



# ST'AT'IMC OUTREACH HEALTH SERVICES

Lillooet Tribal Council  
PO Box: 1420 · 650 Industrial Place  
Tel: (250) 256-7523  
lillooettribalcouncil.ca

Open 8am – 4pm  
Monday – Friday  
Closed noon – 1pm  
& Statutory Holidays  
Fax: (250) 256-7530

## ST'AT'IMC OUTREACH HEALTH (SOHS) INCOMING REFERRAL FORM\*

SOHS clinical counsellors are not first line responders. A request for services must first go through a client intake process to match each client with an appropriate counsellor. Thank you for your understanding.

Please submit all Incoming referrals to [healthcoordinator@statimchealth.net](mailto:healthcoordinator@statimchealth.net)

- Persons requesting counselling services from SOHS must complete this form. The SOHS Health Coordinator is available to help (Phone 250-256-7523), or you may complete it and email it or drop off to the above address.
- Once the Health Coordinator has received a signed Incoming Referral Form from a client, they will bring the request for services to the SOHS counselling team to match the client with the most appropriate counsellor, and there may be a waitlist. (the Health Coordinator does not make decisions about who receives services).
- Within 3 business days of receiving a signed Incoming Referral Form, the Health Coordinator will contact the client to discuss the options, which may include being placed on a waitlist and/or being referred to another counsellor while they wait.

<b>Client's Full Name:</b>	<b>Client's Address:</b>	<b>Date of Birth (dd/mm/yyyy)</b>	<b>Gender M/F/NB</b>

### Does the client give permission for SOHS to contact the client and leave a message?

Cell phone	Yes	No	Email	Yes	No
Home phone	Yes	No		Emergency contact	Yes

<b>Client cell #</b>	<b>Client home #</b>	<b>Client email:</b>
<b>Emergency Contact Person:</b>	<b>Cell/ Home #</b>	<b>Work #</b>

### Client's Community:

	Sekw'el'was		T'it'q'et		Xaxli'p
	Tsal'alh		Ts'kw'aylaxw		Xwisten
	Other				

### Reason for Referral – Counselling Area

<b>Mental Health:</b> (i.e., grief/loss, trauma, suicide ideation, depression, anxiety, stress, other.....) Description:
<b>Substance/Process Abuse:</b> (i.e., addiction, alcohol, drugs, gambling, food, other.....) Description:
<b>Safety Issues and/or legal Issues:</b> (i.e., mandated, suicidal, family violence, abuse, neglect, relationship issues, other.....) Description:
<b>OTHER IMPORTANT INFORMATION:</b>

Person/agency making this referral \_\_\_\_\_ Date: \_\_\_\_\_

Client Signature/Consent: \_\_\_\_\_ Date: \_\_\_\_\_

**FOR OFFICE USE ONLY:** The SOHS Health Coordinator has collected the above information concerning a request for services and provided it to an appropriate counsellor for an intake assessment:

The client will be contacted by the following counsellor for an intake assessment \_\_\_\_\_

The client will be placed on the counsellor's waiting list and will be offered a referral to the following program in the interim:

SOHS Addictions program (healing circle)

SOHS Nukw7antwál' Wellness program (day treatment program)

Land-based Healing Program

Other \_\_\_\_\_

Date Client is Informed of the Decision (dd/mm/yyyy) \_\_\_\_\_

**Please do NOT use this Referral Form for emergencies such as active self-harm or suicide threats. For emergencies, use the SUICIDE RESPONSE PROTOCOL on the back of this form.**

# Suicide and Self-Harm Response Protocol

## Purpose

If you have concerns about mental health you are not alone. It is estimated that 50% of all Canadians have a mental health event by the time they reach 40 years of age. The purpose of this protocol is to promote the safety of individuals in crisis by describing how to respond to statements involving suicide or self-harm and supporting the individual at risk to get appropriate help.

## Guiding Principles

1. The safety and well-being of the individual and those around them is always the primary consideration.
2. There are times when a person in crisis may need protection from themselves.
3. All confidentiality is waived when a person discloses suicidal thoughts, plans, or actions.
4. Information about suicidal behaviour must be shared with appropriate service providers so as to ensure the life and safety of the individual at risk.

## Step One

If you encounter someone who is **threatening to act on thoughts of suicide or self-harm**, take them to the Lillooet Hospital (24/7). At the hospital a doctor will assess their emotional state and determine an appropriate medical response, and what supports are required to keep them safe:

- If the person refuses to go to the hospital, the police (including the Stl'at'imx Tribal Police) may apprehend and take a person to the hospital if they believe the individual:
  - (a) is likely to harm themselves or others, and
  - (b) is suffering from a mental disorder (such as anxiety, panic, depression).
- If you need transportation to get to the hospital, call 911.
- If you believe the individual might act on their thoughts of suicide or self-harm, do not leave them alone.

## Step Two

At the hospital, the individual may:

- be admitted for further observation and to be stabilized, or
- be discharged if the doctor believes the threat of self-harm has decreased.
- A person will not be hospitalized against their will for simply seeking help.

## Step Three

When the individual is discharged from the hospital a safety plan (or discharge plan) should be created between the individual, their doctor, and their support team. A support team could include family, friends, and professional service providers.

- A Safety Plan (discharge plan) can involve the Aboriginal Patient Navigator to support the patient and their family.
- If the patient is a minor, the hospital should meet with the family to ensure they have the information required to keep the individual safe.
- The hospital staff will send the records to the family physician and to any specialists that should be involved to support the individual (for example, counsellors).
- With the patient's permission, the hospital may involve staff from the patient's community, the Lillooet Friendship Centre, or other service agencies.
- If there are child protection concerns the hospital will contact the Ministry of Children and Family Development (MCFD)

## Step Four

After the individual at risk is stabilized, look after yourself. Reach out and talk to someone about the situation and how you can stay healthy.

## Step Five

Be aware of who is available to help. Call 1-800-SUICIDE at [1-800-784-2433](tel:1-800-784-2433) anytime (24/7) if you or someone you know:

- is thinking about ending their own life, or
- needs someone to talk to about suicidal thoughts or ideas