

What SACY is offering in June, July and the fall of 2020, during the COVID-19 pandemic.

If you know of a youth or caregiver of a youth who is struggling with substance use/mental health concerns, SACY offers education and support.

During the COVID-19 pandemic, we at SACY are adjusting service delivery to ensure various points of contact and to help identify students and families who can benefit from SACY services at this time.

For contact information visit: www.vsb.bc.ca/sacy

Summer 2020

Traditionally SACY offers programming and community service opportunities three days/week during the month of July. This July, due to the pandemic realities, and to keep everyone safe, we will make both online and in-person opportunities available to the SACY Youth Advisory Committee and to other youth already connected to SACY.

Contact your SACY Youth Engagement worker to explore summer support options for identified youth.

Fall 2020

SACY Youth Engagement Stream

Your SACY staff contact is available for:

- 1:1 support with youth
- Brief support and referrals to services
- Possible small group opportunities
- Exploring more ways to build skills and capacity.

Your SACY worker will be reaching out in the fall.



Fall 2020 cont'd

SACY Parent Engagement Stream

In the fall SACY parent engagement workers will seek to complement and work with school staff and students to support families.

We will continue to offer one-to-one caregiver support and community resource referrals to families who are referred to us by school counsellors, administrators and SACY youth workers.

We will offer SACY caregiver workshops either online or in small groups based on the recommendations for gathering from the BC Centre for Disease Control (BCCDC)/Vancouver Coastal Health.

SACY Teen Engagement Program (STEP) Program

We expect by mid-October 2020 to be accepting students. The specifics of how we offer the STEP experience (e.g. the group size; transportation; possible online and in-person mix, etc.) will be determined closer to the start date.

SACY Youth and Parent staff will continue to support each STEP student during and following STEP.

SACY Teacher Professional Development and School Environment

Each year SACY offers a variety of professional development sessions to build capacity in schools. We will work closely with school champions to expand our reach and grow collaborations in the fall and winter.

Supporting Students and Families in Need

If you know of a youth or caregiver of a youth who is struggling with substance use/mental health issues the supports listed below are available to you:

In particular **CAIT (Centralize Addiction Intake Team)** is a vitally useful service regarding youth substance use. A call to CAIT by a youth or adult (604-209-3705) is

answered by a trained addictions counsellor, who provides caring and informed consultation relevant to the reason for the call. CAIT staff link young people to a full range of substance use counselling and treatment services.

If you have any questions or wish to consult about SACY services, please feel free to contact:

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Manager SACY
Vancouver School Board
604 713 5233
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Jen Donovan
Project Manager SACY and
SACY Leadership Resilience
Program (LRP)
Vancouver Coastal Health
Cell: 604-788-7195
jen.donovan@vch.ca

COMMUNITY RESOURCES

Child and Youth Resources

BC MENTAL HEALTH

Crisis Line 24hr..... 1-800-784-2433
Support 24hr.....310-6789

CHILD & YOUTH MENTAL HEALTH

Access & Assessment Centre (17+)
.....604-675-3700
Alan Cashmore.....604-675-3996

Centralized Addiction Intake Team CAIT (youth substance use) 604-209-3705

Child & Adolescent Response Team
CART.....604-874-2300
Northeast Intake604-675-3895
Pacific Spirit Intake.....604-267-3970
Youth Outreach.....604-688-0551

CRISIS CENTRE 24/7

Chat (Noon-1am)..... youthinbc.com
Distress Line.....604-872-3311
Suicide Line.....1-800-SUICIDE

DAN'S LEGACY

Counselling & Food Services604-999-9136
.....or danslegacy.com

FOUNDRY BC

Chat, video and phone counselling available to
12-24yr olds.....1-833-308-6379
Online..... foundrybc.ca

KIDS HELP PHONE 24/7

Live Chat (9pm-4am)
..... kidshelpphone.ca
LGBTQ youth text 'LGBTQ' to.....686868
Text 'CONNECT' to.....686868
Voice call.....1-800-668-6868

MINISTRY OF CHILD & FAMILY DEVELOPMENT

Afterhours.....604-660-4927
Helpline.....310-1234
VACFSS778-331-4500

RAPE CRISIS CENTRE (24hr)604-255-6344

SAFE HOUSES

Aboriginal604-254-7811
Covenant House Crisis Shelter.....604-685-7474
Directions..... 604-877-1234
Mark's Place604-261-7827

URBAN NATIVE YOUTH ASSOCIATION (UNYA)

Virtual supports (text, email, or voice) by
calling.....604-254-7732

YOUTH AGAINST VIOLENCE 24/7

Phone.....1-800-680-4264
Text.....604-836-6381

YOUTH CLINICS & SEXUAL HEALTH

Sex Sense (9am-9pm).....604-731-7803
Youth Clinics.....leave msg.....778-871-7132

APPS (free): Mindshift / Headspace / Calm

Adult and Family Resources

ADULT WELLNESS SUPPORTS

Emergency.....911
HealthLink BC.....811
Aboriginal Health.....
.....vch.ca/your-care/aboriginal-health
British Columbia Psychological Association - free
counselling for 19+.....604-827-0847
Bounce Back.....1-866-639-0522
.....bouncebackbc.ca
Crisis Centre Webinars.....crisiscentre.bc.ca
Crisis Intervention & Suicide Prevention 24hr
.....604-872-3311
First Nations Health Authority.....604-693-6500
Here to Help.....310-6789
..... heretohelp.bc.ca
Hope for Wellness (Indigenous)
• Toll-free.....1-855-242-3310
• Chat..... hopeforwellness.ca
Kelty's Keys Counselling for Adults.....
..... keltyskey.com
Kelty Mental Health.....604-875-2084
KUU-US Aboriginal Crisis Line.....1-800-588-8717
MindHealth.....mindhealthbc.ca
• Distress Line.....1-800-784-2433
• Chat Line..... crisiscentrechat.ca
Vancouver Aboriginal Health Society
..... 604-254-9949

FAMILY SUPPORTS

Child Protection.....1-800-663-9122
Family Smart.....1-855-877-8004
Family Support Institute604-540-8374
Kinbrace Refugee Support.....604-255-9691
Ministry of Family & Child Development
.....604-660-4927
Mosaic Settlement Services.....604-254-9626
Parent-Teen Mediation..... email: skurji@fsgv.ca
Vancouver Aboriginal Child & Family Services Society
(VACFSS).....778-331-4500
VictimLink 24/7.....1-800-563-0808

FINANCIAL SUPPORTS

BC Emergency Supplementwww2.gov.bc.ca
BC Hydrobchydro.com
Canada Emergency Response Benefit
CERB..... 1-833-966-0299
.....or visit canada.ca
ICBC icbc.com

Internet

Shaw Go Wifi open to everyone
TELUS \$10/mth.....telus.com
Connecting Families.....connecting-families.ca

Food and Nutrition

City Reach Food Hamper.....cityreach.org
Dinner Devils.....dinnerdevils.com
Vancouver Food Bank.....foodbank.bc.ca
Kiwassa Food Hub.....kiwassa.ca