



| 1. Assessment | 2. Mood Foundations | 3. Psychotherapy options | 4. Caregiver support (if desired) | 5. Medication recommendations (if desired) | 6. Team Reviews | 7. Completion of Pathway |
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This guide supports clinicians in determining whether a youth presenting to care is appropriate for the CARIBOU pathway and how the pathway might be further personalized to meet their treatment needs and wants, including risk management.

A psychoeducational session for youth and their caregivers that provides information about depression, how sleep, eating, and exercise can impact mood and what treatment may look like for youth with depression.

Up to 16 sessions of a CBT or Brief Psychosocial Intervention tailored for youth with depression.

Up to eight support sessions for caregivers of youth who are experiencing depression

Medication options provided that follow a plan based on what researchers have found most effective for young people.

Meetings every four weeks with youth, their care team, and other important people to the young person to track progress and personalize treatment further.

Youth and team discuss a relapse prevention plan and engage in discharge planning, depending on the youth's needs.