

Referrals

How do I refer to the Mental Health Day Treatment Program?

The Mental Health Day Treatment Program accepts referrals from the following:

- Self-referral
- Family physician or psychiatrist
- Community Agency
- Any health care Professional

All applicants will undergo an assessment for placement into the most appropriate group.

Referrals are accepted by:

Phone: (780) 830-2830

Fax: (780) 830-2813

The Mental Health Day Treatment Program is located and can be contacted at:

**Northern Addictions Centre
#200, 11333-106 Street
Grande Prairie, AB T8V 6T7**

Phone: (780) 830-2830

Fax: (780) 830-2813



Mental Health Day Treatment Program

Health Link Alberta

Call toll free:

1-866-408-LINK (5465)

Edmonton: 780-408-LINK

Calgary: 403-943-LINK

Group Service Options

DBT Skills Group

This is a group based on Dialectic Behavioural Therapy, focused on learning skills related to emotional regulation, distress tolerance, relationship effectiveness and mindfulness. Open to adult clients, referred by a psychiatrist or mental health service provider.

Emotional Regulation Group

This group has a combined focus on processing life events and learning the skills of emotional regulation, distress tolerance, relationship effectiveness and mindfulness

Coping Skills

Four sessions aimed at providing a basis for effective coping skills: healthy habits, emotional awareness, problem solving and goal setting.

Healthy Relationships Group

This group is designed to assist individuals in recognizing and understanding the various components of relationships and effective communication.

Psychotherapy Group

This is a group designed for clients with issues related to their own emotional well-being, difficult life events and relationships.

Family Session for Clients in DBT and Emotional Regulation

This group is for the loved ones of people with a diagnosis of Borderline Personality Disorder or emotion regulation difficulties. It will provide information on the components of Dialectical Behavioural Therapy and will be a safe environment in which to receive support and share challenges and triumphs.

Depression Group

This is a group designed to create positive change and provide information about skills and strategies to cope with depression.

Drop-In Groups

Bridging Group

For those waiting for other services.

Therapeutic Support Group

This group is for clients who have completed programming and would like to utilize ongoing support with no other planned interventions.

DBT Grad Skills Group

A group providing guidance and support for graduates of DBT/Emotion Regulation group with a focus on further skill building.