

Children and Youth Mental Health and Substance Use: Pathways to Care on the Sunshine Coast

START HERE

Are you concerned about your child's mental health and/or substance use?

INCREASING CONCERN

Do you need more support as the situation becomes increasingly difficult or unresolved with services available?

SERIOUS CONCERN

Has the situation intensified with safety issues and/or the need for additional specialized treatment?

SCHOOL & EDUCATION

- Start with your child's teacher. SD46 main number 604-886-8811. <https://sd46.bc.ca/>
- Does your child have First Nations, Metis or Inuit ancestry? Contact: Kerry Mahlman, SD46 Indigenous Principal: cmahlman@sd46.bc.ca
- **Early Learning Programs (Kids under 5):** Offered to ALL families on the Sunshine Coast at *no cost* to families. Contact Kirsten Deasey: kdeasey@sd46.bc.ca | 604-741-5787
- See sd46.ca Website: "Health and Support Resources" : ERASE and Youth Mental Health



SCHOOL & EDUCATION

- Get in touch with your school's counselor. Work with the school to develop a plan for ongoing/additional educational learning plan supports and/or referrals.
- Docs in Schools Program: Youth access through school counsellor at Elphinstone Secondary or Chatelech Secondary Schools
- Nurse Practitioner: Youth access at Pender Harbor Secondary School

***At any point if safety is a concern (risk of harming themselves or others), call the RCMP at 911 or go to the nearest hospital.**

LOCAL

Sechelt Hospital 5544 Sunshine Coast Hwy, Sechelt, BC, 604-885-2224
***If abuse or neglect is suspected call the Ministry of Family Development (MCFD) at 604-886-5525 (Gibson's) or 604-740-8900 (Sechelt)**

METRO VANCOUVER : Referrals by Physician, Nurse Practitioner, Counselor/Clinician

- **North Shore Youth Eating Disorders Program (VCH). 604-984-5060**, North Vancouver.
- **Carlile Youth Concurrent Disorder Centre (VCH). 604-984-5004** North Vancouver, Youth (ages 13-18) with mental health concerns and problematic substance use combined.
- **Peak House.** Youth treatment for problematic substance use (Ages 13-18).
➤ <http://peakhouse.ca/>
- **Young Bears Lodge:** Indigenous Youth Addiction Treatment:
➤ <https://unya.bc.ca/programs/young-bears-lodge/>

PROVINCIAL

- **BC Children's Hospital** specialized outpatient clinic and inpatient services (18 years and younger from BC & Yukon) (by physician referral):
➤ **Mental Health Program** provides assessment and treatment through a range of services <http://www.bcchildrens.ca/our-services/mental-health-services>.
- Child and Adolescent Psychiatric Emergency Unit (CAPE) provides short-term crisis care (16 years and younger) Emergency Dep't referral required.
- Concurrent substance use issues (24 years and younger) Emergency Dep't referral required.
- **SunnyHill Health Centre** provides specialized development and rehabilitation services (including neurodevelopmental disorders).
- **Ashnola:** Specialized youth addiction treatment in Keremeos BC. (ages 17 to 24)
➤ <http://www.bcmhsus.ca/our-services/provincial-addiction-programs/ashnola-at-the-crossing>

FAMILY PHYSICIAN/NURSE PRACTITIONER

- See your **family doctor** or visit the Gibsons Medical walk in Clinic. If you don't have a family doctor – see <http://sc.fetchbc.ca/>
- Contact the **Family Nurse Practitioner** Call 604-984-5070 or cell 604-353-7391
- **Youth clinics (24 years and under):** Self-referral:
 - **Sechelt** 604-885-5164 Wed. 3-5:30 pm
 - **Gibsons** 604-984-5070 Mon. 3-5 pm
 - **Pender Harbour** 604-883-2764 Tues. 3-5 pm



FAMILY PHYSICIAN/NURSE PRACTITIONER REFERRALS

- Pediatricians, psychiatrists and/or other specialty services.
- Note: 80% of the population's mental health needs are seen by family practitioners.
- **Fetch Sunshine Coast:** For everything that's community health:
<http://sc.fetchbc.ca/>

Referrals can also be made through Foundry

- **Foundry:** (Youth ages 12-24) <https://foundrybc.ca/>

COMMUNITY

- **Sunshine Coast Community Services.** Programs and services for individuals and families as they face the challenges of parenting, creating healthy families, and more. Call 604-885-5881 for details
 - Youth Outreach. Call 604-865-0178
 - Navigator. Call Steve Oka 604-885-5881 ext.248
- **shisháhl nation:** To request support for shisháhl children and youth contact Amy LeBlanc, Wellness Centre Manager at 604 399 8734 or email aleblanc@shishalh.com
- **Indigenous Background-** SD46 Indigenous District Principal: Kerry Mahlman-cmahlman@sd46.bc.ca / 604-885-8345
- **Sunshine Coast RCMP Youth Liaison Officer:** Youth safety, information and support. (non-emergency line) 604-885-2266 or walk into any detachment in Madiera Park, Sechelt, or Gibsons
- **FamilySmart®- Sechelt & Gibsons – Parent in Residence (PIR)** FamilySmart Parents in Residence (PIR) offer peer support to families and caring adults who are parenting a child or youth with a mental health challenge. PIRs use their own lived experience to offer support, to listen and to help families find resources and information about services and supports available to them. Jacquie Chess- email: jacquie.chess@familysmart.ca ph: 604 878 3400 website: www.familysmart.ca

COMMUNITY

- **Sunshine Coast Community Services:** Referrals to programs such as: Sexual Abuse Intervention Program, Youth in Transition Program, Family Preservation and Reunification Program, Child, Youth and Family support worker.)
- **Child and Youth Mental Health (CYMH part of MCFD) (18 years and under).** Education, consultation, family support, assessments, therapy, psychiatric services & outreach for those with moderate and/or severe concerns .Access through drop-in intake clinics:
 - **Sechelt Intake:** Tue 9:00am-12:00pm, 604-740-8900
 - **Gibsons Intake:** Tues 1:30pm-4:30pm, 604-886-5525
 - **Pender Harbor Intake:** Call Sechelt intake and ask for hours: 604-740-8900
- **Youth Mental Health & Addiction Services (VCH)**
 - 604-989-0667 (M-F, Jordan Griggs). Includes assessment, treatment, planning, crisis response, counselling, psychiatrist consultation, education and referrals to other supports such as detox and treatment centres.

familysmart.ca –Education, peer support and service navigation for parents and/or caregivers of children and youth.

Kelty Mental Health Resource Centre – website and peer support: Toll-free from anywhere in BC: **1-800-665-1822**, <https://keltymentalhealth.ca/>



Additional Resources

AT ANY POINT OF THE CONTINUUM IF SAFETY IS A CONCERN, PLEASE CALL 911

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



Crisis/Help Phone Lines & Chats:

- [Kids Help Phone](tel:1-800-668-6868) (24hr) 1-800-668-6868
- Youth in BC [1-866-661-3311](tel:1-866-661-3311)
- [HealthLinkBC](tel:811): 811
- Trans Lifeline 877-330-6366
- Mental Health crisis line [310-6789](tel:310-6789)
- KUU Crisis Line [1-800-588-8717](tel:1-800-588-8717)
- Youthspace: Support and crisis information/intervention center via text and online chat, e-counselling, online resources: [Youthspace.ca](https://youthspace.ca) Chat and [text \(778-783-0177\)](tel:778-783-0177) available from 6:00pm to midnight every day



Online Resources:

- LGBTQ – <https://thelifelinecanada.ca/resources/lgbtq/>
- Foundry: <https://foundrybc.ca/>
- Anxiety Canada <https://www.anxietycanada.com/>
- Online peer support for eating disorders – looking glass <https://www.lookingglassbc.com/online-peer-support/>
- Here to Help <https://www.heretohelp.bc.ca>
- Vancouver Coastal Health: <http://www.vch.ca/>
- Ministry of Health- <https://www2.gov.bc.ca/gov/content/health/mental-anaging-your-health/mental-health-substance-use>
- Drug Free Kids: <https://www.drugfreekidscanada.org/get-help-resources/>



Additional Resources



Recreation:

- Gibsons Community Centre and Youth Centre 604-885-6868, 700 Park Road, Gibsons BC
- Pender Harbour Aquatic and Fitness Centre 604-885-6866, 13639 Sunshine Coast Hwy, Madeira Park, BC
- Sechelt Aquatic Centre 604-885-6865, 5500 Shorncliffe Avenue, Sechelt BC
- Sechelt Youth Centre



Housing:

- Housing rental assistance program and subsidized housing – BC Housing www.bchousing.org



Food/Nutrition:

- Public Health Nutrition Programs- Gibsons Health Unit: 604-984-5070, Sechelt: 604-885-5164
- Sunshine Coast Food Bank 604-885-5881 ext. 240 Address: 5657 Lamprey Lane, Sechelt, BC,
- Harvest of Hope Salvation Army Food Bank in the Salvation Army Gibsons: <https://sunshinecoasts.ca/food-services/> 604-886-3665
- Pender Harbour Food Bank 604-883-2374



Financial/Legal:

- Income Assistance <https://myselfserve.gov.bc.ca/>
- Legal Information Program and Legal Assistance program: 604-885-4088 or email info@resourcecentre.ca
- Access Justice: 604-878-7400 / 1-877-762-6664

Child and Youth Mental Health/Substance Use

PATHWAYS TO CARE

Sunshine Coast, BC



Mava



Ministry of Children and Family Development



FamilySmart®
Together-Centred™



Sunshine Coast
Community Services
Caring since 1974

Vancouver
Coastal Health
Promoting wellness. Ensuring care.



Sunshine Coast
Division of Family Practice
A GPSC initiative

A collaboration of organizations coming together as the Local Action Team for the Youth of the Sunshine Coast