

100 Mile House PATHWAYS TO CARE

CHILD & YOUTH

To use this document, please begin at left most column. See additional resources below for further information.

BASIC NEEDS

ONGOING CONCERN

INCREASING CONCERN

UNRESOLVING ISSUE

INPATIENT TREATMENT

Have you had breakfast? Lunch? Dinner?
Do you have somewhere to live?
Do you have social connections in the community?

What would you like to learn more about?
What areas do you need support with?
What skills for you use to maintain your health?

What community groups are you currently attending?
What types of extra supports would be useful?

What are some of the things you have tried that worked or didn't work?
How often is this problem presenting?
Do you have a safety plan?

Is there a current diagnosis?
How is the family coping with this concern?
What are your most pressing symptoms?

Medical Clinics

Cariboo Mall Clinic 250-395-4010
Exeter Medical Clinic 250-395-2271
Village Medical Clinic 250-395-3000
White Feather Medical Centre 250-397-2717
Telus Health
First Nation Wellness Center - Williams Lake

Child Care Resource & Referral

CCRR - 250-395-1811
Referral to Child Care providers, networking, Early Childhood Resource, drop in play groups, supportive home/facility visits, Information about new childcare programs, Affordable Child Care Subsidy.

IH Children's Assessment Network

Physician/NP referral required
250-763-4122
Provides assessment and diagnostic services for children and youth with ASD, FASD, and other complex developmental conditions.

100 Mile House Hospital

250-395-7600
555 Cedar Avenue

Dr. Burkey Williams Lake

Physician/NP referral only
Child and youth psychiatrist.

IH MHSU

Referral-based and walk-in services available, open M-F 8:30-16:30
250-395-7676
555D Cedar Ave
Youth Community Prevention Services.
Substance use counselling ages 12-24 years.

Child & Youth MH

Self-referral/ Walk-in intakes Thurs
250-395-5633
Children and youth aged 0-18 years.
Support for individuals experiencing significant difficulties related to their thoughts, feelings and behaviours.

IH Developmental Disability Mental Health (DDMH)

Referral required
250-302-5034
Specialized mental health services to youth 14+ with both a developmental disorder and mental health disorder.

BC Children's Hospital

604-875-2345

Pediatric Inpatient Psychiatry

Kamloops (Royal Inland Hospital)
250-374-5111 ext. 3009

Adolescent Psychiatry Unit

Kelowna General Hospital
250-862-4346

Maples Adolescent Treatment Centre

Coquitlam
Referral by child & youth mental health office required
1-800-663-7867

Nenqayni Youth Treatment Program

Xat'sull First Nation
Referral by clinician required
Sylvia Busch, Intake Coordinator
250-989-0301 ext. 226

Peak House

Vancouver
Referral by community substance use counsellor required
604-253-2187

A New Tomorrow

Kamloops
Referral required, application online
Eve Northcott, Intake Coordinator
250-312-2167

The Bridge Youth Recovery House

Kelowna
Self-referrals accepted
250-763-0456

EDUCATION

SD27 Student Support Services
250-398-3855

Raven Youth Activity Centre

778-482-8064 - Grades 8-12, T & Thur 3:30PM - 5:30PM
Grades 6-8, W & F 3:30PM - 5:30PM
Youth Outreach, Youth and Family, Navigator, Group Courses

Cariboo-Chilcotin Youth Community Connections

Referral form on SD27 website
Support program for youth who are involved in gangs or are at-risk.

AXIS Family Resources- Satellite office of WL

250-395-3145, Emergency line: 1-877-392-1003 ext: 205
Specialized Support Services for children, youth, families, and adults. Addictions Services, CDBC Assessment and Support Services, Community Living Services, Family Services, Foster Parent Support and Training Program, Phase II Program, Specialized Residential Services, STRIDE and Victim Services.

Foundry Williams Lake - 250-398-2185

Ages 12-24. Peer support, mental health and substance use counselling, as well as a **physical and sexual healthcare clinic**.

Canadian Mental Health Association (CMHA) - 250-395-4883

Community navigation, homeless outreach, transition & safehouse (women and their children), Living Life to the Full for Youth program ages 13-18 years.

Big Brothers and Sisters South Cariboo - Satellite office of WL - 778-444-0420

southcariboo@bigbrothersbigsisters.ca
In-school and community mentoring programs that provide kids with a role model and someone to talk to.

Cariboo Family Enrichment Centre - 250-395-5155

Supports families or individuals of any age with services connection. In-house services include Family Services, Early Years Services, Youth Services and Counselling.

Cedar Crest Society For Community Living - Referral required from MCFD - 250-395-4643

Provides a series of programs for children, young adults, and their families. Programs include Infant Development, Supported Child Development, Youth Transitioning, Community Inclusion, Employment Services, Outreach Supports, and Host Agency.

Infant Development Program - 250-395-5272, Supported Child Development Program - 250-395-5278

Blue Sky's Autism Services - blueskyautism16@gmail.com

In-home autism center located on a 250-acre ranch that offers Behavior Intervention in an environment that promotes natural learning and builds self-awareness through interaction with animals

Brenda's Place - 250-706-0918, brenda@giricz.ca

Behaviour intervention, One on One support, Academic Support, Respite Care Coordinator, Parent Support and After School Life Skills.

If safety is a concern at any point, call the **RCMP 911**

CRISIS SUPPORTS

National Suicide Crisis Helpline 988
BC Suicide Prevention Line 1-800-784-2433
Kids Help Phone 1-800-668-6868
Helpline for Children 1-800-663-9122
Regional Crisis Line 1-800-353-2273
Family Smart Parent Peer Support . . 1-855-887-8004
Trans Lifeline 1-877-330-6366

ONLINE RESOURCES

Anxiety BC anxietybc.com
Mindcheck mindcheck.ca
Kelty Mental Health keltymentalhealth.ca
Here to Help heretohelp.bc.ca
Family Smart familysmart.ca

DRUG CHECKING

IH Health Unit & MHSU 250-395-7676
Take home fentanyl test strips

DrugChecking.ca

TRANSPORTATION

Community Bus. 250-395-2834

PHYSICAL RECREATION

South Cariboo Recreation Centre. . . . 250-395-1353
100 Mile Nordics 250-395-2104
South Cariboo Rhythmic Gymnastics . . 250-706-2405
.scrhythmicgymnastics@gmail.com
Cariboo in Motion caribooinmotion@gmail.com
Curling 100milecurling@gmail.com
Soccer omhsa.com

Ministry of Child and Family Development

250-395-5633
Walk-in Intake Hours: Thursdays 9:00a.m. - 11:00a.m., 1:00p.m. - 3:00p.m.

If you think a child or youth under 19 years of age is being **abused or neglected**, you have the **legal duty** to report your concern to a child welfare worker: **1-800-663-9122** (available 24/7)

Services include child protection, family services, guardianship, youth justice, child/youth mental health, child/youth with support needs.

RCMP Victim Service Program

250-395-2456
Provides services to all victims of crime and trauma, including critical incident response, criminal justice system information and support, practical and emotional support, as well as information and referral to additional resources.

Legal Aid - Canadian Mental Health Association

250-395-4883
A range of free services including representation for family law, child protection, criminal or prison law, or immigration law. Also provides advice and information.

Native Courtworker & Counselling Association of BC

1-877-811-1190
Services to Indigenous people including assistance with the criminal justice system, substance use and detox support, as well as advocate services.

100 Mile House Food Bank Society

199-7th Street, Open First & Third Tuesday of every month 10:00 a.m.-2:00 p.m. (Hampers)
Monday/Wednesday/Friday 10:00 a.m.-12:30p.m. (perishable foods)

Loaves and Fishes Outreach

250-395-2708
Exeter Truck Road (near the Cariboo Bethel Community Church)
Emergency Food and Clothing Services

100 Mile House Soup Kitchen

Every Wednesday 11 a.m. - 1 p.m.
South Cariboo Business Centre at 475 South Birch Avenue

Canadian Mental Health Association : Homeless Outreach Program

250-706-7599
Office open M-F, 9:00-16:00
555B South Cedar Avenue
Supports individuals who are homeless or at risk of homelessness. Subject to availability and eligibility this program offers shelter, clothing, food, transportation assistance, local rental information, referrals to other community services.

Can assist with housing applications, obtaining/storing ID, income assistance, housing subsidies, shelter aid for elderly renters (SAFER)

100 Mile House PATHWAYS TO CARE

ADULT

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Do you have a safety plan?

Is there a current diagnosis?
How is the family coping with this concern?
What are your most pressing symptoms?

Medical Clinics

Cariboo Mall Clinic 250-395-4010
Exeter Medical Clinic 250-395-2271
Village Medical Clinic 250-395-3000
White Feather Medical Centre 250-397-2717
Telus Health
First Nation Wellness Center - Williams Lake

IH Primary Care Hub

Referral required
250-305-4050
555D Cedar Avenue
Social work, occupational and respiratory therapy, pharmacy, dietetics, and mental health support.

100 Mile House Hospital

250-395-7600
555 Cedar Avenue

IH MHSU

Referral-based and walk-in services available, open M-F 8:30-16:30

250-395-7676
555D Cedar Avenue
Treatment Support and Recovery (TSR), Counselling, Elderly Services, Groups and Indigenous Patient Navigator.
SU Counselling services for youth 12-24, SU adult counselling services 19+ years.

IH Opioid Agonist Treatment (OAT) and Nurse Prescriber

Walk-in services available, open M-F from 8:30-16:30

250-395-7676
Prescribed medications to treat people who have opioid use disorder (opioid addiction).

IH Developmental Disability Mental Health (DDMH) WL

Referral required
250-302-5034
Specialized mental health services to youth 14+ with both a developmental disorder and mental health disorder.

CMHA Stopping The Violence (S.T.V.)

Intake or Appointment, open M-F from 9:15 a.m. - 4:00 p.m.
778-482-1788

Counselling Program services for women who are experiencing or have experienced violence and abuse in relationships, sexual assault or childhood abuse.

Adult Inpatient Psychiatric Unit (GT6)

Kamloops (Royal Inland Hospital)
1-877-288-5688

Tertiary Psychiatric Services

Includes Hillside, South Hills, Hilltop House, and Apple Lane in Kamloops
Physician referral required

Gateway Stabilization Unit

Williams Lake
Medical clearance required
250-392-8261
Short-term stabilization for mental health and substance use concerns.

Renner House

Williams Lake
Medical clearance required
250-392-1800

InnerVisions

Abbotsford
Self-referrals accepted
Men: 1-877-939-1420
Women: 1-866-466-4215

A New Tomorrow

Kamloops
Self-referrals accepted, application online
Eve Northcott, Intake Coordinator
250-312-2167

Phoenix Centre

Kamloops
Self-referrals accepted
250-374-4634
Medically monitored withdrawal services, as well as medical management for clients on supervised prescription withdrawal protocols.

AXIS Family Resources- Satellite office of Williams Lake (WL)

250-395-3145, Emergency line: 1-877-392-1003 ext: 205
Specialized Support Services for children, youth, families, and adults. Addictions Services, CDBC Assessment and Support Services, Community Living Services, Family Services, Foster Parent Support and Training Program, Phase II Program, Specialized Residential Services, STRIDE and Victim Services.

Foundry Williams Lake - 250-398-2185

Ages 12-24. Peer support, mental health and substance use counselling, as well as a **physical and sexual healthcare clinic**.

Canadian Mental Health Association (CMHA) - 250-395-4883

Community navigation, homeless outreach, transition & safehouse (women and their children), Subsidized Family Housing.
Programs that require referral by IH MHSU - Clubhouse Activity Program, Supported Independent Living and Acquired Brain Injury Program.

Cariboo Family Enrichment Centre - 250-395-5155

Supports families or individuals of any age with services connection. In-house services include Family Services, Early Years Services, Youth Services, Senior Navigator Program and Counselling.
Early Years Program Includes - Prenatal Nutrition Program, free infant supplies, BC Pregnancy Outreach Program, Childbirth Education, Parenting Workshops, Postpartum Support Group (Wednesdays 9:30a.m. - 11:00a.m.)

BC Schizophrenia Society

250-302-9195, cariboo@bcss.org
Province-wide family support system. Provides support to families, education for the public, raises funds for research and advocating for better services for people with schizophrenia and other serious and persistent mental illness.

Indian Residential School Survivors Society WL

Grant Alphonse, RHSW
250-305-9618
Emotional, social, and cultural support for individuals impacted by MMIWG2S, Indian Day Schools and Indian Day Scholars.

Seniors Coffee Connections

Creese Seniors Centre
501 Cedar Ave, every 1st and 3rd Wednesday of every month 10:00 a.m. - 12:00 p.m.
Socialization, connection, new friends, exchange of positive energy.

If safety is a concern at any point, call the **RCMP 911**

CRISIS SUPPORTS

National Suicide Crisis Helpline 988
BC Suicide Prevention Line 1-800-784-2433
Regional Crisis Line 1-800-353-2273
Family Smart Parent Peer Support . . 1-855-887-8004
Trans Lifeline 1-877-330-6366

ONLINE RESOURCES

Anxiety BC anxietybc.com
Mindcheck mindcheck.ca
Kelty Mental Health keltymentalhealth.ca
Here to Help heretohelp.bc.ca
Family Smart familysmart.ca

DRUG CHECKING

IH Health Unit & MHSU 250-395-7676
Take home fentanyl test strips

DrugChecking.ca

MOBILITY AND ADAPTIVE AIDS

Canadian Red Cross Loan Program . 250-395-9092
Referral required, open M-F 10:00-14:00

Donex Pharmacy 250-395-4004
Basic equipment

GENERAL SUPPORT

Better at Home 778-444-5133
Non-medical home support

TRANSPORTATION

Community Bus. 250-395-2834

RECREATION & LEISURE

South Cariboo Recreation Centre. . . . 250-395-1353
100 Mile Nordics 250-395-2104
Carefree Manor 250-395-4807
Curling 100milecurling@gmail.com

Ministry of Child and Family Development

250-395-5633
Walk-in Intake Hours: Thursdays 9:00a.m. - 11:00a.m., 1:00p.m. - 3:00p.m.

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Legal Aid - Canadian Mental Health Association

250-395-4883
A range of free services including representation for family law, child protection, criminal or prison law, or immigration law. Also provides advice and information.

Native Courtworker & Counselling Association of BC

1-877-811-1190
Services to Indigenous people including assistance with the criminal justice system, substance use and detox support, as well as advocate services.

SHELTERS + HOUSING

Canadian Mental Health Association :

Homeless Outreach Program
250-706-7599
Office open M-F, 9:00-16:00
555B South Cedar Avenue
Supports individuals who are homeless or at risk of homelessness. Subject to availability and eligibility this program offers shelter, clothing, food, transportation assistance, local rental information, referrals to other community services.

Can assist with housing applications, obtaining/storing ID, income assistance, housing subsidies, shelter aid for elderly renters (SAFER)

Transition & Safe House

1-800-563-0808
24-hour service provided for women and their children who are fleeing abuse. This program provides crisis intervention, emotional support and, if necessary, temporary placement in safe housing.

100 Mile House Food Bank Society

199-7th Street, Open First & Third Tuesday of every month 10:00 a.m.-2:00 p.m. (Hampers)
Monday/Wednesday/Friday 10:00 a.m.-12:30p.m. (perishable foods)

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