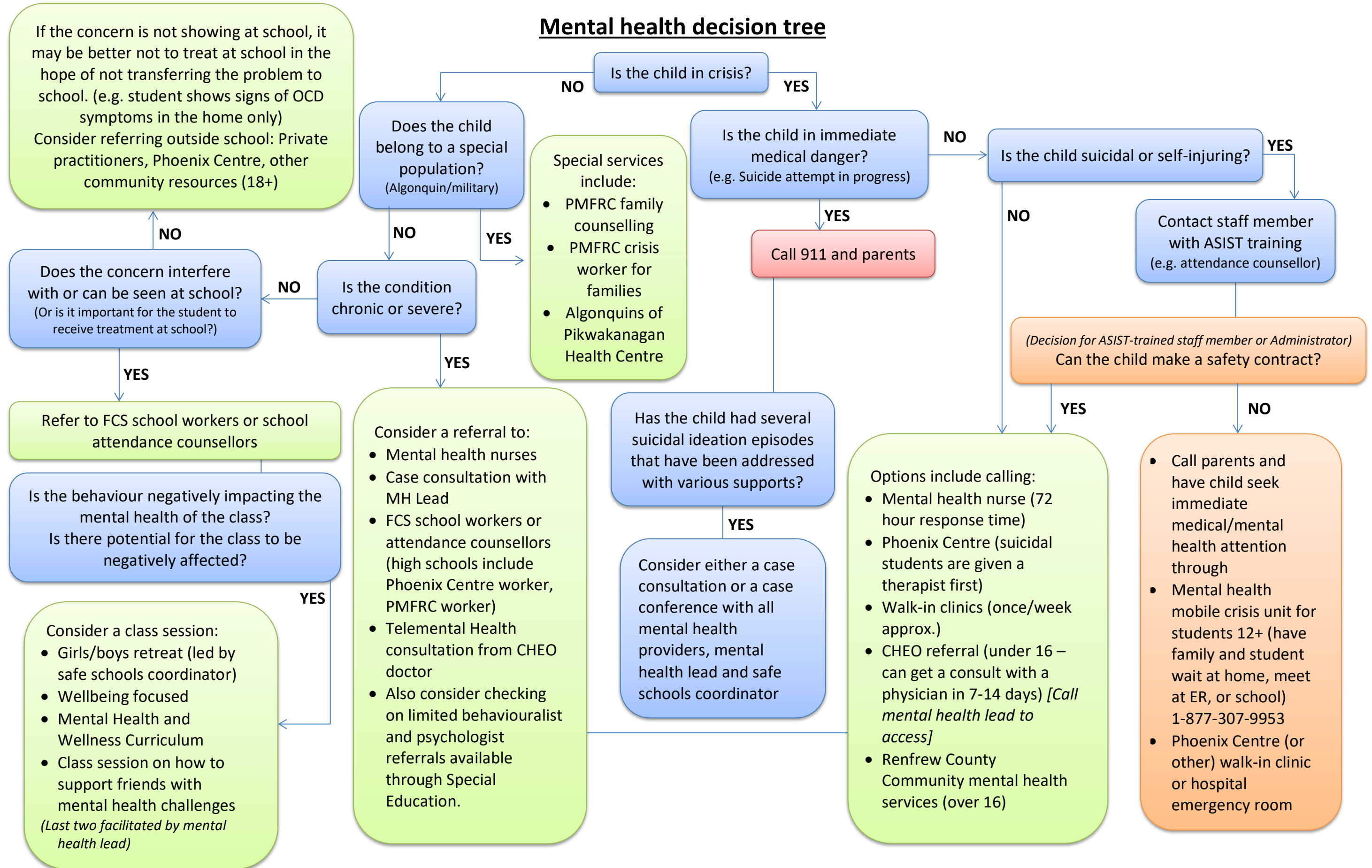


Mental health decision tree



If the concern is not showing at school, it may be better not to treat at school in the hope of not transferring the problem to school. (e.g. student shows signs of OCD symptoms in the home only)
Consider referring outside school: Private practitioners, Phoenix Centre, other community resources (18+)

Does the child belong to a special population? (Algonquin/military)

- Special services include:
- PMFRC family counselling
 - PMFRC crisis worker for families
 - Algonquins of Pikwakanagan Health Centre

Is the child in immediate medical danger? (e.g. Suicide attempt in progress)

Call 911 and parents

Is the child suicidal or self-injuring?

Contact staff member with ASIST training (e.g. attendance counsellor)

(Decision for ASIST-trained staff member or Administrator)
Can the child make a safety contract?

Does the concern interfere with or can be seen at school? (Or is it important for the student to receive treatment at school?)

Refer to FCS school workers or school attendance counsellors

Is the behaviour negatively impacting the mental health of the class? Is there potential for the class to be negatively affected?

- Consider a class session:
- Girls/boys retreat (led by safe schools coordinator)
 - Wellbeing focused
 - Mental Health and Wellness Curriculum
 - Class session on how to support friends with mental health challenges (Last two facilitated by mental health lead)

- Consider a referral to:
- Mental health nurses
 - Case consultation with MH Lead
 - FCS school workers or attendance counsellors (high schools include Phoenix Centre worker, PMFRC worker)
 - Telemental Health consultation from CHEO doctor
 - Also consider checking on limited behaviouralist and psychologist referrals available through Special Education.

Has the child had several suicidal ideation episodes that have been addressed with various supports?

Consider either a case consultation or a case conference with all mental health providers, mental health lead and safe schools coordinator

- Options include calling:
- Mental health nurse (72 hour response time)
 - Phoenix Centre (suicidal students are given a therapist first)
 - Walk-in clinics (once/week approx.)
 - CHEO referral (under 16 – can get a consult with a physician in 7-14 days) [Call mental health lead to access]
 - Renfrew County Community mental health services (over 16)

- Call parents and have child seek immediate medical/mental health attention through
- Mental health mobile crisis unit for students 12+ (have family and student wait at home, meet at ER, or school) 1-877-307-9953
- Phoenix Centre (or other) walk-in clinic or hospital emergency room

Call ASIST Certified Staff Members if concerned about suicidal ideat

*denotes staff members certified with ASIST and Suicide Hope (advanced level)

ASIST (Applied Suicide Intervention Skills Training) Certified Staff Members

Supports	Phone Number	Email
Tammy Peplinski *(School Counsellor)	613-281-2814	tpeplinski@rccdsb.edu.on.ca
Lisa Dellezay * (School Counsellor)	613 585 0266	ldellezay@rccdsb.edu.on.ca
Cindy Giroux (School Counsellor)	613-687-5918	cgiroux@rccdsb.edu.on.ca
Sarah Cybulski (School Counsellor)	613-432-4351	sarah.cybulski@rccdsb.edu.on.ca
Erik Lemke (Bishop Smith H\$)	613-735-5496	elemke@rccdsb.edu.on.ca
Peter Gleason *(Bishop Smith H\$)	613-735-5496	pgleason@rccdsb.edu.on.ca
Angela Watson (Bishop Smith H\$)	613-735-5496	angelawatson@rccdsb.edu.on.ca
Heather Hickson (Bishop Smith H\$)	613-735-5496	hhickson@rccdsb.edu.on.ca
Pam Dickerson)	613-432-5846	pdickerson@rccdsb.edu.on.ca
Jason Dedo	613-432-5846	jdedo@rccdsb.edu.on.ca
Mark Valliquette	613-432-5846	mvalliquette@rccdsb.edu.on.ca
Jessica Pender	613-432-5846	jpender@rccdsb.edu.on.ca
Holly Afelskie	613-432-5846	hafelskie@rccdsb.edu.on.ca
Christina Brown McGrath (St. John XXII)	613-623-2828	cbrown@rccdsb.edu.on.ca
Heidi Fraser	613-752-2808	hfraser@rccdsb.edu.on.ca
Dave Noble	613-589-2775	dnoble@rccdsb.edu.on.ca
John Artymko (St. Francis)	613-756-3708	jartymko@rccdsb.edu.on.ca
Jenn Reinwald	613-584-3567	jreinwald@rccdsb.edu.on.ca
Lisa Hart (St. James)	613-628-2927	lhart@rccdsb.edu.on.ca
Julie Huckabone (613-623-2347	jhuckabone@rccdsb.edu.on.ca
Sherry Throop (Our Lady of Lourdes)	613-732-4633	sthroop@rccdsb.edu.on.ca
Tony Jacyno (Our Lady of Sorrows)	613-687-5918	tjacyno@rccdsb.edu.on.ca
Vikki Anderson (Holy Name)	613-687-4167	vanderson@rccdsb.edu.on.ca
Karen Keels (Our Lady of Fatima)	613-432-4351	kkeels@rccdsb.edu.on.ca
Tara Beselaere (Our Lady of Fatima)	613-432-4351	tbeselaere@rccdsb.edu.on.ca
Stephanie Lennox (St. Thomas)	613-432-3137	slennox@rccdsb.edu.on.ca
Julie Farnworth (Mental Health Nurse)	72 hr wait time after referral submitted if not in your building	Julie.Farnworth@lhins.on.ca
Leanne Orrell (Mental Health Nurse)	72 hr wait time after referral submitted if not in your building	Leanne.Orrell@lhins.on.ca
Rebecca Paulsen * (M H Lead)	613-281-2810	rpaulsen@rccdsb.edu.on.ca
Sandy Brannan * (S S Coordinator)	613-281-1894	sbrannan@rccdsb.edu.on.ca
Kevin deRuiter (Board Social Worker Cathedral)	613-732-8054	kderuiter@rccdsb.edu.on.ca
Sarah Bell (Board Social Worker St. Joseph)	613-432-5846	SBell@rccdsb.edu.on.ca

Algonquins of Pikvakanagan Health Centre	613-625-2259
CHEO referral for suicidal, homicidal or psychotic student	Contact MH Lead
Mental Health and Addiction Nurses	Referral form @CAC
Mental Health Lead	Rebecca Paulsen
Mental Health Crisis Unit	Contacted by ISS staff
Mental Health Services of Renfrew County	613-732-8770 ext. 8006
Phoenix Centre	613-735-2374
PMFRC	613-687-1641
Safe Schools Coordinator	Sandy Brennan
School and Attendance Workers	See ASIST trained staff list
Wabano Centre for Aboriginal Health	613-748-0657