

Doctor's Referral Matrix

Child And Youth Mental Health and Substance Use [CYMHSU]

Behavioural issues & child development (up to 6 yrs) (3-12 yrs CPTC)	<ul style="list-style-type: none"> • Child Development Association • Confident Parents, Thriving Children (CPTC) http://valleychild.ca	☎: (250) 338-4288 (Intake)
Mild to moderate anxiety (7-9 yrs) and (10-12 yrs)	Creating Calm: Program for anxiety in children Comox Valley Family Services	☎: (250) 338-7575 ext 223
Substance use issues	John Howard Society North Island / R.A.C.E.	☎: (250) 338-7341 or ☎: * RACE *
Parent teen conflict	Parent teen mediation Ministry of Children and Families (MCFD)	☎: (250) 335-2343
Urgent response to suicide ideation (up to 19 yrs)	David Hext - Adolescent Outreach Adolescent Outpatient Service	☎: (250) 702-6880
Gender dysphoria/identity	Dr. Sharmeen Mazaheri — hormone/surgery assessment & management / R.A.C.E.	FAX: (250) 338-0605 or ☎: * RACE *
Eating disorders	David Somers - Adolescent Outpatient Service Simultaneous referral to Pediatrician / R.A.C.E.	☎: (250) 339-1525 or ☎: * RACE *
Sexual abuse (3-18 yrs)	Comox Valley Family Services Sexual Abuse Intervention Program	☎: (250) 338-7575
Children who witness violence/abuse (3-18 yrs)	Comox Valley Transition Society	☎: (250) 897-0511
R.A.C.E. RAPID ACCESS TO CONSULTATIVE EXPERTISE Child and youth psychiatry rapid consults http://www.raceconnect.ca <ul style="list-style-type: none"> • Substance abuse • Transgender care • Eating disorders [Internal med.] • Eating disorders [Psychiatry] 1 (877) 696-2131 ☎ press: 1 ☎ press: 4 ☎ press: 3 ☎ press: 3		

Pediatric symptomology

- Mild to moderate anxiety or depression
- Developmental delay / cognitive impairment
- Disorders of coordination, speech and language
- Behavioural concerns
- Learning disability
- ADHD/ADD/Disruptive ODD/FASD
- Tourette's /Autism
- Dysmorphology/ tics
- Encopresis/enuresis

Pediatricians: (0-18 yrs)

Dr. Natalie Aird
Dr. Jan Theron

Psychiatrists:

Dr. Carol Coxon
Dr. Lauren Lupton

Child Psychiatrist
(4-18 yrs)
up to 4 yrs call first

Psychiatric symptomology:

- Eating Disorder
- Severe or refractory anxiety
- Moderate - severe refractory depression
- Suspected OCD
- Psychosis
- Severe behavioural problems with no clear etiology
- Bipolar
- High risk kids with severe cutting or significant suicidal ideation
- Seeking second opinion after pediatrician for autism

Resources

Child And Youth Mental Health

- Intake drop-in:
Wednesdays 9:00am - 12:00pm
Address: 2455 Mansfield Drive
☎: (250) 334-5820 call directly

Kelty Mental Health:

- Parents in residence
9:30am - 5:00pm
☎ <http://keltymentalhealth.ca>
☎: 1(800) 665-1822

THE FORCE

- Society for Kids' Mental Health
- Provides peer parenting support
☎ <http://forcesociety.com>
☎: 1(855) 887-8004

Depression

Anxiety

Interactive Skill Building Tools & Online Resources:

- ☎ <http://DwOnline.ca>
- ☎ <http://Mindcheck.ca>

- ☎ <http://MindYourMind.ca>
- ☎ <http://OpenMindBC.ca>

- ☎ <http://Mindshift.ca>
- ☎ <http://AnxietyBC.com>