

Step Up Step Down (SUSD) provides youth and their families/caregivers with intensive treatment and community support to assist reintegration into home, school, and community.

The Intensive Outpatient Program is a voluntary eight-week outpatient program. Youth and their families remain in their current location and participate in intensive individual and family-based virtual psychoeducational and therapeutic group programming.

The Live-in Treatment Program is a voluntary 12-week live-in program located in Red Deer, for youth who have significant mental health difficulties. Youth participate in daily therapeutic, psychoeducational, life skills, and recreation groups, as well as regular outings in the community. SUSD also connects with each youth's school for educational continuity.

SUSD programs include psychiatric consultations, as necessary, and regular case conferences to establish and review treatment plans and goals. SUSD programs are not intended for youth in crisis or those requiring acute care. Youth must be considered to have a degree of change motivation in order to participate in SUSD programs. A high level of family/caregiver participation is also required in order to help youth succeed at home, in school and in their community.

Eligibility

Youth ages 13-17 years with a complex mental health diagnosis who are currently involved with a therapist or clinician

Intake

Health professionals can request an application package via email at susd@ahs.ca.

All applications are reviewed by the SUSD Admissions Panel.

- Family/caregivers are also contacted for brief interviews during the application process.
- The SUSD social worker will contact the family/caregivers and the referring clinician regarding the decision and next steps.

For more information

Ph: 403-406-7517

susd@albertahealthservices.ca

