

Date: March 1, 2023

To: Community Stakeholders and Partners

From: Lori Anderson, Chief Zone Officer, Calgary Zone and Janet Chafe, Executive Director, Addictions and Mental Health, Calgary Zone

RE: Opening of new The Summit: Marian & Jim Sinneave Centre for Youth Resilience

We are excited to shared that The Summit: Marian & Jim Sinneave Centre for Youth Resilience (The Summit - 1015 – 17 Street NW) will open its doors to children, teenagers and families on Monday, March 13, at 10 a.m..

Providing young people up to the age of 18 with new and enhanced mental health services, all in one building, the Summit's services augment and integrate with existing services provided by AHS and community-based agencies. New services and programs include the Owerko Family Walk In Services, Tallman Family Treatment Services and Ptarmigan Day Hospital.

These community-based services provide youth and their families with care designed to stabilize and manage escalating illness and, ideally, prevent hospitalization.

The \$39 million centre for child and adolescent mental health was built in partnership between Alberta Health Services (AHS) and the Alberta Children's Hospital Foundation (ACHF). The ACHF raised more than \$50 million to fund construction of the centre, along with program and research enhancements.

Volunteer members of the centre's Youth and Family Advisory Councils provided input in the design of the new building, and how programs would be delivered. Based on their feedback the centre was purposely located in a community setting, rather than in a hospital setting. They helped choose the interior graphics, furniture, and other details to create a warm, inviting, and youth-focused atmosphere. Their belief was by making the facility feel welcoming and less clinical it will encourage more young people to seek help sooner.

The Owerko Family Walk In Services offers a no-cost service in the form of a single session therapy for children, families and youth aged 0-18. The walk-in service is an option for anyone who needs help with exploring specific issues and possible solutions.

The Walk In service provides children, youth, or their parents with a chance to meet with a therapist for about an hour. The therapist will explore concerns, how they are being addressed, and what strategies have and have not worked before. The goal is for the client to leave with a clear plan of supports and strategies that are aimed at turning something that feels impossible into something that feels potentially possible.

The Walk In services will provide an alternative to the ED for some child and youth mental health patients in crisis. However, it does not provide Emergency Room medical services. The team at

the Walk In services will work with individuals who report having thoughts about harming themselves or others, but anyone feels there is serious risk or have immediate medical needs, then they should call 911 or visit an Emergency Room.

The first of its kind in Calgary, the Tallman Family Treatment Service helps young people manage acute escalating symptoms to prevent or reduce the need for hospitalization. With a referral from services within the Alberta Health Services Child and Adolescent Addition, Mental Health and Psychiatry Program, children and adolescents benefit from scheduled intensive individual, family and group therapy for one to four hours daily for a period of 4-6 weeks. This program is designed to meet the needs of those who require more support from an integrated team of professionals.

The Ptarmigan Day Hospital is Calgary's first pediatric mental health Day Hospital. It enables a gradual shift from around-the-clock care to eight to ten hours of daily intensive therapy. After receiving the support, they need at the Day Hospital, kids are able to sleep in the comfort of their own beds at night. This "step down" approach occurs over two to four weeks and includes mentoring for educators and families.

In partnership with Alberta Health Services and the University of Calgary, it will also be one of the most research-intensive community-based mental health facilities for young people in Canada.

For more information, please visit ahs.ca/thesummit or email Ryan Clements, Program Manager, The Summit, at ryan.clements@ahs.ca.

Thanks,

Lori Anderson, Chief Zone Officer, Calgary Zone

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