

### 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)	

### Addictions

Dave Smith Youth Treatment Centre	613-594-8333
Addictions and Problem Gambling Services of Ottawa	613-789-8941
Rideauwood Addiction and Family Services	613-724-4881
Maison Fraternelle	613-741-2525

### Screening

Sexual Health Centre, 179 Clarence	613-234-4641
City of Ottawa Public Health	613-580-6744 1-866-426-8885

### Child and Youth Mental Health Specific Services

Centre psychosocial pour enfants et familles d'Ottawa, (up to age 17)	613-789-2240 <a href="http://www.centropsychosocial.ca">www.centropsychosocial.ca</a>
Crossroads Children's Centre (up to age 12)	<a href="http://www.crossroadschildren.ca">www.crossroadschildren.ca</a>
Roberts Smart Centre (ages 12-17)	613-728-1946 or 1-800-279-9941 <a href="http://www.robertssmartcentre.com">www.robertssmartcentre.com</a>
Youth Services Bureau (ages 12-20)	613-562-3004 <a href="http://www.ysb.on.ca">www.ysb.on.ca</a>

### Risk Management

Children's Aid Society	613-747-7800
CCAC	310-CCAC

### Child Welfare / Residential Services

Children's Aid Society	613-747-7800
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### Emergency Management

Distress Centre of Ottawa and region (ages 16+)	613-238-3311
YSB Child, Youth, and Family Crisis Line of Eastern Ontario	1-877-377-7775
Kids Help Phone	1-800-668-6868
Child, Youth & Family Crisis Line of Eastern Ontario	613-260-2360 or 1-877-377-7775

### 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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### Respite Services / Caregiver Support

CCAC	310-CCAC
Parent Resource Centre	613-565-2467 or 1-888-565-2466
Andrew Fleck Child care Service Coordination	613-736-1913 613-748-1788

### 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	613-238-7931
Office of Children's Lawyer	416-314-8000

### Related Networks and Resource Links

emental health - <a href="http://www.ementalhealth.ca">www.ementalhealth.ca</a>	Champlainhealthline - <a href="http://www.champlainhealthline.ca">www.champlainhealthline.ca</a>
Tel-Aide Outaouais - 1-800-567-9699	Operation Go Home - 1-800-668-4663
Single Point Access - 613-938-9909	Ontario Poison Centre - 1-800-268-9017
CHEO 613-737-7600	Mind Your Mind.ca - <a href="http://www.mindyourmind.ca">www.mindyourmind.ca</a>
ROH 613-722-6521	City of Ottawa Public Health - 613-580-6744 or 1-866-426-8885 -

## 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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