## **PATHWAYS TO CARE**

To use the Pathway To Care please begin at left most column. Also see Additional Resources below for further information.

**BASIC NEEDS** 

ONGOING CONCERN

**INCREASING CONCERN** 

INPATIENT TREATMENT

Have you had breakfast? Lunch? Dinner?

Do you have somewhere to live?

Do you have social connections in the community?

What would you like to learn more about?

What areas do you need extra support with?

What skills do you use to maintain your health?

What community groups are you currently attending?

What types of extra support would be useful?

What are some of the things you have tried that worked or didn't work?

**UN-RESOLVING ISSUE** 

How often is this problem presenting?

Do you have a safety plan?

Is there a current diagnosis?

How is the family coping with the concern? What is your most pressing symptom?

PHYSICAL HEALTH

**Family Doctors:** 

**Solution 250-247-9922** 

**Solution 250-247-7828** 

Gabriola Medical Clinic

Gabriola Family Medicine

Referral to Paediatrician from Family Doctor

Confident Parent / Thriving Kids Phone coaching: *Ask your doctor for a referral*  **Central Island Child and Adolescent Psychiatry Program** 

By physician referral

Vancouver Island Suspected Child Abuse Network (VISCAN) By physician referral

Nanaimo Regional General Hospital 1200 Dufferin Crescent Nanaimo, BC V9S 2B7 **350-755-7691** 

**Ledger House** In patient psychiatric services

By physician referral

Inpatient Mental Health Treatment.

Referral through Child and Youth Mental Health

NARSF (Nanaimo and Area Resource Services

Ages 12-17

**Solution** 250-741-5701

**BC Children's Hospital** By physician referral

**EDUCATION** 

Start With Your Child's Teacher:

Gabriola Elementary School **Solution 250-247-9342** 

Nanaimo District Seconday School (NDSS) **Solution** 250-740-2000

For more support talk to the principal and student support teacher

Join the school (PAC) Parents Advisory Council

School can provide ongoing support from the school counsellor or Child youth and Family **Support Worker** 

Work with your school to develop a plan for ongoing/additional educational learning plan supports

CHILD / YOUTH CARE

The HOPE Center:

Gabriola Island programs and services designed for individuals and families as they face the challenges of parenting, creating healthy families, and more.

Goose weekly programs **Solution 250-247-8020** 

hopecentre.yolasite.com

**Community Social Worker** 

**250-802-4946** 

Triple P Parents Groups (The Positive Parenting Program) Gabriola: The HOPE Center

www.triplepvip.ca

Nanaimo Citizens Advocacy at PHC Tuesdays 10am-1pm

Nanaimo OPT Clinic **Options for Sexual Health** 204-285 Prideaux Street, Nanaimo **Child Development Center** Developmental needs

www.nanaimocdc.com

**Haven Society** 

Children who witness abuse and women's

counselling **250-756-2452** 

NARSF (Nanaimo and Area Resource Services for Families)

**Eating Disorder Program** 

**250-754-2773 Ext. 213** www.narsf.org

**Parents Together** Nanaimo Boys And Girls Club

Weekly group for parents of teens.

**3** 250-754-3215

www.bgccvi.com

**Substance Use Services** 

**Discovery Youth and Family Services** 

Individual and group therapy for youth and their families. Ages 13-19.

206 - 96 Cavan Street

Monday to Friday 8:30am - 5pm

**250-739-5790** 

**Brooks Landing Walk In Crisis Counselling** 

203 - 2000 Island Highway North Monday to Friday 10am-6:15pm

NARSF (Nanaimo and Area Resource Services for Families)

Living in Families with Teens Program -Parent/Teen counselling. Ages 12-16, self

referral. **250-754-9285 Ext. 101** 

**AVI Health Centre** Naxalone kits and training

avihealthcentre.org

www.bcchildrens.ca

For kids under 5: Rug Huggers & Mother For teens: Drop-in Friday from 7-12pm

Additional Resources

Crisis response team (8am to 9:30pm) at **1-888-494-3888** 

CRISIS/HELP PHONE LINES

At any point of the continuum if safety is a concern call the RCMP at 911

1-888-756-0616

1-888-494-3888

1-800-668-6868

1-800-663-9122

1-877-330-6366

1-855-887-8004

1-800-665-1822

cmha.bc.ca

250-800-3806

**250-247-8020** Nanaimo:

**HOPE Center - Teen Peer Helping Program Solution 250-247-8020** 

**Solution 250-753-9511** 

Child and Youth Mental Health

Walk In Intake Clinic No Referral Needed

**250-741-5701** 

301 - 190 Wallace Street, Nanaimo Wed, Thur 9am-3pm (Closed 12-1pm)

Access to counselling services through Walk in Intake Clinic

No referral necessary Individual and group therapy for children/

Ashnola At The Crossing youth under 19 years old with mental health Residential substance use treatment. challenges such as depression, anxiety, Ages 17-24. trauma or psychosis. **604-875-2354** 

> for Families) - Withdrawal and stabilization program. Ages 12-19.

> > 250-754-2773 Ext. 218

**Transitions Program** 

180° Program, John Howards Society North Island - Youth detox

250-286-0611

Youth Empowerment Society

Victoria youth detox

250-383-3514

Beacon of Hope

Addiction treatment for male youth.

Ages 13-18. victoriahopehouse.ca

**Peak House** 

Youth treatment. Ages 13-18. Vancouver.

peakhouse.ca

**Young Bears Lodge** 

Aboriginal youth treatment

www.unya.bc.ca

**ONLINE RESOURCES** 

Family Smart Parent Peer Support

Kelty Mental Health Resource Centre

Haven Crisis Line - 24 hr

V.I. Crisis Text - 6pm-10pm

Kids/Youth Help Line - 24 hr

Helpline For Children - 24 hr

Trans Lifeline

Canadian Mental

Health Association

Vancouver Island Crisis Line - 24 hr

**Anxiety BC** anxietybc.com Mindcheck mindcheck.ca Kelty Mental Health keltymentalhealth.ca Here To Help heretohelp.bc.ca Family Smart familysmart.ca

If abuse or neglect is suspected call the MCFD (Ministry Of Children & Family Development) at **1-800-663-9122** 

FOOD/NUTRITION

PHC - People for a Healthy Community Soup Socials (Mon, Wed, Fri - Lunch) Food Bank (Tuesday 10-1pm) 250-247-7311 www.phcgabriola.org

School Lunch Program Lunches available daily in the office

PHYSICAL RECREATION

**Gabriola Recreation Society** www.gabriolarecreation.org

gabriolasoccer.ca

Soccer

www.kyokushin.ca/gabriola-island Dance

maragoldtheatre.com

**HOUSING** 

250-741-5447

**Income Assistance** 

Justice Access Center

www.iaselfserve.gov.bc.ca

Monday to Friday 8am-5pm

65 Front Street, Nanaimo

**Housing Rental Assistance Program** and Subsidized Housing BC Housing www.bchousing.org

FINANCIAL/LEGAL

Most agencies do not share information by default. You can give permission for agencies to communicate with each other.



