

New Research Shows Counselling for 2013 Flood is Resulting in Positive Outcomes

Calgary, AB – June 17, 2015 – Calgary Counselling Centre is pleased to release new statistics from the 2013 southern Alberta flood that show the many people who received counselling services during and after the flood are showing significant improvement in their mental health.

From June 22, 2013 to March 31, 2015, The Calgary Counselling Centre provided counselling services for 809 people affected by the floods in 2013, for a total of 2,892 counselling sessions. Of those people, 286 were from the High River area and received 1,075 sessions while 523 were from Calgary and received 1,817 counselling sessions.

Although many people are no longer receiving counselling services, The Calgary Counselling Centre still has 388 active clients in counselling as a result of the distress experienced during the flood.

This is not surprising considering the UK Health Protection Agency report titled: The Effects of Flooding on Mental Health states that the trauma experienced by individuals and families can remain high for 2 to 8 years post flood.

Using the Centre's Feedback Informed Treatment (FIT) process – which uses a questionnaire designed to track a client's progress, their emotional vital signs if you will – we found treatment for our clients improved the mental health of those affected by the flood.

"We found that overall our client's level of distress significantly decreased from the first session to their last session," explains Calgary Counselling Centre CEO, Dr. Robbie Babins-Wagner. "The success of these outcomes are attributable to our clients' commitment to our programs, the effectiveness of our FIT process, and the dedication from our counsellors to improve the lives of their clients."

"Although we've been able to help a large number of people, the flood has left a lasting impact on the mental and emotional well-being of residents in High River and Calgary," Babins-Wagner explains. "With the proven link between flooding and mental health issues, the effects of the flood could be felt for years to come. It is very important that people who are experiencing some form of distress reach out for help."

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