

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
Royal Ottawa Mental Health Centre Youth Program (age 16-18)	
Phoenix Centre for Children and Youth, Pembroke	613-623-9777 www.phoenixctr.com
• Open Doors	613-257-8260 www.opendoors.on.ca

Addictions

Alcoholics Anonymous (Al-Anon Groups)	613-432-2907
Pathways Alcohol and Drug Counselling Services - Pembroke	613-432-8573
Pathways Alcohol and Drug Counselling Services - Renfrew	613-432-8573
Renfrew County Alcohol and Drug Assessment Referral Service	613-432-9855
Renfrew Victoria Hospital Alcohol / Drug and Gambling Referral Services	613-432-4851

Screening

Renfrew County and District Health Unit	613-732-3629 or 1-800-267-1097 www.rcdhu.com
Sexual Health Centre, 179 Clarence	613-234-4641

Related Networks and Resource Links

emental health - www.ementalhealth.ca
Tel-Aide Outaouais - 1-800-567-9699
Single Point Access - 613-938-9909
Leeds, Grenville, Lanark District Health Unit - 613-345-5685 ROH 613-722-6521

Child and Youth Mental Health Specific Services

Open Doors	613-257-8260 www.opendoors.on.ca
Phoenix Centre for Children and Families	613-735-2374 www.phoenixctr.com
Crossroads Children's Centre (up to age 12)	www.crossroadschildren.ca
Roberts Smart Centre (ages 12-17)	www.robertssmartcentre.com

Risk Management

Children's Aid Society for Pembroke and Renfrew	
• Pembroke	613-735-6866
• Renfrew	613-432-4821
CCAC	310-CCAC

Emergency Management

Child, Youth, and Family Crisis Line of Eastern Ontario	1-877-377-7775
Kids Help Phone	1-800-668-6868
Pembroke Community Mental Health Program	
• Pembroke	613-735-1120
• Renfrew	613-432-5835
Child, Youth & Family Crisis Line of Eastern Ontario	1-877-377-7775

Prevention

Youth Net / Réseau Ado, CHEO Mental	613-738-3915
Health Promotion Program	www.youthnet.on.ca

Respite Services / Caregiver Support

CCAC	310-CCAC
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Rehabilitation

Open Doors for Lanark Children and Youth	613-283-8260
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 www.davesmithcentre.org

Legal Services

Legal Aid Ontario	613-238-7931
Office of Children's Lawyer	416-314-8000

Child Welfare / Residential Services

Children's Aid Society for Pembroke and Renfrew	
• Pembroke - Family & Children Services	613-735-6866
• Renfrew - Family & Children Services	613-432-4821
Columbus House	613-732-8977 www.columbushouse.ca

Champlainhealthline - www.champlainhealthline.ca

Operation Go Home - 1-800-668-4663

Ontario Poison Centre - 1-800-268-9017

Mind Your Mind.ca - www.mindyourmind.ca

Renfrew County and District Health Unit - 613-732-3629 or 1-800-267-1097 - www.rcdhu.com

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-ham.

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	SCORE INTERPRETATION
0 – 5	Probably not depressed
6 and ABOVE	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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