



# Child & Adolescent Behaviour Toolboxes (CABT)

## What are the Child & Adolescent Behaviour Toolboxes?

The Child & Adolescent Behaviour Toolboxes (CABT) are online interactive tools that provide research-based intervention strategies and resources for children and adolescents with developmental and behavioural problems. The toolboxes were developed by psychologist Dr. David Erickson of Alberta.

The programs were created in consultation with a variety of professionals who work with children including teachers, dietitians, occupational therapists, speech and language pathologists, psychologists, and social workers. It has a child toolbox to use with children aged infant to twelve and an adolescent toolbox to use with youth aged twelve to eighteen.

The Alberta Mental Health Board has purchased a license for these toolboxes for use by professionals in the province who work with children and adolescents. The toolboxes are accessed through the AMHB Website.

## Who can use these tools?

The tools are used by thousands of professionals around the world from a wide range of backgrounds including physicians, mental health promotion professionals, and school personnel from teachers to administrators.

## Why use these tools?

The toolboxes are valuable resources for several reasons:

- There is no cost to the user.
- They are easy to use and can be accessed anytime, wherever internet service is available.
- They provide a wide variety of intervention strategies appropriate for professionals with varying levels of expertise.
- Those with access to the toolboxes can use the strategies while working with parents and caregivers. For example, a clinician can print off strategies and discuss them with a parent during a therapy session.
- They can facilitate consultation and communication between clinicians and other professionals in a timely and cost effective manner.
- As new strategies are developed, the tools are updated with the most current research including a comprehensive list of books, articles, and websites.

## Where can I find them?

The CABT is available online through the AMHB Website at [www.amhb.ab.ca/cabt](http://www.amhb.ab.ca/cabt). Once you arrive at the site, you will be able to access the child and/or adolescent toolbox.



**For more information or to receive a user name and password to use the toolboxes:**

- E-mail [info@amhb.ab.ca](mailto:info@amhb.ab.ca) and leave your name and contact information or
- Contact the AMHB Mental Health Promotion Team at (403) 297-3678