



*Proudly serving the Robson Valley since 1980*

## CONTACT

**1-844-324-2004 (toll-free)**

(250) 566- 9107 (Valemount)

(250) 569- 2266 (McBride)

[info@rvcsbc.org](mailto:info@rvcsbc.org)

## PROGRAM HOURS

Monday	8:30am-4:00pm
Tuesday	8:30am-4:00pm
Wednesday	8:30am-4:00pm
Thursday	8:30am-4:00pm
Friday	8:30am-4:00pm

## THIS PROGRAM IS FUNDED BY

The Ministry of Children & Family Development



Ministry of Children and Family Development

# CHILD & YOUTH MENTAL HEALTH PROGRAM INFORMATION



The Child and Youth Mental Health Program at Robson Valley Community Services provides therapeutic interventions to children and youth (0-18) and their families who have identified mental health problems, mental illness, or who are at risk of developing mental illness, free of charge.

## THE SERVICES WE PROVIDE

- In-office, home-based, remote and in-community services (case by case basis) mental health supports within RVCS business hours.
- Support in areas such as anxiety, depression, self-esteem, peer conflict, emotional regulation, anger management and more.
- Client-centered approach that best meet client needs.
- Trauma-informed approach to service care.
- Collaboration with community partners (such as schools, daycares).
- Goal-oriented & short-term services with no formal limit to session duration.
- Weekly or bi-weekly sessions, depending on availability and client need.

## HOW TO ACCESS OUR SERVICES

- Referrals can be made by children or youth, by parents/caregivers, or by community partners (with client consent) by contacting our office & filling out [a request for service form](#).
- A mature minor does not require parent/guardian consent for services. As defined in the Infants Act, a mature minor has the capacity and is legally able to consent to their own services.
- Some children may be referred by MCFD where services may be guided by MCFD criteria.

## WHAT TO EXPECT

- Once referred to the program, a CYMH worker follows up to complete the intake process and ensures program suitability.
- The worker schedules a session to meet with the client and their caregiver (as needed) to gather important information.
- The worker works with the client to develop goals for services and to create a service plan.
- CYMH workers receive clinical supervision at minimum once every 6 weeks to provide support and guidance.
- File reviews take place every 3 months to check in on progress and identify if any goals have been met or if new goals arose.
- Families are encouraged to engage in their children's services (as appropriate) to allow natural supports to develop.
- Parents may request their own one-on-one support in the program.

## ENDING SERVICES

- Services may be concluded for a variety of reasons, including the client has declined services, met all their goals, relocated out of the service area, is no longer interested in services, or 'aged out' of services.
- Clients can choose to place their file on hold for a 3 month period. Following this, their file will either close or services will commence.

**If you have any questions or concerns,  
please let the CYMH Worker know or email [feedback@rvcsbc.org](mailto:feedback@rvcsbc.org).**

Valemount: PO Box 1171, Valemount, BC, V0E 2Z0

McBride: PO Box 430, McBride, BC, V0J 2E0