

Mental Wellness & You



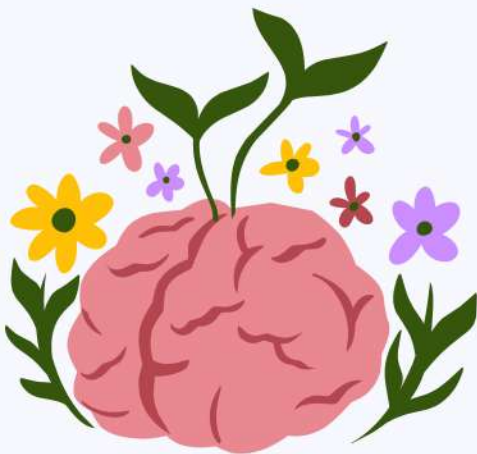
Volume 01

January 2025

Wondering what kind of services that we offer to improve mental health?

Services Provided:

- Mental Health clinician referrals
- Support with Treatment Program Applications
- Other Mental Health Programs via online workbooks
- Referral to equine therapy
- Medical transportation arrangements to MH appointments or day treatment events like sport groups, sweats, drum circles and more....continue to learn more



Remember having a naloxone kit can save lives. Drug poisoning is an ongoing national epidemic. You never know when you're going to see an overdose. And just by having a naloxone kit, You could save a life. We carrya naloxone kits At our Siska & Cooks Ferry offices. If you or someone you know would Like to carry a naloxone kit, Feel free to come by And pick one up or call our offices to arrange to receive. Coming soon -our community boxes. In Siska Or The vending machine In Spences Bridge will be stocking them as well.

163 Loop Road, IR #3, Sisika
3691 Deer Lane, Spences Bridge




Exploring Mental Health Holistically at Hesk'w'en'scutxe Health Services Society

At Hesk'w'en'scutxe Health Services Society, we recognize that mental health is more than simply sitting down to talk with a clinician. While clinical services are a crucial part of mental health care, we believe that true wellness comes from exploring a variety of approaches tailored to meet the unique needs of each individual. Our program is designed to support clients wherever they are on their mental health journey. Whether you prefer one-on-one sessions in person, over the phone, at our office, or even in the comfort of your own home, we aim to provide a safe, welcoming, and culturally grounded space for healing and growth.

Personalized Support and Referrals

We go beyond traditional clinician referrals by focusing on solutions that resonate with you. For some, that might mean accessing traditional resources such as sweats, which are currently offered monthly for men and women in a few locations. For others, equine therapy tailored to your skill level, facilitated by the experienced John Tai, may be a path to wellness. Additional options may include local fitness programs and other services suited to your individual needs and preferences. Our goal is to work together to identify the right fit for you.



We respect that everyone's journey is different, and we are here to walk alongside you as we explore options that prioritize your mental, emotional, physical, and spiritual well-being.

Current Support Services

At this time, I personally work with clients to provide referrals and guidance. These include:

- **Traditional and Alternative Mental Health Referrals:** Connecting you with clinicians, cultural practices, or other holistic resources.
- **Harm Reduction and Treatment Referrals:** Supporting individuals in finding the care they need to reduce harm and work toward recovery.
- **Self-Paced Programs:** Offering access to a variety of self-guided resources for those who prefer working on their mental health independently.

It is important to note that our team may grow in the future. For now, I am here to help meet your needs and provide a culturally safe and inclusive environment.

A Holistic and Culturally Safe Approach

At Heskwen'scutxe Health Services Society, we emphasize a holistic strategy to mental wellness. We respect the interconnectedness of mental, emotional, physical, and spiritual health, and we strive to create a culturally safe space where every client feels seen, heard, and supported. Contact Us If this approach to mental health resonates with you, I would love to connect with you further.

To learn more or to book an appointment, please feel free to reach out: Office Phone: 250-455-6601 Email: corynn.reveley@hhssbc.ca Your journey to wellness is uniquely yours, and we are here to help you every step of the way.



*Corynn
Reveley*

MENTAL HEALTH

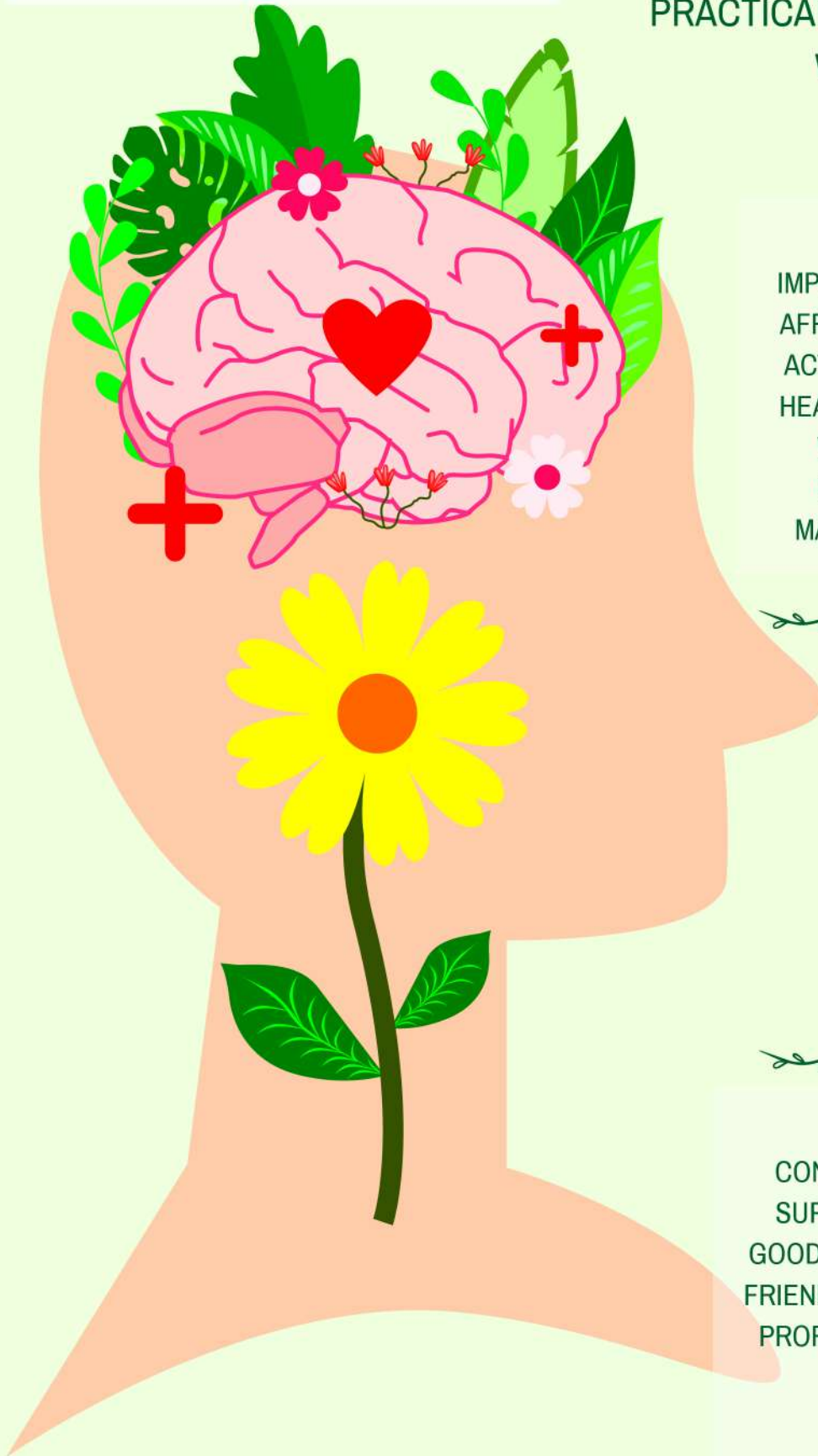
TAKING CARE OF YOUR MENTAL HEALTH

PRACTICAL TIPS FOR EVERYDAY WELL-BEING

MENTAL HEALTH IS JUST AS IMPORTANT AS PHYSICAL HEALTH. IT AFFECTS HOW WE THINK, FEEL, AND ACT. TAKING CARE OF OUR MENTAL HEALTH IS ESSENTIAL FOR OVERALL WELL-BEING. HERE ARE SOME PRACTICAL TIPS TO HELP YOU MAINTAIN GOOD MENTAL HEALTH.

PRACTICE SELF-CARE. TAKE TIME TO DO THINGS THAT YOU ENJOY, SUCH AS READING A BOOK, TAKING A WALK, OR HAVING A RELAXING BATH. PRIORITIZING SELF-CARE CAN HELP REDUCE STRESS AND IMPROVE MOOD.

CONNECT WITH OTHERS. HAVING A SUPPORT SYSTEM IS CRUCIAL FOR GOOD MENTAL HEALTH. REACH OUT TO FRIENDS, FAMILY, OR A MENTAL HEALTH PROFESSIONAL IF YOU NEED TO TALK OR RECEIVE GUIDANCE.



Meet the Counsellor

Yolanda Hall



About Me

My name is Yolanda. I am a registered clinician providing mental health counselling support. I have been a Lytton resident for 16 years. I received a Master of Social Work from UBC and have additional training and experience in navigating the impact of trauma, IRS and intergenerational challenges, personal growth, relationships, parenting, conflict resolution. I practice techniques from cognitive behavioral therapy, solution focused therapy to personal and strength based approaches.

Services

Early in my career I worked for Ministry of Child and Families Services. I was a Clinical Social Worker at BC Children's Hospital and Abbotsford Regional Hospital for a total of 29 years, working mostly in the Emergency Room and Critical Care/Intensive Care. 12 years ago I transitioned to local in person counseling and have offices in Lytton and Lillooet. I also offer Tele Health and Zoom sessions. I am a FNHA contract counsellor.

Contact

Yolanda Hall
E-mail - yjhall@telus.net
Texting- 778-554-2332



MEET THE COUNSELOR

About Me

heń te?, my name is Kayla McBee, and I am the new adult mental health clinician. I am a Lower Nicola Band Member, and I reside in Rocky Pines. Vivian McBee nskixze?, and Wade McBee nsqác ze?. Also, ć e he Rita Sterling nkź e, and ć e he Jim McNaney nspapzé?, ć e he Iva McBee ć e he John McBee nspapzé?. I have been honored to work with our Indigenous communities in social work since 2010.

Ms. Kayla McBee



Services

My focus is Indigenous mental health, and I have always used a trauma informed practice with elements of CBT, ACT and DBT forms of Interviewing as well as Motivational Interviewing and Satir Family Transformational Therapy. I also incorporate our traditional frameworks working within these styles of therapy. I have my level 1 in Nlaka'pamux language, and I also enjoy traditional singing and drumming.

Contact

Book an appointment

250 378 9772

Email

mcbec.k@nlxfn.com

Healthy mind
Healthy body

BUTT & GUT



REPEAT 3 TIMES

**2 MINUTES REST
IN BETWEEN**



**SUMO SQUAT
20 REPS**



**GLUTE BRIDGE
10 REPS**



**REVERSE LUNGE
10 REPS**



**LEG RAISE
20 REPS**



**SIT-UPS
20 REPS**



**RUSSIAN TWIST
20 REPS**

Happening NOW



Key Achievements of 2024

1. Naloxone Kit Distribution and Recycling

- Distributed over 80 naloxone kits to community members and partners.
- Collaborated with harm reduction advocates at NLX and Tikemstin to broaden the availability of this life-saving resource.
- Successfully recycled 30 naloxone kits, with half repurposed for training purposes, thereby enhancing community preparedness for overdose interventions.

2. Support for At-Home Detox

- Facilitated at-home detox for clients, providing vital support as they embarked on their healing journeys.
- Aided clients in navigating complex systems to ensure access to essential services and care.
- Minimized barriers for all clients by thoughtfully organizing transportation, food allowances, and post-treatment planning, ensuring a smooth transition from detox to recovery.
- Achieved an 85% success rate with treatment program applications and updated all procedures in response to the changes we advocated for through FNHA and PHSA.

3. Mental Health Clinician Engagement

- Our mental health clinician made 20 visits to the clinic throughout the year.
- Supported 4-8 clients per visit, offering counseling and vital mental health services.
- Collaborated on 50% of my treatment referral packages, enhancing the quality and completeness of client referrals.

Additionally, we assisted several other clients in the community by hosting ZOOM sessions for their mental health needs and referrals, working together to find the best fit based on their mental wellness objectives.

24 hour supports

Hope for Wellness Help Line offers immediate mental health counselling and crisis intervention by phone or online chat.

Phone (toll-free): 1-855-242-3310

Website: hopeforwellness.ca.

KUU-US Crisis Line Society provides crisis services for Indigenous people across BC.

Phone (adults and Elders):

250-723-4050

Phone (Youth): 250-723-2040

Phone (toll-free): 1-800-588-8717

Website: www.kuu-uscrisisline.com.

Metis Crisis Line is a service of Metis Nation British Columbia. Phone: 1-833-

MetisBC

(1-833-638-4722)

VictimLink BC Immediate 24 hours, 7 days a week, crisis support or victims of family or sexual violence. This service also provides information and referrals for all victims of crime.

Phone: 1-800-563-0808

Email: VictimLinkBC@bc211.ca

9-8-8 National Suicide Crisis Helpline

offers immediate support anytime for support in English or French.

1-800-SUICIDE offers support for those experiencing feelings of distress including thoughts of suicide. This phone line is available in over 140 languages.

Phone: 1-800-784-2433

culturally-safe supports BC

Alcohol & Drug Information Referral

Service provides information about substance use treatments or supports in your area

Phone: 1-800-663-1441

Phone (Lower Mainland):

604-660-9382

BC Seniors™ Distress Line offers support for Seniors or anyone who is concerned about an older adult.

Phone: 604-872-1234

Foundry virtual access province-wide virtual services for youth under 24 and their caregivers. All services are free and confidential, and may be accessed through the Foundry BC app or chat.

Phone: (1 833-308-6379) or

video calls.

310 Mental Health Support offers emotional support, information and resources specific to mental health. This phone line is available in over 140 languages.

Phone (no area code): 310-67890

Bounce Back BC

bouncebackbc.ca

BounceBack® is a free skill-building program designed to help adults and youth 13+ manage low mood, mild to moderate depression, anxiety, stress or worry. Delivered online or over the phone with a coach, you will get access to tools that will support you on your path to mental wellness.

1-866-639-0522

bounceback@cmha.bc.ca