

Children

While we try to teach our children all about life,
our children teach us what life is all about.

Angela Schwindt

Child/Youth Mental Health

Mental health problems relate to our behaviour, emotions and relationships.

Serious mental health problems in childhood can include depression, unmanageable behaviour, and an inability to get along with others.

These problems can cause much stress and heartache to children, their families, their teachers, and the community. In addition, they often lead to even more serious mental health problems in adulthood.

A wide range of programs and services staffed by well-trained professionals who are connected to other local and provincial services is available to support your child and your family.

Counseling Services

Through spending time with the child and the child's family, counselors can provide an assessment based on observations, and recommend a particular type of treatment or a treatment plan.

Once treatment is determined, the child, family, and all Hands professionals involved can identify goals or milestones and work together to monitor the path to achieving these goals that are tailored to the child's individual needs.



School-Based Mental Health Services

The School Mental Health program begins by assessing the child's individual needs through interviews with the child, parents, caregivers and teachers.

A team is then developed based on the assessment to establish goals and develop an individualized plan tailored to the child's individual needs. There are 3 levels of School Mental Health involvement:

1. Classroom

School Mental Health facilitators from Hands meet with teachers to collaborate and develop a plan that will assist the child to be successful at school.

2. Group

School Mental Health facilitators from Hands form groups where children are taught new skills and strategies to promote success at school.

The new skills are practiced within the group setting and students are encouraged to use their newly developed skills in their day-to-day life.

3. Individual

Both Classroom and Group involvement processes are used along with one-on-one support with the child to problem solve, teach new skills, coach, and provide counseling support within the school setting.

Home-Based Mental Health Services

Mental Health facilitators from Hands complete a family assessment based on observations made in the child's home environment.

Based on the assessment information, the home-based worker(s) and the family unit come together to establish goals and develop a plan that is tailored to the child's individual needs.

Progress is made through role-playing exercises, coaching, modeling and counseling within the family unit.



Hands

TheFamilyHelpNetwork.ca

Helping families and everyone in them.

For more information call the toll free number at 1.800.668.8555
or visit the website at www.thefamilyhelpnetwork.ca.