

# WELCOMING DR. ORITS OSHODI



## EAST KOOTENAY'S FIRST LOCALLY-BASED CHILD & YOUTH PSYCHIATRIST

*Dr. Orits Oshodi is accepting patient referrals from family physicians and nurse practitioners. Healthcare providers who want to learn more about how to refer to Dr. Oshodi can view the [Primary Care Child and Youth Psychiatry Referral Process on Pathways](#).*

The arrival of Dr. Orits Oshodi, the region's first locally-based child and youth psychiatrist, opens new pathways for East Kootenay children and youth to access specialized mental health care. Working within the Foundry East Kootenay location, Dr. Oshodi is now accepting patient referrals from family physicians and nurse practitioners.

Dr. Oshodi's journey to Cranbrook spans nearly three decades and three continents. After earning his medical degree and starting his psychiatric training in Nigeria, he was drawn to the complexities of child and youth psychiatry. Intrigued by the unique challenges children present, he pursued specialized training in Germany and later in the United Kingdom.

"I've always been driven by a desire to understand the 'why' behind children's mental health challenges, which are often very complex," said Oshodi. "I developed a passion to deepen my understanding and provide meaningful support to young people."

Oshodi's impressive credentials include dual qualifications in adult and child psychiatry, with advanced training at the prestigious Maudsley Hospital in London, UK. Over the years, Dr. Oshodi honed his expertise in neurodevelopmental disorders such as attention deficit hyperactivity disorder (ADHD); autism spectrum disorders (ASD) and intellectual disabilities. However, his diverse background in both community and inpatient psychiatry enables him to address a broad spectrum of complex mental health needs.

"I consider myself a generalist, equipped to handle diverse mental health challenges," said Dr. Oshodi. "Limiting my practice to specific areas wouldn't serve the needs of the community effectively, so I strive to adapt and address whatever comes my way."

Dr. Oshodi empathizes with the frustration families may feel when navigating mental health systems. He encourages families to seek help through their family physician or nurse practitioner as the first point of contact. From there, children's needs will be assessed and if necessary, a [Primary Care Child and Youth Psychiatry Referral Process](#) is in place and being trialed to ensure they are directed to the appropriate mental health services and resources.

### **A Vision for Integrated Care**

Dr. Oshodi emphasizes the importance of collaboration in his work. Central to his philosophy is placing the child or youth at the heart of the conversation, ensuring care is developmentally appropriate, family-centred and community-integrated.

"Mental health care for children and youth requires constant adaptability, collaboration, and the ability to integrate into existing systems and structures to meet the child's individual and specific needs. The only consistent is that the child or youth is always at the centre of care."

Acknowledging there are unique challenges to establishing a new specialist practice in a rural area, Dr. Oshodi said there is also opportunities. His vision is to strengthen an integrated foundation of mental health services within the medical system with collaborative support from Interior Health, Foundry East Kootenay, family physicians, pediatricians, nurse practitioners, East Kootenay Division of Family Practice, and local First Nations.

"My role goes beyond clinical care," Dr. Oshodi explained. "It includes consulting with primary care teams, providing diagnostic clarity, and developing projects to improve mental health services for young people. But what truly motivates me most is seeing young people thrive. Changing the trajectory of their lives is incredibly rewarding."

Adjusting to life in Cranbrook has been an exciting transition for Dr. Oshodi, who grew up and worked in bustling cities. He finds solace in the region's natural beauty and slower pace of life. "The mountains, the calm—it's breathtaking," he said. "Driving around and simply soaking in the scenery helps me recharge."



**Additional Self-Referral Psychiatry Options** -- You may also explore the following self-referral options to support patients:

1. Child and Youth Mental Health (CYMH) – Ministry of Children and Family Development (MCFD)
  - Patients can self-refer by contacting their local office
  - Note: Patients currently on the CYMH caseload may also access services from a CYMH contract psychiatrist
2. Ktunaxa Kinbasket Child and Family Services Society offers mental wellness services for Indigenous, Métis, and Inuit youth aged 0-27  
Phone 250-489-4563
3. Foundry East Kootenay provides young people aged 12-24 with access to mental health and substance use support, primary care, peer support, and social services