



November 14, 2024

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Via email: brad.sperling@prrd.bc.ca

Brad Sperling, Chair
And Member of the Board
Regional District of Peace River
PO Box 180, 1981 Alaska Highway Ave
Dawson Creek BC V1G4H8

Dear Brad Sperling:

Thank you to your delegation for meeting with ministry representatives during this year's Union of British Columbia Municipalities (UBCM) Convention in Vancouver.

As Acting Deputy Minister, I write to acknowledge the topics raised during the meeting, which included mental health challenges in the region, as well as the North Winds Wellness Centre.

For the North Winds Wellness Centre, the Ministry of Mental Health and Addictions is working with all partners including the North Winds Wellness Centre Society, the Northern Health Authority, the First Nations Health Authority (FNHA) and BC Housing to advance this important project.

I appreciate these important opportunities to exchange ideas and share information. Meetings like this help the Ministry better understand the challenges people and communities across BC face on a daily basis.

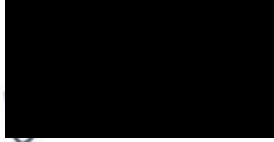
The Ministry is working hard across government to create an accessible, robust, and culturally safe system of mental health and addictions care that meets people where they're at. For your convenience and interest, I've attached a list of local and provincial mental health and substance use resources in your community.

More information on all the programs and initiatives that the Ministry is working on to ensure all those living in BC have access to mental health and addictions care is available here: Gov.bc.ca/BetterCare

...2

Thank you for taking the time to meet with us as part of the UBCM Convention process for 2024.

Sincerely,



Jonathan Dubé
Acting Deputy Minister
Ministry of Mental Health and Addictions

Attachment

pc: Mayor Danielle Veach, Village of Pouce Coupe



Mental Health and Substance Use Services for the Regional District of Peace River

Since 2016, when British Columbia declared a public health emergency due to the escalating number of illicit drug poisoning deaths, the provincial government has been urgently working to save lives and build a full continuum of care – including prevention, harm reduction, treatment, and recovery.

Please see below how to access the mental health and substance use services and supports available in your community and provincially.

Regional Mental Health and Substance Use Resources

Mental Health and Substance Use Services (Northern Health): Offers a range of mental health and substance use services to support individuals and families in the Northern Health region. Services are provided in a variety of settings including community clinics, hospitals, residential settings, and on an outreach basis. See below for list of local contact numbers.

Chetwynd – 250-788-7300

Dawson Creek - 250-719-6525

Fort St. John – 250-263-6080

Hudson's Hope - 250-783-9991

Tumbler Ridge - 250-242-5271

Northern Health Virtual Clinic: Call 1-844-645-7811 to learn about or access treatment and harm reduction supports.

Northern BC Crisis Line: 1-888-562-1214 provides free, confidential, 24-hour emotional support, suicide intervention and referral information to residents of Northern BC.

Provincial Mental Health and Substance Use Resources

HelpStartsHere: ([HelpStartsHere.gov.bc.ca](https://www.helpstartshere.gov.bc.ca)) a website maintained by the Ministry of Mental Health and Addictions to help people in British Columbia find mental health and/or addiction resources near them.

Opioid Treatment Access Line: Call 1-833-804-8111 toll-free from anywhere in BC to speak with a doctor or nurse who can prescribe life-saving opioid treatment medications and get connected to other supports in the community. The service is confidential, and the

treatment is covered under BC PharmaCare. It's open 7 days a week from 9am to 4pm. Learn more at [HelpStartsHere.gov.bc.ca/OpioidTreatment](https://www.helpstartshere.gov.bc.ca/OpioidTreatment).

HealthLink BC: ([HealthLinkBC.ca](https://www.healthlinkbc.ca) or call 8-1-1) provides medically approved information on more than 5,000 health topics, including mental health and substance use. When you call 8-1-1, you can speak to a health service navigator, who can help you find health information and services; or connect you directly with a registered nurse, a registered dietitian, a qualified exercise professional, or a pharmacist.

310-Mental Health Support: Call 310-6789 (no area code needed) toll-free anywhere in BC to access emotional support, information, and resources specific to mental health and substance use issues.

1-800-SUICIDE: (1-800-784-2433) provides emotional support to youth, adults and seniors in distress, 24 hours a day, 7 days a week. Operated by the Crisis Intervention and Suicide Prevention Centre of BC ([CrisisCentre.bc.ca](https://www.crisiscentre.bc.ca)).

9-8-8 Suicide Crisis Helpline: Call or text 9-8-8 anywhere in Canada to be connected to a trained responder who will listen without judgement, provide support and understanding, and can tell you about resources to help (988.ca).

Alcohol & Drug Information Referral Service (ADIRS): Provides free, confidential information and referral services to British Columbians in need of support with any kind of substance use issue. Referral to community substance use treatment services is available for all ages. ADIRS is available 24 hours a day, 7 days a week at: [1 800 663-1441](tel:18006631441).

1-800-KUU-US17: (1-800-588-8717) the KUU-US Crisis Line provides Indigenous people with culturally safe, 24/7 telephone crisis supports. The line can also be reached at 250-723-4050 (for adults and elders) and 250-723-2040 (for children and youth).

1-833-MÉTISBC: (1-833-638-4722) The Métis Crisis line offers culturally safe, 24/7 supports for Métis people experiencing challenges like anxiety, grief and loss, abuse, bullying and more.

HeretoHelp: ([HeretoHelp.bc.ca](https://www.heretohelp.bc.ca)) is a project of the BC Partners for Mental Health and Addictions Information and offers resources to help people prevent and manage mental health and substance use problems. Individuals can access four screening self-tests covering mental well-being, depression, anxiety disorders and risky drinking and email requests for help, support, information or referrals.

BounceBack®: an evidence-based program designed to help adults and youth 13 years and older experiencing symptoms of mild to moderate depression, low mood, or stress, with or without anxiety: 1 -866 639-0522, or visit: BounceBackBC.ca

Foundry Virtual: (FoundryBC.ca/Virtual) Young people aged 12-24 and their caregivers can use the Foundry Virtual app to drop-in or schedule a virtual counselling appointment, find peer support, join a youth or caregiver group, or browse their library of tools and resources. This site aligns with brick-and-mortar Foundry sites across BC to better integrate care for youth and young adults with mental health and substance use challenges.

Road to Recovery Expanding Across B.C.

BC is also advancing an innovative model of care known as the Road to Recovery. This model establishes a seamless continuum of care for addictions from detox to treatment and after care. Following the successful launch of the first [Road to Recovery model in Vancouver](#) in Fall 2023, BC [announced the expansion of this model](#) to all the other regions of BC earlier this summer.

Recognizing the unique geographic needs of the North, this work is being led by the Northwest working group, consisting of Northern Health, Northern First Nations Alliance, the Province and First Nations Health Authority who have co-designed a hub and spoke model that will support connections to services and ensure that culture-based care is embedded throughout. This includes bringing the Road to Recovery model to the Northwest region.

To find out more about the Road to Recovery approach and its expansion, visit Gov.bc.ca/BetterCare.