



Orientation to Child, Youth & Family Mental Health and Substance Use Services

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A Guide for Families in the South Vancouver Island Area



The F.O.R.C.E.

Families Organized for Recognition and Care Equality
Society for Kids' Mental Health

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Families were a major contributor to the original version of this guide and we thank them for their invaluable input.



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In The Beginning...

Your child is struggling...maybe you were the one who noticed...maybe it was your child's teacher...

Regardless, you took the first step and contacted Child and Youth Mental Health Services...

Throughout this guide, the use of "child" refers to both children and youth.



We all want the same thing...

Children sometimes need help when they can't cope...

Child and Youth Mental Health Services provides assessment, treatment and support for children, youth and families.

In this orientation, we will introduce you to these services and hopefully help smooth the road for you.

This resource was created by parents of the FORCE Society for parents, families and caregivers, in collaboration with Vancouver Island Health Authority and the Ministry of Children and Family Development Child and Youth Mental Health Services.



What Do I Do If There Is A Crisis?

In a mental health crisis or emergency, families should first contact their local mental health emergency team, child & youth mental health clinician or family physician.



The Integrated Mobile Crisis Response Team is available every day of the year from 1 pm until midnight and can be reached through the Vancouver Island Crisis Line at 1-888-494-3888.

If you are in a situation that involves immediate risk of harm to your child or others, call 911 and let the operator know it is a mental health problem.

Families can also go to a hospital emergency room. Within the South Island area, children under 17 years of age should attend the emergency room at Victoria General Hospital, 1 Hospital Way, Victoria.

Youth and young adults aged 17 and above should attend the emergency room at Royal Jubilee Hospital, 1952 Bay St., Victoria. The Royal Jubilee Hospital can provide Psychiatric Emergency Services (PES) at the Archie Courtneall Centre including intensive assessment and crisis intervention for patients arriving in emergency. The centre has four short-stay inpatient rooms.

Suicide Helpline
1-800-784-2433



What is the FORCE Society for Kids' Mental Health?

Who We Are...

We are parents whose children's lives are touched by mental disorders

When We Learned We Weren't Alone...

January 2000...and every day since

Why We Formed a Society...

To ensure mental health care and services are provided to children and youth and to assist their families in finding information and support

www.forcesociety.com



Where Can Families Go For Help?

When your child/youth is not feeling well, most parents initially contact their family doctor. This is a good first step because the family doctor can rule out physical problems that may be contributing to your child's overall health.

The family doctor may do an assessment and determine that your child requires other services such as those offered by pediatricians, psychiatrists, child and youth mental health clinicians, or private registered psychologists (www.psychologists.bc.ca or call 1-800-730-0522).

If you don't have a family doctor, you can ask your child's teacher, school counselor, youth and family counselor or local community health clinic staff for information on appropriate mental health resources and/or contact the Ministry of Children and Family Development Child and Youth Mental Health Services (CYMH) office in your community. (See page 9 for contact information.)

Basic Facts About Childhood Mental Health Problems



- Approximately 1 in 5 children and youth in BC have a mental health disorder.
- These disorders are not caused by being a bad parent.
- Mental health problems are treatable. Early detection and intervention are important.
- Parents of children with a mental health problem have a right to be fully involved in their child's treatment. In fact it's critical to successful treatment.





Why is it important for parents to be involved?

Because...

- you love your child and want to be sure that the decisions being made about how to help your child are the right ones.
- your child will benefit greatly from the support you provide.
- you will benefit from a better understanding of your child's difficulties.
- you will be better informed about the plan to help your child.
- you can ask for assistance with how to help your child at home.
- mental health problems affect the whole family —not just the child!
- parents need support too!!!



Your time and commitment is important ensuring your child is effectively helped. This may require some work on your part, but will be well worth your time.

Calling Child and Youth Mental Health Services

When you call the the Ministry of Child and Family Development Child and Youth Mental Health office, the mental health clinician will ask questions about your child's problem. This will help them learn more about your child and the difficulties he or she is facing.



Child and Youth Mental Health Services for South Vancouver Island

- **Victoria:** (250) 356-1123
- **Saanich:** (250) 952-5073
- **West Shore:** (250) 391-2223
- **Aboriginal:** (250) 952-4073
- **Eating Disorders Program for South Vancouver Island:** (250) 387-0000
- **High Risk Services/Project Alive:** (250) 952-5073

In order to learn more about your child's problems, the intake clinician will gather information about your child/youth through a detailed interview with you.

From this interview, CYMH will determine whether your child could benefit from their services or another type of service in your community.

If CYMH services are deemed appropriate, they will let you know what type of service they can provide and approximately when you and your child will be seen.

If CYMH determines that your child's difficulties fall outside the range of their services, they will refer you to another community service that is better able to help your child. For example, if your child is dealing with

trauma from divorce or domestic violence, they may refer you to an agency that offers programs for children in this specific area.

What Services Does CYMH Provide?

Child and Youth Mental Health Services (CYMH) provides treatment and support to children and youth under 19 years affected by serious mental health issues. Families are included and supported in the overall treatment plan. These services are offered in the community rather than in hospital or residential treatment facilities. CYMH services include the following:

Child & Youth Mental Health Teams

Upon acceptance of your child or youth for treatment, the treatment team will determine the clinical services through an initial assessment performed by the therapist and/or team psychiatrist with your various involved family members. An individualized treatment plan is developed and may include a variety of services like cognitive-behavioural therapy (CBT), art or play therapy, individual therapy, family therapy, or group therapy. If medication is recommended, the team psychiatrist will explain why and what medication is being recommended so you can be informed in making your choice on whether to have your child take medication.

The clinical staff also connects on an ongoing basis with other people who may be involved with your child or youth such as school teachers and counsellors, daycares, Ministry of Children and Family Development (child protection), family physicians, foster parents, Queen Alexandra, BC Children's Hospital, The Maples, etc. You will hear the word Case Management, or Integrated Case Management if there are various people involved in supporting your child and youth family.



Case management refers to managing situations where the nature of the problem is complex and multiple services and professionals are involved.

Aboriginal Child/Youth Program

Service provides assessment and treatment of children and youth from 0 to 19 years of age. Treatment focuses on providing individual treatment for the youth as well as family support.

Outreach counseling is available to provide mental health services in the home, school or community. Service supports the child, youth, caregiver and community in addressing significant emotional and/or behavioural difficulties that may be severely affecting the overall functioning of the child or youth and family.

Aboriginal CYMH provides services to seven reserves in Greater Victoria, as well as the Métis community and urban aboriginal youth living in the region.

Phone: (250) 952-4073

Eating Disorders Program For South Vancouver Island Region

Provides treatment for children, youth, and families who struggle with issues such as anorexia, bulimia and related issues through a multidisciplinary community mental health team, including nurse therapists, registered dietitians, therapists and sessional physician and psychiatrists.

Services include: individual therapy, family therapy, family-based approaches, group therapy and meal support therapy. Psychoeducation and support groups are available for parents and family members.

Services can be accessed by anyone including clients, youth, parents, school counselors, physicians or other professionals.

Phone: (250) 387-0000

High Risk Team/Project Alive

The Mental Health Outreach Team is a contracted service delivered by Phoenix Human Services Association. The service supports the youth and the caregiver in addressing significant emotional and/or behavioral difficulties that may be severely affecting the overall functioning of the child/youth and family. In most cases, consultation will occur with the geographical Child Youth Mental Health teams to determine if services can be best provided at the mental health centre or does the situation require an in home counseling approach. Services can be accessed by contacting the High Risk Team at Saanich Mental Health. (250)-952-5073

Project Alive, a component of the South Island High Risk Team, provides assessment and short term counselling to children and youth, under the age of 19, who have been identified as struggling with suicidal thoughts. Service is directed at the youth, but may also contain an element of family support and community consultation.

Services can be accessed by contacting the High Risk Team Leader at: (250) 952-5073.

Other Services Offered Through MCFD & MCFD CYMH

Concurrent Mental Health/Substance Use - Victoria

For youth with mental health or concurrent mental health/substance issues contact your local CYMH office.

- Saanich: 201-4478 W. Saanich Road – (250) 952-5073
- Victoria: 302-2955 Jutland Road – (250) 356-1123
- West Shore: 2nd fl. 345 Wale Road – (250) 391-2223
- Aboriginal Child and Youth Mental Health: (250) 952-4073

For Orientation to Child and Youth Mental Health and Substance Use see page 20.



I am embarrassed that my child needs help. Is it my fault?

Mental health disorders are the result of a complex set of factors. When you bring your child to CYMH services, the treatment process is not about determining who has done something wrong. It is not your fault. Parenting a child is the hardest job you will ever do in your life. CYMH will help you figure out what the underlying issues are for your child and how to address those issues.

Youth Forensic Psychiatric Services

A specialized mental health service within the Ministry of Children and Family Development that focuses on providing assistance to youth who are in conflict with the law and their families.

Youth must be referred from the Youth Court, Youth Justice Probation Officers and Youth Custody Centre staff.

For more information on YFPS, please visit www.mcf.gov.bc.ca/yfps/pdf/yfps_brochure.pdf.

Phone: (250) 387-2830

Maples Adolescent Treatment Center

The Maples is a provincial Ministry of Children and Family Development (MCFD) mental health facility based in Burnaby, BC providing assessment and treatment for adolescents in BC that provides residential and/or outreach services for youth aged 12 to 17 with significant psychiatric and behavioural difficulties. All youth admitted to Maples Programs must go through a referral process.

For more information, visit www.mcf.gov.bc.ca/maples or contact your local child and youth mental health office.



If it is determined that your child's or youth's needs have exceeded the resources of Community CYMH, a referral may be made to Vancouver Island Health Authority Child, Youth and Family Mental Health Services which offer outpatient and inpatient services.

Programs and Services Offered Through Vancouver Island Health Authority (VIHA)

Child, Youth and Family Mental Health Services (CYFMHS)

A division of the Child Health Program within Vancouver Island Health Authority (VIHA).

Provides a comprehensive range of specialized, therapeutic services for children, youth, and their families living in the VIHA region. In most cases, and before a child or youth is referred to CYFMHS, he or she will already be working with a community or aboriginal mental health team. A referral to CYFMHS will likely be due to the need for more intensive assessment and service for children and youth with complex mental health problems, whose mental health needs have exceeded their own community's resources.

Services have a strong focus on collaboration with the client, family and community. The goal is to involve all significant members of the child or youth's support system in the process by encouraging frequent communication and participation in care conferences and planning meetings.

The Ledger Program (Inpatient)

The Ledger Program is an island-wide resource that provides acute, inpatient, hospital based psychiatric services for children and youth. Provides stabilization, assessment, treatment planning, and short-term interventions for children and youth aged 6 to 16 years. Admissions are either (1) urgent or (2) planned.



How to Access VIHA Programs and Services

Referrals for most of the Child, Youth and Family Mental Health Services must be made by a physician or mental health clinician.

Referrals to the Early Psychosis Intervention (EPI) team and the Youth & Family Substance Use Services and Integrated Mobile Crisis Response Team can be made by anyone in the community, including family members and the child or youth. Phone numbers for referrals are listed under the program descriptions below.

To receive a referral program form, discuss a referral, or obtain more information on any of VIHA services, please contact CYFMS Intake at (250) 519-6794 or (250) 519-6720.

1. Urgent Admissions

Special Care Unit (SCU). Clients admitted to this unit generally require urgent service and/or the need for short-term stabilization of the following conditions:

- a. Florid psychosis
- b. Active mania
- c. Suicidal with previous, serious suicide attempts
- d. Requiring intensive 24 hr/day monitoring

or

2. Planned Admissions

Children's and Youth Units. Clients admitted to these two units require in-patient, multi-disciplinary, tertiary mental health assessment and treatment planning. Upon admission, clients must have a secure placement and a community discharge plan in place.

Children's Unit – inpatient assessment and treatment planning for children ages 6 to 11 with complex psychiatric problems

Youth Unit – inpatient assessment and treatment planning for ages 12 to 16 with complex psychiatric problems

The Anscomb Program (Outpatient)

The Anscomb program is an island wide service which provides a multidisciplinary continuum of mental health services including comprehensive and trauma informed assessment, evaluation and evidence-based treatment interventions. The goal is to support families and communities to reduce significant emotional, behavioural, psychological and psychiatric symptoms, and increase the mental health and functioning of children and youth at home, at school, and in their community.

1. Mood, Anxiety, and Psychosis Team (MAP)

Provides specialized services for children and youth up to and including age 18 who have difficulty functioning due to complex mood, anxiety and/or psychotic disorders. Examples of those who may be referred are children and youth with complex challenges due to major disorders such as depression, bipolar disorder, generalized anxiety, obsessive compulsive, panic disorder, post-traumatic stress disorder, psychosis or schizophrenia.

2. The Neurodevelopment Team (NEURO)

Provides specialized services for children and youth, up to and including age 18, who have difficulty functioning due to complex neuro-developmental and associated psychiatric concerns. Examples of those who may be referred are children and youth with psychiatric concerns and ASD, ADHD, learning disabilities, developmental or intellectual delays.

3. Early Psychosis Intervention Team (EPI)

Specialized service that provides an evaluation of possible psychosis, along with support, collaboration, and education for children and youth, up to and including age 16, who present with decreased functioning which may be due to psychosis. Suggestions of auditory/visual hallucinations, bizarre behaviours, thought disorders and delusions are examples of symptoms which may be indicative of early psychosis.

Referrals to the EPI team can be made by anyone in the community, including family members and the child or youth him/herself. Contact CYFMHS Intake at (250) 519-6794. For youth older than 16 years of age, please contact the intake clinician at (250) 889-4284.

Crisis Services

Child, Youth & Family Mental Health Services offers a range of urgent and crisis services for children and youth experiencing serious emotional, behavioural or psychiatric difficulties. Some services are provided in collaboration with other VIHA departments. These services are offered in the South Island only at this time.

1. Urgent Psychiatric Consultation Service - Victoria General Hospital (VGH)

Children & youth up to and including age 16 years with mental health concerns of an urgent nature who are appropriate for a one-time psychiatric evaluation may be referred for an assessment with a psychiatrist and a mental health nurse. While ongoing psychiatric management is not provided, recommendations for the referring physician or mental health professional are provided. This one-time service is available by appointment only.

(NOTE: Youth who are 17 years and over should have their physician or professional make a referral to Royal Jubilee Hospital if they require urgent psychiatric care.)

2. Mental Health Crisis Service - Victoria General Hospital

The mental health crisis nurses provide mental health assessment, intervention, and follow-up for children and youth up to and including age 16 years presenting with a mental health crisis to the VGH Emergency Room or admitted to the Pediatric Unit due to a psychiatric crisis.

A mental health crisis nurse is available Monday to Friday, 8 am to 11 pm and weekends from 2 pm to 10 pm. A child psychiatrist supports the Pediatric Unit and is available on a limited basis.

This is a support service to the Emergency Room and the Pediatric Unit at Victoria General Hospital only—referrals or appointments are not accepted.



Vancouver Island Crisis Line

The new 24-hour Vancouver Island Crisis Line number is:
1-888-494-3888
For more information visit www.cvics.ca

3. Integrated Mobile Crisis Response Team (IMCRT) - Emergency Mental Health

Provides psychiatric assessments for mental health emergencies on an outreach basis for to individuals and families of all ages. Child and youth clinicians work alongside adult mental health clinicians and plain clothes police officers to provide mobile, community-based, crisis response services including crisis assessment, intervention and stabilization, as well as short-term bridging to community services. IMCRT serves southern Vancouver Island as far as Sooke/Port Renfrew, the South Malahat, Sidney, and phone consultation to the Gulf Islands.

The team is available 365 days of the year from 1 pm until midnight and can be reached through the Vancouver Island Crisis Line: 1-888-494-3888.

Developmental Disorders with Co-occurring Mental Illness

The Developmental Disability Mental Health Team provides assessments to individuals 14 years and older with a demonstrated developmental disability and mental health concerns and/or challenging behaviour. The team also provides expertise and support to the individual's community support networks. Services delivered in the community include: psychiatric and behavioral analysis and consultation, nursing consultation, dementia consultation, and neuropsychological evaluation.

Referrals are made through the Ministry of Children and Family Development (MCFD). Contact the MCFD Duty Worker at (250) 391-2223 for further information.

Vancouver Island Children's Assessment Network (VICAN) - Complex Developmental Behavioural Conditions

Provides multidisciplinary assessments and diagnostic service for children and youth (up to 18 years old) suspected of having autism spectrum disorder (ASD), fetal alcohol spectrum disorder (FASD), or other Complex Developmental Behavioural Conditions.

How Can I Get My Child Assessed?

Make an appointment with your family doctor to talk about your concerns.

Services for Children and Youth with an Eating Disorder, Conduct Disorder or Developmental Disorder who have Exceeded MCFD Community Resources

Children and youth with a primary diagnosis of eating disorder, conduct disorder, or developmental disorder with no other psychiatric symptoms are more appropriately referred to other Provincial hospital programs designed for their unique clinical needs.

VIHA Discovery Youth and Family Services

For youth (12 to 19) with addiction or concurrent mental health/substance issues. This program also provides support for substance-affected youth and families. This service accepts referrals from families.

Phone: (250) 519-5313.

Vancouver Island Health Authority (VIHA) Client Relations

If you have a concern about a service provided by VIHA-South Island, first, speak to the person providing the service and or the manager of the area at the time your concern arises. If your concern remains unresolved please contact the Client Relations Office at (250) 370-8323 or 1-877-370-8699 (toll free).



**My child/youth has drug/alcohol problems.
Where do I go to get help?**

Discovery Youth and Family Services (VIHA)
(250) 519-5313

Drug, Alcohol and Concurrent Mental Health/ Substance Use Services

VIHA Discovery Youth and Family Services

Provides counselling for youth who are experiencing difficulties related to their own or another person's substance use. This service offers counselling for parents, family members, and caregivers who are impacted by their youth's substance use. VIHA Discovery also assists youth to identify, acquire and organize other beneficial services, supports and resources (e.g. supportive recovery options, psychiatric consultation).

Phone: (250) 519-5313.

Victoria Youth Empowerment Society (VYES)

Specialized Youth Detox (SYD)

A voluntary, non-medical withdrawal management program for youth between the ages of 13 and 18 years who are in need of acute physical withdrawal services. SYD provides residential withdrawal services dependant on the individual youths needs. Services and support to youth and their family/caregivers in the program include: assessment, home visits, outings, individual counseling, education, support and assistance with post withdrawal treatment planning.

Phone: (250) 383-3514

Email: syd@vyes.ca

Boys & Girls Club of Greater Victoria

Youth Withdrawal Management Care Homes

Offers a non-medical detox in a home setting for youth 13 to 19 years of age that have addiction or concurrent mental health/addiction issues. The Youth Withdrawal Management Program is divided into two tiers. Tier 1 acute detox is 7 to 10 days of 24-hour supervised care. Tier 2 detox provides youth with an opportunity to stay an additional 20 days in the care home depending on the youth's recovery needs and transition plans.

Referrals to the Youth Withdrawal Management Program are made to the Detox Intake Worker.

Phone: (250) 383-3514

Youth Supportive Recovery Care Homes

Designed to provide a safe, supportive home for youth wanting to deal with their drug and alcohol issues. Each Care Home has a Youth Support Worker available to provide support for both the care home and the youth. Youth accepted into the program are between the ages of 13 and 19 and have voluntarily asked to be in the program. Program length is usually 12 to 16 weeks.

Referrals are made to the Care Home Program's Intake Coordinator by the individual's Alcohol and Drug Counsellor with Vancouver Island Health Authority.

Pager: (250) 480-3050 (ask for Care Home Programs)

Victoria Native Friendship Centre

Provide services and information for Aboriginal youth and families designed to enhance traditional values. Services include addictions counseling and youth programs.

Phone: (250) 384-3211

Beacon of Hope House

Six-bed supportive recovery house for male youth (between ages of 13 to 18) recovering from alcohol and drug use.

Phone: (250) 381-9474

Sooke Family Resource Society (SFRS)

The SFRS provides counseling programs for people suffering mental health, family and addictions issues. The Mental Health and Addictions Navigator services connects youth with mental health and addictions needs to timely and accessible service in the Sooke area region. The target client population for this service consists of individuals with complex care requirements who are living in locations geographically removed from urban concentrations of services. The Navigator is also intended to facilitate more reliable service access on behalf of high-needs clients who, for a variety of reasons, are not adequately connected with critical core services.

Services include needs assessment, collaborative assistance with need-based care planning, appropriate information, referral, and linkage facilitation. This service is available for all youth 19 and under.

Phone: (250) 642-5152

Salt Spring Island Community Services Youth and Family Addictions

Provides prevention and treatment services for youth, adults and families where substance abuse is a concern, or where someone is affected by the substance misuse of another. Services include assessment, individual counseling, group counselling, family counseling, case management, referral and follow up to specialized treatment resources.

Phone: (250) 537-9971

Additional Programs and Services

Salt Spring Island Community Services Child and Youth Mental Health

The Child and Youth Mental Health program provides targeted



services to high profile children and youth who exhibit depression, anxiety, substance use, family conflict and/or unmanageable behaviour in the home or classroom.

This population requires specialized expertise for assessment, treatment and home/school consultation. The program is aimed at children and youth under 19 years of age residing in the Gulf Islands who present with moderate to severe emotional, behavioral and/or psychological difficulties.

Phone: (250) 537-9971

Early Psychosis Intervention (EPI) Family Support Group

For family members and friends of persons experiencing early onset of psychosis. The main focus is on support and self-care for family members as well information regarding the illness and related resources.

BC Schizophrenia Society – Victoria Branch
941 Kings Rd.

Phone: (250) 384-4225

Kids in Control

Free program for children who have a parent, sibling or caregiver who has a mental illness. Children will learn over the 8-week period to identify about emotions and connect with other children who have a common experience in a fun environment. Facilitated by a professional. “Fun” food provided.

BC Schizophrenia Society - Victoria Branch
941 Kings Rd.

Phone: (250) 384-4225 and leave a message for the Kids in Control facilitator.

Mary Manning Centre

Services are available for individuals and their families who are, or think they might be, dealing with child sexual abuse problems. Offers support to the child or children who were abused and all family members affected by the abuse. Individuals or their caregiver can refer themselves by calling (250) 385-6111.

Pacific Centre Family Services Association Sexual Abuse Intervention Program

This program is designed for children who have been sexually abused or have sexual behavior problems. We use art and play therapy and the children are taught safety skills.

Our goal is to help children recover from the trauma of sexual abuse, to expand their ability to communicate verbally and non-verbally, and to realize their potential as valuable members of the community.

Phone: (250) 478-8357

Victoria Native Friendship Centre (VNFC)

The VNFC mandate is to meet the needs of Aboriginal families in the Greater Victoria area by providing them with services and information designed to enhance traditional values and cultures of the Aboriginal Peoples.

Provides addiction and mental health related services, family services, early childhood development services, youth services and aboriginal early intervention services.

Phone: (250) 384-3211

Email: info@vnfc.ca

Victoria Youth Empowerment Society (VYES)

VYES is an organization that provides programs and support for youth ages 13 to 19 and their families/ caregivers. Programs include a Mental Health Liaison who provides support by working to improve access and coordination of mental health and addiction service for predominately marginalized youth. The Mental Health Liaison helps in promoting early identification and intervention with the aim of averting the development of serious emotional disorders.

Phone: (250) 383-3514

Email: mentalhealthliaison@vyes.ca

Kiwanis Emergency Youth Shelter

The Kiwanis Emergency Youth Shelter, a 10-bed facility, providing services to youth between the ages of 13 and 18 who have no safe place to stay.

KEYS responds to a wide range of crisis, including parent/teen conflict, abuse issues and youth homelessness etc. Referrals can be made to the Shelter on a 24 hour basis by anyone in the community.

KEYS has a Youth & Family Support Worker on site who is able to provide support and counselling to youth and their families while they are in crisis.

Admission is voluntary and consent of the legal guardian is needed in order for a youth to stay.

Phone: (250) 386-8282

Email: keys@vyes.ca

The Esquimalt Military Family Resource Centre

Offers programs, services and resources to to meet the unique needs of military families.

MFRC 24-Hour Information Line:
(250) 363-2640 or 1-800-353-3329

Email: mfrc@shawcable.com



Learning Disabilities Association – South Vancouver Island Chapter

Provides education, support and advocacy for children and youth with Learning Disabilities (LD) and or Attention Deficit Hyperactivity Disorders (ADHD) and their families.

Phone: (250) 370-9513

Email: info@ldasvi.bc.ca

Community Living Victoria

Provides a range of support services to children and adults with developmental disabilities and their families.

Phone: (250) 477-7231

Community Options for Children and Families Society

Supports children and adults with developmental disabilities and their families. Provides support, education and respite care to families that have a child or adult family member with a developmental disability.

Phone: (250) 380-6363

F.R.I.E.N.D.S. for Life

Anxiety prevention and resiliency program for children designed to help them develop skills to effectively cope with difficult situations and worries. F.R.I.E.N.D.S. is currently offered in grades 4, 5 and 7. Teachers guide students through a 10+ week series of activities.

For more information, please contact your child's school or phone (250) 387-7056.

Email: MCF.CYMHFRIENDS@gov.bc.ca

Victoria Youth Clinic

Confidential Free Health Care Service for youth 12 to 24 years. The Youth Clinic is dedicated to creating a safe place for youth to share difficult health issues. A multidisciplinary team of doctors, nurse/counselors and an outreach worker provide primary health care to youth, helping with testing, treatment, counseling and referrals to agencies or specialists.

Parents, friends or family of youth with questions, suggestions or information are welcome to call or email the clinic. The clinic has two sites:

James Bay Clinic

547 Michigan Street, Victoria V8V 1S5

Hours: Tuesday and Thursday 3:00 to 8:00 pm

Phone: (250) 388-7841

Downtown Clinic - for street youth

533 Yates Street, Victoria V8W 1K7

Hours: Monday and Wednesday 3:00 to 7:00 pm

Phone: (250) 383-3552

E-mail: office@victoriayouthclinic.ca

Neighbourhood Houses

Offer parenting, child and youth programs, child care, counseling, assistance with housing, hot lunches, free clothing and bread, and teen drop-in programs.

- Beacon Community Services in Sidney: (250) 655-5309
- Blanshard Community Centre: (250) 388-7696
- Burnside/Gorge Community Centre: (250) 388-5251
- Fairfield Community Centre: (250) 382-4604
- Fernwood Community Centre: (250) 381-1552
- James Bay Community Centre: (250) 389-1470
- Oaklands Community Centre: (250) 370-9101
- Vic West Community Centre: (250) 388-6120
- Esquimalt Neighbourhood House Society:
(250) 385-2635
- Capital Families Association – West Shore:
(250) 391-4320
- Saaanich Neighbourhood Place: (250) 360-1148
- Sooke Family Resource Society: (250) 642-5152

Adult Mental Health Services

Sometimes services need to continue into adulthood that requires transition planning to adult mental health services. These services are similar to those provided for children and youth but are operated through the regional health authorities.

For more information please call (250) 370-8175 or visit www.viha.ca/mhas/locations/victoria_gulf.

Provincial Services

BC Children’s Hospital Child and Youth Mental Health Programs

Children’s Hospital provides mental health assessment and treatment for British Columbia and Yukon children, youth and their families. Both inpatient and outpatient clinical services are available.



Kelty Resource Center

Provincial resource centre located at BC Children's Hospital. Helps link children, youth and their families with appropriate resources in all areas of mental health and addictions. The centre also serves the resource needs of adults with an eating disorder.

Phone: 1-800-665-1822

E-mail: keltycentre@bcmhs.bc.ca

Families can only access provincial services if their child or youth's mental health needs cannot be met through community and hospital services provided by the Ministry of Children and Family Development and Vancouver Island Health Authority.

For some children with severe mental health problems, a hospital stay may be necessary. Children are admitted to the hospital through a referral from a doctor or mental health team. Generally there is a wait list of several months. The average length of stay is three to four weeks but this will depend on the needs of your child. More information about BC Children's Hospital can be found at www.bcchildrens.ca/Services/default.htm.



The program compliments community-based mental health centers by providing specialized consultation, out-reach and education services.

Sunny Hill Health Center provides specialized services to children with disabilities from birth to age 19.

These are the programs and services offered at Children's and the Sunny Hill Centre for Children:

- Adolescent Psychiatry Inpatient Unit (P2): Inpatient assessment and treatment for youth (12 and over) with serious psychiatric symptoms.
- Attention Deficit Hyperactivity Disorder Program: Outpatient assessment and consultation for children, youth and adults with all forms of ADHD.
- Autism Spectrum Disorders (Sunny Hill Health Centre): Assessment, diagnosis, education and research for children and youth with autism.



- Child and Adolescent Psychiatric Emergency Unit (CAPE): Inpatient crisis intervention unit for children and youth to age 16.
- Child Psychiatry Inpatient Unit (P1): Inpatient assessment and treatment for children under 12 with complex psychiatric problems.
- Child Psychiatry Teaching & Consultation Clinic: Affiliated with the University of BC Faculty of Medicine, providing outpatient psychiatric assessments for children aged 6 to 17.
- Eating Disorders Program: A range of outpatient, day treatment and inpatient programs for children and youth with all types of eating disorders.
- Infant Psychiatry Clinic: Outpatient assessment and short-term treatment for young children, ages 5 and under.
- Mood and Anxiety Disorders Clinic: Outpatient consultation for children and youth (ages 6 to 19) with a mood and/or anxiety disorder.
- Neuropsychiatry Clinic: Diagnostic assessments for children and youth (up to age 19) with neurodevelopmental conditions in combination with behavioral problems.
- Urgent Assessment Clinic: Prompt assessments for children and youth (up to age 16) with acute psychiatric symptoms.

- Provincial Youth Concurrent Disorders Program: Outpatient consultation and on-going treatment is provided for youth (ages 12 to 24) with substance use disorders, and conditions involving both substance abuse and mental disorders.

Oh No!! The Dreaded Wait List!

You're been told that your child could benefit from having services but there's a long wait list.



What do you do in the meantime?

There are some very good documentaries, books, and tip sheets that have been produced over the years for families of children and youth with mental health issues.

Some links to this information are:



www.heretohelp.bc.ca
www.mcf.gov.bc.ca/mental_health
www.forcesociety.com
www.bcmhas.ca/keltyresourcecentre

There are some good resources on the internet. We have included some of these at the end of this resource.

If you have concerns you can call CYMH and they will try to help in any way they can.

Ask about any parenting programs specifically designed for parents who have a child with mental health concerns or if they can send you any information that would help better understand and support your child.

If you have extended health benefits e.g., through work, you may want to look into accessing a psychologist or counselor as their services may be covered under your



plan. The website for registered psychologists is www.psychologists.bc.ca and for registered counselors is www.bc-counsellors.org.

Some community agencies offer counseling services free or on a sliding scale, depending on your ability to pay.

A parent support group or parent education sessions might help you to better support your child.

South Island FORCE Parent Support Network Group

Phone: (250) 479-1192

Email: islandFORCE@shaw.ca

You may also want to ask your school about psycho-educational testing to rule out any learning disability. Often the waitlist to have this testing done through the school can be quite lengthy but there are private agencies that provide psycho-educational testing (Note: there is a fee for this testing). Check the Learning Disabilities Association of BC website at: www.ldabc.ca/resources/persons-with-an-ld/ for more information on assessing learning disabilities.

What Kinds of Services Are Available For Children or Youth Who Refuse To See Someone?

It can be very frustrating for a parent when their child refuses to get help for their mental health problems. Sometimes it requires a great deal of patience and time in order to help a young person to realize that they need help. Ongoing efforts to convince the youth to seek help are often needed.

If you believe that your child is in danger of harming themselves or others, you should contact:

- Vancouver Island Crisis Line (provides access to the Integrated Mobile Crisis Response Team)
Phone: 1-888-494-3888.

- Call 911 or take your child to the nearest hospital emergency room.

Involuntary Treatment

Please see the Mental Health Act (page 32) for a comparison between voluntary and involuntary admission. For involuntary treatment, there must be evidence that the young person:

- 1) is suffering from a mental disorder that seriously impairs the person's ability to react appropriately to his or her environment or to associate with others;
 - 2) requires psychiatric treatment in or through a designated facility;
 - 3) requires care, supervision and control in or through a designated facility to prevent the person's substantial mental or physical deterioration or for the person's protection or the protection of others;
- and
- 4) is not suitable as a voluntary patient.

So How Will Community Child and Youth Mental Health (CYMH) Help My Family?

The first step will be to have your child assessed in order to better understand the nature of their problem. This assessment can include different kinds of psychological tests, interviews with you and your child, and possibly other information—from your family doctor, pediatrician or school counselor or teacher. You decide whether you agree to having any outside information shared with CYMH. The assessment will look at both your child’s strengths and areas where he or she is having difficulty.

CYMH incorporates a care team approach. This means that there may be a number of professionals who work together to develop a plan for helping your child. This also means that you, as a parent, will also be an important part of this team. Your involvement is important as it will help you to better understand the nature of your child’s difficulties and how you can support your child at home. Make sure to ask how you will be involved and what your expected role is as a parent.

Diagnosing mental health issues in children can be difficult as symptoms and signs can be common to more than one disorder. Sometimes it takes time to fully understand the nature of the child’s problem and observations. This may result in a change in diagnosis as additional symptoms become evident.



Who are the Professionals in CYMH?

Intake Clinicians: These clinicians answer calls that come in and collect information in order to determine how the child, youth or family can be best served.

Clinicians/Therapists: These clinicians provide assessments and therapy for individuals, families and groups. They typically have a Masters Degree in Counselling Psychology or Social Work and may have additional training in certain types of therapy.

Psychiatrists: These are medical doctors who have specialized training in childhood mental health disorders. Psychiatrists do assessments and diagnose mental health disorders as well as prescribe medications. They work in conjunction with the rest of the treatment team.

Psychologists: Professionals who do assessments and provide therapy. They hold a PhD in clinical psychology.

Nurse Clinicians/Therapists: Nurses who have specialized training in psychiatry/mental health in addition to the medical/nursing speciality.

Okay We've Been Asked to Come In —Now What Happens?

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When you begin services, the clinician will sit down with you and explain what will happen. Prior to starting any treatment, you will be asked to sign consents forms, for example, the clinician may want your permission to get information on another service involved with the child or to share information with other professionals involved.

You do not have to agree to CYMH talking with others, although it is important to be aware that it can be very beneficial to your child. You can also specify what information can be shared or not shared and you can change your mind at any point (but be sure to let CYMH know that you no longer consent).

Based on the assessment and information gathered about your child and the problems they are experiencing, the clinician will draw up a recommended plan to help your child. It is important that this plan is fully explained to you so that you can make an informed decision about how to proceed.

Challenges of Diagnosing Mental Disorders in Children

A number of mental health problems have some common symptoms. This can make it difficult to determine the precise diagnosis.

For example, bipolar disorder, depression and anxiety disorder can be characterized by irritability as well as sleep and concentration difficulties.

Bipolar disorder and Attention Deficit/Hyperactivity Disorder (ADHD) can include distractibility, physical hyperactivity and talkativeness.



To complicate matters even more, it is not uncommon for children to be dealing with more than one disorder. For example, it is quite common for children who have depression, to also have an anxiety disorder.

In order to help, it is important to let the clinician know as much as you can about what you—as well as others who know your child—have noticed in your child’s mood and behavior.

Treatment Plans



A treatment plan is an individualized approach that is created for your child. It is based on an evaluation of your child’s problems and strengths. The treatment plan offers recommendations for the best type of therapy for your child.

The treatment plan is a written document based on the assessment and will outline the course of action that the clinician believes will help your child. CYMH use evidence-based treatments—ones that have been shown to work. Treatment may involve the use of medications, a combination of medication and therapy or just therapy. Your child may be involved in individual or group sessions. Medication would be prescribed through your family doctor or a psychiatrist. For example, they may recommend that your child comes in for counseling once a week for three months or that they attend group therapy for a certain period of time. The length of time for treatment depends on the difficulties your child is experiencing.

The treatment plan includes needs and goals. These needs and goals are then used to evaluate how well your child is doing and whether any modifications to the treatment plan are needed.

The following are examples of possible goals:

- Improved relationships with parents, siblings, teachers and friends
- Better schoolwork
- Improved self-esteem
- Fewer disruptive behaviors

The goals should be:

- Realistic
- Something your child will be able to do
- Behaviors that you can observe and measure (e.g., with rating scales)

The clinician will review the proposed treatment with you and your child. You do not have to agree to the treatment plan. For example, many parents worry about giving their child medication. For some children, it may be very beneficial but there is choice. You can still continue to receive services even if you disagree with the treatment plan.

During the course of treatment, the clinician will re-evaluate your child's progress, if they feel that your child needs less help, they will discuss this with you and your child; similarly if your child seems to need a bit more help, therapy may be extended.

If your child is encountering difficulties in school as a result of their mental health problems, it can be very beneficial to include the school as part of the treatment team. This enables the school to better understand what they need to do in order help your child do well in school.



What Types of Therapy Are Provided?

The type of therapy offered will depend on the nature of your child's problems and their age. Below are some of the more common types of therapy that are offered through CYMH:

Individual therapy: one-on-one counseling. The most commonly used type is called cognitive-behavioural therapy (CBT). CBT aims to help people identify unhelpful assumptions or "automatic thoughts," and to make connections between these thoughts and the way they act and feel. Cognitive-behavioural therapy is used to treat a variety of problems, including depression, anxiety and panic disorders, and eating disorders.

Art or play therapy: uses paint or other art materials, puppets, and other activities as a way to engage a child to communicate with their therapist about their problems and strengths they have to overcome the challenge. Therapeutic play allows the child to express emotions and problems that might be too difficult for the child to talk about with another person. Young children often have a less difficult time expressing themselves through play. Children can learn to master frightening feelings through play and practice the social skills.



Family therapy: helps with issues that affect the whole family. Family therapy can be beneficial in maintaining good relationships within the family while dealing with the pressures of mental health problems. Sessions may involve some or all members of the family. Benefits include opportunities for the family to express their concerns and fears and the family dynamics. Families can also learn new ways of getting along as a family.

Group therapy: Therapeutic counseling in a group format. Children or youth who are dealing with similar problems are brought together in a therapeutic group. These groups are usually run for a specified period of time (e.g., 8 weeks).

Other types of therapy that may be offered include:

Dialectical behaviour therapy (DBT): is a comprehensive cognitive behavioural treatment with a strong emphasis on the building of personal skills and of empowerment. It usually entails increasing skills in the four areas of mindfulness, interpersonal effectiveness, management of distress, and better regulation of emotions. In DBT, there are four behavioural targets:

- 1) decrease life-threatening behaviours
- 2) decrease therapy-disrupting behaviours that may compromise treatment effectiveness
- 3) decrease behaviours that interfere with quality of life
- 4) increase coping skills

Brief or solution-focused therapy: focuses on empowering individuals to find solutions in their life by figuring out what a person's goals are, and supporting them to find ways to achieve those goals.

Interpersonal therapy (IPT): focuses on relationship-based issues. Clients are helped to look at any difficulties they have in maintaining relationships and in resolving relationship difficulties.

Motivational interviewing: attempts to increase clients' awareness of the potential problems caused, consequences experienced, and risks faced as a result of the behavior in question. Therapists help clients envisage a better future. The aim is to work towards enhancing the individual's motivation to change by identifying and resolving ambivalence.



Questions to Ask Your Child's Therapist

These questions are best asked over time and not all will apply for each family.

- What kind of help will my child get from you? What can you offer?
- What sorts of experience/education do you have?
- What are the most effective approaches to helping a child like mine?
- Does my child have to take medication for their illness? Will they have to stay on medication for a long time?
- How long will my child receive services from you?
- If all the usual treatments/approaches to dealing with my child's problem aren't helping enough, then what?
- Who do I call if there is a crisis?
- What can I do to support my child at home?
- How will I be involved in this process? Where do I fit in?
- What are the limits of confidentiality? What if my child refuses to give consent to have information shared with me as their parent?
- What information is recorded about my child and who has access to this information?
- Should my child's school be involved in this process?



Questions to Ask Your Child's Therapist (cont'd)

- What other services are available to help and support my child?
- What assistance can I receive as a parent?
What about other members of my family?
- How will a diagnosis affect my child's future chances/position in school and society?
- What happens if my child turns 19 and still needs help?

Medication

Medication is not necessarily the first line of treatment for a number of mental health problems.

However, for certain kinds of mental health problems (e.g., ADHD or psychosis), medication may be an important part of the treatment plan. It is important that you learn about the benefits and risks of the medication recommended for your child. Most, if not all medications have side effects. In most cases these side effects can be effectively managed. Ask for information about any medications your child will be taking.

In some cases, medication may be needed to help a child to the point where they can benefit from therapy.

For example, many children with severe anxiety may not be able benefit from therapy until their anxiety is reduced. Others will simply refuse to talk with a therapist at all. For these children, it would be reasonable to initiate treatment with a medication before a course of therapy is attempted.



No-charge Medications (Plan G)

This no-charge psychiatric medication program assists people for whom the cost of psychiatric medication is a serious barrier but who, without medication, would suffer very serious consequences, such as hospitalization.

The program provides psychiatric medication approved by Pharmacare at no cost to the individual (please note, there are exceptions).

To qualify, consider these questions:

- 1) Am I financially eligible? If your net family adjusted income is less than \$24,000 a year plus \$3,000 for each dependent
and
- 2) If a physician says your child meets clinical criteria.

To apply, have your child/youth's doctor or psychiatrist fill out the form at www.healthservices.gov.bc.ca/exforms and send it to the address on the form. Your local child and youth mental health office may also have these forms available and assist in filling it out.



How Long Will My Child Require Services?

Mental health treatment is a process. Change often takes some time.

It can be difficult to predict how long is needed in order to help a young person who is facing mental health challenges. Some may require only a few visits while others may need help over a longer period of time.

The frequency and duration of therapy vary and will depend on the type and severity of mental health problem your child is experiencing. Other important factors that will impact your child's progress include regular attendance for therapy, parent participation, and implementation of therapy activities at home.

Together you, your child and your child's clinician will develop some short term goals to use as a basis for helping your child. At the end of that period, together you can evaluate how well your child is doing and whether they would benefit from additional help.



Child Disability Benefit (CDB)

The Child Disability Benefit (CDB) is a tax-free benefit for families who care for a child under age 18 with a severe and prolonged impairment in mental or physical functions.

To be eligible a child must have a severe and prolonged impairment in physical or mental functions. An impairment is prolonged if it has lasted, or is expected to last, for a continuous period of at least 12 months. A qualified practitioner must certify on Form T2201, Disability Tax Credit Certificate, that the child's impairment meets certain conditions.

For more information, please visit www.cra-arc.gc.ca/benefits/cctb or contact your local tax services office.



Who decides that my child no longer needs services?

The decision to terminate therapy sessions is based upon the improvement in your child's functioning. Treatment plans typically include goals which can be assessed after a period of time (e.g., 3 months) to see whether your child is making progress. At that time, you, your child and their therapist can evaluate how well your child is doing. When it becomes apparent that your child is doing much better, the therapist will begin to prepare your child that they will no longer need to come for therapy.



Will we be able to access services in the future if my child needs them?

Should your child experience difficulties after they have finished receiving services, you can always call CYMH to discuss whether it would be helpful to get further services.

What Can I Do If I Am Experiencing A Problem with CYMH?

CYMH strives to provide the highest quality of services. However, in spite of everyone's hard efforts, problems may still arise. It's important that you feel confident in the knowledge, skill, and interest of those helping your child. You should be able to communicate freely with these individuals and not feel intimidated by them.

If you find that you do have problems with the people who are on your child's treatment team, talk with them openly and honestly, and tell them how you are feeling. If you are uncomfortable talking to your child's team, you may want to consider bringing someone with you to support you.

Alternatively, you can ask to speak with someone at the office such as the coordinator/supervisor, who will try to help you resolve problematic situations.

You can, at any time, contact the regional Complaint Resolution Consultant with the Ministry of Children and Family Development who will assist you in ensuring that your concerns are considered.

Call 1-888-456-8953 or visit www.mcf.gov.bc.ca/complaints.

If the problem isn't resolved to your satisfaction, there is a Representative for Children and Youth who can be contacted at (250) 356-6710 or 1-800-476-3922 or emailed at rcy@rcybc.ca.



For more information about the Representative for Children and Youth and their complaint process, visit their website at www.rcybc.ca.

Commonly Asked Questions

Can My Child Be Seen Without My Knowledge and Consent?

BC's Infants Act says that children under 19 have the right to consent to their own health care which includes mental health. They do not need the consent of a parent or guardian. But the child must be mature enough to understand the risks and consequences of the treatment to give their own consent. The law considers them capable if they understand the need for a medical treatment, what the treatment involves, the benefits and risks of getting the treatment, and of not getting the treatment. If the doctor or health care provider explains these things and decides that the child understands them, they can treat the child without permission from the parents or guardians. The child might have to sign a consent form.

Child and Youth Mental Health Services has an obligation to inform parents if their child is suicidal.




Who Will Have Access to My Child's Information?

CYMH will ensure that information about your child will be kept confidential and that before any information is shared, you (or your child) will be asked to sign a consent form indicating that you give permission to have information shared. It is sometimes important for your child's therapist to be able to talk with other professionals about your child in order to ensure there is continuity of care. Other professionals may include your child's doctor or teacher, or other service providers such as a social worker. You and your child have a right to know what information will be shared and why it is important to

their care. If you have any concerns, please talk with your child's therapist before you sign a consent form.

My Spouse and I are Separated/Divorced. Do we Both Have to Consent to Service?

If you and your spouse have joint custody, both of you will be asked to consent. If there is no legal custodial agreement, the parent with whom the child resides can give consent.



Consent is not needed if Child Protection Services is involved with the family.

How Can I Find Out How My Child Is Doing?

Confidentiality also applies to what information is shared with you as a parent. Children also have a right to decide what information will be shared with their parents. Your child's therapist will discuss with your child, what information can be shared with you—the parent.

A therapist will provide you with general information about your child's progress and if there are any safety issues you should be aware of. For the most part, therapists generally will not disclose details of what is talked about in therapy. This is to protect the relationship between therapist and child so that the child feel safe to speak about any issues without fear of anyone else knowing.

Older children can refuse to consent to having any information shared with their parents (including that they are receiving services). In these cases, it can be very upsetting for the parent, who is naturally concerned about their child. Your child's therapist will attempt to work with your child to help them understand the benefits of communicating with you as parents.

Who Can I Go To for Legal Advice?

Community Legal Assistance Society (CLAS)

Litigates test cases and seeks reform laws in all areas of law relating to economically, socially, physically, and mentally disadvantaged.

1-888-685-6222

www2.povnet.org/clas

Legal Services Society's Law Line

Provides general information, education, and referral services (Note: not specific to mental health law issues; line is staffed by librarians, not lawyers).

1-866-577-2525

www.lss.bc.ca

Mental Health Law Program (part of CLAS)

Provides free legal representation of patients at review panels under the Mental Health Act and Review Boards under the Criminal Code.

1-888-685-6222

The Law Centre

A Service of the University of Victoria Faculty of Law Provides advice, assistance and representation to clients who cannot afford a lawyer. Serves the Capital Regional District.

(250)-385-1221

Legal Aid

This Legal Services Society will pay for a lawyer to represent you in court, if you have a legal problem covered by their legal aid guidelines; your income and the value of your property is below a certain limit; you have no other way of getting legal help; and you can pay a contribution to the Legal Services Society.

1-866-577-2525

www.lss.bc.ca

Lawyer Referral Service

If referred through this service, you only have to pay \$10 for the first half-hour of consultation, with regular rates thereafter.

1-800-633-1919

Dial-a-Law

Library of pre-recorded messages prepared by lawyers to provide practical information on aspects of law.

1-800-565-5297

www.dialalaw.org

Information provided by the CMHA Kelowna Branch Consumer Development Project; funding provided by the Ministry of Children and Family Development Interior Region



Relevant Legislation

BC Infants Act

The BC Infants Act says that children (anyone under 19 years old) can consent (or agree) to their own medical care if the practitioner:

- (a) has explained to the young person and has been satisfied that the young person understands the nature and consequences and the reasonably foreseeable benefits and risks of the health care

and

- (b) has made reasonable efforts to determine and has concluded that health care or treatment is in the child/youth's best interests.

The exceptions to confidentiality are situations where the child may harm themselves or others; or when the child discloses abuse or neglect of themselves or their siblings.

A doctor or health care provider can't talk with the parents or guardian about a capable child's mental health care, unless the child agrees. Just as health care providers must keep information about their adult patients confidential, they must also keep information about their child patients confidential.

Canadian Bar Association, October 2007



For the full Infants Act, visit the website at www.qp.gov.bc.ca/statreg/stat/i/96223_01.htm

BC Mental Health Act

The mental health act deals with both voluntary and involuntary treatment.

	Voluntary	Involuntary
What is it?	<ul style="list-style-type: none"> • Person admits themselves into a facility by their own free will • Voluntary admission is described in the Act under section 20 	<ul style="list-style-type: none"> • Person is admitted, not by their free will, into a facility by a doctor, police officer, or court. • Involuntary admission is described in the Act under section 22 • Rights of the individual are outlined in section 34-34.2
Admission Criteria	<ul style="list-style-type: none"> • If a person has been examined by a doctor and has a mental disorder, the director may admit them if asked by the person, or a parent/guardian on their behalf if they are under 16 years • When a person is under 16 years is admitted, they must be examined by a doctor once a month for the first 2 months, then within 3 months after the second exam, then within 6 months of the third exam and every 6 months thereafter. 	<ul style="list-style-type: none"> • The director may admit a person for up to 48 hours with 1 Medical Certificate (valid for 14 days following date of examination) • Once admitted, the second doctor's examination, and certificate must be issued within 48 hours. • A police officer may take a person into custody for a doctor's examination if s/he believes the person may put at risk her/his/ someone else's safety • Anyone may ask a judge to issue a warrant if they feel a person meets the committal criteria. • The facility must send notice of detention to a near relative informing of the patient's admission and treatment.



For children under 16, the parent admits the child into the hospital.

	Voluntary	Involuntary
Discharge	<ul style="list-style-type: none"> • Most discharges are by the doctor's orders • A patient under 16 years must be discharged if the parent/guardian requests it • If a patient under 16 requests discharge without consent from parents, the request will go to a Review Panel hearing. 	<ul style="list-style-type: none"> • A request for discharge will go through a Review Panel hearing • Obtain application Form 7 for a Review Panel hearing only after second Medical Certificate is completed • A person is entitled to representation at the hearing by a lawyer or person of choice
Consent to Treatment	<ul style="list-style-type: none"> • Patients must consent before treatment is administered. • The physician must inform the patient of the nature of their condition and the reasons for and consequences of the treatment. 	<ul style="list-style-type: none"> • The Act provides for compulsory treatment of all involuntary patients but patients will still be offered a chance to consent to treatment • The patient or someone on their behalf may ask for a second opinion on diagnosis.
Application to court for discharge	<ul style="list-style-type: none"> • See section, Discharge above 	<ul style="list-style-type: none"> • If the patient or their representative do not agree with the order of admission into a facility, then an application may be made to the court to reverse the involuntary committal certificate.
Access to medical certificates	<ul style="list-style-type: none"> • N/A 	<ul style="list-style-type: none"> • All patients are allowed access to their Medical Certificates.

Information table provided by the CMHA Kelowna Branch Consumer Development Project; funding provided by the Ministry of Children and Family Development Interior Region

Resources

Some helpful websites

- www.forcesociety.com
- www.anxietybc.com
- www.heretohelp.bc.ca
- www.mcf.gov.bc.ca/mental_health/publications.htm
- www.mcf.gov.bc.ca/mental_health/programs_resources.htm
- www.viha.ca/mhas/resources/default.htm#infoline
- www.cyc.uvic.ca/naty/directory/counselling.html
- www.familynavigator.ca (Canadian Forces families)

Bipolar

- www.bipolarchild.com
- www.bpkids.org
- www.depressedteens.com

Anxiety

- www.aacap.org/publications/factsfam/anxious.htm
- www.adaa.org/GettingHelp/FocusOn/Children&Adolescents.asp
- www.caringforkids.cps.ca/behaviour/fears.htm
- www.anxietybc.com

Eating Disorders

- www.familyservices.bc.ca/professionals-a-educators/jessies-legacy
- www.anred.com
- www.nlm.nih.gov/medlineplus/eatingdisorders.html
- www.lookingglassbc.com

Depression

- www.aacap.org/cs/root/facts_for_families/the_depressed_child
- www.mcf.gov.bc.ca/mental_health/teen.htm

Dual Diagnosis – Developmental Disabilities and Mental Disorders

- www.familysupportbc.com
- www.thenadd.org
- www.communityoptions.bc.ca
- communitylivingvictoria.ca

ADHD

- www.aacap.org
- www.adhdinfo.com
- www.caddac.ca
- www.caddra.ca
- www.chadd.org
- www.caddac.ca

Psychosis

- www.psychosissucks.ca
- www.hopevancouver.com

General Resources for Families

- Dr. Ross Greene's books on how to manage mental illness and support your child:
 - *The Explosive Child: Understanding and Helping Easily Frustrated, "Chronically Inflexible" Children*
 - *Treating Explosive Kids: The Collaborative Problem Solving Approach*Available from www.explosivechild.com/books
- BC Partners for Mental Health and Addictions' *Family Toolkit* includes module on children and youth in the school system. Available at www.heretohelp.bc.ca
- The FORCE Society's series of tip sheets on what to expect from professionals working with your child include *What to Expect From:*
 - *Your Family Doctor*
 - *Child and Youth Mental Health Services*
 - *Your Child's School*Available from www.forcesociety.com

Resources for Children Dealing with Anxiety

- Taming the Worry Dragon series includes books, manuals and videotapes for children and teens. To order, call 604-875-3549
- Anxiety Disorders in Children and Youth issue of *Visions: BC's Mental Health and Addictions Journal* Available at www.heretohelp.bc.ca
- Anxiety Disorders Association of America self-tests:
 - For teens experiencing anxiety problems: www.adaa.org/Public/selftest_ADA.htm
 - For parents of a child experiencing anxiety problems: www.adaa.org/Public/selftest_children.htm

Important Information Lines

Vancouver Island Crisis Line
24 Hour Line: 1-888-494-3888
Southern Gulf Islands
Toll-free: 1-866-386-6323

Kid's Help Phone
1-800-668-6868

**Abuse and Neglect
of Children**
310-1234 (toll-free)
safekidsbc.ca/helpline.htm

**Crisis Intervention & Suicide
Prevention Centre of BC**
1-800-661-3311
www.youthinBC.com

BC Poison Control
1-800-567-8911
www.bccdc.org

BC Nurse Line
1-866-215-4700

**Victim LINK
Information Service**
1-800-563-0808

Dietician
1-800-667-3438

**Representative for
Children & Youth**
1-800-476-3933

**Alcohol & Drug Information
& Referral Service**
1-800-663-1441
www.vcn.bc.ca

**Problem Gambling
Information &
Referral Service**
1-888-765-6111
www.vcn.bc.ca

Enquiry BC
(To contact your local MLA)
1-800-663-7867
www.leg.bc.ca

BC Pharmacare Program
1-800-387-4977
[www.healthservices.gov.bc.ca/
pharme](http://www.healthservices.gov.bc.ca/pharme)

**FORCE Society for
Kids' Mental Health**
604-878-3400
www.forcesociety.com

**BC Coalition of People
with Disabilities**
1-800-663-1278
www.bccpd.bc.ca

BC Review Board
1-877-305-2277
www.bcrb.bc.ca

**ARA Mental Health
Action Research &
Advocacy Association**
1-866-689-7938
www.aramentalhealth.org

Feedback Form

Orientation to Child, Youth & Family Mental Health
and Substance Use Services:
A Guide for Families in the South Vancouver Island Area

1) Was there anything missing from the orientation that you would like to see included?

2) Was any of the information hard to understand or didn't make sense? If so, please indicate what information.

3) Any other comments?

Thank you for taking the time to provide feedback.

Please send this form to The FORCE Society, PO Box #91697,
West Vancouver, BC, V7V 3P3 or email your feedback to
theforce@forcesociety.com.

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