**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)](http://www.bcchildrens.ca/our-services/mental-health-services/obsessive-compulsive-disorder-%28ocd%29)**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, BC250-861-7301 Fax 250-260-7359***Physician Referral*** 2268 Pandosy St, Kelowna, V1Y 1TZ250-862-4000***CYMH or Psychiatrist referral***604-875-2010Fax 604-875-2099***Physician Referral required*** 604-875-2345 ext 5330Fax: 604-875-2099***Physician referral required*** 604-875-2010Fax 604-875-2099***Physician referral required*** 1-800-663-7867***MCFD –CYMH referral required*** 3100 28th Avenue ***Self-Referral***250-542-3114250-549-5737 ***Self-Referral***Intake M-F 9:00 – 12:00 pm1440 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/sOffers 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, VernonDrop in: M-F 1-3 pm922- 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 17-24Youth 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 YouthAccess assessment/diagnosis through a pediatrician | **(250) 549-1281**2802 34 St, Vernon, BC V1T 5X1

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|  <https://nonadc.com><https://www.bcinterioradhdclinic.com/>204-260 Harvey Ave, Kelowna**250-861-7301****GP referral to a Pediatrician** |  |
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| **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 PlaceSuite 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 19Provides 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 conflictCounselling ServicesParenting groupsIndividual 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) |