



Additional Resources



FOOD/NUTRITION

- Castlegar Community Harvest Food Bank & Drop-in Centre: [250-608-2227](tel:250-608-2227).
Food Bank: Mondays 10am-2pm (except Mon after welfare cheques are issued, & statutory holidays).
Drop-in: Wednesdays 10am-2pm.



PHYSICAL RECREATION

- Castlegar & District Community Complex: [250-365-3386](tel:250-365-3386)



FINANCIAL/LEGAL

- Advocacy Centre: [250-352-5777](tel:250-352-5777)
- Service BC - Income Assistance: [1-866-866-0800](tel:1-866-866-0800)



HOUSING

- BC Housing: bchousing.org



HARM REDUCTION

- ANKORS: [250-505-5506](tel:250-505-5506), ankors.bc.ca



CHILD & YOUTH ADVOCACY CENTRE

- Safe Kids and Youth (SKY): skykids.ca



GENDER-AFFIRMING CARE

- KB Division Patient Road Map: divisionsbc.ca/kootenay-boundary/gender-affirming-care

At any point of the continuum of safety is a concern, call the RCMP at [911](tel:911) or [250-365-7721](tel:250-365-7721).

If abuse or neglect is suspected, call MCFD (Ministry of Children & Family Development) at [1-800-663-9122](tel:1-800-663-9122) or the Crisis Response Team at [1-888-494-3888](tel:1-888-494-3888).



CRISIS/HELP PHONE LINES

- 24 Hr Kids/Youth Help Line: [1-800-668-6868](tel:1-800-668-6868)
- 24 Hr Help Line For Children: [310-1234](tel:310-1234)
- West Kootenay Boundary Regional Crisis line: [1-888-353-2273](tel:1-888-353-2273)
- Kelty Mental Health Resource Centre: [1-800-665-1822](tel:1-800-665-1822)



ONLINE RESOURCES

- Mind Space - mind-space.ca (referral required - see website for details)
- Kelty Mental Health - keltymentalhealth.ca
- Here To Help - heretohelp.bc.ca
- Canadian Mental Health Association - cmha.bc.ca
- Foundry Virtual BC - foundrybc.ca/virtual (FREE virtual counselling available for youth ages 14-24)
- Youth in BC - youthinbc.com



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?

Consult with your family practitioner.

If you **do not** have a family doctor or nurse practitioner, you can access local primary care at: kbaccess.ca or the Castlegar UPCC - interiorhealth.ca/locations/castlegar-urgent-primary-care-centre (250-304-1289)

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 & Youth Mental Health (MCFD)
Walk-in Mental Health Clinic, self-referral. [250-365-4470](tel:250-365-4470). Intake hours: Tues 9-11:30 am

Freedom Quest
Mental Health / Substance Use [1-877-304-2676](tel:1-877-304-2676), freedomquestyouthservices.ca

KB Searchlight
Child & Youth Mental Health Services Listing. kootenayfamilyplace.org/kb-searchlight

KB Fetch
Community Health - Mental Health / Counselling. kb.fetchbc.ca

KB Division CYMH Listing
divisionsbc.ca/kootenay-boundary/cymh

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

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 unresolved situation?

SERIOUS CONCERN

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

Consult with your family practitioner.

If you **do not** have a family doctor or nurse practitioner, you can access local primary care at: kbaccess.ca or the Castlegar UPCC - interiorhealth.ca/locations/castlegar-urgent-primary-care-centre (250-304-1289)

Inquire about possible referrals with your family practitioner:

- 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.

CYMH - Child & Youth Mental Health (MCFD)
Walk-in Mental Health Clinic, self-referral. [250-365-4470](tel:250-365-4470). Intake hours: Tues 9-11:30 am

Freedom Quest Counsellors
Mental Health / Substance Use [1-877-304-2676](tel:1-877-304-2676), freedomquestyouthservices.ca

KBRH Mental Health & Substance Use Nurse
[250-364-5173](tel:250-364-5173) ext.2351

Castlegar Community Services
[250-365-2104](tel:250-365-2104), cdcss.ca

ARC
[250-763-2977](tel:250-763-2977), arcprograms.com

Circle of Indigenous Nations Society (COINS)
[250-231-4968](tel: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: family practitioner 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
- kootenayfamilyplace.org/kb-searchlight
- keltymentalhealth.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 Department at your local hospital or contact [911](tel:911).

If it is not an emergency, but your concerns have become serious, then your family practitioner or CYMH may make referrals to services 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 services listed here.

Remember you are not alone!