

What is CAST?

We are an Alberta Health Services (AHS) outreach program that supports youth (up to 17 years old), and their families after a mental health crisis.

CAST follows up within 48 hours of a receiving a referral in order to quickly assist through: stabilization, prevention, development of coping and/or safety strategies, building personal resilience, and connection to mental health supports in the community.

CAST's goal is to provide short term assistance and management of a youth's mental health needs with the support, and involvement, of their family.



Child & Adolescent Stabilization Team

Child & Adolescent Stabilization Team
Do you or someone you know need help?

Call: 403-588-7632
Email: RD.CAST@ahs.ca

This line is not always monitored. Please call 911 or go to your nearest emergency room if you are in crisis.

Other important contacts:

Red Deer RCMP
Call: 403-343-5575
Kids Help Phone 24/7
Call: 1-800-668-6868
Text: CONNECT (686868)
Red Deer Youth Shelter Crisis Line
Call: 403-341-3190
Text: 403-358-1517
Mental Health Helpline
Call: 1-877-303-2642
Addiction Helpline
Call: 1-866-332-2322
Bullying Helpline
Call: 1-888-456-2323

For emergencies, please go to the nearest emergency department or call 911.

For advice on health issues or help in finding care, call **Health Link** at 811.

Registered nurses are available to help 24/7.

Central Zone

Helping youth and families recover
An Addiction & Mental Health Program



**Child & Adolescent
Stabilization Team
(CAST)**



**Alberta Health
Services**

Healthy Albertans.
Healthy Communities.
Together.

How can you access the program?

Youth are referred to the program through the following ways:

- Psychiatric Crisis Response Team (PCRT)
- AHS programs (e.g., Transitions Team, Unit 39, PChAD, or SUSD)
- AHS mental health professional (e.g., Psychiatrists, Mental Health Therapists, or Addiction Counsellors)

Who is on the team?

CAST was developed by AHS Central Zone Addiction & Mental Health in Red Deer

Our team consists of trained mental health professionals including the following:

- Addictions Counselors
- Nurses
- Mental Health Aids

What does the team do?

- To direct and support families in determining the most appropriate addiction and mental health supports.
- Offer short-term stabilization while connecting individuals to community supports.
- Bolster youth and their family's resilience through coping and safety-planning strategies
- Provide emotional support, mental health specific education, and information on how best to navigate the mental health system.

Once a youth is referred, CAST will contact you within 48 hours to discuss individual needs.



We provide inpatient support at select Emergency Departments during a Crisis (currently piloted at Red Deer, Rimbey, Lacombe, Ponoka, and Wetaskiwin).

Mental Health Aide provides 3 hours of psychosocial support to the youth and their caregiver while in the Emergency Department, providing increased supervision and support.

Focused on short-term interventions to stabilize a mental health crisis and assist in connecting to further supports and resources.

We bridge the gap for youth from crisis to treatment and assisting families with support.



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