

## Youth Health Program

**Purpose:** The Youth Health program is a consultative service for adolescents (aged 11 – 23 years old) struggling with complex adolescent issues.

Assessments and consultation are provided by physicians with specialized training in adolescent health care bridging the physical, psychological and psychosocial components of youth health. As required, a medical examination is incorporated into the assessment.

### Inclusion Criteria

The Youth Health Program accepts referrals for assessment, consultation and/or short term treatment for the following issues:

- Complex sexual health concerns in the context of another chronic health condition
- Query somatic symptoms and related disorders
- Complex comorbid chronic illness and substance use
- Complex comorbid chronic illness and mental health symptoms
- Concerns around coping, mental health, body image, treatment adherence, adolescent risk behaviors, substance use, family conflicts, identity and/or school functioning.
- Referrals for adolescents who are struggling with severe and complex health and functioning challenges will be evaluated on a case by case basis
- Preparation and consultation for transition to adult health care for youth with chronic illness – this service is provided by our Grad Service

### Exclusion Criteria

The Youth Health Program is unable to accept the following referrals:

- Referrals for mental health symptoms or substance use diagnosis alone. Please contact Access Mental Health for mental health specific resources.
- Referrals for primary eating disorders concerns (ex. Anorexia nervosa, bulimia nervosa, and avoidant restrictive food intake disorder or binge eating disorder). Please refer to the Calgary Eating Disorder Program.
- Referrals for gender dysphoria. Please refer to Metta Transgender Services
- Emergency or Crisis referrals – please contact your nearest emergency department or local crisis services
- Referrals for primary care – we provide a consultative service
- Psychiatry consultation – we do not have a psychiatrist attached to our program
- Self-referrals from adolescents and families

### Contact Information:

Child Development Services: Central Access and Referral Management

Phone: 403-955-5999

Fax: 403-955-5990

Please note due to the high demand for service 2 consecutive missed appointments may result in a request for a re-referral.