

Information about Our Mental Health Services

Evidence-Based Practices & Family Centred Care

The Children's Centre Thunder Bay (CCTB) is committed to providing you with the most effective and family centred service possible. We embrace your diversity and want to use your strengths as a means of helping you.

Children's Centre relies on the latest available science and research to guide our work. This is often referred to as "Evidence-Based Practice" (EBP). As shown in the diagram below, EBP involves putting together our clinical expertise and knowledge of the best available science with your unique needs and values. To get the best outcomes, we may also use the expertise of professionals from many different disciplines like Social Work, Child and Youth work, Psychiatry, Speech and Language Resource Consultants, Occupational Therapy, and Psychology.

Your worker is familiar with and trained in EBPs. It is our goal to include this research into the services we provide you.

EBP interventions provide clear guidelines on what is the most effective way to work together. For example, EBP treatment models are almost always based on weekly meetings and actively discussing progress on a session by session basis. These EBP principles are reflected in our approach to contracting services with you as described below:



1. Quickly set service goals and strategies
2. Meet weekly or bi-weekly for 3 to 8 sessions
3. Count any missed appointments as one of the planned sessions
4. Review progress on a session by session basis
5. Identify and address any barriers to service
6. Do a formal written progress review sometime between sessions 3 and 8
7. If progress is being made, continue until service goals are reached
8. If progress is not being made, discuss any barriers that may be getting in the way. If needed, we can adjust your service plan, develop new treatment strategies, pursue other service options, or decide that service is not appropriate at the current time.

We place high importance on providing services in a way that is meaningful and helpful to you and your family. Please speak to any of our staff if you have questions about how your service is being delivered.