**NORTH OKANAGAN CYMHSU REFERRAL MATRIX** CYMHSU Collaborative North Okanagan Local Action Team

**DETAILS of Service Contact Information**

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| **ADVICE FOR GP** | **Rapid Access to Consultative Expertise (R.A.C.E)**  Telephone advice line for GPs for speciality services including eating disorders, substance use and mental health; rapid access to psychiatrist consults. | 1-877-696-2131 (M-F 9-5) |
| **CHILD AND YOUTH MENTAL HEALTH**  **YOUNG ADULTS** | **MCFD: Child and Youth Mental Health-**  **Treatment for Mental Health Challenges**  **Local walk in Intake clinic times ages 6-18:**  **Tues and Thursdays 0900-1100 + 1:00-3:30pm**  **Parents of ages 0-5 please call office.**  **BC Interior ADHD Clinic – Kelowna**  <https://www.bcinterioradhdclinic.com/admin>  **Adolescent Psychiatric Unit – Kelowna General Hospital**  A specialized inpatient program for youth ages 12-17 who are struggling with significant psychiatric symptoms.  <https://www.youtube.com/watch?v=45au8UDCq8Y&feature=youtu.be>  **OCD Clinic BC Children’s Hospital Ages 6-18 Outpatient**  Provincial specialized consultation for children and youth with complex obsessive compulsive disorder (OCD) and related disorders who have not responded to community treatment resources,  <http://www.bcchildrens.ca/our-services/mental-health-services/obsessive-compulsive-disorder-(ocd)>  **Concurrent Disorders Clinic at BC Children’s 12-24 yrs**  **Outpatient**  An outpatient clinic providing consultation and comprehensive psychiatric assessments and limited treatment. Mental health concerns coupled with substance use concerns  <http://www.bcchildrens.ca/our-services/mental-health-services/youth-concurrent-disorders>  **Mood and Anxiety Clinic at BC Children’s Ages 6-18**  Mood and Anxiety Disorders clinic – moderate to severe symptoms; require consultation but limited resources. Patients who are not responding to initial medication and psychotherapeutic interventions  <http://www.bcchildrens.ca/our-services/mental-health-services/mood-anxiety-disorders>  **Maples**  Offers specialized programs and services to address the needs of young people who have complex mental health concerns or troubling behavior.  **Canadian Mental Health Association – 19 and up**  **Assistance, rehabilitation, education, recreation and social programming, housing.**  **Interior Health Mental Health and Substance Use Services - 19 and up** | **3007-35th Ave**  **Vernon, BC**  **V1T 2S9**  **Tel: 250-549-5404 Fax: 250-549-5458**  ***Self-referral***  204-260 Harvey Avenue, Kelowna, BC  250-861-7301 Fax 250-260-7359  ***Physician Referral***  2268 Pandosy St, Kelowna, V1Y 1TZ  250-862-4000  ***CYMH or Psychiatrist referral***  604-875-2010  Fax 604-875-2099  ***Physician Referral required***  604-875-2345 ext 5330  Fax: 604-875-2099  ***Physician referral required***  604-875-2010  Fax 604-875-2099  ***Physician referral required***  1-800-663-7867  ***MCFD –CYMH referral required***  3100 28th Avenue ***Self-Referral***  250-542-3114  250-549-5737 ***Self-Referral***  Intake M-F 9:00 – 12:00 pm  1440 14th Avenue, Vernon, |
| **SUBSTANCE USE** | **Youth Substance Use Services Interior Health**  Counselling and or treatment services to youth and adults. Services are also provided to family members.  **Phoenix Centre - Kamloops**, http://www.phoenixcentre.org/s  Offers one to one and group counselling for youth and families –residential and outreach.  Re outreach; and referral.  **Opiate Replacement Methadone Clinic**  **Peak House**  Youth residential treatment Ages 13-18  **Ashnola at the Crossing (referral forms on-line)**  Residential substance use treatment Ages 17-24  **Young Bears Lodge *Referral forms online***  Aboriginal youth treatment  **First Nations Friendship Centre MH and Addictions**  Outpatient counselling, individual, couple, family, group | **250-549-5808 *Self-Referral***  1440 14th Avenue, Vernon  Drop in: M-F 1-3 pm  922- 3 Ave, Kamloops BC  **250-374-4634** ***Referral Required***  <http://www.phoenixcentre.org/>  310 32 Avenue, Suite 103,Vernon, BC V1T 2M6 **(778) 475-5810** ***Physician Referral***  **604-253-6319 *Physician Referral***  Vancouver [**https://peakhouse.ca/**](https://peakhouse.ca/)  **604-875-2354** [www.bcmhsus.ca](http://www.bcmhsus.ca)  Keremeos BV ***Referral required***  **604) 254-7732 *Referral required*** **Fax:** (604) 254-7811 [www.unya.bc.ca](http://www.unya.bc.ca)  **250-542-1247** ***Self-Referral***  2904 29th Ave, Vernon  [***http://www.vernonfirstnationsfriendshipcentre.com/***](http://www.vernonfirstnationsfriendshipcentre.com/) |
| **BEREAVMENT SUPPORT** | **North Okanagan Hospice** Offers a range of compassionate and professional counselling services for individuals and families facing life-limiting illness, death and bereavement. | **250-503-1800** ***Self-Referral***  3506 27th Avenue,  Vernon, BC |
| **CHILDREN WHO WITNESS VIOLENCE** | **Vernon Transition House programs *Self-Referral***  Our program includes both individual and group counselling for children ages 3 to 18, as well as counselling, education, and support programs for parents.  **Oak Centre**  A warm and welcoming place where children and youth who have experienced abuse, sexual assault, or witnessed a crime such as domestic violence can be interviewed by the RCMP and child protection workers. | Vernon – **250-558-3850**  Armstrong **– 250-546-6744**  **778-475-2920**  By appointment only |
| **URGENT RESPONSE TO SUICIDAL IDEATION** | **Crisis Response Team- CRT -250-260-7893**  **Hospital**  **Crisis Line – 1-888-353-2273**  **Kids Help Line 310-1234**  **Urgent need for risk assessment or follow up from hospital CYMH** | Interior Health **250-260-7893**  **AFTER HOURS IDENTIFY**  MCFD-CYMH **250-549-5404** |
| **EATING DISORDERS** | **Eating Disorders Program – Interior Health**  Provides individual and group counselling for those with a diagnosis of an eating disorder.  **BC Children’s Looking Glass Residence** Ages 17-24  Youth with eating disorders in a home-like, therapeutic environment. | Fax to CYMH: 250-549-5458.  ***Physician referral Use form for the ED program.***  **250-549-5737** 1440 14th Ave, Vernon,  **604-829-2585**  ***Physician referral or eating disorder clinician referral*** |
| **BEHAVIORAL ISSUES AND CHILD DEVELOPMENT** | **Nona Child Development Centre**  Provides assessment, groups and therapies for a variety of developmental supports up to age 19.  **BC Interior ADHD Clinic**  Adults and Child and Youth  Access assessment/diagnosis through a pediatrician | [**(250) 549-1281**](javascript:void(0))  2802 34 St, Vernon, BC V1T 5X1   |  |  | | --- | --- | | <https://nonadc.com>  <https://www.bcinterioradhdclinic.com/>  204-260 Harvey Ave, Kelowna  **250-861-7301**  **GP referral to a Pediatrician** |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |
| **SEXUAL ABUSE** | **Oak Centre – Child and youth advocacy**  A warm and welcoming place where children and youth who have experienced abuse, sexual assault, or witnessed a crime such as domestic violence can be interviewed by the RCMP and child protection workers  **Family Resource Centre Programs**  **Sexual Abuse Intervention Program**  **Counselling for children and youth who have been abused or are exhibiting inappropriate behaviors. Family education as well.**  **Women Victims of Violence (19 up)**  **Recent or historical sexual abuse.**  **Sexual Abuse Recovery for men**  Recent or historical sexual abuse. | [**http://vwts.ca/programs-services/childrens-programs/1558-2/**](http://vwts.ca/programs-services/childrens-programs/1558-2/)  **By appointment only**  **778-475-2920**  ***Self-Referral***  **250-545-3390**  Offices at People Place  Suite 201-3402 2th Ave, Vernon  ***www.vernonfrc.ca*** |
| **GENDER IDENTITY** | **LGBQT group: Ages 14-19**  **Family Resource Centre Vernon**  **Whitevalley Community Resource Centre Lumby**  **Trans Lifeline**  **Gender clinic at BC Children’s Hospital** Ages under 19  Provides treatment with puberty lockers and/or gender arming hormones for transgender and gender questioning | ***Self-Referral***  **250-545-3390**  **250-547-6404**  **1-877-330-6366**  **1-888-300-3088 ext 2117**  ***Physician referral required*** |
| **FAMILY SUPPORT**  Parent teen conflict  Counselling Services  Parenting groups  Individual support | **Boys and Girls Club – Vernon** [***http://www.boysandgirlsclubs.ca***](http://www.boysandgirlsclubs.ca) **Armstrong**  **Family Resource Centre** [***www.vernonfrc.ca***](http://www.vernonfrc.ca)  **Mental Illness Family Support Centre** [**https://mifsc.ca/**](https://mifsc.ca/)  **North Okanagan Youth and Family Services** [**http://www.noyfss.org/**](http://www.noyfss.org/)  **Okanagan Indian Band Social and Health Services**  [**https://okib.ca/departments/community-services-development/health**](https://okib.ca/departments/community-services-development/health)  **Splatsin Stsmamlt Social and Health Services**  [**https://www.splatsin.ca/departments/health**](https://www.splatsin.ca/departments/health)  **Whitevalley Community Resource Centre- Lumby/Cherryville** [**http://www.whitevalley.ca/**](http://www.whitevalley.ca/) | **250-542-3121**  **250-546-9900**  **250-545-3390**  **250-260-3233**  **250-545-3572**  **250-542-5094**  **250-838-6496**  **250-547-8866** |
| **ADDITIONAL ON LINE RESOURCES** | **Anxiety BC** [**http://youth.anxietybc.com/**](http://youth.anxietybc.com/)  **Mindcheck** [**www.mindcheck.ca**](http://www.mindcheck.ca)  **Here to help** [**www.heretohelp.ca**](http://www.heretohelp.ca)  **Kelty Mental Health Resources** [**www.keltymentalhealth.ca**](http://www.keltymentalhealth.ca) | **Dealing with Depression** [**www.dwdonline.ca**](http://www.dwdonline.ca)  **FamilySmart** [**www.familysmart.ca**](http://www.familysmart.ca)  **Canadian Mental Health Association** [**www.cmha.bc.ca**](http://www.cmha.bc.ca) |