

Child & Youth Mental Health and Substance Use Resource Guide for Providers

**NORTHERN HEALTH CHILD
AND YOUTH HEALTH PROGRAM**

June 2022



northern health
the northern way of caring

HOW TO USE THIS GUIDE

This guide for providers highlights resources to support your practice when working with a child or youth who is struggling with their mental health or when there are concerns about substance use. Based on your practice location, you will find information on consultation supports, assessment tools, provider guidance and education, and patient and family resources.

To get started – **click on any of the points below** for more information:

<u>I am a primary care provider</u>	<u>3</u>
<u>I work in an emergency department</u>	<u>5</u>
<u>I work in a community setting</u>	<u>7</u>

If you have any questions or feedback on this resource please send an email to:
ChildYouthHealth@northernhealth.ca

I AM A PRIMARY CARE PROVIDER

CONSULTATION SUPPORTS

	Availability	Contact
Compass: Advice, resources, and consultation for direct care providers about child/youth mental health and substance use.	Monday to Friday 09:00 to 17:00	1-855-702-7272 https://compassbc.ca/

ASSESSMENT TOOLS

- [Screen for Child Anxiety Related Disorders \(SCARED\)](#)
- [PHQ-9: Modified for Teens](#)
- [6-ITEM Kutcher Adolescent Depression Scale \(KADS\)](#)
- [Columbia Suicide Severity Rating Scale](#)
- [SNAP-IV 26 item scale for ADHD and oppositional behaviour](#)
 - The SNAP-IV 26 scale is intended to be used for children ages 6-12 years, but may also be applicable to children somewhat younger and into adolescence.
 - The assessment includes forms for parents and teachers to complete, allowing for triangulation of observations across settings. Obtaining assessments from both home and school is recommended

RESOURCES AND EDUCATION TO SUPPORT PRACTICE

- [Child Health BC Caring for Children & Youth with Mental Health & Substance Use Concerns](#)
- [Learning Links - Enhanced Learning Series for Child & Youth Mental Health](#)
- [Compass Toolkits | Clinical Health Services Database \(compassbc.ca\)](#)
- [Primary Care Guides for MHSU issues \(and patient info\)](#)
- [Mental Health Commission of Canada - Toolkit for e-Mental Health Implementation](#)
- [BC Centre for Substance Use Clinical Care Guidance](#)
- [BC Mental Health & Substance Use Services Concurrent Disorders Toolkit](#)

PATIENT AND FAMILY RESOURCES

The following resources can be shared with patients and their families



- [Northern Health CYMHSU Resource Guide for Families](#)
 - Scan the QR code to pull up the resource guide. This guide has information for youth and families on how to find urgent crisis support, online information and resources, and self-referral programs and counselling.
 - If you are interested in a poster or resource cards for your office that link to the resource guide for families please contact ChildYouthHealth@northernhealth.ca
- Resources & Medication sheets from [Health Professionals | Kelty Mental Health](#)
- [MyHEARTSMAP Mental Health Self-Assessment Tool](#)
- [Northern Health Mental Health and Substance Use](#)
- [Information on Cannabis](#)
- [Northern Health Overdose Prevention](#)
- [Family Support Institute of BC](#)

REFERRAL PROGRAMS

Program	What they provide	How to connect
<i>Bounce Back BC</i>	A free skill-building program for youth age 15+ to manage low mood, mild to moderate depression, anxiety, stress or worry.	bouncebackbc.ca
<i>Confident Parents Coaching Program</i>	1-on-1 coaching support by phone for parents and caregivers dealing with anxiety issues in their child (ages 4 to 12).	Confident Parents: Thriving Kids (cmhacptk.ca)
<i>First Nations Health Authority Doctor of the Day</i>	Enables First Nations people in BC with limited or no access to their own doctors to make virtual appointments. Providers can refer youth to the FNHA virtual psychiatry service.	visit https://www.fnha.ca/what-we-do/ehealth/virtual-doctor-of-the-day or email fnod@fnha.ca
<i>Telehealth Outreach Psychiatry Service (TOPS)</i>	Telehealth outpatient psychiatry service for children and youth	Send a referral by fax to MCFD-CYMH with request for a psychiatric consult

I WORK IN AN EMERGENCY DEPARTMENT

CONSULTATION SUPPORTS

Advice on Management or Disposition	Availability	Contact
Compass: Advice, resources, and consultation for direct care providers about child/youth mental health and substance use.	Monday to Friday 09:00 to 17:00	1-855-702-7272 https://compassbc.ca/
Northern Health CYMHSU Regional Support Team	Monday to Friday 08:00 to 16:00	250-645-7415
BC Children’s Hospital Psychiatry on Call (for child 12 and under)	After hours	1-604-875-2345 (ask for Psychiatry On-call)
UHNBC Psychiatry on call (for youth 13-18)	24/7	250-565-2000 (ask for Psychiatry On-call)
CHARLIE: for support with medical management.	24/7	via Zoom at charlie1@rccbc.ca

The [Ministry of Children and Family Development \(MCFD\) Child and Youth Mental Health \(CYMH\) Clinicians](#) can be contacted if they are connected with a youth to provide collateral and support discharge planning. Faxing a referral from the emergency department will ensure that they will follow up with the child/youth and their family.

Consult MCFD 1-800-663-9122 for child protection concerns.

Direct Assessments through Compass

The Compass program at BC Children’s Hospital and Northern Health will continue to support hospitals by offering psychiatric assessment and evaluation for youth in emergency departments and/or admitted to inpatient units due to MHSU concerns. To access:

- Contact the Regional CYMHSU Support Team at 250-645-7415 **M - F 08:00 to 16:00**
- Please ensure that you have medically cleared the patient and are prepared to complete a Suicide Risk Assessment, Mental Status Exam and psychosocial assessment such as HEARTSMAP (see below).

ASSESSMENT TOOLS

- [Pediatric Mental Status Exam](#)
- [HEARTSMAP](#)
- [Columbia Suicide Severity Rating Scale](#)
- [Columbia Suicide Acute Risk Assessment Lanyard Card](#)
- [Clinical Opiate Withdrawal Scale](#)
- [Discharge and Safety Plan](#)

RESOURCES AND EDUCATION TO SUPPORT PRACTICE

- [Child/Youth Mental Health and Substance Use \(CYMHSU\): Emergency Department \(ED\) and Regional Intake/Admission Guideline](#)
- [NH Mental Health Transfer Policy](#)
- [Child Health BC Guideline for use of Least Restraint](#)
- [Hierarchy of Safety Use of Restraints Poster](#)
- [Chemical Restraint with Children and Youth Poster](#)
- [Child Health BC Guideline for Substance Intoxication and Withdrawal](#)
- [BC Mental Health & Substance Use Services Concurrent Disorders Toolkit](#)
- [Learning Links - Enhanced Learning Series for Child & Youth Mental Health](#)

PATIENT AND FAMILY RESOURCES

- [What to Expect During Your Emergency Visit- Pamphlet](#)
- [CYMHSU Resource Guide for Families](#)
 - Scan the QR code to pull up the guide
 - If you are interested in a poster or resource cards for your emergency department that link to the resource guide for families please contact ChildYouthHealth@northernhealth.ca



I WORK IN A COMMUNITY SETTING

CONSULTATION SUPPORTS

	Availability	Contact
Compass: Advice, resources, and consultation for direct care providers about child/youth mental health and substance use.	Monday to Friday 9 a.m. to 5 p.m.	1-855-702-7272 https://compassbc.ca/

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PATIENT AND FAMILY RESOURCES



The following online resources can be shared with patients and their families.

- [Northern Health CYMHSU Resource Guide for Families](#)
 - Scan the QR code to pull up the guide
 - If you are interested in a poster or resource cards for your office that link to the resource guide for families please contact ChildYouthHealth@northernhealth.ca
- Resources & Medication sheets from [Health Professionals | Kelty Mental Health](#)
- [Northern Health Virtual Primary and Community Care Clinic](#)
- [First Nations Virtual Doctor of the Day \(fnha.ca\)](#)
 - This service is for First Nations people in BC with limited or no access to their own doctors to make virtual appointments. Providers can refer youth to the FNHA virtual psychiatry service.
- [MyHEARTSMAP Mental Health Self-Assessment Tool](#)
- [Northern Health Mental Health and Substance Use](#)
- [Information on Cannabis](#)
- [Northern Health Overdose Prevention](#)
- [Family Support Institute of BC](#)

Child Youth Mental Health Referrals Contact List

Community	Type of Service	Contact Information	
Burns Lake	Mental Health	Carrier Sekani Family Services	Phone: 250-692-2387 Fax: 250-692-2389
	Substance Use	Burns Lake Mental Health and Substance Use Services	Phone: 250-692-2412 Fax: 250-692-2451
Chetwynd	Mental Health	CYMH Chetwynd	Phone: 250-784-2342 Fax: 250-784-2303
Dawson Creek	Mental Health	CYMH Dawson Creek	Phone: 250-784-2342 Fax: 250-784-2303
		Dawson Creek Aboriginal Family Services	Phone: 250-782-1169 Fax: 250-782-2644
	Substance Use	Dawson Creek Health Unit	Phone: 250-719-6525 Fax: 250-719-6513

Dease Lake	Mental Health	CYMH Dease Lake	Phone: 250-771-3444 Fax: 250-847-7811
Fort Nelson	Mental Health	CYMH Fort Nelson	Phone: 250-774-5585 Fax: 250-774-3421
	Substance Use	Fort Nelson Primary Care	Phone: 250-774-7092 Fax: 250-774-7096
Fort St James	Mental Health	CYMH Connexus	Phone: 250-996-7645 Fax: 250-996-7647
		Carrier Sekani Family Services	Phone: 250-996-7640 Fax: 250-996-7644
Fort St John	Mental Health	CYMH Fort. St. John	Phone: 250-263-0121 Fax: 250-263-0123
		Nenan Dane zaa Deh Zona Family Services Society	Phone: 250-787-2151 Fax: 250-787-2152
	Substance Use	Fort St. John Mental Health and Substance Use Services	Phone: 250-263-6080 Fax: 250-262-5313
Fraser Lake	Mental Health	CYMH Connexus (Vanderhoof)	Phone: 250-567-9205 Fax: 250-567-3939
Haida Gwaii	Mental Health	Haida Child and Family Services	Phone: 250-626-5257 Fax: 250-626-5287
	Substance Use	Masset: Haida Gwaii Mental Health – Youth Addiction Services	Phone: 250-626-4721 Fax: 250-626-4708
		Queen Charlotte City: Haida Gwaii Mental Health – Youth Addiction Services	Phone: 250-559-4933 Fax: 250-559-8037
Hazelton	Mental Health	CYMH Hazelton	Phone: 250-842-7624 Fax: 250-847-7811
	Substance Use	Hazelton Community Health Services	Phone: 250-842-5144 Fax: 250-842-2179
Houston	Mental Health	Houston Health Center	Phone: 250-845-2294 Fax: 250-845-7884
		CYMH Smithers	Phone: 250-847-7727 Fax: 250-847-7811

Kitimat	Mental Health	CYMH Kitimat	Phone: 250-632-7256 Fax: 250-632-6287
	Substance Use	Kitimat Mental Health and Substance Use Services	Phone: 250-632-3181 Fax: 250-632-7081
Mackenzie	Mental Health and Substance Use	Mackenzie Counselling Services	Phone: 250-997-6595 Fax: 250-997-3903
McBride	Mental Health	Robson Valley Community Services	Phone: 250-569-2266 Fax: 250-569-2200
	Substance Use	McBride Mental Health and Substance Use Services	Phone: 250-569-2038 Fax: 250-569-2232
Prince George	Mental Health	Prince George Intersect Youth and Family Services	Phone: 250-562-6639 Fax: 250-562-4692
		Prince George Native Friendship Centre	Phone: 250-564-4324 Fax: 250-563-0924
	Mental Health and Substance Use	Foundry	Phone: 236-423-1571 Fax: 236-423-3881
	Substance Use	Prince George Youth Community Outpatient Team	Phone: 250-649-7660 Fax: 250-649-7662
Prince Rupert	Mental Health	CYMH Prince Rupert	Phone: 250-624-7594 Fax: 250-624-7490
		Northwest Inter-nation Family and Community Services(Lax Kw'alaams; Metlakatla; Gitga;at (Hartley Bay FN); and Gitxaala (Kitkatla)	Phone: 250-638-0451 Fax: 250-638-8930
	Substance Use	Prince Rupert Community Health	Phone: 250-622-6310 Fax: 250-622-6319

Quesnel	Mental Health	CYMH Quesnel	Phone: 250-992-4267 Fax: 250-992-4351
Smithers	Mental Health	CYMH Smithers	Phone: 250-847-7727 Fax: 250-847-7811
Terrace	Mental Health	CYMH Terrace	Phone: 250-615-4860 Fax: 250-632-4873
		Northwest Inter-nation Family and Community Services (Kitsumkalum; Kitselas; and Haisla)	Phone: 250-638-0451 Fax: 250-638-8930
	Mental Health and Substance Use	Foundry	Phone: 250-635-5596 Fax: 250-635-5527
	Substance Use	Terrace Youth Substance Use Community Based Outpatient Services	Phone: 250-631-4202 Fax: 250-638-2342
Tumbler Ridge	Mental Health	CYMH Dawson Creek	Phone: 250-784-2342 Fax: 250-784-2303
Valemount	Mental Health	Robson Valley Community Services	Phone: 250-566-9107 Fax: 250-566-0011
	Substance Use	Valemount Health Centre	Phone: 250-566-9138 Fax: 250-566-4319
Vanderhoof	Mental Health	CYMH Connexus	Phone: 250-567-9205 Fax: 250-567-3939
		Carrier Sekani Family Services	Phone: 250-567-2900 Fax: 250-567-2975
	Substance Use	Vanderhoof Community Services & Public Health	Phone: 250-567-6900 Fax: 250-567-6170



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