

How to access a Mental Health Assessment

We work with students who are sometimes struggling in school due to their emotional and behavioral struggles.

Sometimes these children present with little or no academic struggles. To be sure of their current level of functioning your SSF can administer a Level B assessment such as the WJ to get more information on their current level of achievement. Written and informed consent by parents needs to be given first.

A Level C assessment is not always the most efficient or necessary way to get the information we need regarding a student's emotional functioning.

In meeting with parents you can inform them of the steps they can take to obtain a Mental Health Assessment as the referral cannot come from the school and must be parent driven.

Parents can go about this 2 ways:

1. Visit their family doctor and request a TELEPSYCH ASSESSMENT. This is a "virtual visit" from a psychiatrist in their office (Red Deer, Edmonton, Calgary) while the student along with their parents attend the visit in a room at the local hospital in Drayton Valley or Rocky Mountain House. This visit occurs via teleconference where the family can see and speak to the psychiatrist about the current behavioral and emotional concerns their child presents with.
2. You can encourage the parents to take any information with them that may be helpful to the "whole picture" including an IPP, Behavior Plan etc.
3. A report and recommendations can be requested from the Psychiatrist which is usually delivered back to your family physician for review and consultation.

OR

1. Parents can call the local Mental Health Office nearest them to request an appointment with the Child/Adolescent Therapist:

[Drayton Valley Community Health Centre](#)

4110 50 Avenue, Drayton Valley, Alberta T7A 0B3; 780-542-3140

[Leduc Community Hospital](#)

N.E. Annex

4210 48 Street, Leduc, Alberta T9E 5Z3; 780-986-2660

[Red Deer 49 Street Community Health Centre - Mental Health Services](#)

Right next to the east side of the main facility Red Deer 49 Street Community Health Centre; also across from the Remand Centre.
4733 49 Street, Red Deer, Alberta T4N 1T6; 403-340-5466

[Rocky Mountain House Health Centre](#)

This facility houses acute care, 24 hour emergency, community care, public health and mental health and other related services all at one site. This facility is located beside water tower and south of the swimming pool Rocky Mountain House.
Emergency entrance on southeast side of building.
5016 52 Avenue, Rocky Mountain House, Alberta T4T 1T2; 403-844-5235

[Sylvan Lake Community Health Centre](#)

Community care, public health, mental health and other related programs and services are offered at this site. This facility is located across the train tracks south of the Dairy Queen.
4602 49 Avenue, Sylvan Lake, Alberta T4S 1M7; 403-887-2241

[Wetaskiwin Provincial Building](#)

Room 101

5201 50 Avenue, Wetaskiwin, Alberta T9A 0S7; 780-361-1245

2. The Child/Adolescent Therapist will complete an intake assessment of your child and give you further support and information. Counseling services may be provided by the Therapist and are free of charge.
3. A parent **cannot** have direct access to a psychiatrist by calling their local Mental Health Office as this decision is made after the initial assessment findings of the Child/Adolescent Therapist are complete.

** A third option for parents includes a fee for service assessment from a private psychiatrist practitioner.