

SERVICE DESCRIPTION

CHILD & YOUTH MENTAL HEALTH

DESCRIPTION:

This service provides assessment, counselling and treatment planning for children and youth who exhibit depression, anxiety, family conflict, unmanageable behaviour, or other mental health concerns in home, school or community. The service provides specialized clinical interventions, support and follow up in an office or outreach basis. The service also provides consultation on mental health issues for others working with children and youth. Service is available primarily on Salt Spring Island, with some capacity to serve other Southern Gulf Islands.

HISTORY:

The Ministry for Child and Family Development began this service on the Gulf Islands in 1998 as an extension of the Saanich Child and Youth Mental Health Clinic. It was a response to an increasing need for child and youth mental health services to be community-based and accessible to families. SSICS has provided these services since the inception of the program.

POPULATION SERVED:

The service is available to children and youth under 19 years of age residing in the Gulf Islands who are experiencing moderate to severe emotional, behavioral or psychological difficulties. Information, support and consultation is available to family members and others connected with children and youth. A particular focus for the service is youth and families identified by School District 64 as requiring mental health services.

GOALS AND EXPECTED OUTCOMES:

1. Reduce the harmful impacts of mental health disorders at home, school or in the community.
2. Improve family, relationship and social functioning.

3. Improve school and/or work functioning.
4. Improve community functioning.

SERVICE DELIVERY PHILOSOPHY AND PRINCIPLES:

1. The climate of service delivery will be caring, respectful, safe and open.
2. People will be treated with dignity and respect.
3. Services will be provided in a discreet and confidential manner.
4. Effective service includes the promotion of wellness, development and independence.
5. Service will be person-centered. This includes involving the person served in setting the goals of service.

SERVICE DELIVERY ACTIVITIES:

1. **Development of Individual Goals and Plans.** Counsellors work with youth and their family to develop plans based on the persons assessment, input, ideas, thoughts, and feelings about their needs.
2. **Individual Counselling.** Person-centered and solution-focused short term counselling that is strength based
3. **Referral.** Refers the person served to other SSICS or community services as needed.
4. **Advocacy.** Acts on behalf of the person served to obtain needed resources and services
5. **Family Counselling.** Provides family-centered and solution-focused counselling to any person affected by mental health issues of child or teen family member.
6. **Information, Education and Prevention.** Provide mental health education and information to individuals, families, schools and the community.

7. **Case Management and Coordination.** Oversees the provision of a variety of specialized services to ensure that they are delivered in a manner that provides an effective response to the whole problem, person and their support system.

LOCATION:

Services are provided from the main SSICS building at 268 Fulford-Ganges Road. The building is wheelchair accessible and has private counselling offices and group/family meeting rooms. Services may also be provided in community locations including schools. Outreach services are provided on-site at Phoenix High School one day per week.

HOURS:

Monday-Friday 9 am to 4 pm, Thursday 9 am to 6 pm.

STAFF RESOURCES:

The services are provided by a clinical counsellor and an outreach worker. Staff report to the Director of Child and Family Services. These counsellors are part of the Child and Youth Services Team, a multi-service team including family support, alcohol and drug, school-based support workers, and early childhood services.

ACCESS TO SERVICE:

Children, youth and families can access services through Salt Spring Island Community Services offices at 268 Fulford-Ganges Road. (250) 537-9971. Phoenix High students and their families may access service through school staff. Referrals are accepted from Ministry for Child and Family Development, schools, probation, physicians and other community agencies.

STANDARDS/REFERENCES/BEST PRACTICES:

1. BC Guidelines for Provision of Youth Services
2. Child and Youth Mental Health Plan for BC

FUNDING/SPONSORSHIP:

The service is funded by the Ministry for Children and Families and Gulf Islands School District 64.

PARTNERSHIPS/KEY CONNECTIONS:

1. Vancouver Island Health Authority- Youth Addictions
2. Ministry for Children and Family Development- Saanich Mental Health
3. School District #64