

Additional Resources

If safety is a concern at any point of the continuum, call the RCMP or Castlegar City Police at **911**

If abuse or neglect is suspected, call *MCFD (Ministry of Children & Family Development) at 1-800-663-9122 or Crisis response team at 1-888-494-3888

CRISIS/HELP PHONE LINES

24 Hr Kids/Youth Help Line:
1-800-668-6868

24 Helpline For Children:
1-800-663-9122

West Kootenay Boundary Regional
Crisis line: 1-888-353-2273

Kelty Mental Health Resource Centre:
1-800-665-1822

Youthspace: Support and crisis
information/intervention center via text
and online chat, e-counselling,
online resources.

Text: 778-783-0177 or

chat online youthspace.ca

ONLINE RESOURCES

Anxiety BC - anxietybc.com

Mindcheck - mindcheck.ca

Kelty Mental Health - keltymentalhealth.ca

Here To Help - heretohelp.bc.ca

Canadian Mental Health Association -
cmha.bc.ca

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FOOD/NUTRITION

Castlegar Community Harvest Food Bank
and Drop-in Centre: 250-608-2227

Food bank: Monday 11am-2pm

Drop-in: Wednesday 10am-2pm
Friday 10am-2pm

PHYSICAL RECREATION

Castlegar & District Community
Complex: 250-365-3386

FINANCIAL/LEGAL

Service BC - Income Assistance:
1 866 866-0800

Advocacy Centre: 250-352-5777

HOUSING

BC Housing: bchousing.org

HARM REDUCTION

ANKORS: 250-505-5506, ankors.bc.ca



Child & Youth Mental Health/Substance Use

PATHWAYS TO CARE

Castlegar, BC

Find support for your child with mental
health and/or substance use needs

START HERE: FIRST STEPS

Are you concerned about your child's mental wellness and/or substance use?

ONGOING CONCERN

Do you need support in your role as a parent with a child with mental health needs and/or substance use?

INCREASING UNRESOLVED CONCERN

Has your concern turned into an unmanageable or unresolving situation?

SERIOUS CONCERNS

Has the situation intensified to you being worried about safety and the need for specialized treatment?

Consult with your doctor

There is no walk-in clinic for Castlegar, contact Castlegar & District Hospital if necessary: 250-365-7711

Consult with your child's teacher

For Elementary, contact teacher
For High School, contact teacher or the Vice Principal

Consult with community helpers

CYMH - Child and Youth Mental Health (*MCFD)
Walk-in Mental Health Intake Clinic Self-referral, Tuesdays
9:00 a.m. - 11:30 a.m.
250-365-4470

Freedom Quest

Mental Health/Substance Use Issues 1-877-304-2676
freedomquestyouthservices.ca

EAP: Check with your employer if an Employee Assistance Program is available to support your family.

Inquire about possible referrals with your Doctor:

- Pediatrician
- Child & Youth Mental Health
- Other Community Helpers
- Physical/Occupational Therapy

For ongoing concerns:

Talk to your child's teacher or a person you trust at the school about arranging a school-based team meeting to discuss your child's strengths, and ideas about how to best help your child.

Community helpers might be a CYMH clinician, counsellor, or parenting education supports. CYMH can help direct you to the right helpers and resources.

Child and Youth Mental Health (CYMH) Clinicians

Walk-in Mental Health Intake Clinic Self-referral, Tuesdays
9:00 a.m. - 11:30 a.m.
250-365-4470

Freedom Quest Counsellors
Mental Health/Substance Use
1-877-304-2676

Castlegar Community Services

250-365-2104, cdcsc.ca
ARC: arcprograms.com
250-763-2977

COINS: Aboriginal Services
250-231-4968, coinations.net

At this stage, there are many pathways to consider:

It's important to pull together a care team that could include: doctor, CYMH, school staff, and other community helpers. Also be sure to identify any spiritual or cultural practices you'd like to include in team meetings.

By including your personal circle of family members, friends, elders, religious/spiritual supports, etc. you increase your support system and expand your team with important people in your life. This can be overwhelming to organize so identify a main player to help you coordinate the team and plan meetings with everyone present. Remember, you are the expert in your child's life and the team is there to wraparound you and your child and help figure out the next best steps.

It can be helpful to know that each government, medical, and community service is guided by mandated procedures and this may cause stress and confusion. Ask for all team members to sign an information sharing form so you don't have to keep repeating your story. All helpers need your consent before they can speak with one another.

As a youth/parent/guardian, make sure to ask about all the resources and information available to you - *every door is the right door.*

Most helpful links

familysmart.ca
familysmart.ca/resources/
familysmart.ca/stories/
kootenayfamilyplace.org/kbsearchlight
kelymentalhealth.ca

Possible challenges and tips for success:

- *Wait lists, long assessment times and the number of hoops to jump through
 - ✓ Always follow-up with team members to get up-to-date information regarding wait list times, referral updates, etc.
- *Changing programs
 - ✓ Ask for a new referral to a similar resource
- *Limited access to services, i.e. Child/Youth psychiatrist in a rural area
 - ✓ Consult with your local CYMH office
- *Conflicting schedules
 - ✓ Use easy online tools to schedule meetings
- *Lack of information shared
 - ✓ Ask a team member to take meeting notes with all actions and timelines related to your concerns, ensure these notes are shared with the team

At this level if immediate safety is a concern, you can access the Emergency Dept. at your local hospital or contact 911. If it is not an emergency but your concerns have become serious then your doctor or CYMH may make referrals to places/people like:

- BC Children's Hospital
- Child & Youth Psychiatrist
- Adolescent Psychiatric Unit or Detox
- Hospital Based Services

If you do visit the Emergency Department, specific protocols are in place to help you get the help you need from many of the people listed here.

Remember you are not alone!