

A Physician's Guide to finding the right resources for young patients in Oliver, Osoyoos and Okanagan Falls

CARE NEEDED...

...LOCAL RESOURCES

**Age 3 – 12, mild to moderate
behaviour issues**

www.ConfidentParents.ca Doctor referral required, parental coaching via phone including evening and weekends

Oliver and Osoyoos:

Early Years Mother Goose Program: 250-498-2538

Parent Connection: 250-485-7499

**Local ADHD and mild to moderate
anxiety and depression support**

Refer to Boys and Girls Club and/or Desert Sun for local counselling, and parent support. Low barrier, not cost, short (if any) waitlist

BOYS & GIRLS CLUB Oliver/Osoyoos/Okanagan Falls
Integrated Family Development Program (counselling) and
Sexual Abuse Intervention Program (age 5-19)

Referrals/self-referrals: 250-485-2222 Fax: 250-498-8873

Local Counselling for CYMHSU

Referrals and self-referrals accepted, no cost, short or no waitlist

DESERT SUN COUNSELLING & RESOURCE CENTRE Oliver/Osoyoos
Stopping the Violence Program

Children Who Witness Abuse

Oliver: 250-498-2538 Fax: 250-498-6088

Osoyoos: 250-495-2623 Fax: 250-495-2745

CY Substance Use Interior Health Intake 250-495-6433

**Age 0-19, any medical behavioral
disorder that seems to meet DSM,
KADS, CFA, SCARED, TeFA, TASR
criteria:**

Refer to these resources simultaneously, due to differing wait times

- depression
- anxiety
- obsessive/perfectionist
- school refusal, shyness that interferes with functioning
- early psychosis, bipolar symptoms
- post traumatic stress
- gender identity/orientation issues
- >14 and ADD/ADHD suspected
- oppositional defiant
- any DSM disorder

CHILD & YOUTH MENTAL HEALTH (MCFD)

Walk-in, self-referral required.

Tues., Wed., & Thurs., 1:00-3:00pm

351-740 Carmi Ave., Penticton

Phone 250-487-4422 to arrange telephone interview or speak to the Team Lead about complex circumstances, including barriers to access. Gateway to services like ARC, CY Psychiatry.

Can be longer waitlist

SOGH Integrated Care Coordinator/RSW 250-498-5025

Fax: 250-498-0351

CMHA Regional Family Navigator 1-844-234-6663

Caregivers Support Group 250-498-5084 (Community Social Worker)

Bereavement Counselling 250-490-1107 (Penticton)

Wellness Centre: (ages 16-30) 250-488-4895 (in-home counselling)

Perinatal Social Worker: Shannon Taylor 250-492-4000 ext. 2870

Referral or self-referral

**Family Support/Counselling and
Facilitation**

Referrals and self-referrals accepted, no cost

FASD Key Worker

250-492-5814 referral and self-referral

Grief Counsellor:

Shannon Stewart
250-498-5045

IH Eating Disorder Clinic

250-870-5774 (Kelowna)
Dr. referral required

Child and Youth Mental Health and Substance Use

A Physician's Guide Local Resource Contacts in Oliver, Osoyoos and Okanagan Falls

ABORIGINAL SPECIFIC RESOURCES

Osoyoos Indian Band Health Centre 250-498-6935: SU, social worker, counselling drop-in Thursdays 1:30pm – 3:30pm
Friendship Centre (counselling) clinician@friendshipcentre.ca or 250-328-8534 Youth Crisis Hotline 1-877-209-1266
Residential Survivor Support Services 1-866-925-4419 KUU-US Crisis Services 1-800-588-8717

SCHOOL DISTRICT 53 COUNSELLORS

District Elementary Counsellor: Tina Lovett 250-498-3481 ext.120 cell250-408-8380 Fax: 250-485-4439
Osoyoos Secondary Counsellor: Carol Gabel 250-485-4433 Fax: 250-495-2669
Southern Okanagan Secondary School: Sara Illingworth 250-498-4931 Fax: 250-498-6957
Southern Okanagan Secondary School: Margi Nazaroff 250-498-4931 Fax: 250-498-6957
Similkameen Elementary Secondary School: Paulina Tin 250-499-2727 Fax: 250-499-2411
Similkameen Elementary Secondary School: Sandra Espenhain 250-499-2727 Fax: 250-499-2411
YouLearn.ca Distance Learning: Steve Pozzobon 250-498-4597

MCFD CLINICIANS

Chad Teigen (Oliver & Osoyoos) Office 250-487-4422 Cell 250488-9126
Sonora Venables (Keremeos) Office 250-499-2352 Cell 250-499-0586

ACCOMPANYING HANDOUTS FOR PATIENTS

Take Home Business Cards

Mental Hygiene Do

- Exercise
- Sleep
- Consistent Daily Routine
- Positive Social Contact
- Healthy Nutrition
- Music & Movement
- Bright Light
- Avoid Drugs
- Limit Screen Time

Mental Hygiene Don't

- Self-Isolate
- Listen to Dreary Music
- Read Mood-Lowering Literature
- Spend Time in Dark Rooms
- Skip Breakfast
- Use Excess Caffeine & Sugar

youth mental health
PHYSICIAN PICKS

anxietybc.ca
 kelymentalhealth.ca
 teenmentalhealth.org
 mindcheck.ca
 openmindbc.ca
 mindyourmind.ca
 mikeandvicki.ca
 forcesociety.ca
 mindshift.App

Take Home Brochure

Oliver, Osoyoos and Okanagan Falls

Child and Youth Mental Health
and Substance Use Resources

Are you wondering
about
mental health?

Find experts, organizations and resources
in your community

Take Home Care Checklist

Child and Youth Mental Health and Substance Use

Family Physician's Conversation Guide
for young patients in Oliver, Osoyoos and Okanagan Falls

CARE CHECKLIST

Discussed with your physician: What is mental health, and what are your specific needs

Discussed with your physician: Basic care to improve your mental health

<p>Mental Hygiene Do</p> <ul style="list-style-type: none"> <input type="checkbox"/> Exercise <input type="checkbox"/> Sleep <input type="checkbox"/> Consistent Daily Routine <input type="checkbox"/> Positive Social Contact <input type="checkbox"/> Healthy Nutrition <input type="checkbox"/> Music & Movement <input type="checkbox"/> Bright Light <input type="checkbox"/> Avoid Alcohol/Drugs <input type="checkbox"/> Limit Screen Time 	<p>Mental Hygiene Don't</p> <ul style="list-style-type: none"> <input type="checkbox"/> Self-Isolate <input type="checkbox"/> Listen to Dreary Music <input type="checkbox"/> Read Mood-Lowering Literature or Poetry <input type="checkbox"/> Hang Out in Dark Rooms <input type="checkbox"/> Skip Breakfast <input type="checkbox"/> Use Excessive Caffeine or Sugar <p>Other instructions about basic care:</p> <p>_____</p> <p>_____</p>
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Discussed with your physician: Online resources

<ul style="list-style-type: none"> <input type="checkbox"/> anxietybc.com <input type="checkbox"/> kelymentalhealth.ca <input type="checkbox"/> teenmentalhealth.org 	<ul style="list-style-type: none"> <input type="checkbox"/> mindcheck.ca <input type="checkbox"/> openmindbc.ca <input type="checkbox"/> mindyourmind.ca 	<ul style="list-style-type: none"> <input type="checkbox"/> youthinbc.com <input type="checkbox"/> mikeandvicki.ca <input type="checkbox"/> mindshift.App
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Discussed with your physician: Local resources to visit

<ul style="list-style-type: none"> <input type="checkbox"/> BOYS & GIRLS CLUB (Oliver, Osoyoos, OK Falls) Integrated Family Development Program (counselling and support) Referrals: 250-486-2222 Office: 250-486-8844 	<ul style="list-style-type: none"> <input type="checkbox"/> DEBERT LUN Children Who Witness Abuse and Substance Use Counselling (Oliver: 250-498-2538 Osoyoos: 250-495-2623) Stopping the Violence (Dating and Relationships) 250-495-2623 	<ul style="list-style-type: none"> <input type="checkbox"/> IN CY SUBSTANCE USE INTAKE Osoyoos Health Centre 250-495-8413 Self-referrals accepted
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Discussed with your physician: Referrals made on your behalf by your physician

Names: _____

Discussed with your physician: Intake process for Ministry of Child and Family Development

<ul style="list-style-type: none"> <input type="checkbox"/> By walk-in (no appointment necessary) Walk-in Hours: TUE, Thurs: 1pm - 3pm 351 740 Camille Ave., Penticton 	<ul style="list-style-type: none"> <input type="checkbox"/> Call for appointment time or 351 740 Camille Ave., Penticton Phone: 250-495-6423
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