

# Child and Youth Mental Health and Substance Use Thompson Region's Local Action Team

## Physician Information

July 2016

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## Society

### Who We Are

The Thompson Nicola Family Resource Society was formed as a result of a community task force that met in the Fall and Winter of 1988/90 to examine the critical shortage of therapy services for children in Kamloops. TNFRS was incorporated in May 1990, as a non-profit society.

### What We Do

We provide therapy to children with special needs (birth-19 years) and offer support to their families and the community, through the Children's Therapy & Family Resource Centre.

We recognize that families are the most important influence in a child's life, and we encourage their involvement in all services for their children.

### Our Goals Are

To provide each child with opportunities to achieve maximum independence. To help each child enjoy the highest possible quality of life within his/her family and community.

## Donations

Your tax-deductible donation will:

- provide ongoing support for over 800 children throughout the Kamloops area
- provide specialized equipment, books and videos for centre and loan cupboard
- assist in the general operation of the centre

Yes, I would like to join in helping the hundreds of children with disabilities and their families in the Kamloops area by becoming:

- a charitable donor
- a volunteer

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_

### Children's Therapy and Family Resource Centre

*Owned and operated by:*  
Thompson Nicola Family Resource Society

# Children's Therapy

## & FAMILY RESOURCE CENTRE

**“Children living life fully within their family, school and community.”**



### Kamloops Location

801 McGill Road, Kamloops, BC V2C 6R1  
TEL (250) 371-4100 - FAX (250) 371-4120  
Toll Free: 1-855-370-4100

### Merritt Location

2187A Coutlee Avenue, Merritt, BC V1K 1A9  
TEL (250) 315-3188 - FAX (250) 378-4015

[www.kamloopschildrenstherapy.org](http://www.kamloopschildrenstherapy.org)  
[info@kamloopschildrenstherapy.org](mailto:info@kamloopschildrenstherapy.org)

### **Physiotherapy**

Promotes physical development (balance, strength, coordination) and movement (rolling, crawling, walking). This is done through positioning, handling and equipment in order to maximize functional independence, health and quality of life.

### **Occupational Therapy**

Helps develop independence in everyday skills such as feeding, dressing, toileting, printing and hand skills through activity or adaptation of equipment.

### **Speech/Language Therapy**

Improves understanding and listening skills, talking and other ways of communicating for pre-school children. Also provides ideas to help with feeding concerns.

### **Supported Child Development Program**

The Supported Child Development Staff work with families and Community Care Providers to help meet the exceptional needs of all children to 12 years of age in neighborhood child care settings.

### **Family Services**

Services include counseling, problem solving, advocacy, networking opportunities (i.e. family workshops and special events) and identifying community and provincial resources.

### **Kamloops Autism Program**

The Kamloops Autism Program (K.A.P.) provides centre based early intensive behavioural intervention, for children up to age six, that have been diagnosed with Autism Spectrum Disorder (ASD). The program is based on evidence that early behavioural intervention between two and six years of age, demonstrates the best outcomes.

### **Other Programs & Services**

- Lending Cupboard (Toys & Equipment)
- Seating & Seating Assessment
- Community library (books & videos)
- Splinting services
- Workshops

### **Funding**

We receive funding from the Ministry of Children & Family Development, local School Districts, United Way, Gaming, donations and grants.

### **How to Refer**

Our referral form is available at the centre or on our website. The completed form can be mailed, faxed or e-mailed to the centre. You can also make a referral by telephone.

### **Where We Provide Services**

We see children at home, pre-school, daycare, school, our centre or in the community, wherever the child and family are most comfortable. We work in Kamloops and surrounding areas.







**Canadian Mental  
Health Association**  
Kamloops

## PROGRAMS & SERVICES

### **Clubhouse Programs (Kamloops & Merritt)**

We provide a wide range of services and supports in the domains of: personal, leisure, education and employment for adults over the age of 18, who have been diagnosed with a mental illness and/or substance related disorders.

### **#Talk Today**

A mental health education program designed for the BC Hockey League (BCHL) players, families, and coaches to learn about mental health and increase their skills to help players who may need support related to mental illness or addictions.

### **Bounce Back**

A self-motivated program designed to help adults experiencing mild to moderate depression or anxiety that may arise from stress or other life circumstances. This program is delivered via telephone support and is provincial in scope, with other CMHA Branches also delivering this program.

### **Emerald Centre**

Emerald Centre is a co-ed low-barrier shelter that provides accommodation for men, women and children who are homeless or at risk of homelessness. The Centre provides a total of 40 shelter beds. Clients are provided with a clean bed, meals and have access to support workers and case managers that work closely with them to create connections to both resources and the community as a whole.

### **Mental Health First Aid**

Mental Health First Aid Canada (MHFA), supported by the Mental Health Commission of Canada, is a 12-hour training course delivered in 4 modules, carried out over 2 days. Participants will learn how to provide help to people who are showing signs of a mental illness or experiencing a mental health crisis.

## **Canadian Mental Health Association**

Kamloops Branch

857 Seymour Street, Kamloops, BC V2C 2H6

Phone: 250-374-0440 Fax: 250-374-8718 Email: [kamloops@cmha.bc.ca](mailto:kamloops@cmha.bc.ca)

Twitter: [@CMHAKamloopsbc](https://twitter.com/CMHAKamloopsbc) Facebook: [CMHAKamloops](https://www.facebook.com/CMHAKamloops)

[www.kamloops.cmha.bc.ca](http://www.kamloops.cmha.bc.ca)

## Living Life to the Full (Youth & Adult)

In 8 fun, friendly 90-minute group sessions, Living Life to the Full helps youth and adults learn strategies and tools for coping with life's stresses. Each session is led by a trained facilitator and includes a booklet, handouts, exercises and discussions.

## Meadow Creek Vista

Rent geared to income development for low-income seniors or people with disabilities located in the beautiful community of Logan Lake.

## CMHA'S Vision

- We seek to educate people about mental health issues and change the way the community views and treats people with mental illness.
- We believe that all people with mental illness should have access to appropriate and adequate supports.
- We believe in developing and maintaining partnerships in the community.

## Golden Vista Suites

Rent geared to income Suites is a 55 plus Seniors Complex consisting of studio and one-bedroom units designed to provide a modern, safe, physically accessible and manageable living space for seniors.

## Consumer Facilitation Fund

Funding allocated to individuals diagnosed with mental health and/or substance related issues and agencies for projects, courses and endeavours that relate to personal life, leisure, education and employment. This fund is dedicated to improving mental health.

## Ride Don't Hide

"Ride Don't Hide", is a community bike ride hosted by the Canadian Mental Health Association with the goal to raise awareness and reduce the stigma of mental illness. Funds raised through "Ride Don't Hide" are used to support our local programs. Learn more about how you can make an impact by joining Ride Don't Hide at [ridedonthide.com](http://ridedonthide.com)

## Funding Provided By:



For a complete and more detailed overview of our programs and services, please contact us at 250-374-0440 or visit our website.

## Walk-in Intake Clinic Times and Locations

### North Shore Residents

North Shore Office  
905 Southill Street  
250-554-5800  
Tuesdays and Thursdays  
9:00-12:00 and 1:00-3:30

### South Shore Residents

South Shore Office  
1165 Battle Street  
250-371-3648  
Tuesdays and Thursdays  
9:00-12:00 and 1:00-3:30

No Appointments required if  
over 6 years of age

For children 5 years of age or  
younger, please call to make  
a screening appointment

Children 12 years of age or  
under must be accompanied  
by a parent or guardian

## WHO WE ARE

*Child and Youth Mental  
Health provides specialized  
mental health treatment to  
children and youth (0-18)  
and their families, who are  
experiencing mental health  
symptoms that impact  
thoughts, behaviours, and  
feelings.*



Ministry of  
Children and Family  
Development

## Kamloops Child and Youth Mental Health Services





## CYMH

Child and Youth Mental Health services use a team approach, which includes some combination of master's level clinicians, clinical social workers, nurses, and outreach workers who provide a variety of services and specialized programs.

Services offered include: intake, assessment, treatment, case management and consultation. These are available based on need, current demand, and best fit for the individual and family. The assignment of services is determined by the CYMH intake clinician or team in consultation with the client or family. Many locations offer therapeutic groups and parenting skills sessions. Many of our local teams can provide children and youth direct access to psychiatric services or arrange these services through a referral.

### CLIENTS' RIGHTS INCLUDE:

- ✓ **Privacy** to consent to voluntary services
- ✓ **Competent, responsible, and respectful** care
- ✓ **Physical, emotional, and spiritual safety**
- ✓ **Telling their story and being heard**
- ✓ **Respect** for you and your child/youth and having your strengths recognized
- ✓ **Asking questions** and raising concerns

### OUR SERVICE COMMITMENTS TO THE CHILD OR YOUTH INCLUDE:

- ✓ **Confidentiality**
- ✓ To **participate** in decision making

### CLIENTS' RESPONSIBILITIES INCLUDE:

- ✓ **Active participation**
- ✓ **Attending appointments** regularly
- ✓ **Calling to cancel** when unable to attend
- ✓ **Informing your therapist** when what you are doing in therapy is not working
- ✓ **Completing practice skills**

## SERVICES

We do our best to connect you to the service or support that will best meet your needs. This may be with us or another local mental health agency. We respect the energy it takes to share your story or that of your child. We aim for the most efficient and supportive process to meet your needs.

Many CYMH offices offer a drop-in Intake Clinic during specific days of the week. This 90 minute, face-to-face screening provides clarity about the best next steps for your family, child, or youth. All offices will estimate for you when, and what, services are available. You are welcome to call at any time to check in. We also ask you to contact the CYMH office if your situation improves or worsens.

If part of your treatment plan is to see a team psychiatrist, we would also like to include your family doctor, if you have one. The psychiatrist will then be able to assist your family doctor in supporting treatment and recovery.







**Dave Melville, M.Ed. RCC**  
[Dave.Melville@gov.bc.ca](mailto:Dave.Melville@gov.bc.ca)

Dave has a BSc in Psychology and a Master’s Degree in Counselling Psychology from the University of Victoria. Dave spent nine years working in the field of child and youth mental health both in Edmonton, Alberta and Victoria, British Columbia before moving to Kamloops in 2005 and joining

the Child and youth Mental Health Team. Dave has been trained in Cognitive Behavioural Therapy, Trauma-Focussed Cognitive Behavioural Therapy, Suicide Risk Assessment (RRSR), Motivational Interviewing and Addictions, Early Psychosis Intervention, and Solution Focussed Therapy.



**Ferne Strain, MSW, RSW**  
[Ferne.Strain@gov.bc.ca](mailto:Ferne.Strain@gov.bc.ca)

Ferne Strain has a Master of Social Work from the University of British Columbia. She started her career with Child and Youth Mental Health in White Rock, BC. Ferne enjoys working with children of all ages. She facilitates Circle of Security groups for parents and social skills groups for children. Ferne is trained in Cognitive Behavioural Therapy (CBT), Trauma-Focused CBT, Watch Wait Wonder, Play Therapy, Infant Mental Health, Suicide Risk Assessment (RRSR), Circle of Security, and Early Psychosis Intervention.



**Ian Reedman, MSW, RSW**  
[Ian.Reedman@gov.bc.cca](mailto:Ian.Reedman@gov.bc.cca)

Ian was born and raised in Kamloops, B.C. He has a Bachelor of Social Work with a specialization in Child Welfare from the University of Northern B.C. and a Master of Social Work from Dalhousie University. Ian has worked across B.C. as a child

protection social worker and in Sudbury, Ontario in palliative care and mental health and addictions. Ian joined the Kamloops CYMH Integrated Practice team in 2015. He has training in many clinical modalities including Cognitive Behavioural Therapy and Narrative Therapy. Ian has co-facilitated many groups including social skills, sexuality and relationships, and teen anxiety.



**Jocelyn Campbell, M.Ed. CCC**  
[Jocelyn.campbell@sd73.bc.ca](mailto:Jocelyn.campbell@sd73.bc.ca)

Jocelyn completed her Masters Degree in Counselling from the University of British Columbia in 2002. Jocelyn also has a Bachelors Degree in Education and has taught for many years in both elementary and secondary schools. Jocelyn has a unique multi-agency position

as the SD73 Mental Health Clinician connected to the North Shore CYMH team where she works with 1:1 clients, facilitates numerous groups, works on initiatives to promote mental health awareness and support in schools, and works as a liaison between agencies. Jocelyn has been trained in many modalities including Cognitive Behavioural Therapy, Narrative therapy, Solution-Focussed therapy and Expressive therapies.

# Child and Youth Mental Health

## Kamloops North Shore





**Katherine Gulley, M.Ed. CCC**  
**Katherine.Gulley@gov.bc.ca**

Katherine has a Bachelor's Degree in Psychology and a Master's Degree in Counselling Psychology from the University of Victoria. She began her career working with children diagnosed with autism spectrum disorder and joined Child and Youth

Mental Health in Williams Lake in 2007. Katherine was raised in Kamloops and was happy to return to the community in 2012 as the team leader for CYMH North Shore. Katherine has a special interest in parent-child dyadic therapies. She is a certified coder of the Adult Attachment Interview and is a certified trainer in Modified Interaction Guidance. Katherine has also been trained in Infant Mental Health, Reflective Parenting Group Facilitation, Cognitive Behavioural Therapy, Trauma-Focused CBT, Suicide Risk Assessment (RRSR), Assessment, Expressive Therapies, and Clinical Supervision.



**Tanis Collinge, MSW, RSW**  
**Tanis.Collinge@gov.bc.ca**

Tanis was raised in Kamloops and has a Master of Social Work degree from Dalhousie University. Tanis started her career as a Child Protection Social Worker after completing her Bachelor of Social Work in 2000. After completing her Masters, she joined Child and

Youth Mental Health in 2013. Tanis is trained in Cognitive Behavioural Therapy, Trauma Focused Cognitive Behavioural Therapy, and Suicide Risk Assessment (RRSR). Tanis co-facilitates a Circle of Security group for parents as well as a Social Skills group for children.



**Melinda Crooks, MACP**  
**Melinda.Crooks@gov.bc.ca**

Melinda has a Masters Degree in Counselling Psychology from Yorkville University. Prior to joining CYMH in 2011, she spent three years working in the fields of youth addictions and youth justice. Melinda moved to Kamloops in 2015 to join the

Integrated Practice team. She has been trained in Suicide Risk Assessment (RRSR), Cognitive Behavioural Therapy, and Motivational Interviewing and has organized outdoor camps for at-risk youth.



**Jennie Egyed, M.Ed. RCC**  
**Jennie.Egyed@gov.bc.ca**

Jennie has a Bachelor's Degree in Psychology from the University of British Columbia; and a Master's Degree in Counselling Psychology from the University of Victoria. Jennie began her career working as a therapist for children and youth who

have experienced sexual abuse and currently works on the Integrated Practice Team with children and youth in foster care. Jennie has a special interest in working with children, youth and adults who have experienced abuse and/or trauma and has taken training in: Infant Mental Health, Attachment, Trauma & Brain Development, Dialectical Behaviour Therapy, Expressive Therapies and is certified in Trauma- Focussed Cognitive-Behavioural Therapy.



**Patricia Juergensen, M.Ed. CCC**  
**Patricia.Juergensen@gov.bc.ca**

Patricia attained a Bachelors of Social Work in Kelowna, where she worked for ten years with high risk youth. She then moved to Northern BC and spent ten years working between Child Protection and Adult Mental Health and Addictions. During that time, she

earned her Masters of Education in Counselling. Patricia came to Kamloops in 2011 and joined the Child and Youth Mental Health Team. Patricia has completed training in Cognitive Behavioural Therapy, Trauma-Focussed Cognitive Behavioural Therapy, Suicide Risk Assessment (RRSR), and Connect Parent Group Facilitation.



**Kerri Petrie, BSN, RN**  
**Kerri.Petrie@gov.bc.ca**

Kerri graduated from UBC in 1995 with a Bachelor of Science in Nursing and is a Registered Nurse. She has spent her entire career working within the field of child and youth mental health including child and adolescent psychiatry at

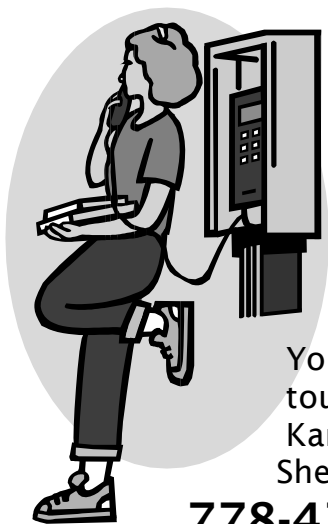
BCCCH, acute mental health services, and currently providing clinical consultation and 1:1 services to children and youth in care with the Ministry of Children and Family Development. Kerri has training in many clinical modalities including Cognitive Behavioural Therapy, Trauma-based therapy, Developmental Disorders and Mental Health, Modified Interaction Guidance, and Infant Mental Health.



**Susie McCabe, BSW, MACP**  
**Suzanne.McCabe@gov.bc.ca**

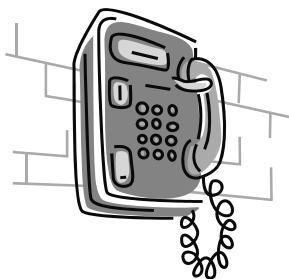
Susie received her Master's in Psychology and Counselling from Yorkville University. Susie began her career working with court adjudicated youth at Camp Trapping and, in 2007, joined the Child and Youth Mental Health team in Prince

George. Susie moved to Kamloops in 2009 and worked with psychiatric patients at Royal Inland Hospital prior to returning to Child and Youth Mental health in 2011. Susie has completed training in threat response, Suicide Risk Assessment (RRSR), Cognitive Behavioural Therapy, Developmental Disorders and Mental Health, and trauma based interventions. Susie has a special interest in parent-child dyadic work and has completed training in infant mental health, advanced Watch Wait and Wonder and Modified Interaction Guidance.



You can get in touch with the Kamloops Youth Shelter by calling **778-470-0991**

If we can't help you we may be able to connect you with someone who can.



You can also call us toll free at

**1-855-629-SAFE**

(1-855-629-7233)

24 hours/day

7 days/week or

[kys@interiorcommunityservices.bc.ca](mailto:kys@interiorcommunityservices.bc.ca)



#### MISSION STATEMENT

“Interior Community Services enriches the lives of individuals and families by providing integrated family support, individual life skills development and safe, nurturing home environments designed to assist people to live to their potential in the community”

#### What is the Kamloops Youth Shelter?

The Kamloops Youth Shelter is a program for youth who want to or are thinking about making changes in their lives. Those changes may be getting away from the streets, wanting to work things out at home or needing a safe place to stay for a short time while they decide what it is they really want to do in their lives.

Youth are able to access the Kamloops Youth Shelter on their own (no referral needed) 24 hours/day, 7 days/week. There are no fees or costs for any of the services.

#### More than anything the Kamloops Youth Shelter is about YOUTH!

For information, feedback or to share concerns please contact:

INTERIOR COMMUNITY SERVICES

250-554-3134 or visit us at [www.interiorcommunityservices.bc.ca](http://www.interiorcommunityservices.bc.ca)

Funded by the Ministry of Children and Family Development



Welcome to



## Kamloops Youth Shelter

INTERIOR COMMUNITY SERVICES

765 Tranquille Road,  
Kamloops, B.C.  
V2B 3J3

Telephone: 250-554-3134  
Fax: 250-376-3040

Email:  
[adm@interiorcommunityservices.bc.ca](mailto:adm@interiorcommunityservices.bc.ca)



## The GUIDELINES

**Respect**—you are responsible for your actions & your guests. Alcohol, drugs & paraphernalia are not welcome on the property. Please smoke outside only.

**Equality**—racist, sexist or homophobic comments, jokes or other oppressive actions show disrespect for all people. Diversity is encouraged & celebrated.

**Safety**—youth are expected to participate in creating a safe place for everyone in the house. Violence, including threats & property damage, possession of weapons, etc. is not welcome at any time.

**Personal Health**—medications (prescription, over-the-counter & vitamins) are to be kept in the staff office. However, youth are responsible for their own personal health.

**Empowerment**—we will not do for you what you can do for yourself. Please clean up after yourself & help keep the house tidy for all. This is part of respecting yourself & others.

**Courtesy**—respecting the personal space of others & setting good boundaries for yourself creates a safe, comfortable place for everyone.

**Trust**—keep in mind that personal possessions are not for the taking. Please do not help yourself to things that do not belong to you. If you aren't sure if you can use or have something, please ask. All of the bedrooms lock—we suggest you keep your door closed & your belongings secure.

## What about...

### PARENTS & GUARDIANS?

**Kamloops Youth Shelter** values & respects those significant people in a youth's life. This program works to assist youth in maintaining positive connections to their families, friends, schools, supportive professionals and their community. There are three key ways the Kamloops Youth Shelter can support families/guardians:

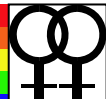
- **Missing Persons Reports**—The Kamloops Youth Shelter accepts referrals/reports from all sources on missing youth & works cooperatively with all legal authorities in trying to ensure that youth are safe & accounted for. Youth choosing to access the program need to assist staff in contacting a parent or guardian as soon as possible. For youth involved with MCFD, staff contact the Social Worker or MCFD After Hours.
- **Family Mediation**—this is offered to all youth, their families & anyone else they feel is important to their lives. Youth are given information on how to access the family therapy service if and when they are ready. There are NO fees for any of these services.
- **Peace of Mind**—We believe that parents want their children to be safe with people who will care about their health & well-being if they are not at home. The Kamloops Youth Shelter can offer options to youth who, for whatever reason, are unsafe, away from home, alone or on the streets.

## Some Kamloops Youth Shelter “FACTS”

**The Kamloops Youth Shelter is available 24 hours/day, 7 days/week. Trained staff offer support & residential services to young people 13 up to 19 years of age. Up to 4 youth may stay at the house at any given time (4 private bedrooms). Transitional planning (“What now?” or “What next?”) along with referrals and a variety of other support services are available to everyone accessing the program.**

**Drop-In Services are available to youth who are not residing at the house.**

**All services are  
100% Voluntary!**



# What We Do:

(All Private & Confidential  
Of Course!)



### MISSION STATEMENT

"Interior Community Services enriches the lives of individuals and families by providing integrated family support, individual life skills development and safe nurturing home environments designed to assist people to live to their potential in the community"

Welcomes you to

- Drop-in and individual appointments
- Weekly peer group meetings
- E-mail outreach and support
- Resource and lending library
- Referrals to other services
- Workshops for community and school groups on homophobia and heterosexism

# Safe Spaces

For Youth 14-25 Who Are...

### Cool Websites

- Gala Kamloops  
[www.gaykamloops.ca](http://www.gaykamloops.ca)
- Parents and Friends of Lesbians and Gays  
[www.pflag.ca](http://www.pflag.ca)
- Website for Youth Links  
[www.youth4youth.com](http://www.youth4youth.com)
- Gay and Lesbian Educators of BC  
[www.galebc.org](http://www.galebc.org)

For information, feedback or concerns, please contact:  
INTERIOR COMMUNITY SERVICES  
250-554-3134  
Or visit us at [www.interiorcommunityservices.bc.ca](http://www.interiorcommunityservices.bc.ca)  
In partnership with  
Ministry of Children and Family Development

INTERIOR COMMUNITY SERVICES  
765 Tranquille Road,  
Kamloops, B.C.  
V2B 3J3  
Telephone: 250-554-3134  
Fax: 250-376-3040  
  
Email:  
[adm@interiorcommunityservices.bc.ca](mailto:adm@interiorcommunityservices.bc.ca)





...Gay, Lesbian, Bisexual,  
Two-Spirited, Transgender &/or  
Questioning

## Who Will You Meet at Safe Spaces?

- Other GLB2STQ youth
- A peer group
- Volunteers
- Safe Spaces staff person

## Will You Meet Other Youth That May Know You?

Maybe, but the great thing about Safe Spaces is that we all trust one another to respect confidentiality!

At Safe Spaces you can be yourself and connect with others that honour who you are.

For Support &/or  
Information Call:

**250-371-3086**

Or E-Mail:

sspaces@  
interiorcommunityservices.bc.ca

"I felt a relief, a sense of belonging and security. I finally felt normal." A Two-Spirited Safe Spaces Youth

## Safe Spaces is Made By and For Youth!

If you are a part of Safe Spaces then you have a part in deciding what the program is and what we do.

## What Does Two-Spirited Mean?

An aboriginal person who is attracted emotionally and physically to the same or both sexes, may choose to identify as Two-Spirited. In the past, Two-Spirited people were considered gifted because they carried a male and female spirit.



# The Youth Outreach Program is:

...for people 13 to 24 years old

...a harm reduction program

...about support, not judgment!



## Mission Statement

"Interior Community Services enriches the lives of individuals and families by providing integrated family support, individual life skills development and safe nurturing home environments designed to assist people to live up to their potential in the community."

## Contact

Taryn, Todd  
or Laurel

Cell 778-220-3325

or

The Youth Centre  
250-374-7435

For information, feedback or concerns,  
please contact:

INTERIOR COMMUNITY SERVICES  
250-554-3134

or visit our web site at:  
[www.interiorcommunityservices.bc.ca](http://www.interiorcommunityservices.bc.ca)  
Funded through Homelessness  
Partnering Strategy



Welcome to the

# Youth Outreach Program



INTERIOR COMMUNITY SERVICES

765 Tranquille Road  
Kamloops, BC  
V2B 3J3

Telephone: 250-554-3134  
Fax: 250-376-3040

E-mail:  
[adm@interiorcommunityservices.bc.ca](mailto:adm@interiorcommunityservices.bc.ca)

When will you find us?

Taryn, Todd or Laurel  
will be around  
Monday  
to  
Saturday

**Look for them  
most days  
from  
2 pm to  
10 pm**

The outreach  
workers have an  
office on  
First Avenue  
in the  
**ICS Youth  
Centre**  
388 1<sup>st</sup> Avenue  
*(behind the old  
City Hall building)*

**If you have  
any questions about  
the  
Youth Outreach  
Program,  
give us a call at  
778-220-3325**



INTERIOR COMMUNITY SERVICES

765 Tranquille Road  
Kamloops, BC  
V2B 3J3

Telephone: 250-554-3134  
Fax: 250-376-3040

Email:  
[adm@interiorcommunityservices.bc.ca](mailto:adm@interiorcommunityservices.bc.ca)

### **COMMUNITY BASED VICTIM SERVICES**

- This service is for adult, teen and child victims of sexualized assault, sexualized abuse, partner assaults, criminal and sexual harassment.
- Information and assistance concerning reports to the RCMP, Court procedures, Victim Impact Statements and Crime Victim Assistance Program are provided.
- Provide emotional and practical support and accompaniment to court hearings.

### **COUNSELLING SERVICES**

- Staff and trained volunteers provide counselling, support and information to survivors of all types of sexual violence including historical childhood sexualized abuse, and survivors of partner assault.
- Child and Youth counsellors provide counselling for children and teens, including those with special needs.

### **PSYCHO-EDUCATIONAL GROUPS\***

- Girls' groups and boys' groups address issues in age-appropriate and trauma-sensitive formats. Group topics may include problem-solving, peer interactions, and respectful relationships.

\*With need and as resources allow

### **Parent Information and Support Groups\***

- Our Parent Psycho-Educational Groups are aimed at helping parents be able to better respond and help their children and family members after abuse has occurred.

\*With need and as resources allow

### **Adult Relationship/Adult Survivors Group**

- Relationship groups address issues of healthy/unhealthy relationships with partners, family, and friends, and the impacts that being a survivor of abuse often has on those relationships.

You do not have to suffer alone from the effects of violence. We are here to help. Phone 250-372-0179 to make an appointment to see a counsellor or Community Based Victim Service worker.

Our services are free and are available to anyone regardless of race, special needs, sexual orientation, or gender.

We guarantee strict confidentiality.



Our agency is a non-profit society. Funding for many of our programs is provided by:



Many of our services depend on Community support. Financial or voluntary assistance is always appreciated.




## **Kamloops Sexual Assault Counselling Centre**

**P: 250-372-0179**

**#601 - 235 First Ave  
Kamloops, BC**

**Office hours:  
Monday - Friday  
8:30 am - 4:30 pm**

**WWW.KSACC.CA**

 [Facebook.com/kamloopsassaultcentre](https://www.facebook.com/kamloopsassaultcentre)

 [Twitter.com/ksacc\\_ksacc](https://twitter.com/ksacc_ksacc)



## **Violence Against Women**

- 51% of Canadian women experience at least one incident of male violence after the age of sixteen.
- The highest rate of violence (59%) in Canada is reported by women in BC.
- One in three BC women is assaulted by her husband or partner.
- Children ‘witness’ the abuse in 40% of violent relationships.
- One in three women in violent relationships fears for her life due to the harshness of the violence.

## **Sexual Assault**

- Sexual assault is a crime of violence. Offenders use sexual violence to control their victims, to express anger and feel powerful.
- 1 in 3 women and 1 in 5 males will be victims of sexual assault at some time in their lives.
- 83% of women who have been sexually assaulted know their attacker and 80% of rapes occur in a private home.
- Offenders are males in over 95% of the cases.
- Sexual assault is committed more frequently and reported to police less than any other violent crime.

## **Child Sexual Abuse**

- Child sexualized abuse occurs when a person responsible for a child’s care uses the child, or allows the child to be used, for sexual purposes. Sexualized abuse can range from touching of a sexual nature to sexual intercourse. Sexualized abuse also includes voyeurism, exhibitionism, exploiting a child for pornographic purposes, making a child available sexually to other older youth or adults, exposing a child to adult sexual behaviour, or showing a child inappropriate sexual material.
- Children under the age of 14 years cannot legally give consent to any sexual activity
- Teens 14 to 16 years of age can legally give consent to persons less than 2 years older than themselves.
- By age seventeen, 11% of boys and 24% of girls in Canada, have been victims of rape or coercive sex.
- 64% of reported sexual assaults in Canada are committed against children.
- 85% of the time, the offender is someone the child knows, such as a close family friend, relative or neighbor.
- 30% of sexual assaults against children are committed by teens.
- Offenders are males in 97% of the cases.

## **Stalking**

Stalking is the act of repeatedly following, watching, harassing or threatening someone.

Stalking can happen at the person’s home or workplace, by telephone or through the mail or on the internet. It is important to keep a record of ALL contacts and incidents of stalking behaviours.

If you are being stalked, our agency can help by providing support and information.

## **Sexual Harassment**

Sexual harassment is defined as unwelcome sexual aggressiveness.

It happens most often in the workplace or schools and can include leering, inappropriate sexual language and demands for sexual activity.

Over 80% of women in the workforce experience harassment at some point in their working lives.

The law says that an employer is responsible for a harassment-free workplace.

If you have questions about sexual harassment, our agency can help.

## **Education and Prevention**

Our agency believes in the importance of education programs to raise awareness on the issues of sexual abuse/assault and battering, and we are able to offer some programs each year.

Due to limited resources, honorariums are gratefully accepted for public presentations.



## Who are these Services For?

Victims involved in the following types of criminal cases:

- ◆ Partner Assault
- ◆ Sexual Assault  
- recent & historical
- ◆ Child Sexual Abuse  
- recent & historical
- ◆ Criminal Harassment/  
Stalking

## For victims who are to appear as Crown Witnesses:

We provide assistance to individuals wanting information on the procedures of reporting a criminal offence.

We provide emotional support and accompaniment to report a criminal offence.

***All services are for both female and male victims.***

## CONTACT

KAMLOOPS & REGION  
COMMUNITY-BASED VICTIM  
SUPPORT WORKERS AT:  
**250-372-0179**



Kamloops  
Sexual Assault  
Counselling Centre

#601-235 1st Avenue  
Kamloops, British Columbia  
V2C 3J4

 Facebook.com/kamloopsassaultcentre

 Twitter.com/ksacc\_ksacc

## FUNDED BY:



**Ministry of Justice  
Victim Services & Crime Prevention**

**MEMBER:**  
"Silent Witness" Committee

## KAMLOOPS & REGION

# COMMUNITY BASED VICTIM SERVICES



**Phone: 250-372-0179**

**For Victims of:**  
Partner Assault  
Sexual Assault  
Child Sexual Abuse  
Criminal Harassment/Stalking

## What is Community Based Victim Services?

CBVS provides victims with information and emotional support on their roles as witnesses in legal and court processes.

We can additionally refer victims and families to appropriate counselling and community services.

There is no waiting period for our services.

These services are provided free of charge.

## THIRD PARTY REPORTING

### What is it?

An anonymous report to the RCMP about a sexual assault.

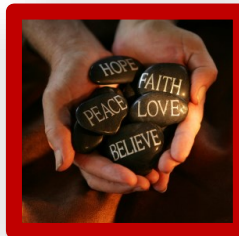
### What we do:

- Explain the process of Third Party Reporting
- Assist victims in filling out all forms
- Forward forms to RCMP

## WHAT SPECIFICALLY DO THESE SERVICES OFFER?

### SEXUAL ASSAULT AND CHILD SEXUAL ABUSE

- ◆ Provide information and emotional support to victims and their family members.
- ◆ Provide copies and an explanation of 'No Contact Orders', 'Bail Conditions' and 'Probation Orders' for victims.
- ◆ Explain the court process, roles of court personnel and the role of a witness.
- ◆ Accompany the victim (or family members) to meetings with Crown Counsel, Trial Hearings and Sentencing Hearings.
- ◆ Assist victims in filling out Crime Victim Assistance Program Application forms, Victim Impact Statements and registering with the Victim Safety Unit.
- ◆ Keep victims informed of court dates.



## Partner Assault/Stalking

- ◆ Provide information on the Battering Cycle; use of power and control; safety issues; and the effects on children who witness violence.
- ◆ Provide emotional support.
- ◆ Provide copies and an explanation of 'No Contact Orders,' 'Bail Conditions' and/or 'Probation Orders'.
- ◆ Explain the court process, roles of court personnel along with the role of a witness.
- ◆ Accompany the victim (or family members) to meetings with Crown Counsel, Trial Hearings or Sentencing Hearings.
- ◆ Keep victim informed of court dates.
- ◆ Assist the victim in filling out Crime Victim Assistance Program Application forms, Victim Impact statements and registering with the Victim Safety Unit.

## Canada's age of consent

The age of consent, also known as the "age of protection", refers to the age at which a young person can legally consent to sexual activity.

All **sexual activity without consent**, regardless of age, is a **CRIMINAL OFFENCE**.



### POSITIVE

This means showing - in words & actions - that you freely agree to participate in a sexual activity

### ONGOING

This means continuing to give your permission throughout the sexual encounter. You can revoke your consent at any time.



**Yes means Yes**

**A lack of understanding can be a contributing factor for unwanted sexual activity and assault.**

ASK

LISTEN

RESPECT

References:

<http://www.justice.gc.ca/eng/dep-min/clp/faq.html>

<http://www.vs.gov.bc.ca/marriage/howto.html>

# SEXUAL CONSENT

Do you know  
how to  
**GIVE & GET**  
sexual consent?

Kamloops  
Sexual Assault  
Counselling Centre



#601-235 First Ave  
Kamloops, BC  
V2C 3J4

**P: 250-372-0179**

[www.ksacc.ca](http://www.ksacc.ca)

 /kamloopsassaultcentre

 /ksacc\_ksacc

## Sexual Consent

Do you know how to give and get sexual consent?

It may seem straightforward, but while almost all Canadians (96%) agree that sexual activity must be consensual, two-thirds (67%) do not fully understand how to properly give or get it.

## What is Sexual Consent?

Sexual consent is a two-way exchange: it's an ongoing process of giving and getting permission.

## To what kind of sexual activity does this apply?

The age of consent laws apply to all forms of sexual activity, ranging from sexual touching (e.g., kissing) to sexual intercourse. This does **not** include anal intercourse. The law states that both parties must be 18 years of age or more.

## Did you know?

67%

of all Canadians say they personally know **at least one woman** who has been **sexually** or **physically assaulted**

10%

of Canadians **incorrectly** believe that consent is **not required** between **spouses** or **long-term partners**.

21%

of people between 18 and 34 **incorrectly** believe sending an **explicit photo, text** or **email** counts as **consent**

**"Consent is not the absence of a NO but the presence of a YES."**

## What is Canada's age of consent?

The age of consent for sexual activity is **16 years old**. It was raised from 14 years old on May 1, 2008 by the *Tackling Violence Crime Act*.

However, the age of consent moves up to **18 years old** when the sexual activity "exploits" the younger person. That includes prostitution, pornography or someone in a position of authority or trust, (examples are teachers, coaches, or babysitters etc.)

Sexual activity can also be considered exploitative based on the younger person's age, the age difference between the younger person and the other person, how the relationship developed (quickly, secretly, or over the Internet) and how the other person might have controlled or influenced the younger person.

The STV Counselling Program provide free counselling to women experiencing emotional, physical, sexual, psychological, social and/or economic abuse.



Our program includes:

- One to one counselling
- Group support for Relationships
- Information on legal rights and how the court system works
- Help to develop a safety plan
- Information and referrals to other community resources
- Information on the impact of violence on the family
- Help in dealing with relationships



**Kamloops  
Sexual Assault  
Counselling  
Centre**

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[ksacc@ksacc.ca](mailto:ksacc@ksacc.ca)

[facebook.com/kamloopsassaultcentre](https://facebook.com/kamloopsassaultcentre)  
[twitter.com/ksacc\\_ksacc](https://twitter.com/ksacc_ksacc)



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**Logan Lake** - STV program  
(cell) 250-682-4380

**Chase** - STV program  
(cell) 250-571-4411

**Funded by:**

Ministry of Justice



**Program**

**Kamloops  
Sexual Assault  
Counselling Centre**

#601—235 1st Ave.  
Kamloops, B.C. V2C 3J4

**P: 250-372-0179**

**OFFICE HOURS**

Monday - Friday  
8:30 am-4:30 pm

[www.ksacc.ca](http://www.ksacc.ca)

[ksacc@ksacc.ca](mailto:ksacc@ksacc.ca)  
[facebook.com/kamloopsassaultcentre](https://facebook.com/kamloopsassaultcentre)  
[twitter.com/ksacc\\_ksacc](https://twitter.com/ksacc_ksacc)

## STV Counselling

Individual, group, and relationship counselling services are available.

### Individual Counselling:

One to one counselling and emotional support.

### Group Counselling:

Group and family counselling and emotional support

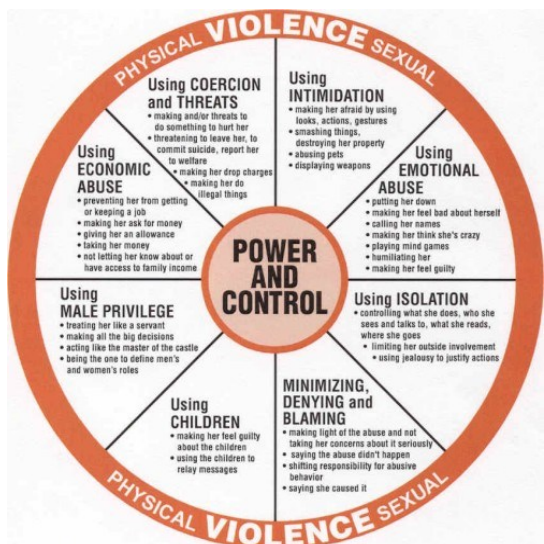
### Relationship Counselling:

A healthy relationship should not hurt.

If you feel your relationship is unhealthy and/or abusive, please give us a call and a member of our counselling team can help you.

### Safety Planning:

We will help you develop a plan that promotes greater safety for you and your children.



If you or someone you care for is the victim of violence, please contact us:

The Kamloops Sexual Assault  
Counselling Centre  
250-372-0179

#601—235 1st Ave.  
Kamloops, B.C. V2C 3J4

### OFFICE HOURS

Monday - Friday  
8:30 am-4:30 pm

[www.ksacc.ca](http://www.ksacc.ca)

Or VICTIM LINK at:  
1-800-563-0808

(The line is available  
24 hrs a day, 7 days a week  
in multiple languages).

## Signs of abuse:

### Controlling:

Interrogates you intensely about whom you talked to and where you were; keeps all the money; insists you ask permission to go anywhere or do anything.

### Isolation:

Tries to cut you off from family and friends; accuses people who are your supporters of "causing trouble." The abuser may deprive you of a phone or car or try to prevent you from holding a job.

### Makes Others Responsible For His/Her Feelings:

The abuser says, "You make me angry," or "You're hurting me by not doing what I tell you."

### Hypersensitivity:

Is easily insulted, claiming hurt feelings when he/she is mad. Rants about the injustices of things that are just a part of life.

### Cruelty To Animals Or Children:

Kills or punishes animals brutally. Also may expect children to be capable of doing things that are far beyond their ability (whips a 3-year-old for wetting a diaper) or may tease them until they cry.



**OUR MISSION STATEMENT**

*To promote an improved quality of life for individuals, families and community by providing support, treatment, education, prevention; and advocacy to those impacted by problematic substance use through inpatient medically-supported management, outpatient programing, outreach; and referral.*

**PHOENIX CENTRE**

922 -3rd Ave.,  
Kamloops, BC V2C 6W5

Phone  
250-374-4634

Fax  
250-374-4621

E-mail: [ksad@phoenixcentre.org](mailto:ksad@phoenixcentre.org)  
Website: [www.phoenixcentre.org](http://www.phoenixcentre.org)



*Funding provided by:*

**PHOENIX CENTRE**

*Funding provided by*



*It is the start of a new you!*



**PHOENIX CENTRE**

*" We serve your friends, your family and your neighbours"*

**COMMUNITY  
DETOX  
PROGRAM**

*A NEW PROGRAM  
AVAILABLE THROUGH  
THE PHOENIX CENTRE*



# COMMUNITY DETOX PROGRAM

*Phoenix Centre has expanded its Detox Program to include a Community Detox Program.*

## WHAT IS THE COMMUNITY DETOX PROGRAM (CDP)

- ◆ You agree to participate for two months.
- ◆ You will receive intensive support for the first five days, beginning with a physician assessment. During those five days you will visit Phoenix Centre for medical and psychiatric review, and brief therapy.
- ◆ Once you have detoxed, you will meet with your counsellor for three 50 minute sessions spread over the remaining two months.
- ◆ You and your counsellor will work on a recovery plan which will include support groups and programs in the community.

## REFERRAL CRITERIA:

We recommend that your family physician assess you before referral.

We require that:

- ◆ You are medically stable.
- ◆ Have safe housing with a non-user.
- ◆ A supportive person who is available at your home for the first week of the program.
- ◆ ECG and blood work including liver function completed within 2 weeks of your referral.

## CLIENTS SERVED:

Adults who want to withdraw from alcohol and other drugs.

We recognize that many people prefer to remain at home during their substance withdrawal, and can be successful. This is a possibility if you are medically stable and have no history of seizures. You may be able to continue many of your usual lifestyle activities including going to work and caring for their families.

## PROFESSIONAL SUPPORT:

### ADDICTION MEDICINE PHYSICIANS

- ⇒ Dr. Stan Fike
- ⇒ Dr. Rob Baker
- ⇒ Dr. Lyn MacBeath
- ⇒ Dr. Orlando Passerin

### NURSE SPECIALIST

- ⇒ Rachel LePage, RN

## REFERRAL PROCESS:

As with the in-patient Detox Program, you can refer yourself. However, we encourage a referral by your family Physician to promote your continuity of care. You may fax your referral to:

Fax: 250-374-4621

*or call for more information*

250-374-4634

Toll free : 1-877-318-1177

*We practice a collaborative care model, providing an integrated medical and psychiatric service.*

**Our program is not optional, you will be expected to participate in all aspects of the program.**

**Passes are only allowed for the purpose of treatment planning.**

**For the comfort of everyone, no visitors are allowed.**



*"We serve your friends, your family and your neighbours"*

### ***Our Mission***

*To promote an improved quality of life for individuals, families and community by providing support, treatment, education, prevention; and advocacy to those impacted by problematic substance use through inpatient medically-supported management, outpatient programing, outreach; and referral.*

**Phoenix Centre  
922-3rd Avenue.  
Kamloops, BC V2C 6W5**

**Telephone: (250) 374-4634  
Fax: (250) 374-4621  
Toll Free: 1-877-318-1177**

*Program funded by:*



## **Residential Detoxification Unit**

*Any drug use or suspected drug use results in immediate discharge.*

# The Phoenix Centre Detox Unit

*Welcomes you into the first step of the recovery process. We recognize that making the decision to change your lifestyle is difficult. The Detox staff believe that you have the strength to make a better life for yourself. We are committed to making you feel safe and supported as you move through the withdrawal process .*

## What to Bring

- A change of clothes (we do have laundry facilities).
- Comfortable clothing and shoes for exercising.
- Any medication prescribed by your Doctor.
- Cigarettes if you smoke.
- Your Medical Card (if you have one).
- Quarters for the pay phone.
- Toiletries.
- Money or bus ticket for transportation home.
- Please do not bring food.

## Admission

Clients will be given a time and date for admission. On admission your belongings will be searched by our staff. Drugs of any kind must be turned over to staff.

- Any drug use, suspected drug use, or possession of drugs will result in immediate discharge.



## Cost

The detox services are fully funded by Interior Health Authority.

## Length of Stay

You should plan on a minimum five day stay. Your stay may be extended beyond that time depending upon your drugs of choice, the stage of your addiction, and your general health.

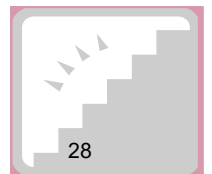
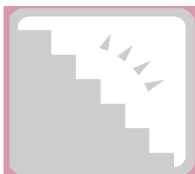
This will be determined by the detox staff.

## Our Detox Program Provides

- A medically safe detox (all clients are seen by a physician within their first 24 hours in detox).
- Crisis Intervention Counselling
- Assessment
- Referral information or referral to the Addictions Residential Care Coordinator.

## What Happens During a Normal Day in Detox?

- House Meeting
- Client participation in chores.
- Exercise
- Relaxation techniques.
- Educational Groups.
- Videos.
- A.A. & N.A. Information Meetings





*"We serve your friends, your family and your neighbours"*

## PHOENIX CENTRE

### MISSION STATEMENT

*To promote an improved quality of life for individuals, families and community by providing support, treatment, education, prevention; and advocacy to those impacted by problematic substance use through inpatient medically-supported management, outpatient programming, outreach; and referral.*

### RAVEN PROGRAM

*Working together with youth, their families, and our community to bring about healthy lifestyle changes.*



## PHOENIX CENTRE RAVEN PROGRAM

*is located in the*

**Phoenix Centre  
@ 922-3rd Ave.,  
Kamloops, BC V2C 6W5**  
*(Near Royal Inland Hospital & St. Ann's Academy)*

**Phone: 250-374-4634**

**Fax: 250-374-4621**

**Email: [raven@phoenixcentre.org](mailto:raven@phoenixcentre.org)  
Website: [www.phoenixcentre.org](http://www.phoenixcentre.org)**

*Program funded by:*



*"We serve your friends, your family and your neighbours"*

## RAVEN PROGRAM

*Providing substance use services to people up to the age of 25 (and their families).*

*The Raven Program has been operational in Kamloops since 1992.*







## What Happens at The Raven Program?

*The Raven Program offers a number of services to clients up to the age of 25 and to their families, including:*

- Individual, group and family counselling.
- Information, education and support for parents and families
- Services for clients living with substance use in their families.
- School and Community focused prevention/ information and presentations.
- Outreach services.
- School based Counselling Services.
- Residential program referrals.
- Available for consultation with families, individuals and organizations.



*"We serve your friends, your family and your neighbours"*

## RAVEN PROGRAM

### Who can attend the Raven Program?

#### Clients

Anyone up to the age of 25, who is experiencing problems related to substance use can call or visit the Raven Program. A counsellor will assist to develop a treatment plan and arrange for appointments. All visits are confidential. Parents and any other family members are encouraged to be involved or clients may attend on their own.

#### Family

The Raven Program offers information and support for family members connected to a person who is experiencing problems related to substance use. Parents (or family as defined by the client) are encouraged to be involved in the treatment plan.

#### Referrals

The Raven Program accepts referrals from community agencies as well as families, and self referrals are welcomed.

Referral information can be obtained from Raven staff and an initial screening meeting will be arranged. Clients referred to the program will take an active role and be encouraged to be part of their own planning and treatment process. Every effort will be made to provide appropriate services as soon as possible and to work closely with referring agencies.

### Groups Include:

- *Services for children living with substance use in their families*
- *16 Step Young Women's Group*
- *Parent Support*
- *Topic/issue specific groups*

### Staff

*Counsellors working in the Raven Program all have relevant degrees.*



### Philosophy of the Raven Program

Virtually all people in our society are exposed to substance use in some way. To our clients who are experiencing problems at home, work or school, and are engaged in high risk drug related activity, we offer a creative, respectful environment for group and one to one counselling.

The Raven Program is based on the Harm Reduction concept, minimizing harm and reducing negative consequences.

The Raven Program looks at all aspects of a person's life and works cooperatively to set and achieve goals leading to a healthier and safer lifestyle.

We believe in the resiliency of our clients and work to bring out their strengths and ability to create change.



*A Journey of a Thousand Miles  
begins with a single Step.*



*For more information,  
please contact*

**PHOENIX CENTRE**

922 3rd, Avenue  
Kamloops, BC  
V2C 6W5

Phone  
(250) 374-4634

or

Toll Free: 1-877-318-1177

Fax

(250) 374-4621

E-mail:

[ksad@phoenixcentre.org](mailto:ksad@phoenixcentre.org)

Website:

[www.phoenixcentre.org](http://www.phoenixcentre.org)

*Program funded by:*



ROYAL INLAND HOSPITAL  
FOUNDATION



the  
Stollery  
charitable foundation



United Way



**PHOENIX  
CENTRE**

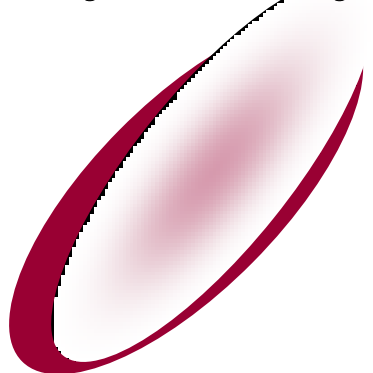
**SUPPORTIVE**

**TRANSITIONAL**

**LIVING IN RECOVERY**

**PROGRAM**

**(STLR)**



# SUPPORTIVE TRANSITIONAL LIVING IN RECOVERY PROGRAM

The *Supportive Transitional Living in Recovery Program (STLR)* is a 11 bed, abstinence-based facility that provides a safe, stable and communal living environment for those living in recovery. This program is a partnership between Phoenix Centre and Canadian Mental Health Association (CMHA).

## Client Criteria

- ⇒ Capable of a high level of self-care;
- ⇒ Capable of living in a communal environment;
- ⇒ Currently living a life of abstinence and striving to sustain this lifestyle;
- ⇒ Not currently experiencing suicidal ideation or participating in self-harming behaviours;
- ⇒ Successfully completed the initial detoxification process;
- ⇒ Demonstrates an ability to regulate emotionally;
- ⇒ Willing to actively participate in recovery programming and an individualized wellness plan.

## Program Components

1. Support Worker - Phoenix Centre provides a half-time support worker to assist clients during their stay to ensure success of the placement.
2. Shelter Support - CMHA staff are on site 24 hours a day, 7 days per week ensuring safety of all clients and immediate response to any problems/needs.
3. Programming - Clients participate in programming as identified by an individualized treatment plan. This may include one-on-one counselling, group counselling, 12-step groups, relaxation & physical activity groups, nutrition workshops and assistance in pursuing employment and/or education.



## Referral and Intake Process

- ◆ A Drug and Alcohol Counsellor or other healthcare professional must make the initial referral to the STLR support worker.
- ◆ A panel interview with the client will be conducted to determine whether the program is a suitable placement for each client.
- ◆ Short and long term goals must be determined prior to panel interview.

## Cost

- ◆ \$420. monthly rental fee
- ◆ \$200. damage deposit due at the beginning of client stay.

## Length of Stay

Clients are able to stay in the program and maintain STLR residence as long as required, providing they meet program expectations.



**The Aboriginal Child and Youth Mental Health Program** provides culturally sensitive and competent supports which integrate culture, teachings and provide cultural opportunities.

We incorporate Aboriginal healing in combination with Western philosophies and we adhere to approaches which support/maintain a long-term connection to wellness.

We provide clinical counselling services and support to children, youth, families and caregivers. We aim to promote mental health awareness and understanding in our community.



## **White Buffalo**

**Aboriginal & Métis Health  
Society**

### **White Buffalo Aboriginal & Métis Health Society**

**517A Tranquille Road**

**Phone: 250 554 1176**

**Fax: 250 554 1157**



**Aboriginal Child & Youth  
Mental Health Program**

**Funded by:**

**Ministry of Children and Family Development**

✚ **The Aboriginal Child and Youth Mental Health Program** accepts referrals for children under 19 years of age.

✚ The Program consists of a Clinician and Wellness Coordinator.

✚ The Clinician provides clinical counselling services for children and youth (assessment, planning, and treatment), supports parents and /or caregivers, provides consultation and makes recommendations.

✚ The Wellness Coordinator provides pre-service and post-service support for children, youth and their families (referrals, screening, scheduling, and check-ins), develops community links and maintains program development.

✚ Together, the Clinician and Wellness Coordinator deliver groups to children, youth, families and caregivers based on need.

**The Aboriginal Child and Youth Mental Health Program** provides counselling and support for children and youth experiencing (but not limited to):

- ✚ Anxiety Disorders
- ✚ Depressive Disorders
- ✚ Behavioural Challenges
- ✚ Obsessive Compulsive Disorder
- ✚ Suicidal Behaviours
- ✚ Self Harm
- ✚ Trauma



#### **How to make a referral:**

1. Call the Wellness Coordinator at **250-554-1176** and request that a referral form be faxed or emailed to you.
2. If you require assistance with the form please contact the Wellness Coordinator.
3. After a referral has been received the Wellness Coordinator will contact the family to begin the screening process.
4. After the screening process is complete, services and/or referrals will be offered.

## Our Mission

White Buffalo Aboriginal and Métis Health Society is a non-profit society dedicated to the advancement and promotion of health and social well-being of Urban First Nations, Métis, Inuit and the Kamloops Community. We serve children, adults, families and community on local, regional and provincial levels. Our goals are to:

- Advance First Nations, Métis and Inuit peoples as decision makers in their health and social well-being.
- Strengthen capacity through program development, direct service delivery and relevant research initiatives.
- Advocate for systemic transformative change to improve health and social conditions for all.
- Sustain and develop meaningful partnerships with key stakeholders and relevant parties.
- Take a leadership role in facilitating collaborative approaches to planning, service delivery and evaluation of health and social programs and services.
- Build upon the gifts and wisdom of First Nations, Métis and Inuit cultures to ensure that they are recognized as valuable, distinctive and beautiful.
- Promote pride of ancestry, history and cultural reclamation.

## White Buffalo Programs:

- **A.R.C.H. Applications**
- **Aboriginal Child and Youth Mental Health**
- **Aboriginal Family and Community Response**
- **Connecting Youth**
- **Gift Givers Addictions and Mental Health**
- **Gift Givers Family Support**
- **Primary Health Care**
- **Reaching Out Project**

Location: 517A Tranquille Road  
Kamloops, BC  
V2B 3H3

Phone: 250.554.1176

Fax: 250.554.1157

Toll Free in BC: 1.877.554.1176

Hours: Monday to Friday  
8:30 AM to 4:30 PM  
(Closed between 12 and 1)

Updated January 2016



## White Buffalo Aboriginal & Métis Health Society



*Providing Health and Social  
Programs and Services for  
Urban First Nations, Métis, Inuit  
and the Kamloops Community.*



### **Aboriginal Child and Youth Mental Health**

The Program provides support and clinical counselling services to children and youth under the age of 19 years who are experiencing one or more mental health challenge (such as anxiety, depression, obsessive compulsive disorder, self-harm, suicidal ideation, trauma, and so forth). The Program incorporates Aboriginal healing in combination with Western philosophies and aims to promote mental health awareness, promotion and understanding in the community. The Program also offers anxiety and self-esteem groups for elementary aged children, secondary aged youth and parents/caregivers.

### **Aboriginal Family and Community Response**

The Program assists in preventing homelessness. The Program provides support and builds capacity through education, 1:1 support, safety plans, wellness plans, referrals and advocacy. A limited amount of emergency funding is available. The Program offers workshops such as Grief and Loss, Budgeting and Life Skills, Advocacy with Landlords/Utilities/Gas/ Ministry/Community Services and Employment Goal Setting. As well, the Program offers Clinical Trauma Counselling.

### **Gift Givers Addictions and Mental Health**

The Program focuses on holistic health care using the bio-psycho-social harm reduction model in an integrated environment, so that individuals may achieve their fullest potential as a unique individual in society. The Medicine Wheel and other traditional healthcare practices are a part of the integrated approach. The Program offers assessment, treatment referrals, groups and 1:1 counselling.

### **Connecting Youth**

The Program assists youth aged 16 to 24 years in building and enhancing a variety of skills that aim to increase opportunities for education and employment. The Program blends traditional teachings with western practices to strengthen and empower youth. The purpose of the Program is to work towards the improvement of economic prosperity and healthy lifestyle for First Nations, Métis and Multi-barrier youth. Participants will earn three entry level certificates (First Aid, Food Safe and Serving it Right) and will receive training for job search, work etiquette and employment enhancement.

### **Gift Givers Family Support**

The Program provides prevention and early intervention services to Aboriginal and Métis families at high risk. The Program works directly with parents and caregivers by offering 1:1 support to help increase parenting skills by providing an understanding of the impact of addiction, family violence and generational trauma on an individual's ability to practice positive parenting. The Program also offers the Seven Sacred Teachings Program (8 week parenting course) and the Women's Empowerment Program (12 week women's circle).

### **A.R.C.H. Applications**

Affordable Recreation for Community Health is a subsidy program that provides opportunity for individuals with a limited income to participate in a variety of recreational activities. A.R.C.H applications are processed on Wednesday and Friday between 1 PM and 4 PM.

### **Primary Health Care**

The nurse practitioner provides assessment, diagnosis and treatments of both acute and chronic illnesses every Wednesday from 1:30 PM to 4:30 PM. Please call ahead for an appointment.

### **Reaching Out to Stop the Violence**

The Program was created to reduce and prevent violence against women, to develop an outreach strategy, and to improve access to community services for Indigenous and other women with multiple barriers who have experienced violence at home and in their communities, both rural and urban. The Program works to develop and implement strategies and essential workshops that will engage men, women, youth and professionals; build community connections; and map essential services in each community that address this prevalent problem.

✚ Are you interested in these groups being offered at your school or agency?

OR

✚ Do you know of someone who might benefit from these programs?

If so, feel free to contact the Wellness Coordinator at White Buffalo Aboriginal and Métis Health Society for more information at:

250.554.1176

Or

[wellness@whitebuffalosociety.net](mailto:wellness@whitebuffalosociety.net)



"Fill a child's bucket of self-esteem so high that the rest of the world can't poke enough holes to drain it dry." - Alvin



**White Buffalo Aboriginal & Métis Health Society**

517A Tranquille Road

Phone: 250 554 1176

Fax: 250 554 1157

Funded by:

Ministry of Children and Family Development



**White Buffalo**

Aboriginal & Métis Health  
Society



Aboriginal Child & Youth  
Mental Health Program

**Group Guide**



## Anxiety Groups



### Jitterbugs

Major life changes such as starting school or moving can cause anxious behaviors. Challenging life events such as parental conflict, parental separation, family illness, family injury or death can also prompt anxiety. This group will help children learn about their anxiety and to learn ways to manage their anxiety. This group is for children aged 6 to 12 years. It runs for a 6 week period, 1 hour per week.



### Soaring Eagles

Anxiety is a natural human reaction that involves mind and body. However, sometimes anxiety can interfere with everyday life. In particular, anxiety can be challenging for youth given the multitude of significant pressures they face in today's world. This group will teach youth about their anxiety, offer ways that youth can best manage their anxiety, and prompt youth to begin thinking about their anxiety differently. This group is for youth aged 12 to 18 years. It runs for a 6 week period, 1 hour per week.

## Parent Groups



### Coping with Your Jitter Bug

When our children struggle with anxiety, it is difficult to know how to help. This group provides basic education on childhood anxiety and teaches successful skills and interventions that you can utilize at home. This group runs for a 6 week period, 2 hours per week.



## Self – Esteem Groups



### Courageous Critters

Children with low- self- esteem often can feel powerless, lonely, resentful, defensive, and easily frustrated. These feelings can lead to numerous behaviors. This group offers children tools to re-direct their behaviours and feel more confident. This group is for children aged 6 to 12 years. It runs for a 6 week period, 1 hour per week.



### Wisdom Warriors

Life as a teen can be challenging at times. The objective of this group is to give youth the tools to become confident adults. By enhancing and encouraging trust, belonging, identity, life purpose, positivity and success, youth can begin to feel a greater sense of self. This group is for youth aged 12 to 18 years. It runs for a 6 week period, 1 hour per week.



## YFPS Program Locations

### Provincial

Program Support and Administration  
7900 Fraser Park drive  
Burnaby, BC V5J 5H1  
(778) 452-2138

Inpatient Assessment Unit  
7900 Fraser Park Drive  
Burnaby, BC V5J 5H1  
(778) 452-2235

### Regional

#### South Burnaby

Burnaby Outpatient Clinic (Reg. HQ)  
7900 Fraser Park Drive  
Burnaby, BC V5J 5H1  
(775) 452-2200

#### Lower Mainland

Vancouver Outpatient Clinic  
3rd Floor - 550 Cambie Street  
Vancouver, BC V6V 2N7  
(604) 660-5237

Langley Outpatient Clinic  
5714 Glover Road  
Langley, BC V3A 4H8  
(604) 532-4966



Web site:  
[www.mcf.gov.bc.ca/yfps/index.htm](http://www.mcf.gov.bc.ca/yfps/index.htm)

### Vancouver Island

Victoria Outpatient Clinic (Reg. HQ)  
1515 Quadra Street  
Victoria, BC V8V 3P4  
(250) 387-2830

Nanaimo Outpatient clinic  
Suite 1 – 1925 Bowen Rd  
Nanaimo, BC V9S 1H11  
(250) 760-0409

### Interior Region

Kelowna Outpatient Clinic  
100 – 537 Leon Avenue  
Kelowna, BC V1Y 6J5  
(250) 861-7601

Kamloops Outpatient Clinic  
#8 Tudor Village  
1315 Summit Drive  
Kamloops, BC V2C 5R9  
(250) 828-4940

### Northern Region

Prince George Outpatient Clinic (Reg. HQ)  
1594 – 7th Avenue  
Prince George, BC V2L 3P4  
(250) 565-7115



BRITISH  
COLUMBIA  
The Best Place on Earth

## Youth Forensic Psychiatric Services



Balancing Individual  
Mental Health Needs with  
Public Protection



BRITISH  
COLUMBIA  
The Best Place on Earth

Ministry of  
Children and Family  
Development



## About Youth Forensic Psychiatric Services

Youth Forensic Psychiatric Services (YFPS) is a specialized mental health service within the Ministry of Children and Family Development that focuses on providing assistance to youth who are in conflict with the law.

We work in close partnership with Youth Courts, Youth Probation, and Youth Custody Services as well as with other programs both within and outside of the Ministry that provide mental health services to youth.

Our services are mandated under the authority of the Criminal Code of Canada, the Forensic Psychiatric Act, the Youth Criminal Justice Act, and the Youth Justice Act (BC), the Mental Health Act (BC) as well as other provincial legislation.

Our service has been accredited by the Council on Accreditation (C.O.A.).



## Who May Receive Service

YFPS will provide service to youth who are:

- 12-17 years old
- Involved with the Youth Criminal Justice System
- Mandated by Court or legal order to attend for assessment and/or treatment
- In need of services for mental health and/or behaviour problems

Because of our mandate, we can accept referrals only from the Youth Court, Youth Justice Probation Officers and Youth Custody Centre staff.

## Education and Research

Our professional staff are actively involved in providing continuing education through affiliations with universities, memberships in professional societies and presentations at major conferences and symposia.

Youth Forensic Psychiatric Services (YFPS) is also involved in ongoing research on issues directly relevant to the treatment and assessment services that we provide. It is through evaluation and research that we have established YFPS as a national leader in forensic mental health.



## Our Programs and Services

We provide service through the YFPS Inpatient Assessment Unit (located in Burnaby), 8 community clinics and a network of private contractors situated across the Province of British Columbia. Our services include:

- Community-based court-ordered and court-related assessment
- Custodial court-ordered assessment at the Inpatient Assessment Unit and Youth Custody Services
- Specialized treatment programs for youths who commit sexual and violent offences
- General and specialized mental health services for eligible youths who reside in the community or in Youth Custody Services
- Consultation with other MCFD programs, community agencies and the general public.
- Fully qualified mental health professionals provide all clinical services.



WE ASKED YOUNG PEOPLE...  
 "HOW WOULD YOU LIKE ADULTS TO TALK TO YOU  
 ABOUT YOUR MENTAL HEALTH?"

THE FOLLOWING ARE THEIR WORDS PUT INTO AN  
 "UNFOLDING CONVERSATION"

[www.familysmart.ca](http://www.familysmart.ca)



DON'T SAY



SAY



DON'T SAY



SAY



HERE'S AN "UNFOLDING CONVERSATION"  
 AND, IT IMPACTS THEIR MENTAL HEALTH.  
 ARE A BIG DEAL TO YOUNG PEOPLE

# GARING CONNECTED RELATIONSHIPS

DON'T SAY

I'M GROSS AND NO ONE LIKES ME

BUT YOU HAVE SO MUCH GOING FOR YOU



SAY

I'M GROSS AND NO ONE LIKES ME

IT MUST BE HARD NOT TO FEEL GOOD ABOUT YOURSELF

I'M SORRY THAT YOU'RE HAVING A HARD TIME.

I HOPE YOU KNOW I CARE.



DON'T SAY

I DON'T KNOW WHAT'S WRONG WITH ME.

THERE'S NOTHING WRONG WITH YOU. YOU'RE FINE.



SAY

I DON'T KNOW WHAT'S WRONG WITH ME.

WHAT'S BEEN GOING ON FOR YOU LATELY? IT'S OKAY TO NOT BE OKAY SOMETIMES.







Early Years  
Centre

# Kamloops Early Years Centre



**Connecting, supporting and  
strengthening families**



Kamloops  
Community  
YMCA-YWCA

# Kamloops Early Years Centre

*Connecting families with early years  
resources, supports and programs*

- Child Care Resource and Referral Program
- Interactive Early Learning Centre
- Toy & Resource Lending Library
- Parent-Child Mother Goose
- Nobody's Perfect Parenting Program
- Infant and Child Development Programs
- Parent and Family Support
- Interior Health Services
- Pre and Postnatal Wellness Programs
- Child Development Check-In

**To find out more about our free programs and services that foster the health and well-being of children, visit us at:**

**150 Wood Street  
Kamloops, BC V2B 0G6  
250-376-4771**

[www.kamloopsy.org](http://www.kamloopsy.org)

Find us on Facebook at:

<https://www.facebook.com/EYCKamloopsCCRR>

Supported by the Ministry of Children and Family Development



Early Years  
Centre



Kamloops  
Community  
YMCA-YWCA



## Toy and Resource Lending Library



The Lending Library is for parents, early childhood care and education workers, infant and child development support workers, therapists, teachers, informal caregivers and recreational programmers.

There are toys, books, puzzles, games, and more that will support children's development and help parents and teachers plan fun learning activities for children.



### CCRR Helping Parents:

- Looking for child care
- Wanting to start a child care business in their home
- With subsidy applications
- With information on healthy child development
- With community information and referrals
- With toy and resource lending library
- With training and workshops
- Free drop-in Early Learning Centre

### CCRR Helping Caregivers with:

- Training and workshops
- Toy and resource lending library
- Special events
- Referrals
- Consultations
- Networking with other caregivers
- Information about grants and help with subsidy
- Free drop-in Early Learning Centre

CCRR is funded by the Ministry of Children and  
Family Development

## Child Care Resource & Referral

*Your Community's Best Source  
for Childcare Information*



The Child Care Resource & Referral Program helps families and child care providers by supporting quality child care choices, and healthy growth and learning for children.

### Kamloops YMCA-YWCA Child Care Resource & Referral

150 Wood St  
Kamloops, BC  
**250-376-4771**

Office Hours:  
Monday—Friday,  
8:30 am—4:30 pm



## CCRR RESOURCES

### **Child Care Referral Service**

Finding the right child care choice can be hard for parents. The CCRR will give families information about what they can look for in a quality child care facility or home. The referral service will provide a list of child care choices and help parents understand the differences in the types of child care.

### **Child Care Subsidy Assistance**

Here at the CCRR we can give parents forms and information needed to apply for subsidy to help with child care costs. Parents and caregivers can fax applications and claim forms to the subsidy office for free at the CCRR.

Follow us on Facebook!  
[www.facebook.com/EYCKamloopsCCRR](http://www.facebook.com/EYCKamloopsCCRR)  
Or find us at:  
[www.childcarechoices.ca](http://www.childcarechoices.ca)

### **Types of Regulated Child Care in BC**

#### **Registered License-Not-Required (RLNR)**

**Family Child Care:** Maximum number of children in care is 2 children or 1 sibling group, *other than* the caregiver's own. Ages 0-12. Registered with CCRR.

#### **Licensed Family Child Care (LFCC):**

Maximum number of children in care is 7 children, *including* the caregiver's own. Ages 0-12 with rules about how many children of each age are in care. Licensed by Interior Health Authority.

#### **Multiage Licensed Family Child Care**

**(LFCC-ECE):** Maximum number of children in care is 8 children *including* the caregiver's own. Ages 0-12 with rules about how many children of each age are in care. Licensed by Interior Health Authority.

#### **Licensed Group Child Care (LGCC):**

Maximum number of children in care is not more than 12 when the children are under 3 years of age; not more than 25 when the children are 30 months to school age and not more than 20 for preschool groups; not more than 24-30 when the children are kindergarten to 12 years of age. Rules about staff to child ratios for each age group. Licensed by Interior Health Authority.

Child Care Regulations can be found at:  
[www.interiorhealth.ca/environment/childcarefacilities](http://www.interiorhealth.ca/environment/childcarefacilities)

### **Good Beginnings: Family Child Care Training**

Good Beginnings is a 25 hour course that prepares people to provide in-home child care. It can also be taken as Responsible Adult Training for child care workers. The course covers important topics about child care, including health, safety, nutrition, child development, behaviour and guidance, emergency preparedness, quality environments, program planning and the business parts of running a child care.

#### ***“Care and Early Learning Can Not Be Separated”***

CCRR supports all childcare programs to raise standards and have quality environments that meet important needs for care and education of children. The CCRR provides opportunities for networking and professional development.

For more information about training or workshops, please contact us at 250-376-4771.