

## WHO WE ARE

Our publicly-funded Child and Youth Mental Health teams provide a range of assessment and clinical counselling treatment options for children, youth (0-18 yrs) and their families.

Our programs are designed to support children and youth who are experiencing significant difficulties related to their thoughts, feelings and behaviours.

CYMH supports family capacity skill-building activities that engage and empower families to be active partners in supporting responsive relationships with their child or youth, to strengthen the core life skills needed to become healthy functioning adults, and to reduce sources of stress in the family.\*

\*Source: Harvard Centre on the Developing Child

## WHAT WE DO

### OUR SERVICES INCLUDE:

- ✓ *Intake and referral*
- ✓ *Consultations*
- ✓ *Parenting programs*
- ✓ *Group treatment*
- ✓ *Family treatment*
- ✓ *Individual treatment*
- ✓ *Educational events*
- ✓ *Community planning*

### CONCERNS MOST COMMONLY ADDRESSED BY OUR CENTRES:

- ✓ *Feelings of anxiety*
- ✓ *Low moods*
- ✓ *Experiences of trauma*
- ✓ *Suicidal thinking & self-harm*
- ✓ *Symptoms of psychosis*

## HOW IT WORKS

Children, youth and families can begin accessing our services by attending the CYMH intake clinic for a screening interview. Once the client information form and screening questionnaire are completed the initial meeting will typically be 1-2 hours in length.

Upon completion of this interview, a CYMH clinician will provide you with information and a written ***Initial Plan of Service*** which you can request be forwarded to other care providers.

In the Abbotsford area, the intake clinic is provided each Tuesday from 9-4 pm. No appointment is necessary.

Morning attendance is recommended when possible. Late afternoon arrivals may be given an information package to complete and return the following week.

## FOR YOUR FIRST VISIT

No appointments are required for first-time visitors – simply walk-in during the hours listed. Please note that you will need to complete an information form and a screening questionnaire before meeting with a mental health clinician in person.

Parents/caregivers are encouraged to attend the intake clinic **alone** when referring for **elementary-school** age children. We find that it is easier to speak openly about a younger child's symptoms if that child is not present for the interview. Please also make alternate arrangements for siblings when possible; childminding is not available.

**Middle- and high-school** age children and youth are encouraged to attend the intake clinic **with their families** whenever possible. Family members have the option to speak privately with the intake clinician when necessary. Youth also have the option of attending the clinic on their own as a private self-referral.

## WALK IN INTAKE SCREENING CLINIC

**\*No appointment necessary\***

**Ages 6-18**  
**TUESDAYS**  
**9-4 PM\***

\*Greatest capacity available in the morning.  
Late afternoon arrivals may be given an intake package to complete and return the following week.

Please call 604-870-5880 if you have any questions

**The intake clinic is not a crisis counselling service. It is for new referrals only. Our focus is on connecting families with treatment resources through our service or others in the community.**

For acute mental health crisis safety planning, please call the Fraser Health *Short-Term Assessment Response Team* (START) at 1-844-START-11 .

If necessary, visit your local hospital or call 911.

For children ages 0-5 yrs please call 604-852-2686 to schedule an Early Childhood Mental Health intake appointment.



## Child and Youth Mental Health

## Intake Clinic for Families Living In

**ABBOTSFORD**

**2828 Cruickshank Street**

Provided by the  
Ministry of Children  
and Family Development