

MENTAL HEALTH & WELLNESS PROGRAM



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"WE ARE HERE
TO LISTEN"

WHAT DO WE DO?

- In office, online and telephone counselling
- Substance misuse treatment referrals, prevention activities and cultural supports assistance with assessing Opioid Agonist Therapy
- Peer support – opioid response and harm reduction education and resources/ supplies such as Naloxone Kits and Safe Injection Supplies call **310-MHSU (6478)**
- Referrals to other resources and supports as required
- All sessions are confidential and based upon clients terms.

WHEN CAN YOU REACH US? Monday – Friday, 8:00 am – 4:30 pm

HOW TO CONTACT US? **250-540-7416**

- Please feel free to call our team members directly or
- Leave a message on the confidential referral line voicemail.
- Referral line hours: 8:00 am – 4:30 pm
- We will respond to your call within 24 hours.
- Clients can also be referred by any member of the Health and Social Development Department (e.g. nurses, doctors, Home Care).

CRISIS AND AFTER HOURS CONTACTS

HARM REDUCTION

BCCDC Harm Reduction Services <https://towardtheheart.com/>

Call or Google: **310-MHSU (6478)** <https://www.interiorhealth.ca/services/access-mental-health-and-substance-use-services>

1-800-588-8717

1-800-kuu-us17 **KUU-US Crisis Line** for Adults and Youth Indigenous 24 hour Crisis Line

1-866-925-4419 **24 Hour Residential School Crisis Line**

1-800-721-0066 **Indian Residential School Survivors' Society**, 24 hour Crisis Line

1-888-353-2273 **CMHA Vernon Crisis Line**

1-800-SUICIDE

1-800-784-2433 <https://www.heretohelp.bc.ca/> if you are considering suicide or are concerned about someone who may be

1-855-252-3310 Toll Free. **24 Hour Hope for Wellness Helpline**

Support through online chat: <https://hopeforwellness.ca>

310-6789

(no area code needed) ... **310 Mental Health Support** for emotional support, information and resources specific to mental health

1-800-668-6868 **Kid's Help Phone** to speak to a professional counsellor, 24 hours/day

1-800-663-1441 **Alcohol & Drug Information and Referral Service** to find resources and support

1-877-477-0775 **FNHA Indian Residential Schools Resolution** Health Support Program

250-260-7171 **Victim Services** RCMP available Monday – Friday, 8:30 am – 4:30 pm

811 **HealthLink BC** non-urgent medical related questions

911

IF YOU ARE IN AN EMERGENCY

OKIB MENTAL HEALTH & WELLNESS TEAM



Jeunesse Pearson

RTC Practice Lead
Mental Health & Wellness
250-306-9927
E: mhwc1@okanagan.org

We moved to Vernon in 2007 from Calgary and have not looked back. I so appreciate this beautiful valley and feel it is a privilege to reside here.

I work with a wide variety of emotional and behavioural issues specifically grief, depression, self-esteem, love, codependency and inner child work.

I am excited to support the Mental Health & Wellness team as well as continue my Therapeutic Counselling Role.

Grant Louis

Addictions Worker
250-306-7179
E: addworker@okanagan.org

My parents are Ann Marchand and Jerry Louis; Grandparents Louie Marchand and Jenny Brewer, Ned Louis and Irene McDougal.

My education is in Human Development and Family Studies with a minor in Addictions from the University of Idaho.

I have worked as Social Worker with Coeur d' Alene Tribe, Nlaka`pamux Nation as Mental Health Counsellor.

I have been a part of my cultural ways for the past 27 years.

I believe in the importance of cultural identity and knowing who you are and where you come from and the role that it plays in wholeness.

Lovanda Beliveau

RPC-C
Mental Health & Wellness Counsellor
250-241-5998 call or text
E: mhwc2@okanagan.org

Way, I am a Mental Health & Wellness Counsellor here at OKIB.

I am from north of Edmonton, moved to Vernon and now reside just outside of Lumby. My ancestors are from Maskwacis, Saddle Lake, The Red River Settlement, Poland, Scotland and the Middle East.

I am here to support people's healing journey through listening, being curious, bringing perspective and being resourceful.

Jessa Joles

RTC, CPC, BA Psych
Child & Youth Mental Health Counsellor
250-241-8433
E: c&y@okanagan.org

I will be working with children and youth both in community and school-based. I am passionate about helping youth gain confidence, support, and a safe place to be their authentic selves. I am also an advocate and ally for the LGBTQ2+ community and hope to help create a safe and positive environment for those identifying or questioning. I am very grateful for this opportunity to help the community and be invited to participate in the activities your beautiful land has to offer.

Alexis Rocha

Addictions Worker
250-308-7991
E: addworker2@okanagan.org

I am proud to have the opportunity to give back to my OKIB community and people that have always been such an integral part of who I am.

I bring with me my continued and ongoing education combined with my personal lived experience.

A passion of mine lies in working on our own individual healing journey, balancing the four aspects of wellness – physical, mental, emotional, and spiritual. I am excited to be supporting the Mental Health & Wellness Team and my home community while continuing my own growth and journey.



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OKIB Department of Health & Wellness is Committed to Caring for Your Personal Information

Members accessing programs and services provided by the Mental Health and Wellness team, can be assured that protecting your privacy is a priority, and all of your records and our interactions are kept strictly confidential.

Okanagan Indian Band Mental Health and Wellness, 95 Bluebird Lane, Vernon, BC V1H 2A2

T 250.542.5094 F 250.542.3083

E mhwc1@okanagan.org



Okanagan Indian Band