

Child, Youth and Family Mental Health (CYFMH) Services offers a specialized range of mental health programs for children, youth, and their families within the Vancouver Island Health Authority region.

Mental health services are designed to bring together professional practice and expertise to provide a comprehensive range of specialized, therapeutic services to meet the unique needs of children, youth, and their families. Programs are generally provided through multidisciplinary assessment, specialized interventions, and community based treatment planning and support for children and youth from all backgrounds and cultures.

Services are primarily provided at VIHA's Queen Alexandra Centre for Children's Health, located in Victoria. A fundamental criterion is that the child or youth's mental health needs have exceeded the resources of their community and that referrals are made to CYFMH due to a need for more intensive review and service.

Our teams are comprised of Child and Adolescent Psychiatrists, Psychologists, Nurses, Clinical Social Workers, Clinical Counselors, Speech and Language Pathologists, Occupational Therapists and Psychometricians.

*The ongoing participation of families, GPs and mental health professionals is essential to support the continuing needs of all clients. Our goal is to involve all significant members of the child or youth's support system in our process.*

## CYFMH Referral Process

Physicians, psychiatrists and mental health professionals may make referrals through the Intake Team. \*

**\*Exceptions:** Anyone, including the client, can make a referral to the Early Psychosis Intervention (EPI) program and to the Integrated Mobile Crisis Response Team (IMCRT).

To receive a referral form, discuss a potential referral, or obtain more information on any of our services, please contact:

**Child, Youth & Family  
Mental Health Services**  
250-519-6794 or  
250-519-6720


Once a referral is received by the Intake Team, it is screened and subsequently reviewed by a committee. The Intake Worker may contact the referring clinician for additional information.



Queen Alexandra Centre for Children's Health  
2400 Arbutus Road, Victoria, V8N 1V7  
250-519-5390

# Anscomb Program

Part of VIHA Child, Youth &  
Family Mental Health Services



*Optimizing the  
mental health  
and wellbeing of  
children, youth  
and families.*



## The Anscomb Program

The Anscomb Program is a unique, interdisciplinary mental health outpatient service for children, youth, and their families in the Vancouver Island Health Authority.

Programs support children and youth who are experiencing serious, complex, emotional, behavioural and psychiatric challenges whose needs have exceeded the resources of their community.

We offer a continuum of services including comprehensive, coordinated, and trauma-informed assessment, evaluation and both short and long-term therapeutic support and follow-up.

We also liaise with schools, the referral agency, and other service providers to provide consultation, support and education.

Our program goals are:

- 1) to support families and communities to reduce significant emotional, behavioural, psychological and psychiatric symptoms, and
- 2) to increase the mental health and functioning of children and youth at home, at school, and in their communities.



## Three Teams

### Neurodevelopmental Team (Neuro):

A specialized service for children and youth (**up to and including age 18**), who are having significant challenges in their daily functioning due to complex neuro-developmental conditions and associated psychiatric concerns.

Examples of those who may be referred are children and youth experiencing complex psychiatric disorders and concurrent ADHD, ASD, learning disabilities, or other developmental or intellectual impairments.

**Referrals** for this program are accepted from physicians and mental health clinicians.

### Mood, Anxiety & Psychosis Team (MAP):

A specialized service for children and youth (**up to and including age 18**), who are having significant challenges in their daily functioning due to mood, anxiety or psychotic conditions.

Examples of those who may be referred are children and youth with complex challenges due to major disorders such as depression, bipolar, generalized anxiety, obsessive compulsive, panic, post-traumatic stress, psychosis or schizophrenia.

**Referrals** for this program are accepted from physicians and mental health clinicians.

### Early Psychosis Intervention Initiative (EPI) – South Island Only

A specialized service for children and youth (**up to and including age 16**), who are having significant challenges in their daily functioning, which may be due to possible psychosis.

Examples of those who may be referred are children and youth who may be displaying bizarre behaviours or experiencing auditory/visual hallucinations, thought disorders and/or delusions.

**Referrals** to the EPI team can be made by *anyone* in the community, including children and youth themselves.

*Child, Youth & Family Mental Health Services are committed to providing collaborative, accessible and effective specialized mental health services for children and youth.*

**To speak to an Intake Worker please call**

**(250) 519-6794 or  
(250) 519-6720**