

Community Care Access Centre (CCAC) : 310-CCAC

### Assessment and Diagnosis

Central Mental Health Intake	613-737-2496
CHEO (age 0-16)	1-866-737-2496

### Addictions

Addiction Services of Eastern Ontario	1-800-272-1937 <a href="mailto:aseo@ontarioeast.net">aseo@ontarioeast.net</a>
Detox Centre Cornwall	613-938-8506
Rideauwood Addiction and Family Services	613-724-4881

### Screening

Young Adult Centre (YAC)	613-933-1375 or 1-800-267-7120
Eastern Ontario Health Unit	613-933-1375 1-800-267-7120 <a href="http://www.eohu.ca">www.eohu.ca</a>
Leeds, Grenville Lanark District Health Unit	613-345-5685 <a href="http://www.healthunit.org">www.healthunit.org</a>

### Emergency Management

Child, Youth, and Family Crisis Line of Eastern Ontario	1-877-377-7775
Kids Help Phone	1-800-668-6868 <a href="http://www.kidshelpphone.ca">www.kidshelpphone.ca</a>

### Related Networks and Resource Links

emental health - <a href="http://www.ementalhealth.ca">www.ementalhealth.ca</a>
Child and Youth Network of Eastern Ontario - <a href="http://www.child-youth-health.net">www.child-youth-health.net</a> <a href="http://sitechild-youth-health">sitechild-youth-health</a>
Tel-Aide Outaouais - 1-800-567-9699
Single Point Access - 613-938-9909 - <a href="http://www.singlepointaccess.ca">www.singlepointaccess.ca</a>
Leeds, Grenville, Lanark District Health Unit - 613-345-5685
ROH 613-722-6521

### Child and Youth Mental Health Specific Services

Child and Youth Counselling Services	613-932-1558 <a href="mailto:rosalindforster@cornwallhospital.ca">rosalindforster@cornwallhospital.ca</a>
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Services aux enfants et adultes de Prescott-Russell	613-673-5148
Child and Youth Wellness Centre of Leeds and Grenville	613-498-4844
Canadian Mental Health Association	<a href="http://www.cmha-east.on.ca">www.cmha-east.on.ca</a>

- Cornwall 613-933-5845 or 1-800-493-8271

• Hawkesbury Office	613-632-4924
L'Équipe d'Hygiène Mentale pour Enfants et Adolescents	613-938-7112

Crossroads Children's Centre (up to age 12)	<a href="http://www.crossroadschildren.ca">www.crossroadschildren.ca</a>
Roberts Smart Centre (ages 12-17)	<a href="http://www.robertssmartcentre.com">www.robertssmartcentre.com</a>

### Risk Management

Children's Aid Society	613-933-2292
24 hour line	613-933-2292
Leeds Grenville Family and Children Services	613-498-2100 24 hours
Children's Treatment Centre	613-933-4400

### Prevention

Youth Net / Réseau Ado, CHEO Mental Health Promotion Program	613-738-3915 <a href="http://www.youthnet.on.ca">www.youthnet.on.ca</a>
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### Rehabilitation

Addictions and Problem Gambling Services of Ottawa, Sandy Hill Community Health Centre	613-789-8941
Dave Smith Youth Treatment Centre (ages 13-18)	613-594-8333 <a href="http://www.davesmithcentre.org">www.davesmithcentre.org</a>

### Legal Services

Legal Aid Ontario	613-932-4756
Office of the Children's Lawyer	416-314-8000

Champlainhealthline - <a href="http://www.champlainhealthline.ca">www.champlainhealthline.ca</a>
Operation Go Home - 1-800-668-4663
Ontario Poison Centre - 1-800-268-9017
Mind Your Mind.ca - <a href="http://www.mindyourmind.ca">www.mindyourmind.ca</a>
Eastern Ontario Health Unit - 613-933-1375 or 1-800-267-7120
CHEO - 613-737-7600

## 6-ITEM Kutcher Adolescent Depression Scale: KADS-6

NAME: \_\_\_\_\_ CHART NUMBER: \_\_\_\_\_

DATE: \_\_\_\_\_ ASSESSMENT COMPLETED BY: \_\_\_\_\_

OVER THE LAST WEEK, HOW HAVE YOU BEEN "ON AVERAGE" OR "USUALLY" REGARDING THE FOLLOWING:

1. Low mood, sadness, feeling blah or down, depressed, just can't be bothered.

0 - Hardly Ever

1 - Much of The Time

2 - Most of The Time

3 - All of The Time

2. Feelings of worthlessness, hopelessness, letting people down, not being a good person.

0 - Hardly Ever

1 - Much of The Time

2 - Most of The Time

3 - All of The Time

3. Feeling tired, feeling fatigued, low in energy, hard to get motivated, have to push to get things done, want to rest or lie down a lot.

0 - Hardly Ever

1 - Much of The Time

2 - Most of The Time

3 - All of The Time

4. Feeling that life is not very much fun, not feeling good when usually (before getting sick) would feel good, not getting as much pleasure from fun things as usual (before getting sick).

0 - Hardly Ever

1 - Much of The Time

2 - Most of The Time

3 - All of The Time

5. Feeling worried, nervous, panicky, tense, keyed up, anxious.

0 - Hardly Ever

1 - Much of The Time

2 - Most of The Time

3 - All of The Time

6. Thoughts, plans or actions about suicide or self-harm.

0 - Hardly Ever

1 - Much of The Time

2 - Most of The Time

3 - All of The Time

TOTAL SCORE:



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## 6-ITEM Kutcher Adolescent Depression Scale: KADS-6

### OVERVIEW

The Kutcher Adolescent Depression Scale (KADS) is a **self-report** scale specifically designed to diagnosis and assess the severity of adolescent depression, and versions include a 16-item and abbreviated 6-item version.

### SCORING INSTRUCTIONS

#### TOTAL SCORE

0 – 5

6 and ABOVE

#### SCORE INTERPRETATION

Probably not depressed

Possible depression; more thorough assessment needed

### REFERENCES

LeBlanc JC, Almudevar A, Brooks SJ, Kutcher S: Screening for Adolescent Depression: Comparison of the Kutcher Adolescent Depression Scale with the Beck Depression Inventory, Journal of Child and Adolescent Psychopharmacology, 2002 Summer; 12(2):113-26.

Self-report instruments commonly used to assess depression in adolescents have limited or unknown reliability and validity in this age group. We describe a new self-report scale, the Kutcher Adolescent Depression Scale (KADS), designed specifically to diagnose and assess the severity of adolescent depression. This report compares the diagnostic validity of the full 16-item instrument, brief versions of it, and the Beck Depression Inventory (BDI) against the criteria for major depressive episode (MDE) from the Mini International Neuropsychiatric Interview (MINI). Some 309 of 1,712 grade 7 to grade 12 students who completed the BDI had scores that exceeded 15. All were invited for further assessment, of whom 161 agreed to assessment by the KADS, the BDI again, and a MINI diagnostic interview for MDE. Receiver operating characteristic (ROC) curve analysis was used to determine which KADS items best identified subjects experiencing an MDE. *Further ROC curve analyses established that the overall diagnostic ability of a six-item subscale of the KADS was at least as good as that of the BDI and was better than that of the full-length KADS. Used with a cutoff score of 6, the six-item KADS achieved sensitivity and specificity rates of 92% and 71%, respectively—a combination not achieved by other self-report instruments. The six-item KADS may prove to be an efficient and effective means of ruling out MDE in adolescents.*



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