

Child and Youth Mental Health and Substance Use

A Physician's Guide to finding the right resources for young patients in Oliver, Osoyoos and Okanagan Falls

CARE NEEDED...

...LOCAL RESOURCES

Age 3 – 12, mild to moderate behaviour issues

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

Oliver and Osoyoos:

Early Years Mother Goose Program: 250-498-2538

Parent Connection: 250-485-7499

ADHD and mild to moderate anxiety and depression support

Refer to Boys and Girls Club and/or Desert Sun for local counselling, parent support. Low barrier, not cost, short (if any) waitlist

BOYS & GIRLS CLUB Oliver/Osoyoos/Okanagan Falls
Integrated Family Development Program (counselling) and
Sexual Abuse Intervention Program (age 5-19)

Referrals/self-referrals: 250-485-2222 Fax: 250-498-8873

DESERT SUN COUNSELLING & RESOURCE CENTRE Oliver/Osoyoos
Stopping the Violence Program

Children Who Witness Abuse

Oliver: 250-498-2538 Fax: 250-498-6088

Osoyoos: 250-495-2623 Fax: 250-495-2745

CY Substance Use Interior Health Intake 250-495-6433

Local Counselling for CYMHSU

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

Refer to these resources at the same time due to differing wait times

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

- depression
- anxiety
- obsessive/perfectionist
- school refusal, shyness that interferes with functioning
- early psychosis, bipolar symptoms
- post traumatic stress
- gender identity/orientation issues
- >14 and ADD/ADHD suspected
- oppositional defiant
- any DSM disorder

Can be longer waitlist

CHILD & YOUTH MENTAL HEALTH (MCFD)

Walk-in, self-referral required.

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

351-740 Carmi Ave., Penticton

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

SOGH Integrated Care Coordinator/RSW 250-498-5025

Fax: 250-498-0351

CMHA Regional Family Navigator 1-844-234-6663

Caregivers Support Group 250-498-5084 (Community Social Worker)

Bereavement Counselling 250-490-1107 (Penticton)

Wellness Centre: (ages 16-30) 250-488-4895 (in-home counselling)

Perinatal Social Worker: Shannon Taylor 250-492-4000 ext. 2870

Referral or self-referral

Family Support/Counselling and Facilitation

Referrals and self-referrals accepted, no cost

FASD Key Worker: 250-492-5814
referral and self-referral

Grief Counsellor: Shannon Stewart
250-498-5045

IH Eating Disorder: 250-870-5774
(Kelowna) Doctor referral required

ABORIGINAL SPECIFIC RESOURCES

Osoyoos Indian Band Health Centre 250-498-6935: SU, social worker, counselling drop-in Thursdays 1:30pm – 3:30pm

Friendship Centre (counselling) clinician@friendshipcentre.ca or 250-328-8534 Youth Crisis Hotline 1-877-209-1266

Residential Survivor Support Services 1-866-925-4419 KUU-US Crisis Services 1-800-588-8717

SCHOOL DISTRICT 53 COUNSELLORS

District Elementary Counsellor: Tina Lovett 250-498-3481 ext. 120 cell 250-408-8380 Fax: 250-485-4439

Osoyoos Secondary Counsellor: Carol Gabel 250-485-4433 Fax: 250-495-2669

Southern Okanagan Secondary School: Sara Illingworth 250-498-4931 Fax: 250-498-6957

Southern Okanagan Secondary School: Margi Nazaroff 250-498-4931 Fax: 250-498-6957

Similkameen Elementary Secondary School: Paulina Tin 250-499-2727 Fax: 250-499-2411

Similkameen Elementary Secondary School: Sandra Espenhain 250-499-2727 Fax: 250-499-2411

YouLearn.ca Distance Learning: Steve Pozzobon 250-498-4597

MCFD CLINICIANS

Chad Teigen (Oliver & Osoyoos) Office 250-487-4422 Cell 250-488-9126

Sonora Venables (Keremeos) Office 250-499-2352 Cell 250-499-0586