

## Other Services Available at White Buffalo

### PROGRAMS:

ABORIGINAL YOUTH  
SKILLS LINK

ABORIGINAL SUPPORTED  
CHILD DEVELOPMENT  
PROGRAM

ABORIGINAL FAMILY AND  
COMMUNITY RESPONSE

GIFT GIVERS FAMILY  
SUPPORT PROGRAM

ABORIGINAL SUICIDE &  
CRITICAL RESPONSE  
PROGRAM

ABORIGINAL INFANT  
DEVELOPMENT PROGRAM

ARCH-AFFORDABLE  
RECREATION FOR  
COMMUNITY HEALTH

NURSE PRACTITIONER –  
PRIMARY CARE  
SERVICES- EVERY  
WEDNESDAY

## Our Mission

White Buffalo Aboriginal and Metis Health Society is a non profit society dedicated to the advancement and promotion of health and social well-being for Urban First Nations, Inuit and Métis (FMI) individuals, families and community; on local, regional and provincial levels. The goals of White Buffalo are to:

1. Advance First Nations, Metis, and Inuit peoples as decision makers in their health and social wellbeing.
2. Strengthen capacity through program development, direct service delivery and relevant research initiatives.
3. Advocate for systematic transformative change to improve the health and social conditions of Metis, First Nations, and Urban peoples.
4. Sustain and development meaningful partnerships with other key stakeholders and other relevant parties.
5. Take a leadership role in facilitating collaborative approaches for planning, service delivery and evaluation of Urban FMI Health and Social programs and services.
6. Build upon the gifts and wisdom of FMI cultures to ensure that they are recognized as valuable, distinctive and beautiful,
7. Promote pride in ancestry, history and cultural reclamation.

### How to Contact us:

517A Tranquille Road  
Kamloops, BC V2B 3H3  
Phone: 250-554-1176  
Fax: 250-554-1157  
Toll Free in BC:  
1-877-554-1176

### Office Hours:

Monday to Friday  
8:30 am - 4:30 pm  
(Closed between 12-1)



## WHITE BUFFALO

Aboriginal and Metis  
Health Society



## Aboriginal Child & Youth Mental Wellness Program

Revised Oct 2012

## Aboriginal Community

Our program assists Aboriginal Community Service Providers to increase their knowledge and skills in mental health provision.

Our objective is to develop awareness within the Aboriginal Community and to develop a broader understanding about mental health issues.

### Referrals Accepted from:

Schools  
Medical Community  
Community Service Agencies & Providers  
Self-Referrals



Funding Provided by



# Aboriginal Child and Youth Mental Wellness Program

## Goal of the Program

The goal of the program is to provide culturally relevant mental wellness services to Aboriginal children, youth and their families. The program focuses on increasing access to mental health services for Aboriginal children, youth and families and seeks to reduce the impact of mental health concerns for children and families. The program began in April 2009. The program works with children and youth individually; and within their families. The Aboriginal Development Clinician has provided workshops to schools on mental wellness issues, and has co-facilitated Aboriginal girls groups in Kamloops and Merritt.

The program works collaboratively with community based Aboriginal agencies in Kamloops and Merritt, as well as the school districts, MCFD, child and youth mental health and other community service providers. Services are provided to Merritt on an outreach basis weekly.

The Aboriginal Development Clinician chairs the Aboriginal Youth Mental Health and Addictions Committee through White Buffalo. The ADC also attends other community committees focused on mental health services for children and youth in our community.

## How are Families Supported:

Services are provided by our Aboriginal development Clinician who is committed to helping families in our community. The Aboriginal development Clinician assists families to make connections to resources in the community. The Clinician consults and works with the Wellness Coordinators, community agencies and within Aboriginal Community to build capacity for its members to respond to children and youth with mental health concerns. The Clinician provides assessment and treatment services to children, youth and their families that are experiencing significant emotional and behavioral difficulties.

Such Concerns may include:

- Depression
- Anxiety
- Trauma
- Behavioral concerns
- Self harm and suicidal thoughts and other intrusive thoughts
- Intergenerational and impact of residential schools



WHITE BUFFALO



## The Aboriginal Development Clinician Provides:

- Support, Information and Referrals
- Culturally Relevant Strengths
- Needs Assessments
- Plan of Care
- Safety Plan
- Family Focused Support for children and youth
- Contemporary & Traditional Practice Models
- Recommendations and Follow Up.