

# GHMS PAC Newsletter

## January 2020

**PLEASE join us at our next monthly PAC meeting  
Wednesday, January 22, 7-8pm in the library.**

All parents and guardians are members of the GHMS PAC. PAC meetings are the third Wednesday of each month. We almost always keep meetings to under an hour and you get to hear firsthand reports about events and school news from the administration.

### **GRADE 8 Parent Information Evening**

**Wednesday, January 22, 6:30-7pm before PAC meeting in the library.**

Mr. Gord Mitchell, Principal of Lambrick Park Secondary will attend for information and question and answer around transition to high school.

**Hot Lunch** is going smoothly. Many thanks to Rei, Adriana and Heather!

**Buy Hot Lunches online** <https://gordonhead.hotlunches.net/admin/> or contact Rei Stewart at [pinetreebell@hotmail.com](mailto:pinetreebell@hotmail.com) if you need help ordering.

**Volunteers still welcome:** If you can volunteer to deliver hot lunches to the classrooms on Thursdays between about 11:45-12:15, please contact Rei Stewart at [pinetreebell@hotmail.com](mailto:pinetreebell@hotmail.com)

### **Fundraisers**

School spirit, safety, and fundraiser: GHMS reflectors (design below) for sale \$5 during Hot Lunch.



Vikes night earned \$300; Purdy's winter sales over \$1000; there may be a board games night; pancake breakfast was a success.

Upcoming Purdy's Easter Fundraiser: Stay tuned for ordering information.



The **Torquay Village restaurant** is adding a feature menu item during April, May and June and providing \$2 to GHMS per item sold. Thank you!

### Parent Education Upcoming

**Sidestepping the Power Struggle with our teens and pre-teens FREE** with Dr. Alison Rees: Thursday, Feb 27, 7-9pm, Arbutus Middle School gym. What is the best approach to keeping a connection while doing the necessary letting go? Includes free e-manual. Co-sponsored by Gordon Head, Arbutus and Lansdowne middle schools. RSVP on Eventbrite

[https://www.eventbrite.ca/e/allison-rees-sidestepping-the-power-struggle-tickets-8950455535?utm\\_term=eventname\\_text](https://www.eventbrite.ca/e/allison-rees-sidestepping-the-power-struggle-tickets-8950455535?utm_term=eventname_text)

**Vancouver Island Parent Conference:** Saturday, Feb 29, 8;30am-4pm, Belmont High School, Langford. <https://vipc.ca/>

**Please consider joining the GHMS Parents group on Facebook:**

<https://www.facebook.com/groups/2240753516211658/>

### Parent Education Previous

**Opioid Overdose Prevention** PEPTOC (Parents Encouraging Parents Through the Opioid Crisis) presented to PAC on Nov 20, 2019. Very powerful presentation by three mothers of opioid-addicted kids who started at 12 or 13. Strong harm reduction message. Very difficult stories of their initial naïveté and how there is almost zero help out there for parents and kids dealing with this.

Here is their Facebook page <https://www.facebook.com/peptoc365/>

And the Facebook page for the Foundry where there is peer support available

<https://www.facebook.com/Foundry-Victoria-149688075877755/>

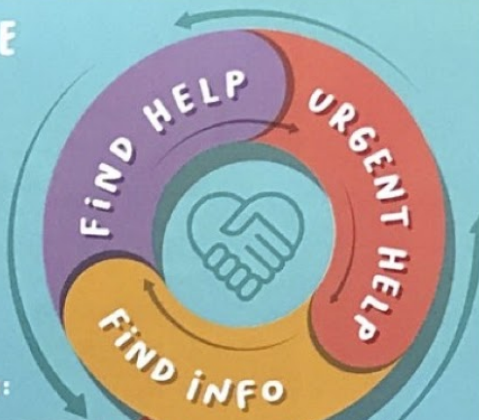
(also see attached material)

# MENTAL HEALTH AND SUBSTANCE USE SUPPORT GUIDE

FOR PARENTS AND CAREGIVERS OF CHILDREN AND YOUTH

This guide has been designed to help you better understand and respond to your child's mental health or substance use. Everyone will navigate through this guide differently depending on their concerns and circumstances.

**TO GET STARTED, CHOOSE THE CATEGORY THAT BEST DESCRIBES YOUR CURRENT CONCERN:**



## FIND HELP

*These are different ways to get help for your child's mental health and/or substance use concerns.*

### TALK TO A DOCTOR

- CONTACT FAMILY DOCTOR
- WALK-IN AT VICTORIA YOUTH CLINIC AT FOUNDRY VICTORIA  
[www.victoriayouthclinic.ca](http://www.victoriayouthclinic.ca)  
[www.foundrybc.ca/victoria](http://www.foundrybc.ca/victoria)
- WALK-IN MEDICAL CLINICS:  
[www.medimap.ca](http://www.medimap.ca)

OR

### TALK TO A COUNSELLOR

- CHILD & YOUTH MENTAL HEALTH  
Victoria: 250-356-1123  
West Shore: 250-391-2223  
Saanich: 250-952-5073  
Sooke: 250-642-7748  
Aboriginal Team: 250-952-4073  
Eating Disorders Team: 250-387-0000

### • SUBSTANCE USE

Discovery Youth & Family  
Substance Use Services  
250-519-5313  
Umbrella Society  
250-380-0595  
Youth Detox (non medical)  
250-383-3514

OR

### TALK TO YOUR CHILD'S SCHOOL

- CONNECT WITH A TEACHER, COUNSELLOR, OR PRINCIPAL AT YOUR CHILD'S SCHOOL

*\* If there has been current, specific talk about suicide and your child is willing to engage in services call the High Risk Team: 250-952-5073 \**

## FIND INFO

*Connect with local resources and information to learn more about mental health and substance use.*

## URGENT HELP

*The following is for a child whose safety is imminently at risk (suicide, life-threatening injury or mental health concerns).*

*If you need help getting the child to the hospital, call 911 or call the Vancouver Island Crisis Line: 1-888-494-3888*

### HOSPITAL OPTIONS

#### Age Specific

#### • VICTORIA

*Under 17 yrs:*

Victoria General Hospital  
1 Hospital Way

*17 yrs and older:*

Royal Jubilee Hospital  
1295 Bay Street

#### • SAANICH

*12-24 yrs:*

Saanich Peninsula Hospital  
2166 Mt Newton X Road

## RESOURCES

- [www.keltymentalhealth.ca](http://www.keltymentalhealth.ca)
- [www.anxietycanada.com](http://www.anxietycanada.com)
- [www.familysmart.ca/programs/in-the-know](http://www.familysmart.ca/programs/in-the-know)
- [www.vicrisis.ca](http://www.vicrisis.ca) P: 1-888-494-3888
- [www.bc211.ca](http://www.bc211.ca) P: 211
- [www.heretohelp.ca](http://www.heretohelp.ca)
- [www.foundrybc.ca](http://www.foundrybc.ca)

## COMMUNITY AGENCIES WITH YOUTH SERVICES

- Youth Empowerment Society: [www.vyes.ca](http://www.vyes.ca)
- Victoria Native Friendship Centre: [www.vnfc.ca](http://www.vnfc.ca)
- Intercultural Association: [www.icavictoria.org](http://www.icavictoria.org)
- Pacific Centre Family Services Association:  
[www.pacificcentrefamilyservices.org](http://www.pacificcentrefamilyservices.org)
- Neighbourhood Houses:  
[www.quadravillagecc.com/coalition-neighbourhood-houses](http://www.quadravillagecc.com/coalition-neighbourhood-houses)

## SUPPORT FOR YOU



*Common hurdles caregivers come up against are waitlists, long assessment times, and feeling like they could use some support. There may also be concerns a child might be self-medicating, unable or not ready to seek help/services, or exhibiting a behaviour that may have become serious.*

- **KEEP YOUR SUPPORT SYSTEM IN THE LOOP.** *Follow-up with providers who have assisted your child to update them on your child's behaviour.*
- **IDENTIFY OTHER PEOPLE WHO MAY BE A PART OF YOUR CHILD'S SUPPORT TEAM.** *Who are important people in their life? Examples: Their friend and/or friend's mom, TA or EA at school, Elder or grandparent.*
- **CHECK OUT HELPFUL ONLINE RESOURCES** *such as Family Smart's online video library, [www.familysmart.ca/programs/in-the-know](http://www.familysmart.ca/programs/in-the-know) and Kelty Mental Health [www.keltymentalhealth.ca](http://www.keltymentalhealth.ca).*
- **ENSURE YOU HAVE SUPPORT:**  
*Contact Family Smart directly & speak to the local Parent in Residence: [info@familysmart.ca](mailto:info@familysmart.ca) or 1-855-887-8004  
 Discovery Youth and Family Substance Use Services also offers support for parents: (250) 519-5313*

*Keep a detailed record with dates and names of services and supports used by you and your child:*

Find  
Help

URGENT  
HELP

**FIND INFO**

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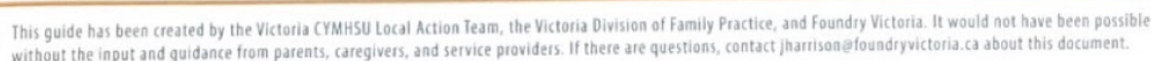
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# • FOUNDRY •

VICTORIA

Parent Peer Support: Chantal Brasset  
cbrasset@foundryvictoria.ca  
Wellness Navigator: Jen Harrison  
jharrison@foundryvictoria.ca  
(250) 383-3552  
foundrybc.ca

When a young person lives with a mental health or substance use challenge, it impacts the entire family. Parents and caregivers often find themselves isolated and overwhelmed. **You are not alone** – Foundry is here to support you in being the best you can be for your family; to find the services you need for your young person, and yourself; and to provide opportunities for you to connect with other parents for understanding and mutual support.

## Additional Services for Youth up to Age 18

### Mental Health:

#### Child & Youth Mental Health Services,

#### Ministry of Children and Family Development

Saanich 201-4478 West Saanich Road (250) 952-5073  
Victoria 302-2955 Jutland Road (250) 356-1123  
WestShore 2-345 Wale Road (250) 391-2223  
Aboriginal 2-1195 Jutland Road (250) 952-4073  
Intake Clinic: Tuesday 9:00 - 12:00 / Thursday 12:00 - 3:00  
Eating Disorders 302-2955 Jutland (250) 387-0000

### Substance Use:

#### Discovery Youth & Family Substance Use Services:

<https://www.islandhealth.ca/our-services/youth-substance-use-services/youth-family-substance-use-services/discovery-youth-family-substance-use-services>

2<sup>nd</sup> Floor, 530 Fraser Street (250) 519-5313

Youth Counselling, Parent and Family Counselling, Parent Education Programs, Access to Treatment Programs

#### Umbrella Society for Addictions and Mental Health

<https://www.umbrellasociety.ca/>

901 Kings Road (250) 380-0595

Outreach programs, Family Counselling, Recovery Housing  
Priority given to people under 18

### Online Help:

<https://keltymentalhealth.ca/>

<https://www.heretohelp.bc.ca/>



### Crisis Help:

Vancouver Island Crisis Line 1-888-494-3888

KUUU-US Aboriginal Crisis Line 1-800-588-8717

Emergency 911 / Nurse Line 811

### Community Services with Parent Support:

#### Youth Empowerment Society <http://www.vyes.ca/>

(250) 383-3514 Counselling (250) 386-8282  
Consultation, Counselling, Family Counselling and Mediation, Outreach, Crisis Intervention/Response, Advocacy, Collaborative Case Management, Education, Alliance Club, Youth Detox, Kiwanis Emergency Youth Shelter

#### Mental Health Recovery Partners <http://www.mhrp.ca/>

941 Kings Road (250) 384-4225  
Peer Support, Recovery and Hope Group, Family Counselling, Family Peer Support, Support Groups, Education, WRAP

#### Boys & Girls Club <https://bgcvc.org/>

301 – 1195 Esquimalt Road (250) 384-9133

Supported Recovery for Youth, Education/Support Programs for Parents

#### Family Smart (Lisa Tait) <http://familysmart.ca/>

(250) 818-4810 or (604) 878-3400

Mentoring, Support, System Navigation, Resources, Education

#### Families for Addiction Recovery (FAR)

<https://www.farcana.org/>

8 Sessions of free and confidential phone counselling with trained parent supporters

#### Hospitals

Up to age 17 - Victoria General / 17 and up - Royal Jubilee  
12-24 living in Saanich - Sannich Peninsula Hospital