**Resource**

**Guide**

***For Professionals & Service Providers***

***Creston & Area***

*Child, Youth & Family Mental Health & Substance Use*

*Creston Area Collaborative Team*

**Published December 2016**

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“If you think a child is being abused or neglected, you have the legal duty to report your concern to your local child welfare worker at (250)428-3229

If this is after hours, phone the Helpline for Children at 310-1234

If a child is in immediate danger, call 911 or your local police.

Please refer to the BC Handbook for Action on Child Abuse and neglect for further detail at <http://www.mcf.gov.bc.ca/child_protection/pdf/handbook_action_child_abuse.pdf> “

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| **Problem/Issue** | **Service - 1st Line** | **Service - 2nd line**  **(Referral Required)** |
| **ADHD** | VCS 250.428.5547  School Counsellor  GP | Strongest Families (VCS)  Pediatrician (GP) |
| **Anxiety** | VCS 250.428.5547  School Counsellor  GP  Private Counselling Services |  |
| **Autism Spectrum Disorder** | School Counsellor  GP | IHCAN (GP )  Interior Health Children’s Assessment Network  Pediatrician (GP) |
| **Behavior** | Under 12 Over 12  VCS 250.428.5547 VCS 250.428.5547  School counsellor School Counsellor  GP GP | Strongest Families (VCS) |
| **Depression** | VCS 250.428.5547  School Counsellor  GP  Private Counselling Services |  |
| **Divorce** | VCS 250.428.5547  School Counsellor  GP  Private Counselling Services | Children Who Witness Abuse Program ( VCS) |
| **Eating Disorders** | VCS 250.428.5547  EKASS 250.428.3036  School Counsellor  GP  Private Counselling Services | Pediatrician (GP) |
| **Family Conflict/Couples** | School Counsellor  GP  MCFD 250.428.3229  KKCFSS 250.428.7414  EKASS 250.428.3036  Kootenai Community Centre 250.428.6856  Private Counselling Services | Pediatrician (GP) |
| **Fetal Alcohol Spectrum Disorder** | AXIS 250.428.8475  after hours 1.877.392.1003  GP  EKASS 250.428.3036 | IHCAN (GP)  Interior Health Children’s Assessment Network |
| **Grief/Loss** | VCS 250.428.5547  School Counsellor  GP  Victim Services 250.428.9313  Private Counselling Services |  |
| **Intellectual Disabilities**  **(IQ under 71, autism or medical home needs )** | CYSN 250.426.1514  (Child/Youth with Special Needs-within MCFD)    School counsellor  GP | Pediatrician ( GP ) |
| **Learning Deficits** | School Counsellor or Private Service  (Physiological Assessment)  GP |  |
| **Sexual Abuse** | VCS 250.428.5547  School counsellor  GP  Child protection or Help line (after hours) 310.1234  Options for Sexual Health (2nd & 4th Tuesday monthly/Creston Public Health Unit) | SAIP (VCS)  Sexual Abuse Intervention Program |
| **Sexual Assault** | VCS 250.428.5547  RCMP 250.428.9313  School Counsellor  GP  MCFD 250.428.3229  KKCFSS 250.428.7414  Victim Services 250.428.9313  Options for Sexual Health  (2nd & 4th Tuesday monthly/Creston Public Health Unit) | SAIP ( VCS )  Sexual Abuse Intervention Program |
| **Sexual Touching** | Like age under 12 Over 12  VCS 250.428.5547 VCS 250.428.5547  School Counsellor RCMP 250.428.9313  GP GP  Options for Sexual Health  (2nd & 4th Tuesday monthly/Creston Public Health Unit) | SAIP ( VCS )  Sexual Abuse Intervention Program |
| **Substance Use**  **Alcohol Drugs Other** | EKAS 250.428.3036  GP  Lower Kootenay Band 250.428.4428  Options for Sexual Health  (2nd & 4th Tuesday monthly/Creston Public Health Unit) | Residential Treatment &  Day Programs (EKASS)  Detox (EKASS/GP) |
| **Suicide** | VCS 250.428.5547  School Counsellor  GP  Emergency Department Creston Valley Hospital  Private Counselling Services |  |
| **Under 5 yrs** | VCS (Infant Development Program) 250.428.5547  Public Health 250.428.3873  Adult Mental Health (ie: Post-partum) 250.428.8734  GP |  |

**Local Private Practice Counselling Services**

(Fee for Service/Employee Assistance Program / Private Insurance Coverage)

**Physioworks** Creston   250.428.8962

**Peachwood Services** Creston   250.428.7611

**Chrysalis Counselling** Creston 250.402.9783

**Full Circle Health Centre** Creston 250.402.2044

**British Columbia Association of Clinical Counsellors** 1.800.909.6303 ext. 0

250.595.4448

Web Site <http://bccounsellors.force.com/CounsellorSearch>

**Legend: Service Providers**

EKASS East Kootenay Addiction Services Society

MCFD Ministry of Children and Family Development

KKCFSS Ktunaxa Kinbasket Children and Family Services Society

VCS Valley Community Services

GP General Practitioner

RCMP Royal Canadian Mounted Police

**Program Descriptions:**

**The** **F.O.R.C.E** (FORCE – Families Organized for Recognition & Care Equality)

This program’s mandate is to support and empower families and work collaboratively with professionals and systems in understanding and meeting the mental health needs of families. The F.O.R.C.E. also provides families and professionals with information, tools, and tips on how to support and assist children with mental health difficulties. Visit at [www.Forcesociety.com](http://www.Forcesociety.com)

**Strongest Families**

**What is Strongest Families BC?**  
Strongest Families is an effective, accessible educational service for families of children with mild to moderate behaviour problems (ages 3 to 12) offered through the Canadian Mental Health Association, BC Division. Strongest Families was developed by Dr. Patrick McGrath at the IWK Centre, Nova Scotia.

Strongest Families is delivered to parents and/or caregivers via telephone in the comfort and privacy of their own homes at times that are best for the family, and at no cost. Trained coaches give weekly guidance and telephone support to families as they work their way through the program. Coaches and parents work together to solve problems as parents apply new skills in their daily lives. Visit at [www.strongestfamilies.com](http://www.strongestfamilies.com)

**Resources:**

**Kelty Mental Health Resource Centre** is a provincial resource centre that provides mental health and substance use information, resources, and peer support to children, youth and their families from across BC. We also provide support to people of all ages with eating disorders. [www.keltymentalhealth.ca](http://www.keltymentalhealth.ca)

**Lives in the Balance** is the non-profit organization founded by child psychologist Dr. Ross Greene, originator of the **Collaborative & Proactive Solutions**(CPS) approach (formerly known as Collaborative Problem Solving\*). Their mission is to advocate on behalf of behaviorally challenging kids and their parents, teachers, and other caregivers and to provide web-based resources. [www.livesinthebalance.org](http://www.livesinthebalance.org)

**CMHA** Canadian Mental Health Association, BC. Exists to promote the mental health of British Columbians and support the resilience and recovery of people experiencing mental illness. This is achieved through advocacy, education and community-based research and services. [www.cmha.bc.ca](http://www.cmha.bc.ca)

**BCMHSUS** BC Mental Health & Substance Use Services (BCMHSUS), an agency of the Provincial Health Services Authority (PHSA), provides a diverse range of specialized and one-of-a-kind tertiary mental health and substance use services for children, adolescents and adults across the province. Resources for the Public and Professionals. [www.bcmhsus.ca](http://www.bcmhsus.ca)

**Youth Space**  on line and web based support and resources for youth, mental and emotional health. [www.youthspace.ca](http://www.youthspace.ca)

**Youth in BC** on line and web based support and resources for youth, mental and emotional health and substance use. [www.youthinbc.com](http://www.youthinbc.com)

**SERVICE/PROGRAM PROVIDER CONTACT INFORMATION**

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| **SERVICE** | **Description** | **PHONE** | **ON-LINE** |
| **Valley Community Services (VCS)** | **Child and Youth Mental Health (CYMH)** Counselling  **Sexual Abuse Intervention Program (SAIP)**  Counselling  **Protective Family Services**  Family Advancement, Skills Acquisition, Parent/Teen Mediation, Reconnect Youth Services, Family Counselling, CYMH outreach. Supervised Access (Children in MCFD care only)  **Family Group Conferencing**  East Kootenay Region.  **Family Resource Center (Family Place)**  Drop in activities. Parent education  **Pregnancy Outreach Program**  **Infant Development**  **Children Who Witness Abuse Program** | **O: 250.428.5547**  **F: 250.428.5175** | **www.valley.services** |
| **Ministry of Children and Family Development (MCFD) Creston**  **MCFD Integrated Services**  **Creston** | **Child Protection/Guardianship**  Team Leader  Social Work Team  **Resource Social Worker (Foster Care)**  **Adoption SW for Creston/Cranbrook**  Team Leader – based in Cranbrook  Social Worker  **Child /Youth With Special Needs**  Team Leader – based in Cranbrook  Social Worker  **Youth Probation**  Youth Probation Officer  **Occupational Therapy/Physical Therapy/Speech Language**  OT/PT & SLP Contract held by SD#8  **Behavioral Support** (CYSN – Autism +6) Consult, Interventionist, Group Facilitator  EK Contract held by Realm  **Supported Child Development** (additional supports for children with developmental delay in care settings)  EK contract held by Community Connections Society of Southeast BC  **Case Aid (Youth Justice)**  **Child and Youth with Special Needs (CYSN)**  **Summer Youth Program**  Contract held by Cresteramics  **FASD Support Worker**  Family Resources  Contract held by AXIS | **O: 250.428.3229**  **F: 250.428.3297**  **O: 250.428.3229**  **F: 250.428.3297** |  |
| **School District #8 Creston**  **School Counselling** | **Prince Charles Secondary School**  **Adam Robertson Elementary School**  **Canyon/Lister Elementary School**  **Erickson Elementary School** | **O: 250.428.2274**  **O: 250.428.2051**  **F: 250.428.2019**  **O: 250.428.4161**  **O:250.428.2363** |  |
| **Creston RCMP** |  | **O:250.428.9313**  **F: 250.428.7314** |  |
| **East Kootenay Addictions Services**  **(EKASS)** | **Youth and Family Counselling Program**  Creston Office.  Cranbrook Office | **O: 250.428.3036**  **F: 250.428.3050**  **TF:1.877.489.4344** | **www.ekass.com** |
| **Creston Family Physicians** | **Family Practice Clinic**    **Summit Medical Corp.**      **Blue Heron Medical Clinic**      **Dr. D Hoffman**  **Dr. J Kass**      **GP Psychiatry** | **O: 250.428.9371**  **F: 250.428.9350**  **O: 250.428.8873**  **F: 250.428.3346**  **O: 250.428.7768**  **F: 250.428.7795**  **O: 250.428.5381**  **F: 250.428.5384**  **O: 250.428.3602**  **F: 250.428.8070** |  |
| **Ktunaxa Kinbasket Children and Family Services Society**  **(KKCFS)** | Coordinator  Admin Assistant  Social Worker Team  Family Support Worker Team  Wellness Educator  Kinship Care Worker  \*\*\* **KKCFS** will be responsible for the investigation of incidents concerning child safety, when there is an **Aboriginal Child Intake/Investigation/Report required.**  KKCFS holds the Child Protection mandate for all Aboriginal Children & Families within the Territory, (from Kootenay Lake to Rykerts Border to Yahk).  This includes: Sexual Abuse Reports, Family Violence Reports, Physical Abuse Reports, Suicide Attempts, and any other issues where children's safety is in danger. | **O: 250.428.7414**  **F: 250.428.7451** |  |