

## Out-Patient Services

Out-patient programs within CCTB, including the Family Services Team and Intake, provide multi-disciplinary community-based mental health services to children and adolescents, ages 6-17 inclusive and their families. Services provided include assessment, consultation, individual, family and group treatment

Families and youth referred to this service may present with bereavement, sexual abuse, attention deficit hyperactivity disorder, minimal parenting skills, single parent families, blended families, separation/divorce, suicidal ideation/ attempts, adolescent/ developmental, school truancy difficulties.

The program provides:

- multi-disciplinary assessments.
- a spectrum of treatment services which respects the uniqueness of each client's situation.
- consultative services.
- access to a multi-disciplinary treatment planning process.
- services in partnership with other program areas and community agencies.

## Walk-In Counselling Clinic

The Walk-in Counselling Clinic provides immediate single-session counselling services to children, youth, teens and adults on a first come-first served basis every Wednesday from 12:00 p.m.—8:00 p.m. Call for more information.

Children's Centre—343-5000

Thunder Bay Counselling Centre—684-1880

## Substance Abuse and Mental Health Services

The New Experiences Program is a community-based program for youth ages 12-18 who are experiencing a combination of drug/alcohol and mental health struggles, including social, emotional and behavioural difficulties. Intervention includes assessment (both substance use and mental health), individual and family counselling, parent consultations, group work and culturally-based (Anishnawbe) programming.

NEP works in collaboration with the Sister Margaret Smith Centre and Thunder Bay Counselling Centre as part of an integrated system that better serves the needs of youth experiencing substance abuse struggles.

The Anishnawbe Programming is an important part of the New Experiences Program. Group activities give Native youth support based on Aboriginal spirituality, traditions and ceremonies. Recreation is also an important part of this program.



## Other specialized services offered by CCTB include:

- Autism— IBI Program
- Case Resolution Services
- Learning Assessments (fee-for-service)
- Mediation Services (fee-for-service)
- Parent Coordination Services (fee-for-service)
- Pre-school Assessment and Consultation Services
- Supervised Access Program (fee-for-service)

Call CCTB for more information.

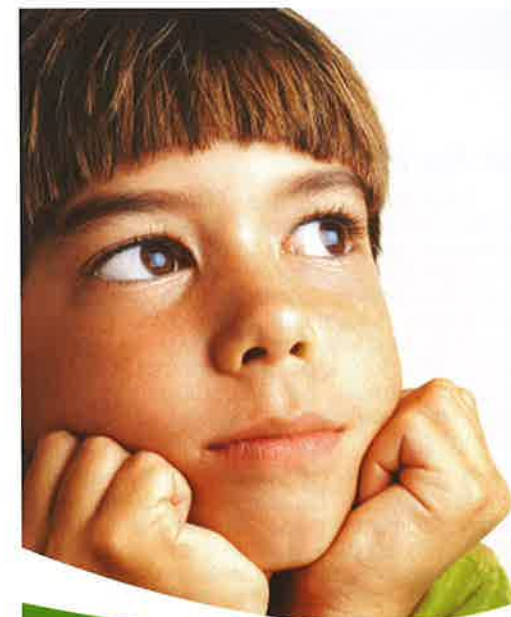


283 Lisgar Street,  
Thunder Bay, Ontario, P7B 6G6  
Phone 807-343-5000 Fax 807-345-0444  
E-mail: [info@childrenscentre.ca](mailto:info@childrenscentre.ca)



United Way  
of Thunder Bay

Revised: 2009



Children's Centre  
Thunder Bay



## Who Are We?

The Children's Centre Thunder Bay provides children's mental health services to children, youth and their families living in Thunder Bay and surrounding area. We are an Accredited Centre which provides assessment, treatment and consultation services to children from birth to 18 years of age. The focus of our services are on children's mental health issues in the context of their family, school and the community.

We are governed by a community-based volunteer Board of Directors, whose role is to provide direction and leadership to the Centre. We employ a variety of children's mental health professionals who work together to provide the best service possible for children, youth, parents and families.

## Who Can Refer?

All referrals to the Centre are processed through Intake. Parents are the primary source of referrals and can call the Centre to enquire about our services and book an intake appointment. Youth age 12 and over can also make referrals for service. Our Centre does not take referrals from other professionals or third parties. Parents and youth must call the Centre themselves to initiate a referral.

## Intake Services

**Intake Services** receives all referrals that come to the Centre. Our Intake social workers will meet with you in person or by telephone to collect important details and information about your situation. This will assist us in determining the best service to meet your and/or your child's needs. Intake may redirect your referral to another program area at CCTB or they may provide you with consultation and counselling services. If we do not have the type of service that you need at CCTB, we will refer you to other services within the community.

## Parenting Services

The **Home-Based Intensive Child and Family Program** is a short-term, strategic service that provides support and intervention to families in the area of parenting and family relationship dynamics. A priority of this program is to promote positive growth and development within the family system. Service is generally provided within the family home.

**Parent Education** offers a variety of parenting sessions related to children's mental health ranging from infancy to adolescence. We will provide you with details about these sessions and can register you for a specific session appropriate to your parenting needs.

**Triple P Positive Parenting Program** offers a 6-8 week parenting program. This is a research-based clinical intervention program that promotes improved parenting practices for parents of 2 to 12 year old children.

## Residential Services

**Lansdowne** is a fee-for-service program for children and youth who have a long-standing and severe emotional, behavioural and social difficulties. The purpose is to provide a residential placement and therapeutic intervention to children and youth that are unable to function within the family home or a child-welfare placement.

**Riverview** is a blend of residential and home-based services. It offers a family-focused intervention program for children and youth with significant emotional, behavioural and social difficulties. Treatment is provided at the individual and family level and is delivered concurrently within the Riverview residence and the family home.



**Short Term Assessment and Treatment Unit** is a residential program for children and youth ages 6-17 years old experiencing severe emotional, behavioural and social difficulties. The purpose is to complete a comprehensive multi-disciplinary team assessment and actively engage the family in a client-centered, family affirming treatment. Residents attend school in our specialized classroom or in a community school.

## Day Treatment Services

This program provides an intensive multi-disciplinary assessment and treatment for children experiencing serious behavioural difficulties within a school setting. Our staff provide mental health services and with the Board Teachers, focus on improving literacy and numeric skills. The Day Treatment program is housed within community schools and children attend on a modified day. The parents and home school principal are joint referring agents to Intake for this service.

## Early Intervention Services

**Child & Family Intervention Services** are offered to families and children birth to six years of age who have emotional, behavioural and developmental or communication difficulties. A comprehensive and family-centered assessment and treatment plan is developed to support families in addressing these difficulties. These services are also offered at Schreiber/Terrace Bay and Marathon/Manitouwadge offices. Services provided include assessment, consultation, family and group treatment.

**Speech and Language Therapy** is offered to preschool children who have been screened for speech and language delays at the Thunder Bay District Health Unit.

## Autism Services

**Autism Services** offer multi-disciplinary assessment, support and transition services. Parent and child support is offered for children from birth to 18 years old who are on the assessment wait list or diagnosed with Autism Spectrum disorder.

**Autism Youth Transition Program** serves youth diagnosed with Autism Spectrum disorder and are experiencing significant difficulties in any areas pertaining to mental health, social/family relationship, behaviour and school transition.

## Youth Justice and Child Welfare Services

### Adolescent Services

The Youth Justice and Child Welfare Services team offers:

- court-ordered assessments under the Youth Criminal Justice Act (YCJA);
- treatment services to adolescents who have come into contact with the law;
- Sexually Healthy Attitudes and Relapse Prevention Program (SHARP); and
- consultation to Youth Justice services.

**Family Assessment & Consultation Team** offers consultative services to the Children's Aid Society through case conferences and consultations with case workers, as well as providing assessments of parents and families.

**Family Intervention Team** specializes in work with families and children who are involved in the child welfare system. This treatment program works intensively with families by providing both in-home and office-based treatment and support services. The team works closely with the family, CAS and other community service providers.