

**CHILD & YOUTH MENTAL HEALTH AND SUBSTANCE USE PATHWAYS TO CARE - NELSON, B.C.**

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

**FIRST STEPS**

Are you concerned about your child's mental wellness and/or substance use?

**ONGOING CONCERN**

Do you need support in your role as a parent with a child with mental health needs and/or substance use?

**INCREASING TO UNRESOLVING CONCERN**

Has your concern turned into an unmanageable or unresolving situation?

**SERIOUS CONCERNS**

Has the situation intensified to you being worried about safety and the need for specialized treatment?

**CONSULT WITH YOUR DOCTOR****Contact Family Doctor OR Walk-in Medical Clinics:**

**Kootenay Lake Medical**  
250-352-4666  
**Ancron Medical Centre**  
250-352-9144

**Inquire about possible referrals with your Doctor:**

- Pediatrician
- Child & Youth Mental Health
- Other Community Helpers
- Physical/Occupational Therapy

**At this stage, there are many pathways to consider:**

It's important to pull together a care team which may include your doctor, CYMH, school staff and the other community helpers listed here. By including your personal circle of family members, friends, religious/spiritual supports, etc. you increase your support system and expand your team with people who are important in your everyday life. This can be overwhelming to organize so identify a main player and ask them to help you coordinate this team and plan meetings with everyone in the room. Remember, you are the expert in your child's life and the team is there to wraparound you and your child and help figure out the next best steps.

It can be helpful to know that each government, medical, and community service is guided by mandated procedures and this may cause stress and confusion. Ask for all team members to sign an information sharing form so you don't have to keep repeating your story. All helpers need your consent before they can speak with one another.

As a youth/parent/guardian, make sure to ask about all the resources and information available to you - every door is the right door.

**Most Helpful Links**

<http://www.familysmart.ca>  
<http://www.familysmart.ca/resources/>  
<http://www.familysmart.ca/stories/>  
[www.kootenayfamilyplace.org/kbsearchlight](http://www.kootenayfamilyplace.org/kbsearchlight)  
[www.keltymentalhealth.ca](http://www.keltymentalhealth.ca)  
<https://beta.doodle.com>

**Possible stressors:**

- Wait Lists
- Changing programs
- Limited access to services, i.e. Child/Youth psychiatrist in a rural region
- Conflicting schedules
- Long assessment times
- Lack of information shared
- The number of hoops to jump through!

**More Tips for success:**

- Always follow-up with key team members to ensure you have the most up-to-date information regarding wait list times, referral updates, etc.
- Use easy online tools to schedule your team meetings
- Ask a team member to take notes in meetings outlining all actions and timelines related to your concerns
- Use these notes to keep your child's team on track

At this level if immediate safety is a concern, you can access the Emergency Dept. at your local hospital or contact 911. If it is not an emergency but your concerns have become serious then your doctor or CYMH may make referrals to places/people like:

- BC Children's Hospital
- Child & Youth Psychiatrist
- Adolescent Psychiatric Unit
- Detox
- Hospital Based Services

If you do visit the Emergency Dept, specific protocols are in place to help you get the help you need from many of the people listed here. Remember you are not alone!

**CONSULT WITH YOUR CHILD'S TEACHER**

**For Elementary**, contact teacher  
**For High School**, contact the VP

**For ongoing concerns:**

Talk to your child's teacher or a person you trust at the school about arranging a school-based team meeting to discuss your child's strengths, and ideas about how to best help your child.

**CONSULT WITH COMMUNITY HELPERS****CYMH - Child and Youth Mental Health (\*MCFD)**

Walk-in Mental Health Intake Clinic  
Self-referral, Tuesday & Thursday  
9:00 a.m. - 11:00 a.m.  
250-354-6480

**Freedom Quest**

Mental Health/Substance Use Issues  
250-352-3783 or 1-877-304-2676  
[freedomquestonline.ca](http://freedomquestonline.ca)

**COMMUNITY HELPERS** might be a CYMH clinician, counsellor, or parenting education supports. CYMH can help direct you to the right helpers and online resources.

**Child and Youth Mental Health (CYMH) Clinicians**

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Self-referral, Tuesday & Thursday  
9:00 a.m. - 11:00 a.m.  
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**Freedom Quest Counsellors**

Mental Health/Substance Use  
250-352-3783 or 1-877-304-2676  
[freedomquestonline.ca](http://freedomquestonline.ca)

**Nelson Community Services**

250-352-3502, [www.servicesfyi.ca](http://www.servicesfyi.ca)

**ARC:** [www.arcprograms.com](http://www.arcprograms.com)

**Additional Resources**

**At any point of the continuum if safety is a concern**, call the RCMP or Nelson City Police at **911**  
**If abuse or neglect is suspected**, call the \*MCFD (Ministry Of Children & Family Development) at **1-800-663-9122 Crisis response team** (8am to 9:30pm) at **1-888-494-3888**

**For local service agencies and supports:**

KB Searchlight - [www.kootenayfamilyplace.org/kbsearchlight](http://www.kootenayfamilyplace.org/kbsearchlight)  
FETCH - [kb.fetchbc.ca/index.html](http://kb.fetchbc.ca/index.html)

**CRISIS/HELP PHONE LINES**

24 Hr Kids/Youth Help Line:

1-800-668-6868

24 Helpline For Children:

1-800-663-9122

West Kootenay Boundary Regional Crises line:

1-888-353-2273

Kelty Mental Health Resource Centre:

1-800-665-1822

**ONLINE RESOURCES**

Anxiety BC - [anxietybc.com](http://anxietybc.com)

Mindcheck - [mindcheck.ca](http://mindcheck.ca)

Kelty Mental Health - [keltymentalhealth.ca](http://keltymentalhealth.ca)

Here To Help - [heretohelp.bc.ca](http://heretohelp.bc.ca)

Canadian Mental Health Association - [cmha.bc.ca](http://cmha.bc.ca)

**FOOD/NUTRITION**

Salvation Army Food Bank  
250-352-7353

Nelson Food Cupboard Society:

Monday & Wednesday, 9am-1pm  
250-354-1633

Our Daily Bread

Monday to Friday, 10:30-12:00pm  
250.352.1722

**PHYSICAL RECREATION**

Nelson District Community  
Complex: 250-354-4386

**FINANCIAL/LEGAL**

Advocacy Centre: 250.352.5777

Service BC - Income Assistance: 1 866 866-0800

Nelson Friends of Family - Assistance with  
travel costs for treatment:  
250-551-5905

**HOUSING**

Nelson CARES Society: 250-352-9876

BC Housing: [www.bchousing.org](http://www.bchousing.org)

**HARM REDUCTION**

ANKORS: 250-505-5506, [ankors.bc.ca](http://ankors.bc.ca)