
Walk-In Service
St. Albert Addiction and Mental Health Clinic
Children, Youth & Families

Summary:

This service offers solution-focused therapy to children, youth and their parents/guardians who want to initiate change on a walk-in basis. The Walk-In Service offers sessions on a first-come, first-serve basis. No appointment is necessary. This service is for children and youth aged 5-17 and is being offered as a pilot project Jan through June 2018, **Wednesday's ONLY from 12:30pm– 4:00pm (last appointment at 3:00 pm)** to allow individuals to address issues at an early stage before they escalate into a crisis or impact interpersonal functioning.

Method:

The client and a therapist will talk about a specific issue and explore solutions. There may be another therapist in the room who will be listening to the session and providing the therapist in the room support and feedback to provide the client the best possible experience. The client may be seen by a single therapist without a team if there are many clients presenting at the Walk-In Service at one time.

Follow-up:

Ongoing therapy is not considered part of this service. The client will be provided options for follow-up services if he or she is considered to be at risk or should the client request such services.

Clients are welcome to return to the Walk-In Service at any time, although they will not necessarily see the same therapist or focus on the same issue. The client may contact Children, Youth & Families, Addiction and Mental Health Intake Services at 780-342-2701 should the client wish to be involved in ongoing treatment services. An internal referral will be made if the therapist believes ongoing services are appropriate for the client.