

# FINDING YOUR PATHWAY TO TREATMENT



VANCOUVER ISLAND REGION  
First Nations Health Authority

## Treatment is part of the recovery process.

The steps below can be taken with the support from a referral partner. If you're not too sure who to work with, please find some resources on the back page.



### 1

#### CONNECT WITH A REFERRAL PARTNER

This could be your family doctor, community counsellor, community health nurse, addictions worker or the [FNHA Virtual Doctor of the Day](https://www.fnha.ca/what-we-do/ehealth/virtual-doctor-of-the-day). (<https://www.fnha.ca/what-we-do/ehealth/virtual-doctor-of-the-day>)

## CHOOSE THE PATHWAY THAT IS RIGHT FOR YOU

### [All Paths Lead to Wellness; Supporting People Who Use Substances](#)

- Treatment rooted in culture or incorporates cultural elements?
- Treatment needs: [Opioid Agonist Therapy \(OAT\)](#), *Youth, Pre-treatment Detox, Length of program, Family-based.*
- Treatment close to home? *Other treatment centres across BC may have availability.*
- Funded or resources to pay?
- [Referrals to Mental Health & Substance Use Services \(Island Health\)](#)



### 2

#### 1 FNHA TREATMENT CENTRES IN BC:

- Offer cultural and land-based programming.
- Cultural supports, such as an Elder, are on site.
- Fully funded by the FNHA.
- 10 locations throughout BC.
- [FNHA Treatment Centres](#)

#### 2 PROVINCIAL/PUBLIC FUNDED CENTRES:

- Locations throughout BC, including Vancouver Island.
- Some provide specialized care for co-existing mental health conditions.
- Some may include cultural programming.
- For funding options talk to your referral worker.
- [Provincial Substance Use Treatment Program for Adults](https://www.bccsu.ca/recovery_services_in_bc/)  
URL: [https://www.bccsu.ca/recovery\\_services\\_in\\_bc/](https://www.bccsu.ca/recovery_services_in_bc/)
- [Registered Supportive Recovery Assisted Living Services in BC](https://www.bccsu.ca/wp-content/uploads/2021/03/ALR-list-March-2021.pdf). URL: <https://www.bccsu.ca/wp-content/uploads/2021/03/ALR-list-March-2021.pdf>
- [Non-FNHA Treatment Centres Application Process](#)



### 3

#### COMPLETE AND SUBMIT APPLICATIONS:

Choose three to four centres and work with your referral partner to submit applications to all of them. This will help with waitlists that you may encounter.

## WHILE YOU WAIT FOR TREATMENT, FOCUS ON WELLNESS:

- Reach out to loved ones for support: connect with a friend/family member about what you need to stay safe.
- Connect with your community's mental health team, addictions worker, traditional and cultural supports, and/or peer support groups.
- Make a plan with the support of an addictions medicine doctor by connecting with [FNHA Virtual Substance Use and Psychiatry Service](#). *Link on back of page.*
- Consider talking with a counsellor while you wait. [Link here for details on the Mental Health Benefit.](#)
- Work with your referral partner to choose some coping strategies.
- [FNHA Harm Reduction](#)



### 4

# SUPPORTS AND RESOURCES

If you're not sure how to connect with a referral partner, or someone to help, start by calling:

## **FNHA VIRTUAL DOCTOR OF THE DAY**

1-855-344-3800 (Toll free, 7 days a week 8:30am to 4:30pm)

<https://www.fnha.ca/what-we-do/ehealth/virtual-doctor-of-the-day>

## **FNHA VIRTUAL SUBSTANCE USE & PSYCHIATRY SERVICE**

Provide virtual specialist support in addictions medicine and psychiatry.

FNHA Virtual Doctor of the Day, or your usual medical professional, and can give you a referral for this service.

<https://www.fnha.ca/what-we-do/ehealth/virtual-substance-use-and-psychiatry-service>

**To support your mental health and wellbeing, you can reach out to:**

## **KUU-US CRISIS LINE SOCIETY**

24 Hour Crisis Line for Indigenous people across BC

Adults/Elders Line: 250-723-4050

Youth line: 250-723-2040

Toll free: 1-800-8717

## **INDIAN RESIDENTIAL SCHOOL CRISIS LINE**

National service for anyone experiencing pain or distress as a result of their residential school experience.

604-985-4464 or;

Toll free crisis support (24/7)

1-800-721-0066

## **COUNSELLING**

Various services are available through the FNHA Health Benefits.

Before booking an appointment, call 1-855-550-5454 or visit

<https://www.fnha.ca/benefits> to ensure the service is eligible for coverage.

## **TSOW-TUN LE LUM SOCIETY**

To access cultural support or counselling support services, please call toll-free line at 1-888-403-3123; or main office at (250) 390-3123

<https://www.tsowtunlelum.org/>

**For assistance navigating barriers, questions, or the Pathway to Treatment, contact MHWPrograms@fnha.ca or your community health centre:**

Contact info to go here



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