

# At AIDT We provide :

- Individual and group therapy
- Family therapy
- Caregiver groups
- Education onsite in a therapeutic classroom
- Life skills and school supports
- Recreational programming
- Outdoor therapeutic opportunities
- Mental Health assessment and treatment
- Community outreach and service coordination
- Support with transition to community

## Duration of the Program:

5 months

- September-January
- February-June

In keeping with a high school semester schedule

## Weekly Schedule:

Monday , Tuesday, Thursday and Friday 09:00AM ~3:30PM

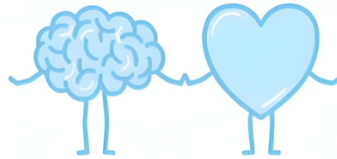
Wednesday 09:00AM ~ 1:30 PM

## Serving Youth and Families in :

Greater Victoria Area including the Southern Gulf Islands

Ages : 14-18

**Referrals** for this program are accepted from the Ministry of Children & Family Development - Child, Youth Mental Health clinics and, Island Health Tertiary Services : Anscomb and Ledger Programs



## CONTACT:

To speak to an Intake Clinician, please call :

**250-519-6704**

Queen Alexandra Centre for Children's Health - Garden Centre

2400 Arbutus Rd., Victoria, BC  
V8N 1V7



# 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 ɫəkwəŋən and WSÁNEĆ peoples.



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

We offer trauma-informed and attachment focused services for youth requiring fulsome and daily (Monday-Friday) support.

We will liaise with your community team, including schools, the referral agency, and other service providers to provide consultation, support and education.

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.

## Our program goals are:

To support families and communities to reduce significant emotional, behavioural, psychological and psychiatric symptoms, and to increase the mental health and functioning of youth at home, at school, and in their communities.



## Treatment Team:

- Psychiatrist
- Clinical Counsellor
- Occupational Therapist
- Child and Youth Counsellor
- Teacher and EA
- Recreational Therapist
- Psychologist
- Social Worker

## Who will Benefit ?

Youth who are experiencing anxiety, depression, interpersonal difficulties, emotional dysregulation, complex trauma and chronic suicidality.

## AIDT isn't designed for :

- Youth who struggle with a intellectual disability that would make it difficult for them to comprehend the learning material.
- An adolescent who engages in therapy interfering behaviours that would prevent participation in the program ; not attending therapy sessions, unwillingness to learn new skills, chronic substance use, agoraphobia , etc...

## Families and 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 both individual and group formats.

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!