

Child & Youth Mental Health (CYMH)

CYMH Groups & Parenting Programs

Connect Parenting

For parents of youth aged 8-12 or 13-17 years old. Parents learn principles of attachment over 10 sessions.

Kids in Control

Learning in this group includes psychoeducation and effective coping skills to children aged 8-12 living in families with parental mental illness.

Cognitive Behavioural Therapy (CBT)

Children and youth (grades 1-3, 4-6, 7-9, and 10-12) learn how to connect their thoughts, feelings, and actions through discussion and learning of age appropriate games and worksheets.

Collaborative Problem Solving

Presented by FORCE Society for Kids Mental Health. This is a workshop for parents who encounter power struggles, arguments, and / or tantrums with their kids. This program will help parents move through stalemate issues while teaching children important problem-solving skills.

Wellness (Middle & High School)

Ongoing process group for kids and teens that meets at the Neighbourhood Learning Centre. This group discusses different topics each week that relate to personal health and well-being, both mentally and physically. Topics of self-care are also discussed.

Parenting Kids Dealing with Depression

An educational group for parents who have youth dealing with depression. The group is a combination of education, shared wisdom, and discussion with other parents.

Parenting Anxious Kids

Four week series that includes what anxiety looks like in children, where it comes from, themes and concepts in effective parenting, and practical tips for decreasing your child's anxiety. The group is a combination of education, brainstorming, discussion, and mindfulness practices.

Assessment & Treatment

MH Assessment & Treatment age 0 – Pre-K

For children aged 0 to pre-K and their caregivers. Primarily focused on parenting intervention. This is a four session model which offers Mental Health Assessment and Treatment.

MH Assessment & Treatment age K to 8

For children aged kindergarten to 8 years and their caregivers that have gone through intake screening. This is a four session model which offers Mental Health Assessment and Treatment.

MH Assessment & Treatment age 9-19

For children / youth ages 9 to 19, and their caregivers, that have gone through intake screening. This is a four session model which offers Mental Health Assessment and Treatment.

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Specialized Services

12 Sessions

Additional sessions from the 4 session model of the MHAT.

Concurrent Disorders

Combination of mental health and substance problems.

Psychological Assessment

Psycho-educational and cognitive assessments for children aged 6 – 19.

Early Psychosis Intervention (EPI)

Initially EPI is handled by Fraser Health and clients are referred to CYMH services afterwards. EPI involves the early detection, and treatment of first-episode psychosis, sustained intensive treatment during the early years or 'critical period' in the course of a psychotic disorder, and early detection and treatment of psychotic relapses.

Adolescent Day Treatment Program (ADTP)

Community-based program providing a wide range of individualized mental health services for adolescents with acute psychiatric illnesses. Young people between the age of 13-18 years attend the program four days a week for up to four months. Youth attend school part-time, and participate in the treatment component of the program, which includes recreational activities, life-skills programming, and therapeutic groups.

Psychiatric Assessment

A session with a psychiatrist for possible diagnosis and pharmaceutical intervention.

Eating Disorders

A combination of specialized therapy and meeting with a Doctor. When a specialized eating disorder program is unavailable in the area, the general Child and Youth Mental Health teams may provide mental health services to children and youth with eating disorders including assessment and treatment.

Complex Care Intervention (CCI)

Designed for children and youth who have experienced significant trauma or maltreatment, and who exhibit substantial emotional, behavioural, and interpersonal difficulties.

Dialectical Behaviour Therapy (DBT)

A 24 week program including a skills class and individual counselling. DBT is a more intense therapy process designed for teens 13-18 who are struggling with multiple issues such as oversensitivity, self-harm, suicidal ideation, impulsivity, drug abuse, depression, and chaos in relationships. A parent / caregiver is expected to participate in DBT by attending the skills class with their teens and occasionally join individual counselling sessions.

Further Assessment & Therapy

Reflecting Team

Group of about 4 – 7 therapists who observe a family's therapy session and then have a conversation about what they noticed about the session. Sometimes, reflecting teams are utilized on a one-time basis, as a way for a therapist and client to obtain consultation on a case.

Therapeutic Consultation Clinic

Drop-in therapy sessions with a mental health clinician are available through the CYMH office each Thursday. These are based on a one session model and are provided on a first come, first served basis.