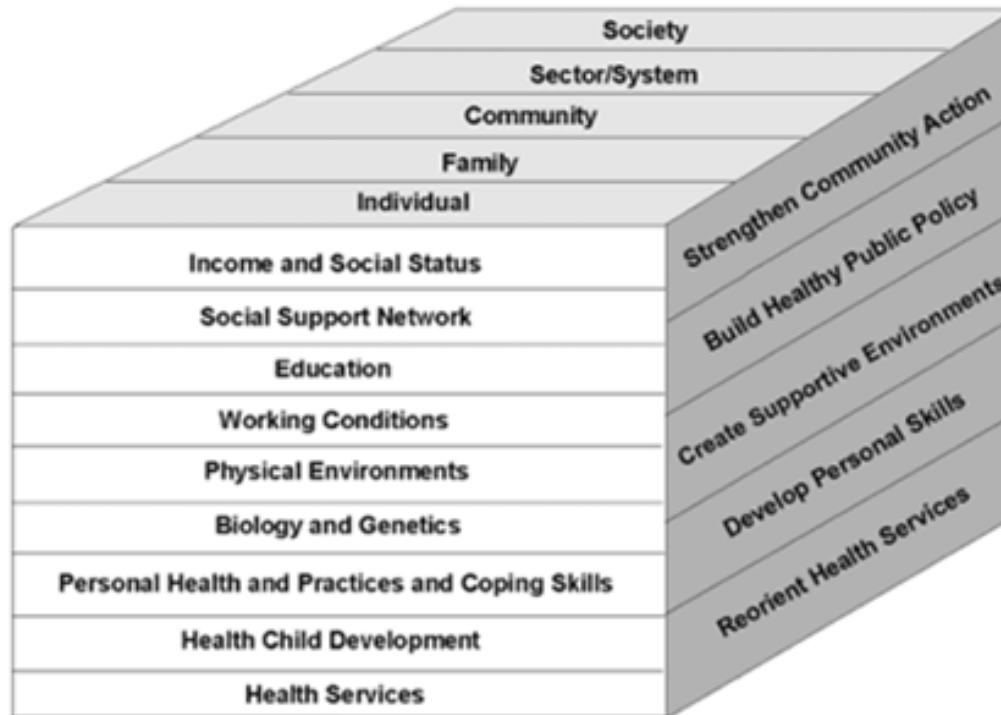
CHPS

- Information
- Curriculum
- Print and electronic resources
- Consultation
- Collaboration
- Coalitions
- Training and Workshops:
 - Mental Health Literacy Training
 - Heart Math
 - Substances of abuse/prevention, teen brain development, etc.

Spectrum of Prevention



Population Health Promotion Model



Resilience Theory

- Strength-based approach
- Acknowledges risk factors, and focuses attention on promotive/protective factors.
- Protective factors in one area can help buffer against risk factors in another.

Assets – exist within the individual

Resources – factors outside the individual that provide opportunities to learn and practice skills.

Things that don't work...

- Guest speakers
- Scare tactics
- Drug education
- Recreational alternatives
- The hard line...
- “Feel good” activities

Things that work...

- Engagement/relationship with supportive adult role model
- Life skills training – processing feelings, making decisions, problem solving, managing mood/stress, communicating, assertiveness, managing conflict, saying “no”, social skills, social awareness, etc...
- Meaningful participation – connectedness and power
- Peer leadership programs
- Mentoring programs

Want more information?

How to contact CHPS:

- Email to CHPS@ahs.ca
- Call 403 297 4664 and ask to speak to a Community Health Promotion (or CHPS) intake worker
- Email Cheryl.Houtekamer@ahs.ca