

A Physician's Guide to finding the right resources for young patients in Keremeos, Princeton and area

CARE NEEDED...

...LOCAL RESOURCES

**Age 3 – 12, mild to moderate
behaviour issues**

www.confidentparents.ca Parental coaching via phone including evening and weekends; Doctor referral required

Princeton:

Princeton Family Service Society 250-295-3126

**ADHD and mild to moderate
anxiety and depression support**

Refer to the Princeton Family Service Society. Low barrier, not cost, short (if any) waitlist

Princeton Family Service Society

56 Kenley Ave., Princeton 250-295-3126

SOSLetstalk.ca

Online community resource directory

Local Counselling for CYMHSU

Referrals and self-referrals accepted, no cost, short or no waitlist

BounceBackOnline.ca

(ages 15+) Free self-referral for CBT program to help with symptoms of mild to moderate depression and anxiety; BounceBack Telephone Coaching: physician referral required for 4-6 sessions by phone or video conference

Children Who Witness Abuse

individual and group counselling for children and youth who have witnessed serious family conflict 250-295-3186

CY Substance Use Interior Health Intake 250-495-6433

**Age 0-19, any medical behavioral
disorder that seems to meet DSM,
KADS, CFA, SCARED, TeFA, TASR
criteria:**

- depression
- anxiety
- obsessive/perfectionist
- school refusal, shyness that interferes with functioning
- early psychosis, bipolar symptoms
- post traumatic stress
- gender identity/orientation issues
- oppositional defiant
- any DSM disorder

Can be longer waitlist

Refer to these resources simultaneously, due to differing wait times

CHILD & YOUTH MENTAL HEALTH (MCFD)

Walk-in, self-referral required.

Tues., Wed., & Thurs., 1:00-3:00pm

351-740 Carmi Ave., Penticton

Phone 250-487-4422 to arrange telephone interview or speak to the Team Lead about complex circumstances, including barriers to access. Gateway to services like ARC, CY Psychiatry.

**Family Support/Counselling and
Facilitation**

Referrals and self-referrals accepted, no cost

Penticton and District Community Resources Society

www.SOSLetstalk.ca 250-492-5814 330 Ellis St., Penticton

FASD Key Worker

250-492-5814 referral and self-referral

Grief Counsellor:

Shannon Stewart
250-498-5045

IH Eating Disorder Clinic

250-870-5774 (Kelowna)
Doctor referral required

Child and Youth Mental Health and Substance Use

A Physician's Guide Local Resource Contacts in Oliver, Osoyoos and Okanagan Falls

ABORIGINAL SPECIFIC RESOURCES

Lower Similkameen Indian Band 250-499-5528
Upper Similkameen Indian Band 250-292-8733
Okanagan Nation Alliance 250-707-0095 Toll Free: 1-866-662-9609
Friendship Centre (counselling) clinician@friendshipcentre.ca or 250-328-8534
Youth Crisis Hotline 1-877-209-1266
Residential Survivor Support Services 1-866-925-4419
KUU-US Crisis Services 1-800-588-8717

SCHOOL DISTRICT

Princeton Grades K – 12 District School Counsellor Sandee Blair sblair@365.sd58.bc.ca
Princeton Secondary School Patrick Kaiser (Principal) 250-295-3218
John Allison Elementary Bill Lawrence (Principal) 250-295-6727
Vermilion Forks Elementary Barry Clarke (Principal) 250-295-6642
The Bridge (PSS) Princeton Alternate School Patrick Kaiser (Principal) 250-295-3180
Similkameen Elementary Secondary School Paulina Tin 250-499-2727 Fax: 250-499-2411
Similkameen Elementary Secondary School Sandra Espenhain 250-499-2727 Fax: 250-499-2411
YouLearn.ca Distance Learning: Steve Pozzobon 250-498-4597

MCFD CLINICIAN

Sonora Venables Lower Similkameen Community Services Society Office 250-499-2352 Cell 250-499-0586

ACCOMPANYING HANDOUTS FOR PATIENTS

Take Home Business Cards

Mental Hygiene Do

- Exercise
- Sleep
- Consistent Daily Routine
- Positive Social Contact
- Healthy Nutrition
- Music & Movement
- Bright Light
- Avoid Drugs
- Limit Screen Time

Mental Hygiene Don't

- Self-Isolate
- Listen to Dreary Music
- Read Mood-Lowering Literature
- Spend Time in Dark Rooms
- Skip Breakfast
- Use Excess Caffeine & Sugar

youth mental health
PHYSICIAN PICKS

anxietybc.ca
kelymentalhealth.ca
teenmentalhealth.org
mindcheck.ca
openmindbc.ca
mindyourmind.ca
mikeandvicki.ca
forcesociety.ca
mindshift App

Take Home Brochure

Oliver, Osoyoos and Okanagan Falls

Child and Youth Mental Health
and Substance Use Resources

Are you wondering
about
mental health?

Find experts, organizations and resources
in your community

Take Home Care Checklist

Child and Youth Mental Health and Substance Use

Family Physician's Conversation Guide
for young patients in Oliver, Osoyoos and Okanagan Falls

CARE CHECKLIST

Discussed with your physician: What is mental health, and what are your specific needs

Discussed with your physician: Basic care to improve your mental health

<p>Mental Hygiene Do</p> <ul style="list-style-type: none"> <input type="checkbox"/> Exercise <input type="checkbox"/> Sleep <input type="checkbox"/> Consistent Daily Routine <input type="checkbox"/> Positive Social Contact <input type="checkbox"/> Healthy Nutrition <input type="checkbox"/> Music & Movement <input type="checkbox"/> Bright Light <input type="checkbox"/> Avoid Drugs <input type="checkbox"/> Limit Screen Time 	<p>Mental Hygiene Don't</p> <ul style="list-style-type: none"> <input type="checkbox"/> Self-Isolate <input type="checkbox"/> Listen to Dreary Music <input type="checkbox"/> Read Mood-Lowering Literature or Poetry <input type="checkbox"/> Hang Out in Dark Rooms <input type="checkbox"/> Skip Breakfast <input type="checkbox"/> Use Excessive Caffeine or Sugar <p>Other instructions about basic care:</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p>
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Discussed with your physician: Online resources

<ul style="list-style-type: none"> <input type="checkbox"/> anxietybc.com <input type="checkbox"/> kellymentalhealth.ca <input type="checkbox"/> teenmentalhealth.org 	<ul style="list-style-type: none"> <input type="checkbox"/> mindcheck.ca <input type="checkbox"/> openmindbc.ca <input type="checkbox"/> mindyourmind.ca 	<ul style="list-style-type: none"> <input type="checkbox"/> youthbc.com <input type="checkbox"/> mibeandvicki.ca <input type="checkbox"/> mindshift App
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Discussed with your physician: Local resources to visit

<ul style="list-style-type: none"> <input type="checkbox"/> BOYS & GIRLS CLUB (Oliver, Osoyoos, OR Falls) <input type="checkbox"/> Integrated Family Development Program (counselling and support) <input type="checkbox"/> Referrals: 250-495-2222 <input type="checkbox"/> Office: 250-498-8944 	<ul style="list-style-type: none"> <input type="checkbox"/> DESERT SUN Children's Milestones Abuse and Substance Use Counselling Program (2019-2023) <input type="checkbox"/> Osoyoos: 250-495-2623 <input type="checkbox"/> Stopping the Violence (dating and relationships): 250-495-2623 	<ul style="list-style-type: none"> <input type="checkbox"/> BC CY SUBSTANCE USE INTAKE Osoyoos Health Centre <input type="checkbox"/> 250-495-6433 <input type="checkbox"/> Self-referrals accepted
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Discussed with your physician: Referrals made on your behalf by your physician

Names: _____

Discussed with your physician: Intake process for Ministry of Child and Family Development

<ul style="list-style-type: none"> <input type="checkbox"/> By walk-in (no appointment necessary) <input type="checkbox"/> Walk-in Hours: TW, Thurs: 1pm-3pm <input type="checkbox"/> 351-740 Cami Ave., Penticton 	<ul style="list-style-type: none"> <input type="checkbox"/> Call for appointment time at: 250-495-6433 <input type="checkbox"/> 351-740 Cami Ave., Penticton <input type="checkbox"/> Phone: 250-495-6433
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