



# ST'AT'IMC OUTREACH HEALTH SERVICES

Lillooet Tribal Council

PO Box 1420 | 650 Industrial Place  
 Tel: (250) 250-7523 | www.lillooettribalcouncil.ca

Open 8am - 4pm

Monday - Friday  
 Closed 12pm – 1pm  
 & Statutory Holidays

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

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

Please submit all Incoming referrals to [cole.levitt@statimcltc.ca](mailto:cole.levitt@statimcltc.ca)

- Persons requesting counselling services from SOHS must complete this form. If need help please call Phone 778-220-1410), or you may complete it and email it or drop off to the above address.
- 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.

Client's Full Name:	Client's Address:	Date of Birth:	Gender:

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

Cell Phone	Home Phone	Email	Emergency Contact
<input type="checkbox"/> YES <input type="checkbox"/> NO	<input type="checkbox"/> YES <input type="checkbox"/> NO	<input type="checkbox"/> YES <input type="checkbox"/> NO	<input type="checkbox"/> YES <input type="checkbox"/> NO
#:	#:	@:	Name: #:

Client's Community:

Sekw'el 'was	Tsal'alh	T'it'q' et	Ts'kw'ay laxw	Xaxli'p	Xwisten	Other
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> .....

Reason for Referral - Counselling Area (description):

Mental Health: (i.e., grief/loss, trauma, suicide ideation, depression, anxiety, stress, other...)
Substance/Process Abuse: (i.e., addiction, alcohol, drugs, gambling, food, other...)
Safety Issues and/or Legal Issues: (i.e., mandated, suicidal, family violence, abuse, neglect, relationship issues, other...)
Other Important Information:

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

Addictions			Day Treatment			Land-Base   Healing			Other		

Date Client is Informed of Decision: \_\_\_\_\_

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
  - (a) 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.