



Youth Substance Use and Mental Health Services Calgary

Addiction and Mental Health Recovery, Stabilization & Detox (RSD)

Family Centered Care

Parents are also encouraged and welcome to attend a parent group that will help them to further understand and support their young person while they are in the program. This group is called **EPIC**, which stands for **Empowering Parents in Choice**.

This group not only provides educational information for parents, it is also a place for parents to connect with other parents in similar situations and have a comfortable place to share and express their thoughts.

This group is held every Thursday night at 6:00pm. It is an open group, meaning you can attend at any point.

That being said, we do ask that you call **403-297-4664** the weeks that you plan to attend so that we are aware of who is planning to come.



June 2020

Recovery, Stabilization & Detox:

Calgary Youth Substance Use and Mental Health Services offers a six bed, campus-based Recovery, Stabilization & Detox program for youth ages 12-18 who are experiencing substance use and/or mental health concerns.

Length of stay:

This service is targeted for 14 days, but has the flexibility to meet the needs of clients and their families for longer or shorter stays based on individual circumstances.

Program Structure:

The program provides stabilization and psychosocial services as well as preparation for further treatment and transition planning. It follows a social detox model for substance use. It is a highly intentional process of engaging youth and their families into the next phase of their mental health and/or substance use treatment continuum.

Program Model:

The program utilizes a short-term, trauma informed intervention model that helps youth to look at their major life areas and explore a longer-term treatment plan with their family/supports. A Collaborative Problem Solving (CPS) approach is also integrated into the program.

Based on their goals and motivation, a plan may include:

- Accessing mental health resources
- Addiction treatment
- Family support/counselling
- As well as accessing resources in the community i.e. leisure, self-help groups, and school.

Treatment Groups:

May include topics such as:

- Coping strategies
- Emotional regulation
- Self-esteem
- Drug information
- Relapse prevention
- Defense mechanisms
- Stages of change
- And information on accessing further treatment services.

An AHS Substance Use and Mental Health Counsellor is in the program Monday through Friday to provide support to the youth and their families. Psychiatry consultation may also occur while the youth is in the program.

Admission:

To request an admission to the program a client and their family would meet with an AHS Allied Health Professional to complete the screening, assessment and referral.

Safe Discharge:

It is important to note this is a non-medical unit and a safe discharge plan will be required whether it is a planned or unplanned. This is an open program and if a youth chooses to leave, we will make every attempt to encourage them to stay but ultimately they cannot be held against their will.

Hull Services:

This program is offered through a contract with Hull Services.

