

Doctor's Referral Matrix

Child And Youth Mental Health and Substance Use [CYMHSU]

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

R.A.C.E.

RAPID ACCESS TO CONSULTATIVE EXPERTISE
Child and youth psychiatry rapid consults
<http://www.raceconnect.ca>

- Substance abuse
- Transgender care
- Eating disorders [Internal med.]
- Eating disorders [Psychiatry]

1 (877) 696-2131

- ☎ press: 1
- ☎ press: 4
- ☎ press: 3
- ☎ press: 3

Pediatric symptomology

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

Pediatricians: (0-18 yrs)

Dr. Natalie Aird
Dr. Jan Theron

Psychiatrists:

Dr. Carol Coxon
Dr. Lauren Lupton

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

Psychiatric symptomology:

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

Resources Child And Youth Mental Health

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

Kelty Mental Health:

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

THE FORCE

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

Depression

Anxiety

Interactive Skill Building Tools & Online Resources:

- ☎: <http://DwOnline.ca>
- ☎: <http://MindYourMind.ca>
- ☎: <http://Mindshift.ca>
- ☎: <http://Mindcheck.ca>
- ☎: <http://OpenMindBC.ca>
- ☎: <http://AnxietyBC.com>

Parenting Support Resources

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Nobody's Perfect (for parents with children under 6 yrs)	Comox Valley Family Services Association (Healthy Families Program) 🔗 https://valleychild.ca/services/nobodys-perfect-parenting-program	📞: (250) 871-7577
Triple P Parenting Program (2-12 yrs or 9-16 yrs)	Comox Valley Transition Society 🔗 http://cvts.ca/portfolio-item/triple-p-positive-parenting-program	📞: (250) 897-0511 ext. 108
Confident Parents, Thriving Children (3-12 yrs)	Family-focused, telephone-based coaching service for reducing mild to moderate behavioural problems 🔗 https://www.cmha.bc.ca/how-we-can-help/children-families/confidentparents	*Requires a referral from a primary care practitioner*
Friends For Life Parent Program (4-7 yrs or 9-14 yrs)	An evidence based anxiety prevention and resiliency program available online for parents 🔗 http://www.friendsparentprogram.com	
Parenting Without Power Struggles (8-12 yrs) Parents in the Know (> 12) Parents Together Support Group (> 12)	Boys & Girls Club (Classes / Support Groups for Parents) 🔗 http://www.bgccvi.com	📞: (250) 338-7141
Parent Teen Mediation	Ministry of Children and Families (MCFD)	📞: (250) 335-2343
Young Parent Program	c/o Vanier Secondary School Expectant and parenting students in high school 🔗 http://tntls.com/?page_id=25	📞: (250) 338-8445
Support Group for Parents / Caregivers of Teens with Substance Use	John Howard Society Weekly support group meets Thursday nights 🔗 http://www.jhsni.bc.ca	📞: (250) 338-7341
Grandparents Raising Grandchildren	Child Development Association Peer support meets weekly 🔗 https://cvcda.ca	(Intake) 📞: (250) 338-4288
Support for Parents/Caregivers on Hornby and Denman Islands	Hornby and Denman Community Health Care Society Youth & Family Counselling 🔗 http://hornbydenmanhealth.com	📞: (250) 898-0247
Comox Valley Early Years Centre Support for Children 0-6 yrs	Comox Valley Early Years Centre Services/Supports for parents with children 0-6 yrs 🔗 http://www.valleychild.ca	(Intake) 📞: (250) 650-3288
THE FORCE Society for Kids' Mental Health	Provides peer parent support and helps parents to navigate the mental health/substance use system • Also offers "In the Know" educational series 🔗 http://www.forcesociety.com	📞: 1 (855) 887-8004