

## What is SUSD?

Step Up Step Down is an Alberta Health Services program supporting youth aged 13 to 17 who have significant addiction and mental health concerns. They are engaged in care from a clinician/professional in the community, but need additional support.

The program includes a high level of family or caregiver participation to help youth succeed at home, in school and in their community. There are two streams for this program, live in treatment and intensive outpatient.

## A team and holistic approach

The youth, caregiver, referring professional and program staff all work together on recovery reviews, treatment planning, goal setting, and discharge planning. Connection to community services is also included.

Some strategies introduced are life skills, coping skills, effective communication, boundaries, routine, sleep, nutrition, physical wellness, new activities, and healthy outlets.



**Mission:** With empathy, understanding, and advocacy, we provide a holistic and therapeutic space for youth and their families to heal and grow.

**Vision:** Create a sustainable difference in the lives of families and youth in our community.

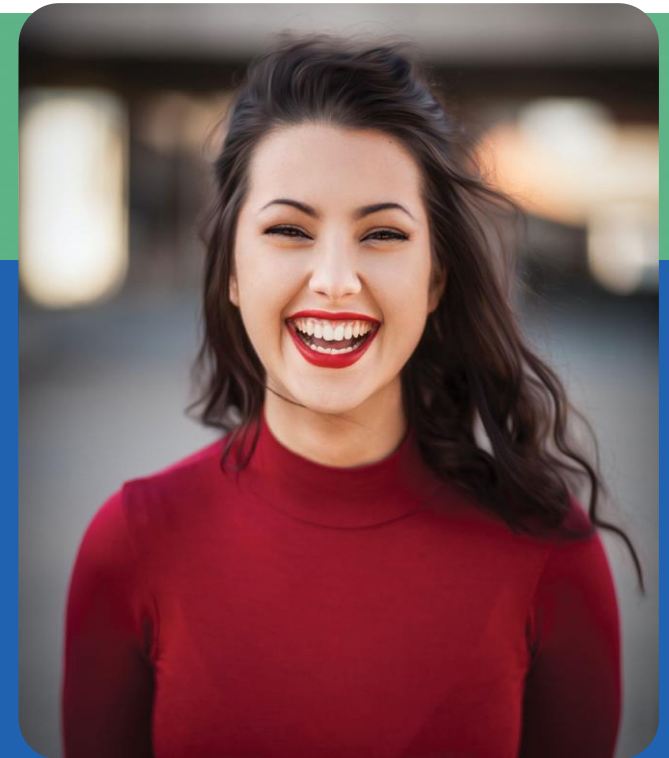
**Values:** Compassion. Connection. Respect. Advocacy.

## Contact Us

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# Step Up Step Down



Children, Youth & Family  
Addiction & Mental Health

# Live-In Treatment

Youth with addiction and mental health concerns will live onsite in a safe and therapeutic environment.

Nurses, Mental Health Aides, Social Worker, Occupational Therapist, Recreation Therapist, Family Therapist, Psychologist and Physician support youth and family treatment goals.

Considered a family treatment program, SUS D requires the active involvement of at least one family member or caregiver.

Typical stay is approximately three months.

# Intensive Outpatient Program

Youth will continue to live at home while additional programs and supports are provided to the client and their caregivers.

Includes group sessions and psycho-educational programming for both youth and family/caregivers.

Program length may vary but will typically last eight weeks.

# Drop-In Groups

Virtual group sessions and psycho-educational programming are provided for both youth and family/caregivers. Does not require application package, however referral from community clinician is still required.



## Admission Process

### Initial Application

The referring health professional will complete application (which will include a referral form and any previous assessments) and submit to Step Up Step Down via Connect Care, by email to [susd@ahs.ca](mailto:susd@ahs.ca), or by fax to 403-341-9387

The SUS D program staff will contact the youth and family to complete an interview and obtain consent for the admission panel to review the application package

## Decision Process

The panel meets regularly to review applications and determine appropriateness for live-in treatment or intensive out-patient

Program social worker will contact youth and legal guardian after review process to initiate next steps



## Eligibility Criteria

Below are some of the basic requirements which must be met by the applicants:

- ✓ For youth aged 13 to 17 residing in Central zone
- ✓ Must be working with a clinician in the community
- ✓ Has complex or multiple addiction & mental health diagnoses
- ✓ Engaged caregiver to participate in treatment
- ✓ Voluntary program requires consent from youth and legal guardian