SharedCare
Partners for Patients

Kootenay Boundary
Division of Family Practice
A GPSC initiative

# Child & Youth Mental Health/Substance Use
# WEST KOOTENAY REFERRAL MATRIX

**It's helpful to ensure that a child/youth family physician is involved to help navigate health services and if needed, make referrals to a pediatrician and/or Child and Youth Mental Health.**

| | AGENCY | DETAILS |
|---|---|---|
| **Child & Youth Mental Health** | **Child and Youth Mental Health**<br>Therapy for mental health challenges such as depression, anxiety, trauma, and/or psychosis. Walk-in intake clinics: Castlegar: Tuesdays, 9am-11am; Nelson: Tues & Thurs, 9am-11am; Trail: Thurs, 1pm-3pm | **Castlegar: 1-250-365-4470**<br>**Trail: 1-250-364-0540**<br>**Nelson: 1-250-354-6480**<br>*Self-referral, Family Physician (FP)* |
| | **Freedom Quest**<br>Mental health and substance use services for youth. | **1-877-304-2676**<br>*Self-referral, FP, community agency, school staff* |
| | **Castlegar & District Community Services Society**<br>A wide range of programs from long- term counselling to short term groups. Includes youth action network, women's center, affordable housing project, family support counselling, victim support, violence counselling and more. | **1-250-365-2104**<br>*Self-referral, FP, community agency, school staff. MCFD referrals take priority.* |
| | **Nelson Community Services**<br>Child and youth community mental health program, outreach, and counselling. Youth support services available through Cicada Place and shelter support services at Aimee Beaulie Transition House. | **1-250-352-3504**<br>*Self-referral, FP, community agency, school staff. MCFD referrals take priority.* |
| | **ARC Programs**<br>Intervention, treatment and rehabilitative services to children, youth and families. Programs include West Kootenay Child-in-Care Wraparound Support program, youth support family advancement services, skills acquisition program and more. | **1-250-365-5800**<br>*Referrals from MCFD take priority but also accepted from community agencies, school staff and self-referral* |
| | **Circle of Indigenous Nations - COINS**<br>Mental health and addictions programming for ages 15 to Elder, including one-to-one support as well as group support in a cultural setting and recovery circles. | **1-250-231-4968**<br>*Self-referral, FP, community agency, school staff* |
| | **Trail FAIR Society**<br>Children Who Witness Abuse, counselling services, Sexual Abuse Intervention (SAIP), StrongStart, early childhood and family support, crisis services etc. | **1-250-364-2326**<br>*Self-referral, FP, community agency, school staff* |
| | **North Kootenay Lake Community Services Society**<br>Children and Youth counselling, assessment and therapeutic interventions for children who have emotional, mental and behavioral issues. | **1-250-353-7691**<br>*Self-referral, FP, MCFD* |
| | **Arrow & Slocan Lakes Community Services**<br>Child & Youth Mental Health counselling. | **1-250-265-3674**<br>*Self-referral, FP, MCFD* |
| | **Salmo Community Services Centre**<br>Child & Youth Mental Health counselling. | **1-250-357-2277**<br>*Self-referral, FP, community agency, MCFD* |
| **Substance Use** | **Freedom Quest**<br>Provides mental health and substance use services for youth. Services include youth Concurrent Disorders Program, Complex Disorders support, Peer to Peer Support Program, Youth Drug & Alcohol Counselling, outreach and support, and Family Program for parents who are impacted by their youth's substance use. | **1-877-304-2676**<br>*Self-referral, FP, community agency, school staff* |
| | **Circle of Indigenous Nations - COINS**<br>Provides mental health and addictions programming for ages 15 to Elder, including one-to-one support as well as group support in a cultural setting and recovery circles. | **1-250-231-4968**<br>*Self-referral, FP, community agency, school staff* |
| | **KBRH Mental Health & Substance Use Nurse**<br>Urgent response nurse: acts as a liaison referring anyone in crisis to appropriate resources. No referral needed. | **1-250-368-3311 ext 2351** |

Child & Youth Mental Health/Substance Use

# WEST KOOTENAY REFERRAL MATRIX

| | AGENCY | DETAILS |
|---|---|---|
| **Urgent Response to Suicidal Ideation** | **West Kootenay Boundary Regional Crisis Line**<br>**BC Crisis Centre – 1-800-SUICIDE** | **1-888-353-2273**<br>**1-800-784-2433** |
| **Eating Disorders** | **Kootenay Boundary Eating Disorders Clinic**<br>Assessment, consultation & treatment recommendations for eating disorders.<br>**BC Children's Hospital – Looking Glass Residence**<br>Service and supports for youth with eating disorders in a home-like, therapeutic environment. Ages 17-24. | **1-250-505-7252**<br>*Referral from FP, CYMH and self-referral*<br>**1-604-829-2585**<br>*Referral from Physician or eating disorder clinician* |
| **Behavioural Issues and Childhood Development** | **Kootenay Family Place**<br>Child/Infant Development Programs and Therapy Services.<br>**Kootenay Kids Society**<br>Play groups, learning centre, PT, OT, aboriginal early intervention.<br>**Kiro Wellness Centre**<br>Therapies for the prevention, identification, assessment and treatment of communication difficulties for children from birth to school entry.<br>**North Kootenay Lake Community Services Society**<br>Family programs include: Strong Start, Mother Goose, and Nobody's Perfect.<br>**Arrow & Slocan Lakes Community Services**<br>Parent education courses, parent-led groups, info and referral services. | **1-250-365-8448**<br>*Referral from parent, physician, public health nurse or community professional*<br>**1-250-352-6678**<br>*Referral from parent, physician, public health nurse or community professional*<br>**1-250-364-6219**<br>*Referrals by parent or physician with consent. School aged children contact school district*<br>**1-250-353-7691**<br>*Self-referral, FP, MCFD*<br>**1-250-265-3674**<br>*Self-referral, FP, MCFD* |
| **Children Who Witness Violence & Sexual Abuse** | **Castlegar & District Community Services Society**<br>Sexual Abuse Intervention Program (SAIP). Ages under 19.<br>**Nelson Community Services**<br>Counselling for ages 3-18, who have experienced sexual abuse or may be acting out in a sexualized manner.<br>**Trail FAIR Society**<br>Counselling services, SAIP, family support services, crisis services and more.<br>**North Kootenay Lake Community Services Society**<br>Victims assistance and counselling. Safe Home refuge for women and children.<br>**Arrow & Slocan Lakes Community Services**<br>Sexual Abuse Intervention Program, Children Who Witness Abuse Counselling, and the Safe Home Program (safe, confidential, free temporary housing)<br>**Salmo Community Services Centre**<br>Counselling and support services, Safe Homes Program for women and children. | **1-250-365-2104**<br>*Self-referral, FP, community agency, school staff*<br>**1-250-352-3504**<br>*Self-referral, FP, community agency, school staff*<br>**1-250-364-2326**<br>*Self-referral, FP, community agency, school staff*<br>**1-250-353-7691**<br>*Self-referral, FP, MCFD*<br>**1-250-265-3674**<br>*Self-referral, FP, MCFD*<br>**1-250-357-2277**<br>*Self-referral, FP, community agency, MCFD* |
| **Gender Identity** | **BC Children's Hospital Gender Clinic**<br>Provides treatment with puberty blockers and/or gender-arming hormones for transgender and gender-questioning. Ages under 19. | **1-888-300-3088 ext. 2117**<br>*Physician referral required* |
| **Parent Teen Conflict** | **Castlegar & District Community Services Society:** Family support/counselling.<br>**Nelson Community Services:** Family support/counselling.<br>**North Kootenay Lake Services:** Family support/counselling.<br>**Salmo Community Services Centre:** Family support/counselling. | **1-250-365-2104**<br>**1-250-352-3504**<br>**1-250-353-7691**<br>**1-250-357-2277** |
| **Private Counselling** | Many employers offer Employee Assistance Programs which can be accessed for counselling services that could be related to the above topics. It may be helpful to inquire with parent guardians to see if this is an option for their child youth. | |

## Additional Online Resources

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| **Anxiety BC** | anxietybc.com | **FamilySmart** | familysmart.ca |
| **Mindcheck** | mindcheck.ca | **Kelty Mental Health** | keltymentalhealth.ca |
| **Here To Help** | heretohelp.bc.ca | **Canadian Mental Health Association** | cmha.bc.ca |
| **Dealing With Depression** | dwdonline.ca | **BC Children's Hospital Referral Forms** | bit.ly/bcchildreferral |
| **youthspace SMS Texting Support** (6pm-12pm) | 778-783-0177 | | |

Produced by the West Kootenay Local Action Team as part of the Child and Youth Mental Health and Substance Use (CYMHSU) Collaborative, a partnership of Doctors of BC and the BC Government.