



Alberta Indigenous Virtual Care Clinic  
is proud to announce a new initiative

# AIVCC HEALTH TIPS

The tips presented have been researched by our own  
AIVCC doctors and partners.

This series will be focused on  
**mental health**



MENTAL

HEALTH

Adults and adolescents aged 13 years and older can access a broad range of culturally safe mental health services remotely from anywhere in Alberta.



# MENTAL HEALTH SERVICES

The AIVCC mental health team includes professionals licensed to practice Psychiatry, Psychology, and Clinical Social Work. Our clinicians have extensive experience working with Indigenous Peoples both on and off reserve. All appointments are conducted remotely via videoconferencing or telephone, and clinicians are available for day, evening, and weekend appointments.

**1-888-342-4822**





# Psychiatric Assessment and Consultation

Our psychiatrist offers diagnostic assessments and medication reviews for adults aged 18 years and older. A typical psychiatric assessment includes a thorough review of your medical and mental health history to identify the best combination of medications for you as an individual. Your family doctor will receive a report with individualized recommendations for medications or other treatments that may be of benefit, enabling them to provide you with the best possible care.





## Individual Therapy / Counselling

Therapy and counselling are available to adults and adolescents aged 13 years and older. AIVCC therapists use a broad range of evidence-based therapies, including but not limited to Cognitive Behavioural Therapy (CBT), Dialectical Behaviour Therapy (DBT), Eye Movement Desensitization and Reprocessing (EMDR) Therapy, Acceptance and Commitment Therapy (ACT), Internal Family Systems (IFS) Therapy, Accelerated Resolution Therapy (ART), and Schema Therapy. Your psychologist will work with you to develop a personal treatment plan that meets your individual needs within a practical, trauma-informed, and culturally safe environment.





# Group Therapy

Therapy groups are currently open to adults aged 18 years and older. The purpose of our groups is to help people develop practical skills along with peers in a supportive environment. Group sessions are facilitated by clinicians who are not only experts in the subject matter under discussion, but also experienced in managing group dynamics in a way that all participants feel safe, heard, and included.

AIVCC currently runs two weekly group programs.

**Our Dialectical Behaviour Therapy (DBT) group** teaches skills to regulate difficult emotions, tolerate distressing experiences, and effectively manage interpersonal relationships.

**Our Intuitive Eating group** is cofacilitated by a psychologist and a dietician and focuses on helping participants become more in tune with their body's natural hunger cues while developing a healthier relationship with food.



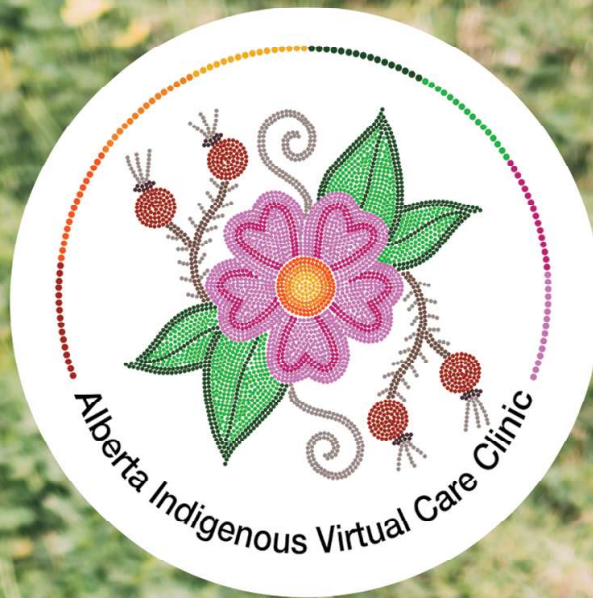


# Formal Psychological Assessments

AIVCC psychologists utilize state of the art technological solutions to offer remote formal psychological assessments to adults and adolescents aged 13 years and older. At this point in time, our formal assessment services focus on accurately identifying attention deficit-hyperactivity disorder (ADHD), and we are in the process of developing protocols to remotely assess for additional neurodevelopmental difficulties such as learning disorders.

A typical assessment includes an in-depth discussion of your mental health and learning history, targeted psychological or neuropsychological testing, and background questionnaires to be filled out by both you and someone who knows you well. There is no need to travel to the psychologist's office as all testing is conducted remotely via webcam.





## Ready to book?

To access mental health services through the AIVCC,  
please call

**1-888-342-4822**

You will first meet with one of our family doctors, who will  
evaluate which of our services would best meet your needs.



Please visit our website:

<https://aivcc.ca>



Follow our Facebook for clinic updates!  
<https://www.facebook.com/AIVCC>

**Thank you to the  
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