

Mental Health and Addictions

NORTHERN HEALTH
PROGRAMS AND SERVICES

MARCH 2015



northern health
the northern way of caring

NORTHERN HEALTH MENTAL HEALTH AND ADDICTION SERVICES

Mental Health and Addiction Services at Northern Health provides a wide range of programs and services, in a variety of hospital and community and residential settings, to assist persons experiencing difficulties with mental health or substance use.

INPATIENT SERVICES

Adolescent Psychiatric Assessment Unit

Located in **Prince George**, this is the regional centre for all adolescent psychiatric services. The team provides crisis stabilization, comprehensive psychiatric assessment and brief treatment for youth who are experiencing serious psychiatric symptoms such as psychosis, disorder of mood, suicidal behavior or anxiety states. Care is provided by a multi-disciplinary team, usually comprised of a Psychiatrist, Psychologist, Nurses, Family Liaison, Waitlist Clinician, Recreation Therapist and School Teachers, as well as other disciplines as needed.

Nechako Youth Treatment Center

Located in **Prince George**, this treatment center provides substance misuse management, detox and treatment, as well as mental health assessments for youth ages 13 - 18. Individual, family, and group support are also provided.

Adult Psychiatric Inpatient Units

Located in **Prince George**, **Dawson Creek** and **Terrace**, these are designated psychiatric facilities which are able to provide care to people certified under the Provincial Mental Health Act. They offer a multi-disciplinary approach to care, and liaise with community services to ensure continuity of care when patients are discharged to the community. The unit in **Quesnel** known as QUESST, offers short term assessment and stabilization for people who do not require a designated facility but need a more intensive service than offered in a community setting.

Adult Withdrawal Management Unit (Detox)

Located in **Prince George**, this unit provides substance misuse management for adults through medical detox, integrated case management, family and community care management, education, recreational activities, and individual, family, and group support.



SERVICES IN COMMUNITY AND RESIDENTIAL SETTINGS

Youth Community Outpatient Service

Available in **Prince George** and **Terrace**, this program provides outreach to youth with both mental health issues and addictions through assessment, individual and group therapy, case management, life skills training, recreational activities, and family support.

Early Psychosis Intervention

Available in **Prince George**, this program provides assessment, treatment, case management, groups, and medication management for individuals experiencing first break psychotic episodes as well as individual, family, and community education.

Eating Disorders Clinic

Available in **Prince George**, this program provides assessments, consultation, and treatment, as well as individual and family education and support for children, youth and adults with anorexia nervosa, bulimia nervosa.

Assertive Community Treatment (ACT)

Available in **Prince George**, this program is targeted to complex clients in the greatest need. The service is client centered, recovery-oriented and provided by a group of multidisciplinary mental health staff with a typical client to staff ratio of 10:1. The team is mobile, delivers outreach services in community locations and operates 7 days a week, 12 hours per day.

Developmental Disabilities Mental Health

Available in **Prince George, Dawson Creek, Fort St. John, Prince Rupert, Smithers** and **Terrace**, this program provides assessment, consultation, and short term treatment services to individuals 14 and older who meet the diagnostic criteria for a developmental disability (IQ 70 and below) and who have a mental illness and/or challenging behaviours.

Acquired Brain Injury

Available in **Prince George, Dawson Creek, Fort St. John, Smithers** and **Terrace**, this program provides assessment, consultation, case management, life skills service, individual and family support, and education for adults with an acquired brain injury.

Elderly Services

Available in **Prince George, Dawson Creek, Fort St. John, Quesnel, Smithers** and **Terrace**, this program provides assessment and consultative services for adults 65 and over with a new onset mental health issue or whose mental health issue is complicated by diseases of aging or who is experiencing dementia of any age.

Adult Addictions Day Treatment Program

Available in **Prince George, Fort St. John, Prince Rupert, Smithers** and **Terrace**, this program provides a client centered approach to wellness. The program focuses on assisting individuals to achieve greater responsibility for their individual recovery, provides access to resources for on-going support and uses the harm reduction model to promote quality health and well-being.

Methadone Program

Available in **Prince George, Fort St. John, Quesnel** and **Smithers**, this program provides methadone treatment services to individuals with drug dependency and offers individual counselling, education, support, and methadone treatment interdisciplinary case management.

COMMUNITY GENERALIST TEAMS

The Mental Health and Addiction community programs outside of Prince George offer services that include a combination of the CRU, CAST, and COAST functions with multi-disciplinary teams, as well as some specialty services; i.e. youth addictions counselling and referral, elderly services counselling, early psychosis, eating disorders, vocational and recreational rehab, etc.

Community Response Unit (CRU)

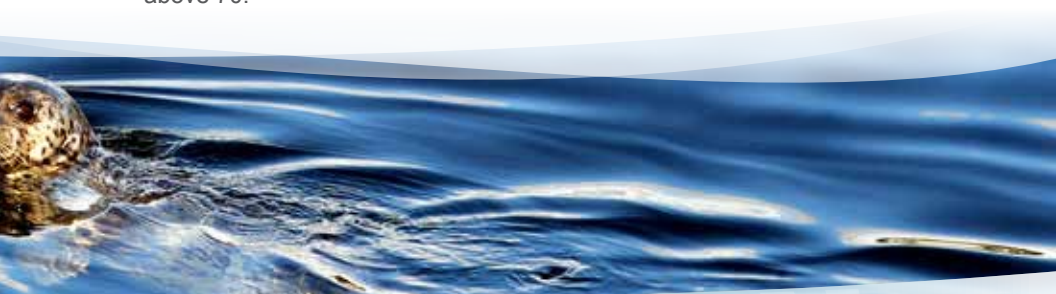
Available in **many communities** across the north, this program acts as an entry point for Mental Health and Addiction programs, agencies and supports by facilitating referral and access to services. CRU provides brief assessments, short term supportive counselling and crisis intervention, in a variety of environments to meet the needs of the clients.

Community Acute Stabilization Team (CAST)

Available in **many communities** across the north, this program provides integrated services to adults 19 years of age and older presenting with a variety of Mental Health and Addiction diagnoses. These include Mood Disorders, Personality Disorders, Concurrent Substance Related Disorders, Bi-Polar Disorders, Grief, Adjustment Disorders, Obsessive Compulsive Disorder (OCD), Post Traumatic Stress Disorder (PTSD) and Post-Partum Depression. Services are provided to individuals who exhibit psychiatric symptoms of sufficient severity to bring about significant impairment in their ability to function day to day.

Community Outreach and Assertive Services Team (COAST)

Available in **many communities** across the north, this program provides comprehensive treatment for adults based on a Psycho-Social Rehabilitation model with a Mental Health or Addiction diagnoses: Psychosis; Schizophrenia; Schizoaffective disorder; Bipolar I and II; Co-occurring Substance Related disorders; Developmental Disabilities above 70.



CONTACT INFORMATION

Mental Health and Addictions Services (MHAS) are often available from 8:30 - 4:30 Monday to Friday. For emergency or after-hours service, phone your nearest hospital or call a 24-hour crisis line.

For more information on the Mental Health and Addictions services available in each community, visit <http://northernhealth.ca/YourHealth/MentalHealthAddictions.aspx> or contact your local office.

Atlin	250-651-7677
Atlin Health Centre	250-651-7677
Burns Lake	250-692-2412
Lakes District Hospital	250-692-2400
Chetwynd	250-788-7211
Chetwynd Hospital and Health Centre	250-788-2236
Dawson Creek	250-719-6525
Dawson Creek and District Hospital	250-782-8501
Dease Lake	250-771-4444
Stikine Health Centre.	250-771-4444
Fort St. James	250-996-8411
Stuart Lake Hospital	250-996-8201
Fort St. John	250-263-6080
Fort St. John Hospital	250-262-5200
Fort Nelson	250-774-8105
Fort Nelson Hospital	250-774-8100
Fraser Lake	250-699-7742
St. John Hospital, Vanderhoof	250-567-2211
Hazelton	250-842-5144
Wrinch Memorial Hospital	250-842-5211
Houston	250-845-5964
Houston Health Centre.	250-845-2294
Kitimat (ext.2)	250-632-3181
Kitimat General Hospital	250-632-2121
Mackenzie	250-997-8517
Mckenzie Hospital	250-997-3263
Masset	250-626-4718
Masset Hospital	250-626-4700

McBride (ext 2038)250-569-2251
McBride Hospital and Health Centre250-569-2251
Prince George250-565-2668
University Hospital of Northern BC.250-565-2000
Prince Rupert250-622-6310
Prince Rupert Regional Hospital250-624-2171
Quesnel250-983-6828
Westside250-992-5189
G.R. Baker Memorial Hospital250-985-5600
Smithers250-847-6405
Bulkley Valley District Hospital250-847-2611
Stewart (services through Terrace community MHAS)250-631-4202
Stewart Health Centre250-635-2221
Terrace250-631-4202
Mills Memorial Hospital.250-635-2211
Tumbler Ridge250-242-5505
Tumbler Ridge Health Centre250-242-5271
Valemount250-566-9898
Valemount Health Centre250-566-9138
Vanderhoof250-567-5994
St. John Hospital250-567-2211
Village of Queen Charlotte250-559-8765
Queen Charlotte Islands General Hospital.250-559-4300

CRISIS INFORMATION

If you are feeling overwhelmed, depressed, confused, suicidal or just needing someone to listen, you can call a 24-hour crisis line.

Northern BC Crisis Centre **1-888-562-1214**

BC-Wide Crisis Line **1-800-784-2433**

Youth Crisis Line **1-888-564-8336**

Northern Youth Online www.northernyouthonline.ca

Online chat for youth in crisis or needing information or referrals. The website has the same hours as the youth line from 4pm - 10pm.

KUU-US 24 hour Crisis Line **1-800-588-8717**

For Aboriginal people in BC

For more information on Northern Health Mental Health and Addictions Services, including the services available in each community and additional contact information, visit

<http://northernhealth.ca/YourHealth/MentalHealthAddictions.aspx>



northern health
the northern way of caring

600 - 299 Victoria Street
Prince George, BC V2L 5B8
www.northernhealth.ca



Aboriginal Health

T 250-649-7226 | F 250-564-7198
aboriginal.health@northernhealth.ca

Mental Health and Addictions

T 250-565-5989 | F 250-565-2640
mhas.communications@northernhealth.ca

© 2015 Northern Health. This publication may be reproduced for non-commercial use, in full or in part, without permission provided the source is fully acknowledged.

Recommended citation: Northern Health. (2015). *Mental Health and Addictions: Northern Health Programs and Services*. Prince George, BC: Northern Health.

This document is available online at:

www.northernhealth.ca/yourhealth/AboriginalHealth.aspx

www.northernhealth.ca/YourHealth/MentalHealthAddictions.aspx