

YOUTH & FAMILIES

LINC
Living Independently Needs Connections



BC Housing

Youth Transitions Navigators, Connected by 25

Provide direct supports & assistance in achieving a successful transition to adulthood. One-to-one support, systems navigation, life skills development & strengthening connections to community & natural supports.

CFTC-Family Navigator. A new addition to LINC. The Family Navigator can support the parents/caregivers of young people experiencing mental health problems. Linc partners and caregivers can directly refer to the family navigator, based on assessment be able to provide information & education, parenting and coping skills, support navigating the system, counselling and access to GP if unattached.

LINC An intake, assessment, and service delivery hub for youth and young adults (16-24) facilitating connection to mental health services, community resources, and emotional and material supports.

HUB

VISION

LINC is a key element of Connected by 25, an initiative designed to provide supports to young people vulnerable in their transitions to adulthood. Connected by 25 strives to create safe and supportive environments for young adults by providing systems navigation, psychosocial education, opportunities for positive peer connections, food security, and support finding and maintaining housing.

December 2014: Work BC vocational support joins LINC

November 2014: CMHA Family Navigator joins LINC

November 2014: Dr. Fernando Diaz joins LINC with bi-weekly clinic

September 2014: Presentation on LINC at CYMH Collaborative Congress

August 2014: Cadder site secured, move completed as home base for CB25 and LINC

July 2014: Reconnect, Okanagan Boys & Girls Clubs joins LINC

Original Partners: CMHA, Bridge, Child and Youth Mental Health (CYMH), Interior Health Association (IHA)

May 2014: Hub prototype launched at CMHA Kelowna on Fridays

Spring 2014: HUB prototype envisioned, described and articulated

October 2013: Youth Transitions Working Group is formed, as a Child and Youth Mental Health and Substance Abuse (CYMHSU) Collaborative sub-committee



Clinical Supports

CYMH and MHSU clinicians on site for triage consultation, assessment and intake. MHSU now working on site and able to deliver therapeutic services and intervention at Cadder for MHSU Concurrent Disorders/ASTAT young adult population.

Youth who would be transitioning out of CYMH can be seamlessly transferred to MHSU clinician, without requiring young person to be reassessed or waitlisted.

Future plans for CYMH and MHSU clinicians to co-facilitate group(s) (i.e. cannabis education, emotional regulation, etc).

Clinic- Streamlined access to psychiatric assessment, diagnosis, treatment and ongoing monitoring runs bi weekly for 4 hours. Dr. Diaz allocating 8-10 hours a month to see new patients and to continue monitor young people who were previously referred to the clinic. Psychiatrist consultation also available to Linc triage table.



Okanagan Boys and Girls Clubs

Reconnect

Reconnect program provides outreach support and service to youth who are or are at risk of homelessness, and/or are experiencing family disconnection. Reconnect focuses on the 18 and under marginalized youth population. Reconnect involvement at LINC helps facilitate a seamless transition to Connected by 25, if that young person is approaching aging out and will require ongoing support. Reconnect workers liaise closely with MHSU Concurrent Disorders clinician.

Psychosocial Programming

Groups available to help young people to build skills and connections and meet needs in their lives. Includes Supper Club, Living Life to the Full, and It's Great to Be Me, girls yoga and wellness programming.



Vocational Supports

WorkBC attends LINC biweekly in order to complete intakes and make service connections for youth seeking employment supports. WorkBC brings numerous resources to the table for youth experiencing barriers to employment including increased access to a range of psychological assessments and testing. Linc provides WorkBC the opportunity to connect young people to clinical mental health services, psychosocial and basic needs support.