



# Child & Youth Mental Health/Substance Use

# WEST KOOTENAY REFERRAL MATRIX

## AGENCY

### Child & Youth Mental Health

#### Child and Youth Mental Health

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.

#### Freedom Quest

Mental health and substance use services for youth.

#### Castlegar & District Community Services Society

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.

#### Nelson Community Services

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.

#### ARC Programs

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.

#### Circle of Indigenous Nations - COINS

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.

#### Trail FAIR Society

Children Who Witness Abuse, counselling services, Sexual Abuse Intervention (SAIP), StrongStart, early childhood and family support, crisis services etc.

#### Kaslo Community Services

Children and Youth counselling, assessment and therapeutic interventions for children who have emotional, mental and behavioural issues.

#### Arrow & Slocan Lakes Community Services

Child & Youth Mental Health counselling.

#### Salmo Community Services Centre

Child & Youth Mental Health counselling.

### Substance Use

#### Freedom Quest

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.

#### Circle of Indigenous Nations - COINS

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.

#### KBRH Mental Health & Substance Use Nurse

Urgent response nurse: acts as a liaison referring anyone in crisis to appropriate resources. No referral needed.

### Urgent Response to Suicidal Ideation

#### West Kootenay Boundary Regional Crisis Line

#### BC Crisis Centre

## DETAILS

 **Castlegar:** 250-365-4470

 **Grand Forks:** 250-442-4378

 **Nakusp:** 250-265-4865

 **Nelson:** 250-354-6480

 **Trail:** 250-364-0540

*Self-referral, Family Physician (FP) or Nurse Practitioner (NP)*

 **1-877-304-2676**

*Self-referral, FP/NP, community agency, school staff*

 **250-365-2104**

*Self-referral, FP/NP, community agency, school staff. MCFD referrals take priority.*

 **250-352-3504**

*Self-referral, FP/NP, community agency, school staff. MCFD referrals take priority.*

 **250-365-5800**

*Referrals from MCFD take priority but also accepted from community agencies, school staff and self-referral*

 **250-231-4968**

*Self-referral, FP/NP, community agency, school staff*

 **250-364-2326**

*Self-referral, FP/NP, community agency, school staff*

 **250-353-7691**

*Self-referral, FP/NP, MCFD*

 **250-265-3674**

*Self-referral, FP/NP, MCFD*

 **250-357-2277**

*Self-referral, FP/NP, community agency, MCFD*

 **1-877-304-2676**

*Self-referral, FP/NP, community agency, school staff*

 **250-231-4968**

*Self-referral, FP/NP, community agency, school staff*

 **250-368-3311 ext 2351**

 **1-888-353-2273**

 **1-800-784-2433 (1-800-SUICIDE)**

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

<b>AGENCY</b>		<b>DETAILS</b>												
<b>Eating Disorders</b>	<p><b>Kootenay Boundary Eating Disorders Clinic</b> Assessment, consultation &amp; treatment recommendations for eating disorders.</p> <p><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.</p>	<span style="color: #800000;">□</span> <b>250-505-7252</b> Referral from FP/NP, CYMH and self-referral												
<b>Behavioural Issues and Childhood Development</b>	<p><b>Kootenay Family Place</b> Child/Infant Development Programs and Therapy Services.</p> <p><b>Kootenay Kids Society</b> Play groups, learning centre, PT, OT, aboriginal early intervention.</p> <p><b>Kiro Wellness Centre</b> Therapies for the prevention, identification, assessment and treatment of communication difficulties for children from birth to school entry.</p> <p><b>Kaslo Community Services</b> Family programs include: Strong Start, Mother Goose, and Nobody's Perfect.</p> <p><b>Arrow &amp; Slocan Lakes Community Services</b> Parent education courses, parent-led groups, info and referral services.</p>	<span style="color: #800000;">□</span> <b>250-365-8448</b> Referral from parent, physician, public health nurse or community professional												
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		<span style="color: #800000;">□</span> <b>250-364-6219</b> Referrals by parent or physician with consent. School aged children contact school district												
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<b>Children Who Witness Violence &amp; Sexual Abuse</b>	<p><b>Castlegar &amp; District Community Services Society</b> Sexual Abuse Intervention Program (SAIP). Ages under 19.</p> <p><b>Nelson Community Services</b> Counselling for ages 3-18, who have experienced sexual abuse or may be acting out in a sexualized manner.</p> <p><b>Trail FAIR Society</b> Counselling services, SAIP, family support services, crisis services and more.</p> <p><b>Kaslo Community Services</b> Victims assistance and counselling. Safe Home refuge for women and children.</p> <p><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)</p> <p><b>Salmo Community Services Centre</b> Counselling and support services, Safe Homes Program for women &amp; children.</p>	<span style="color: #800000;">□</span> <b>250-365-2104</b> Self-referral, FP/NP, community agency, school staff												
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<b>Gender Identity</b>	<p><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.</p> <p><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></p> <p><b>Provincial RACE Line</b> Provider consults available - Request Transgender Health Option.</p>	<span style="color: #800000;">□</span> <b>604-875-2345, ext 6550</b> email: <a href="mailto:bcchgenderclinic@cw.bc.ca">bcchgenderclinic@cw.bc.ca</a> Physician referral required												
		<span style="color: #800000;">□</span> <a href="http://bit.ly/KB-GAC-infohub">bit.ly/KB-GAC-infohub</a>												
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		<span style="color: #800000;">□</span> <b>1-877-696-2131</b> <a href="http://raceconnect.ca">raceconnect.ca</a>												
<b>Parent Teen Conflict</b>	<p><b>Castlegar &amp; District Community Services Society:</b> Family support/counselling.</p> <p><b>Nelson Community Services:</b> Family support/counselling.</p> <p><b>Kaslo Community Services:</b> Family support/counselling.</p> <p><b>Salmo Community Services Centre:</b> Family support/counselling.</p>	<span style="color: #800000;">□</span> <b>250-365-2104</b>												
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<b>Pediatricians</b>	<p><b>Kootenay Pediatrics (Trail)</b></p> <p><b>Nelson Pediatrics</b></p>	<span style="color: #800000;">□</span> <b>778-456-0030, Fax: 888-760-8399</b> FP/NP referral required												
		<span style="color: #800000;">□</span> <b>250-352-9766, Fax: 250-352-9757</b> FP/NP referral required												
<b>Private Counselling</b>	<p>View the online listing of private counselling &amp; therapy providers offering services to children &amp; youth in Kootenay Boundary at:</p>	<span style="color: #800000;">□</span> <a href="http://divisionsbc.ca/kootenay-boundary/cymh-private-services">divisionsbc.ca/kootenay-boundary/cymh-private-services</a>												
<b>Unattached Patient Care</b>	<p><b>KB Access Clinic:</b> Primary care for patients without a family physician or nurse practitioner.</p> <p><b>Castlegar Urgent &amp; Primary Care Centre (UPCC)</b></p>	<span style="color: #800000;">□</span> <b>778-508-3112</b> <span style="color: #800000;">□</span> <a href="http://kbaccess.ca">kbaccess.ca</a>												
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<b>Additional Online Resources</b>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 30%; padding: 5px;"> <b>KB Searchlight</b>  <b>KB Division CYMH Resources</b>  <b>KB Fetch</b> </td><td style="width: 30%; padding: 5px;"> <a href="http://kootenayfamilyplace.org/kb-searchlight">kootenayfamilyplace.org/kb-searchlight</a>  <a href="http://divisionsbc.ca/kootenay-boundary/cymh">divisionsbc.ca/kootenay-boundary/cymh</a>  <a href="http://kb.fetchbc.ca">kb.fetchbc.ca</a> </td><td style="width: 30%; padding: 5px;"> <b>Canadian Mental Health Assoc. Dealing With Depression Here To Help Kelty Mental Health</b> </td><td style="width: 30%; padding: 5px;"> <a href="http://cmha.bc.ca">cmha.bc.ca</a>  <a href="http://dwdonline.ca">dwdonline.ca</a>  <a href="http://heretohelp.bc.ca">heretohelp.bc.ca</a>  <a href="http://keltymentalhealth.ca">keltymentalhealth.ca</a> </td><td style="width: 30%; padding: 5px;"> <b>Mind Space Youth In BC Family Smart</b> </td><td style="width: 30%; padding: 5px;"> <a href="http://mind-space.ca">mind-space.ca</a>  <a href="http://youthinbc.com">youthinbc.com</a>  <a href="http://familysmart.ca">familysmart.ca</a> </td></tr> <tr> <td></td><td> <b>Compass - CYMH Provider Support</b>  <b>Foundry Virtual</b> </td><td> <a href="http://compassbc.ca">compassbc.ca</a> or 1-855-702-7272  <a href="http://foundrybc.ca/virtual">foundrybc.ca/virtual</a> or 1-833-308-6379       </td><td></td><td></td><td></td></tr> </table>	<b>KB Searchlight</b> <b>KB Division CYMH Resources</b> <b>KB Fetch</b>	<a href="http://kootenayfamilyplace.org/kb-searchlight">kootenayfamilyplace.org/kb-searchlight</a> <a href="http://divisionsbc.ca/kootenay-boundary/cymh">divisionsbc.ca/kootenay-boundary/cymh</a> <a href="http://kb.fetchbc.ca">kb.fetchbc.ca</a>	<b>Canadian Mental Health Assoc. Dealing With Depression Here To Help Kelty Mental Health</b>	<a href="http://cmha.bc.ca">cmha.bc.ca</a> <a href="http://dwdonline.ca">dwdonline.ca</a> <a href="http://heretohelp.bc.ca">heretohelp.bc.ca</a> <a href="http://keltymentalhealth.ca">keltymentalhealth.ca</a>	<b>Mind Space Youth In BC Family Smart</b>	<a href="http://mind-space.ca">mind-space.ca</a> <a href="http://youthinbc.com">youthinbc.com</a> <a href="http://familysmart.ca">familysmart.ca</a>		<b>Compass - CYMH Provider Support</b> <b>Foundry Virtual</b>	<a href="http://compassbc.ca">compassbc.ca</a> or 1-855-702-7272 <a href="http://foundrybc.ca/virtual">foundrybc.ca/virtual</a> or 1-833-308-6379				
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