

To begin using the pathway to care with the youth please start at the left column and work through the sample questions as you move from left to right. See additional resources below for further information.

Step One – Engagement	Step Two	Step Three	Step Four	Step Five Clinical Impressions
Basic Needs of youth Have you had breakfast? Lunch? Dinner? Do you have somewhere to live? Are you couch surfing? Do you have any money? Income? Do you have pro social connections in the community? Are you attending school? Or working? Do you have a family doctor? Do you have transportation or access to? Do you have adequate clothing? Do you have a phone? Do you feel safe at home?	Ongoing Concerns of youth Could you please tell me what you are struggling with? 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? Are you at risk of being exploited? Does your family know where you are?	Support systems for youth Who are your support systems now and before? What community groups are you currently attending? What types of extra support would be useful? What are you hoping for by coming here today?	Ongoing Issues for youth What have you tried to solve the problem that worked? What did you try that didn't work? Are you receiving any help? From who? What are your plans?	Do you have a current diagnosis? What are you doing about it? What is your most pressing symptom? How are your parents/caregivers helping you with your concerns?

Supports for youth and parents/caregivers Pathway developed by the North Okanagan CYMHSU Collaborative Local Action Team

If the youth is at risk and in need of protection call the MCFD -Ministry of Children and Family Development at 1-800-663-9122 (under 19) Food: 12-18 yrs Teen Junction 3104 37 th Ave, Vernon Upper Room Mission 18+; Salvation Army Food Bank 250-549-4111 Housing: Vernon Youth Safe House – 250-549-5722 Kekuli Centre 250-542-1264 2905 28 th Ave, Vernon	Referral to Pediatrician from Family Doctor Confident Parents/Thriving Kids Phone coaching – ask your doctor for a referral https://cmha.bc.ca/programs-services/confident-parents-thriving-kids/ Bounce Back for youth – physician referral https://vernon.cmha.bc.ca/programs-services/bounce-back-for-adults-and-youth/ Naloxone Program - Call IH 250-549-5700 Primary Care Clinic Substance Use Services – IH Youth and Adults -1440 14 th Ave, Vernon 250-549-5750	NOYFSS - youth programs MCFD referral and parent self-referral 250-545-3572 Family Resource Centre – self referral Sexual Abuse Intervention Program – 250-545-3390 Boys and Girls Club Armstrong- 250-546-9900 Whitevalley Community Resource Centre-Lumby/Cherryville 250-547-8866	Family Resource Centre - youth and family counselling –250-545-3390 24 Crisis Line 1-888-353-2273 Crisis Response Team CRT – 250-260-7893 - 7 days a week 9 am to midnight MCFD Central screening – 1-800-663-9122 Youth Addictions –Interior Health 250-549-5750	Child Youth and Mental Health – provincial program for moderate to severe mental health issues covered by MSP – self-refer by attending walk in clinics – Tues and Thurs call 250-549-5404 Intensive emotional and behavioral residential treatment- MCFD Referral Sage House – Mara House Vernon Jubilee Hospital 250-545-2211 2101 32 St, Vernon, BC V1T 5L2 24 hour Emergency Adolescent Psychiatric Unit Kelowna General Hospital <i>Referral needed</i>
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Health care: Cammy La Fluer Street Clinic 250-545-3572 Downtown Primary Care Centre/Health Outreach Nurse /Mental Health Team 3006A 32 nd St. NOK OPT – Options for Sexual Health Clinic 1440 14 th Street 250-549-5722 . Tues and Thurs 6-11 pm GP Referral :Contact CYMH Team Leader 250-549-5404 Walk in Clinics: Primacy Clinic at Superstore-5001 Anderson Way. Sterling Centre Clinic -3210 25 th Ave Methadone Clinic 778-475-5810	Youth Wellness HUB Upstairs at 3104 37 th Ave, Vernon Drop in Wednesdays 1-4:30 First Nations Friendship Centre Mental Health and Addictions 250-542-1247 Self-Referral 2904 29 th Ave, Vernon If abuse or neglect is suspected call the MCFD (Ministry of Children and Family Development) at 1-800-663-9122	Mental Illness Family Resource Centre 250-260-3233 Okanagan Indian Band Health and Community Services 250-542-5094 Splatsin Stsmamlt Services 250-838-6496	Oak Centre –reporting of abuse; by appointment only 778-475-2920 Children who witness violence 3-18 yrs Transition House programs Vernon – 250-558-3850 ext 201 Armstrong – 250-546-6744	Maples Adolescent Treatment Centre 3405 Willingdon Ave, Burnaby, BC V5G 3H4 <i>Local MCFD-CYMH referral needed</i> BC Children’s Hospital Doctor or CYMH referral SU Residential Programs: REFERRAL needed Phoenix Centre - Kamloops 922- 3 Ave, Kamloops BC 250-374-4634 Referral Required http://www.phoenixcentre.org/ Ashnola At the Crossing Residential SU treatment www.bcmhsus.ca 17-24 yrs 604-875-2354 Peak House Youth Treatment Vancouver www.peakhouse.ca Referral needed Young Bear’s Lodge – Aboriginal youth treatment www.unya.bc.ca
SCHOOLS: School District www.sd22.bc.ca/ St. James Catholic School https://www.stjamesvernon.com/ Vernon Christian Academy https://www.vcs.ca/ Okanagan College www.okanagan.bc.ca	1. Share concern with classroom teachers. 2. Engage with school counsellors / Learning Support Teacher. 3. Contact school counsellor, share concerns, best guess what is going on. Vice Principal and Principal can also your support. SD#22 Student support Services	School Counsellor can consult with CYMH school based counsellor. School counsellor can refer to other community services and work collaboratively with these services should there be a wait list. Alternate program placement requires a referral from the student’s neighbourhood school (expected that this school has exhausted all the resources available to them BEFORE a referral is made to an alternate program).	Refer to School Based Drug and Alcohol Counsellor. Secondary school counsellors can provide ongoing support for student, working to ensure a balanced workload academically, accommodations within the class, skill building and practicing skills to manage mood/emotion to maintain engaged in school as much as possible. Elementary school counsellors work in multiple schools, so their contact with students is part of an IEP process and typically based on scheduled appointment times.	Share information from services with school counsellor for support at school. May want to share safety plan with school. Discharge planning from APU or Hospital with school counsellor (crucial to ensure an ongoing compassionate and balanced approach to supporting the student upon their return to school, help with the transition back to school after extended absence from school).

Additional Resources

At any point of the continuum is safety is a concern call the RCMP at 911 If abuse or neglect is suspected call the MCFD (Ministry of Children and Family Development) at 1-800-663-9122		CRISIS / HELP PHONE LINES Crisis Line - 24/7 1-888-353-2273 Kids Crisis Line 310-1234 Aboriginal Crisis Line 1-800- 558-8717 Trans Lifeline 1-877-330-6366 Kelty Mental Health Resource Centre 1-800-665-1822 FamilySmart Parent Peer Support 1-855-887-8004 Youth Chat Line: www.youthinbc.com		 	
On-Line Resources Anxiety BC www.anxietybc.com Mindcheck mindcheck.ca Kelty Mental Health www.keltymentalhealth.ca Here to Help www.heretohelp.ca FamilySmart www.familysmart.ca Canadian Mental Health Association www.cmha.bc.ca Foundry – E-Health www.foundrybc.ca	FOOD NUTRITION Vernon Food Bank 3303 32 nd Ave..... 250-549-4111 Lumby Food Bank 1879 Vernon (a.m. only) . 250-547-2225 Armstrong Food Bank 3459 P.V. Rd....250-546-3465 Feed Enderby & Dist. Food Bank.....250.938-3114 Good Food Box (low cost fruit & veggies 250-545-7617 Pick up at local agencies Upper Room Mission – daily meals Saturday Lunches – Anglican church School Breakfast or Lunches –check with school office	PHYSICAL RECREATION Vernon Rec Centre Pool, gym, fitness centre 310 37th Ave, Vernon, BC V1T 2Y5 Phone: (250) 545-6035 https://www.vernon.ca/parks-recreation/programs-schedules Kids Sport – assistance to pay for sport activities 250-550-3671 http://www.kidsportcanada.ca/british-columbia/greater-vernon/	FINANCIAL LEGAL Income Assistance www.iaselfserve.go.bc.ca Legal Advocacy Program Call and make an appointment Tish Lakes #102-3301 24th Avenue 250-542-3555 ext -209 Free Pro Bono Legal Assistance (income check req'd) Free Legal Advice (by appointment only) Phone: 1-877-762-6664 or Email: help@accessprobono.ca Please note—legal advise is not provided over the phone or through email.	HOUSING Vernon Youth Safe House (age 13-18) #206 2905 28 th Ave.....250-260-7077 Closed 4:30pm - 7:00pm Monday to Friday & 12:00pm - 8:00pm Saturday & Sunday Vernon Native Housing Society... 250-542-2834 Housing Society for Aboriginal and Non-aboriginal individuals and families. Youth agreement housing: local MCFD office 250-558-2700 COMMUNITY RESOURCE INFORMATION: People In Need Crisis Line website of resources http://www.peopleinneed.ca/north-okanagan-resources/ FETCH – For everything that is community health http://northokanagan.fetchbc.ca/	EMPLOYMENT Community Futures 3105 33 St, Vernon, BC V1T 9P7 250-545-2215 Satellite offices: Lumby 250-547-6483 #3 2095 Shuswap Ave