

*Serving Youth (ages 14 - 18) and their Families
in the Greater Victoria Area.*

Referrals:

- **CYMH** (the Ministry of Children & Family Development - Child, Youth Mental Health clinics) ie. *High Risk Team, Victoria CYMH, etc.*
- **School District Heads** (SD61, SD62, SD63 and Alternative Schools)
- Island Health **Tertiary Services** ie. *Anscomb and Ledger Programs*
- **Foundry** and **Discovery** Mental Health Treatment Programs

Unfortunately, AIDTP cannot accept self-referrals at this time.

Program Schedule:

Program Duration:

In keeping with the SD61 school district's schedule, we run **two cohorts** per year, each lasting approximately **6 months**.

Daily Schedule:

M - F ★ 9:00am - 3:15pm

★ Thursday exception: 9:00am - 1:30pm

★ Closed on professional development days & statutory holidays

Hours of Operation

Our office is open Monday to Friday, 9am to 4:30pm (closed on statutory holidays).

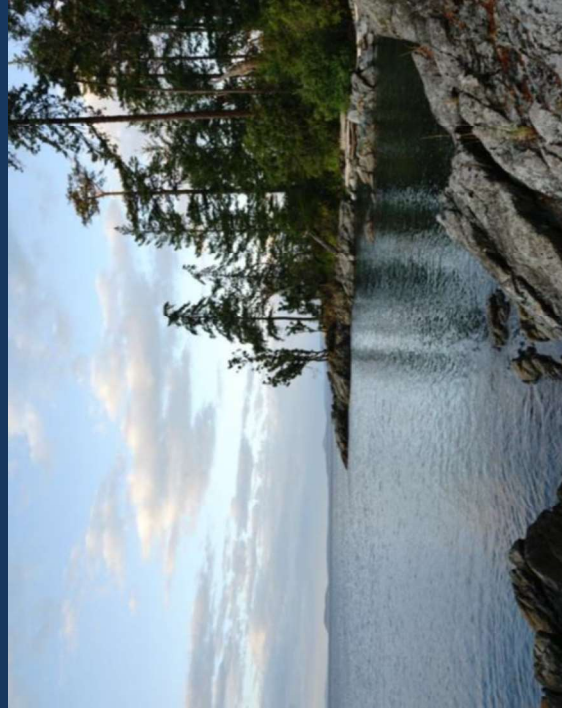
Contact Information

Queen Alexandra Centre for Children's Health
2400 Arbutus Rd, Victoria, BC V8N 1V7
250-519-3041



Adolescent Intensive Day Treatment Program

Optimizing the mental health
and wellbeing of youth and
families



We gratefully acknowledge and appreciate
that we are operating on the unceded
traditional territories of the lək̓ʷəŋən and
WSÁNEĆ peoples.

About Us

The **AIDT Program** is a unique, tertiary, interdisciplinary mental health **voluntary** outpatient service for South Vancouver Island youth, and their families.

We offer **wraparound DBT-informed treatment** for youth requiring fulsome and daily (Monday-Friday) support.

This unique program is offered in a stand alone building dedicated specifically to serving youth in the AIDT program. This warm and inviting space is located on the **beautiful waterfront** grounds of the Queen Alexandra Centre for Children's Health.

Program Goals

To **support** youth, families and communities to **reduce** significant emotional, behavioural, psychological and psychiatric **symptoms**.

To **improve** the **mental health** and **functioning** of youth at home, at school, and in community.

We Provide:

Individual, Group, & Family Therapy
Youth & Caregiver Therapy Groups
Education in Therapeutic Classroom
Therapeutic Community Outings
Occupational Therapy Services
Mental Health Assessment & Treatment
Service Coordination & Transition Support
Recreational Programming
Social Work/Case Management Services

Families & Caregivers

At AIDT we believe in the **healing power of families** and see parents/caregivers as partners in the treatment process. The success of treatment goals depend on our **shared participation and commitment**. As such, we offer a **range of family support** in individual, family, and group formats. In order a child to be considered for our program, caregivers must commit a minimum of **50 hours of family/caregiver support**.

Why is it so important for parents/caregivers to actively participate in the treatment process?

- We **value your perspective**, knowledge and expertise – you know your child best!
- To ensure you are **included in decisions** about how to help your child.
- You will benefit from a **better understanding** of your child's difficulties.
- Your child will benefit greatly from **your support**.
- We can help with **strategies for how to manage your child** at home.
- Mental health challenges **affect the whole family** – not just the child.
- **Parents need support too!**

Treatment Team

- Coordinator
- Clinical Counsellors
- Occupational Therapist
- Psychiatrist
- Psychologist
- Social Worker
- Recreation Therapist
- Child & Youth Counsellor
- Teacher
- Education Assistant
- Program Clerk

Who will benefit?

Youth with a **long-standing** and **treatment-resistant** history who are struggling with **anxiety, depression, interpersonal** difficulties, emotional **dysregulation**, **complex trauma** and chronic **suicidality**.

AIDTP is not designed for youth who struggle with intellectual disabilities; those in the midst of active addiction or eating disorders, youth experiencing psychosis, youth with significant therapy interfering behaviour (not attending therapy, severe agoraphobia, etc.) or youth who have not yet exhausted all available community mental health treatments.