

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



	AGENCY	DETAILS
Child & Youth Mental Health	<b>Child and Youth Mental Health</b> Mental health assessments to better understand how your symptoms affect your quality of life. Therapy: including 1-on-1, group, and for families. Medication prescribed by a psychiatrist (when necessary). Walk-in intake clinics – Castlegar: Tues 9-11am; Nelson: Tues & Thurs 9-11am; Trail: Thurs 1-3pm.	<p>☎ <b>Castlegar:</b> 250-365-4470  <b>Grand Forks:</b> 250-442-4378  <b>Nakusp:</b> 250-265-4865  <b>Nelson:</b> 250-354-6480  <b>Trail:</b> 250-364-0540  <i>Self-referral, Family Physician (FP) or Nurse Practitioner (NP)</i></p>
	<b>Freedom Quest</b> Mental health and substance use services for youth.	<p>☎ <b>1-877-304-2676</b>  <i>Self-referral, FP/NP, community agency, school staff</i></p>
	<b>Castlegar &amp; District Community Services Society</b> 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.	<p>☎ <b>250-365-2104</b>  <i>Self-referral, FP/NP, community agency, school staff. MCFD referrals take priority.</i></p>
	<b>Nelson Community Services</b> Child and youth community mental health program, outreach, and counselling. Youth support services available through Cicada Place and shelter support services at Aimee Beaulieu Transition House.	<p>☎ <b>250-352-3504</b>  <i>Self-referral, FP/NP, community agency, school staff. MCFD referrals take priority.</i></p>
	<b>ARC Programs</b> 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.	<p>☎ <b>250-365-5800</b>  <i>Referrals from MCFD take priority but also accepted from community agencies, school staff and self-referral</i></p>
	<b>Circle of Indigenous Nations - COINS</b> 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.	<p>☎ <b>250-231-4968</b>  <i>Self-referral, FP/NP, community agency, school staff</i></p>
	<b>Trail FAIR Society</b> Children Who Witness Abuse, counselling services, Sexual Abuse Intervention (SAIP), StrongStart, early childhood and family support, crisis services etc.	<p>☎ <b>250-364-2326</b>  <i>Self-referral, FP/NP, community agency, school staff</i></p>
	<b>Kaslo Community Services</b> Children and Youth counselling, assessment and therapeutic interventions for children who have emotional, mental and behavioural issues.	<p>☎ <b>250-353-7691</b>  <i>Self-referral, FP/NP, MCFD</i></p>
Substance Use	<b>Arrow &amp; Slocan Lakes Community Services</b> Child & Youth Mental Health counselling.	<p>☎ <b>250-265-3674</b>  <i>Self-referral, FP/NP, MCFD</i></p>
	<b>Salmo Community Services Centre</b> Child & Youth Mental Health counselling.	<p>☎ <b>250-357-2277</b>  <i>Self-referral, FP/NP, community agency, MCFD</i></p>
	<b>Freedom Quest</b> Provides mental health and substance use services for youth including: Youth Concurrent Disorders Program, Complex Disorders Support, Peer to Peer Support Program, Youth Drug & Alcohol Counselling, Outreach & Support, and Family Program for parents who are impacted by their youth's substance use.	<p>☎ <b>1-877-304-2676</b>  <i>Self-referral, FP/NP, community agency, school staff</i></p>
Urgent Response to Suicidal Ideation	<b>Circle of Indigenous Nations - COINS</b> 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.	<p>☎ <b>250-231-4968</b>  <i>Self-referral, FP/NP, community agency, school staff</i></p>
	<b>KBRH Mental Health &amp; Substance Use Nurse</b> Urgent response nurse: acts as a liaison referring anyone in crisis to appropriate resources. No referral needed.	<p>☎ <b>250-368-3311 ext 2351</b></p>
	<b>West Kootenay Boundary Regional Crisis Line</b>  <b>BC Crisis Centre</b>	<p>☎ <b>1-888-353-2273</b>   ☎ <b>1-800-784-2433 (1-800-SUICIDE)</b></p>

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Eating Disorders	<b>Kootenay Boundary Eating Disorders Clinic</b> Assessment, consultation & treatment recommendations for eating disorders.	☎ <b>250-505-7252</b> <i>Referral from FP/NP, CYMH and self-referral</i>
	<b>BC Children's Hospital – Looking Glass Residence</b> Service and supports for youth with eating disorders in a home-like, therapeutic environment. Ages 17-24.	☎ <b>604-829-2585</b> <i>Referral from Physician or eating disorder clinician</i>
Behavioural Issues and Childhood Development	<b>Kootenay Family Place</b> Child/Infant Development Programs and Therapy Services.	☎ <b>250-365-8448</b> <i>Referral from parent, physician, public health nurse or community professional</i>
	<b>Kootenay Kids Society</b> Play groups, learning centre, PT, OT, aboriginal early intervention.	☎ <b>250-352-6678</b> <i>Referral from parent, physician, public health nurse or community professional</i>
	<b>Kiro Wellness Centre</b> Therapies for the prevention, identification, assessment and treatment of communication difficulties for children from birth to school entry.	☎ <b>250-364-6219</b> <i>Referrals by parent or physician with consent. School aged children contact school district</i>
	<b>Kaslo Community Services</b> Family programs include: Strong Start, Mother Goose, and Nobody's Perfect.	☎ <b>250-353-7691</b> <i>Self-referral, FP/NP, MCFD</i>
	<b>Arrow &amp; Slocan Lakes Community Services</b> Parent education courses, parent-led groups, info and referral services.	☎ <b>250-265-3674</b> <i>Self-referral, FP/NP, MCFD</i>
Children Who Witness Violence & Sexual Abuse	<b>Castlegar &amp; District Community Services Society</b> Sexual Abuse Intervention Program (SAIP). Ages under 19.	☎ <b>250-365-2104</b> <i>Self-referral, FP/NP, community agency, school staff</i>
	<b>Nelson Community Services</b> Counselling for ages 3-18, who have experienced sexual abuse or may be acting out in a sexualized manner.	☎ <b>250-352-3504</b> <i>Self-referral, FP/NP, community agency, school staff</i>
	<b>Trail FAIR Society</b> Counselling services, SAIP, family support services, crisis services and more.	☎ <b>250-364-2326</b> <i>Self-referral, FP/NP, community agency, school staff</i>
	<b>Kaslo Community Services</b> Victims assistance and counselling. Safe Home refuge for women and children.	☎ <b>250-353-7691</b> <i>Self-referral, FP/NP, MCFD</i>
	<b>Arrow &amp; Slocan Lakes Community Services</b> Sexual Abuse Intervention Program, Children Who Witness Abuse Counselling, and the Safe Home Program (safe, confidential, free temporary housing)	☎ <b>250-265-3674</b> <i>Self-referral, FP/NP, MCFD</i>
	<b>Salmo Community Services Centre</b> Counselling and support services, Safe Homes Program for women & children.	☎ <b>250-357-2277</b> <i>Self-referral, FP/NP, community agency, MCFD</i>
Gender Identity	<b>BC Children's Hospital Gender Clinic</b> Provides treatment with puberty blockers and/or gender-arming hormones for transgender and gender-questioning. Ages under 19. Provider consults available.	☎ <b>604-875-2345, ext 6550</b> <b>email: <a href="mailto:bcchgendersclinic@cw.bc.ca">bcchgendersclinic@cw.bc.ca</a></b> <i>Physician referral required</i>
	<b>KB Division Gender-Affirming Care Info Hub for Practitioners</b> Refer to providers trained to do hormone assessment, or consult for guidance. <i>Dr. Lauren Galbraith - Hormone Readiness &amp; Surgical Assessor, Kootenay Boundary</i>	💻 <b><a href="https://bit.ly/KB-GAC-infohub">bit.ly/KB-GAC-infohub</a></b>
	<b>Provincial RACE Line</b> Provider consults available - Request Transgender Health Option.	☎ <b>1-877-696-2131</b> 💻 <b><a href="https://raceconnect.ca">raceconnect.ca</a></b>
Parent Teen Conflict	<b>Castlegar &amp; District Community Services Society:</b> Family support/counselling.	☎ <b>250-365-2104</b>
	<b>Nelson Community Services:</b> Family support/counselling.	☎ <b>250-352-3504</b>
	<b>Kaslo Community Services:</b> Family support/counselling.	☎ <b>250-353-7691</b>
	<b>Salmo Community Services Centre:</b> Family support/counselling.	☎ <b>250-357-2277</b>
Pediatricians	<b>Kootenay Pediatrics (Trail)</b>	☎ <b>778-456-0030, Fax: 888-760-8399</b> <i>FP/NP referral required</i>
	<b>Nelson Pediatrics</b>	☎ <b>250-352-9766, Fax: 250-352-9757</b> <i>FP/NP referral required</i>
Private Counselling	View the online listing of private counselling & therapy providers offering services to children & youth in Kootenay Boundary at:	💻 <b><a href="https://divisionsbc.ca/kootenay-boundary/cymh-private-services">divisionsbc.ca/kootenay-boundary/cymh-private-services</a></b>
Unattached Patient Care	<b>KB Access Clinic:</b> Primary care for patients without a family physician or nurse practitioner. <b>Castlegar Urgent &amp; Primary Care Centre (UPCC)</b>	☎ <b>778-508-3112</b> 💻 <b><a href="https://kbaccess.ca">kbaccess.ca</a></b> ☎ <b>250-304-1289</b>

Additional Online Resources	<b>KB Searchlight</b> <b>KB Division CYMH Resources</b> <b>KB Fetch</b>	<a href="https://kootenayfamilyplace.org/kb-searchlight">kootenayfamilyplace.org/kb-searchlight</a> <a href="https://divisionsbc.ca/kootenay-boundary/cymh">divisionsbc.ca/kootenay-boundary/cymh</a> <a href="https://kb.fetchbc.ca">kb.fetchbc.ca</a>	<b>Canadian Mental Health Assoc. Dealing With Depression</b> <b>Here To Help</b> <b>Kelty Mental Health</b>	<a href="https://cmha.bc.ca">cmha.bc.ca</a> <a href="https://dwdonline.ca">dwdonline.ca</a> <a href="https://heretohelp.bc.ca">heretohelp.bc.ca</a> <a href="https://keltymentalhealth.ca">keltymentalhealth.ca</a>	<b>Mind Space Youth In BC</b> <b>Family Smart</b>	<a href="https://mind-space.ca">mind-space.ca</a> <a href="https://youthinbc.com">youthinbc.com</a> <a href="https://familysmart.ca">familysmart.ca</a>
	<b>Compass - CYMH Provider Support</b> <b>Foundry Virtual</b>	<a href="https://compassbc.ca">compassbc.ca</a> or 1-855-702-7272 <a href="https://foundrybc.ca/virtual">foundrybc.ca/virtual</a> or 1-833-308-6379				