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Foundry Virtual BC

Provincial Virtual Services Overview

December 2023



Land Acknowledgement

WE HONOR AND ACKNOWLEDGE WITH MUCH GRATITUDE, THAT OUR PLACE OF WORK AND PLAY TAKES PLACE ON LANDS STEEPED IN RICH INDIGENOUS HISTORY AND HOME TO MANY FIRST NATIONS, METIS AND INUIT PEOPLE TODAY. WE RECOGNIZE AND RESPECT INDIGENOUS PEOPLE AS TRADITIONAL STEWARDS OF THIS LAND AND THE ENDURING RELATIONSHIP THAT EXISTS BETWEEN INDIGENOUS PEOPLES AND TRADITIONAL TERRITORIES.



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Who are we?

Julia Hayos: Operations Lead
Sierra Turner: Communications Officer



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Overview of Foundry BC & Virtual Services

How to access virtual services

What we're seeing & learning

Next steps

Conversation- we want to hear from you!



Foundry Locations across BC



Open

Campbell River
Cariboo Chilcotin
Comox Valley
Kelowna
Langley
North Shore
Prince George
Vancouver-Granville
Abbotsford
Victoria
Penticton
Port Hardy
Ridge Meadows
Richmond
Sea to Sky
Terrace

Coming Soon

Burns Lake
East Kootenay
Fort St. John
Kamloops
Powell River
Sunshine Coast
Surrey
Tri-Cities
Vernon

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What is Foundry Virtual BC?

Prior to the COVID-19 Pandemic, establishing a provincial virtual service was in the works

Foundry Virtual BC aims to fill the gap in services in for youth ages 12-24 and their caregivers in all communities across BC and complement existing services across BC.

All services are **FREE** and **CONFIDENTIAL!** No referrals are required.



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What services are offered by Foundry Virtual BC?

Current Services:

- Drop-In and scheduled counselling & youth peer support
- Groups/Workshops
- Substance use services
- Family peer support and caregiver groups/workshops
- Primary Care
- Employment/Education Services (Foundry Work & Education)



Hours of Operation

- Scheduled appointments open 7 days/week!
Monday-Friday 10:00am-9:00pm
Saturday-Sunday 10:00am-6:00pm
- Drop-in counselling and youth peer support available
Tuesday-Thursday, 2:00pm-6:00pm



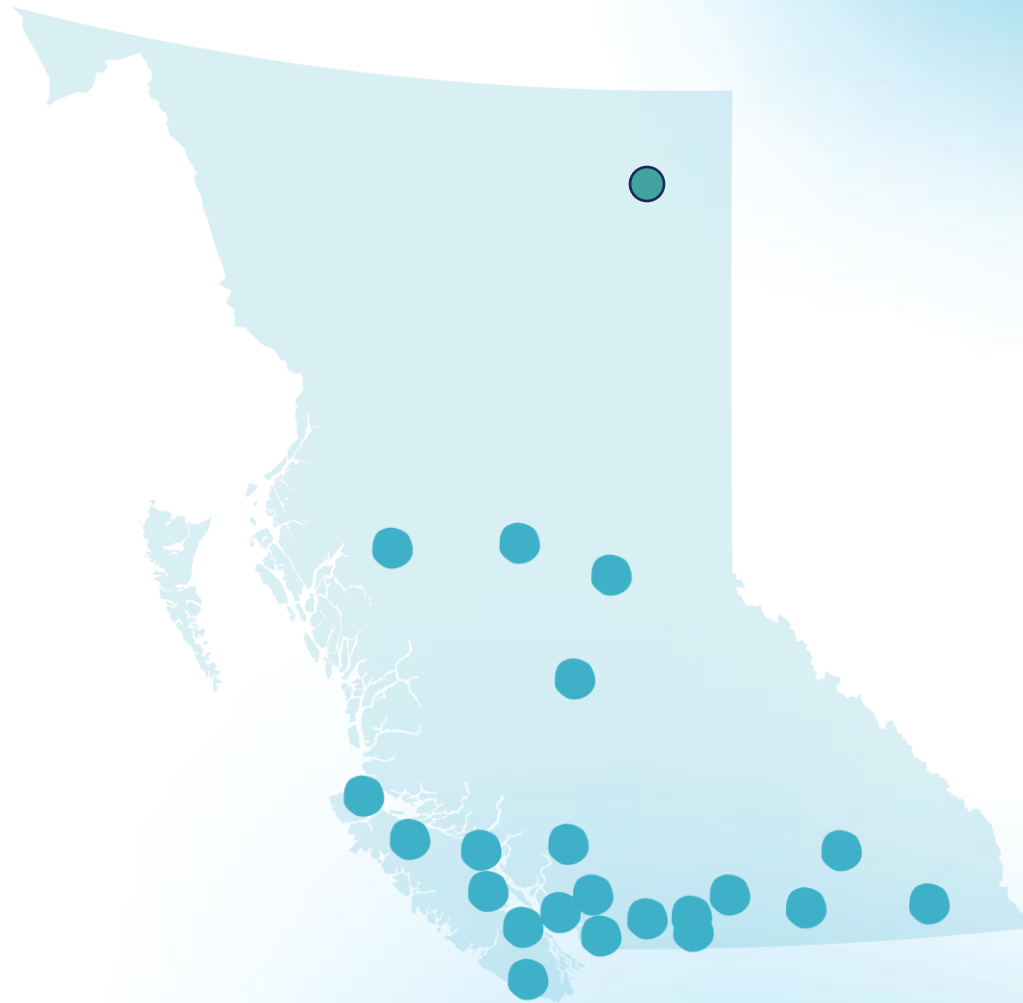
Who is on the Foundry Virtual BC team?

- Nurse Practitioners & Physicians
- Employment counsellors
- Occupational therapist
- Social workers
- Registered Clinical Counsellors
- Youth & Family peer supporters
- Program support assistants
- Tech support
- Intake Coordinator



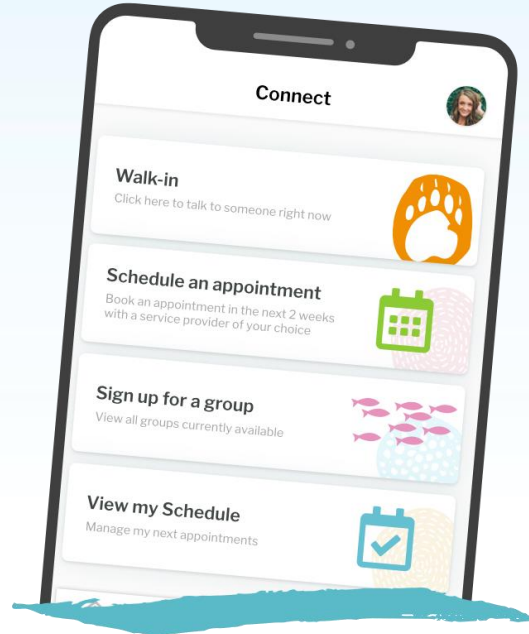
Foundry Virtual BC Service Providers

- Lower Mainland
- Fort Nelson
- Kelowna
- Surrey
- Vernon
- Duncan
- Victoria
- Nanaimo
- Prince George
- Penticton
- Gabriola Island
- Pemberton
- Squamish
- Kitimat
- Comox
- Denman Island



Foundry BC app

- For young people (12-24) and their caregivers
- Video, audio + (phone options) and chat options available
- App or Web Portal



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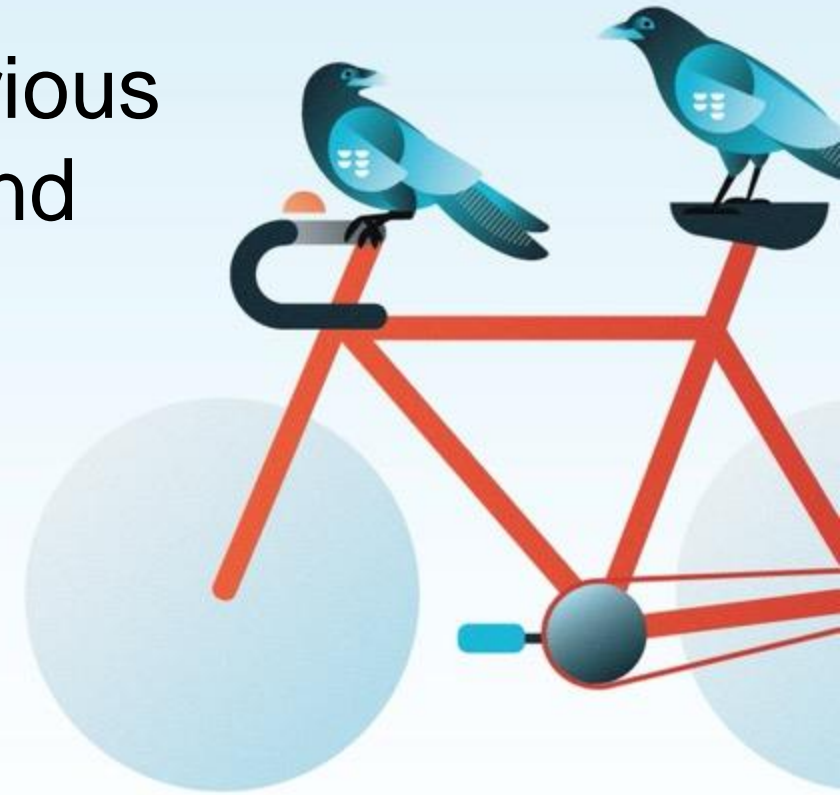
Counselling for young people and their caregivers

- Single session, "one at a time" and short-term counselling
- Drop-in and scheduled sessions available
- Support with referrals and accessing local services where needed
- Registered Clinical Counsellors, Masters trained, licensed to practice in BC.



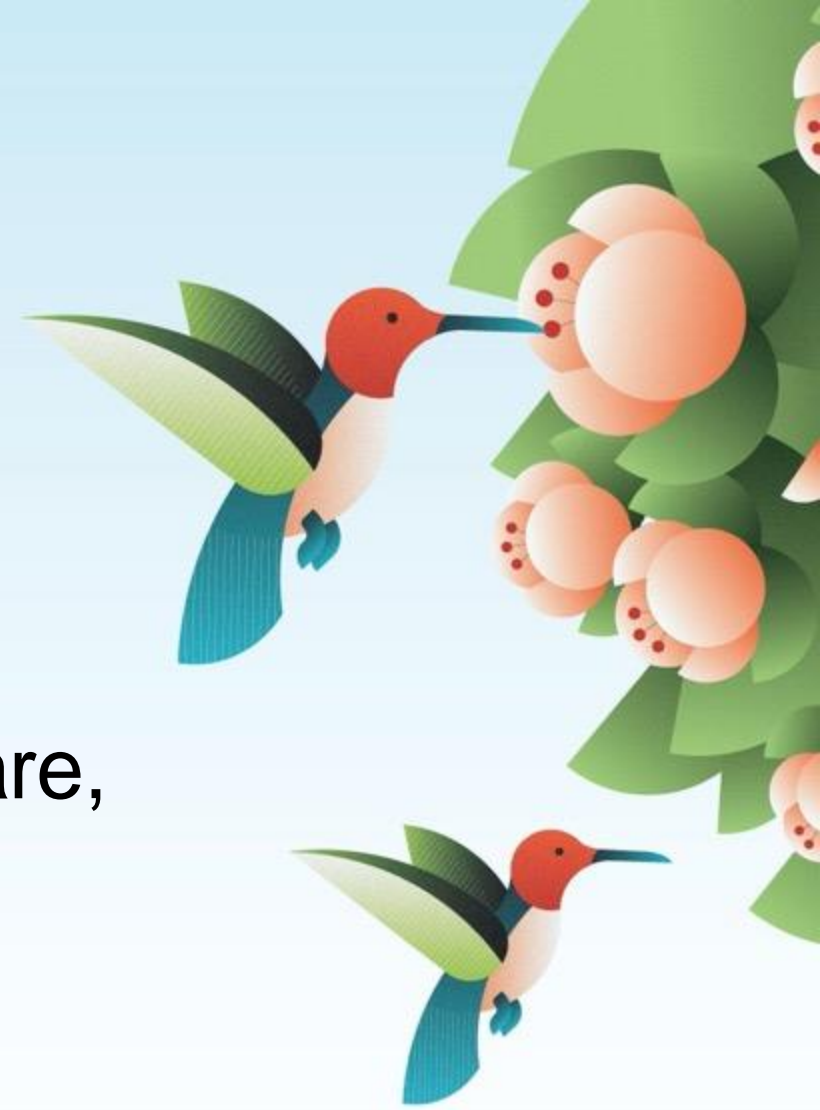
Youth Peer Support

- Trained peer support workers bring various lived experiences with mental illness and life challenges
- Goal setting, empathizing, validating, sharing resources
- Single session and on-going peer support available



Family Services

- Speak with another caregiver with lived experience supporting their youth
- Support with resource navigation
- Learn ways to support yourself! (self-care, wellness, groups)
- Single session and ongoing support
- Family counselling
- Groups and Workshops



Groups

Brave in your body

Medicine Bag & Dreamcatcher Making Workshops

Let's talk substances (SMART)

Queer Café

YMind

DBT Skills Group

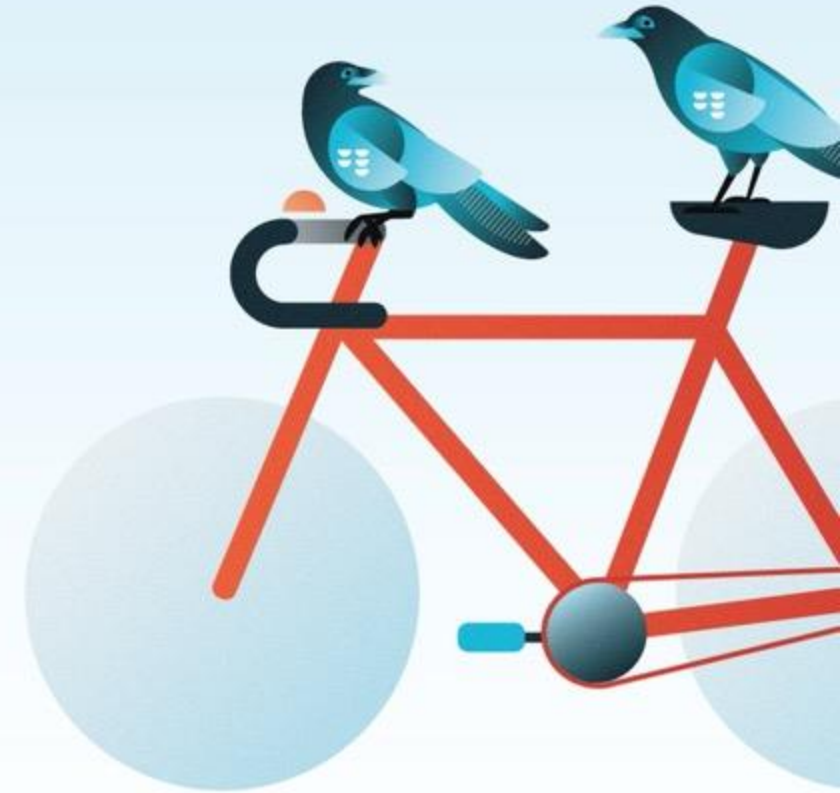
Mind Me

Seeking Safety

Caregivers Support Group

EFFT Workshops for Caregivers

Art Workshop for Caregivers



Primary Care

A team various health care professionals

- Work with local medical professionals to provide collaborative care.
- Diagnose and treat medical conditions.
- Order and interpret tests.
- Prescribe medications.
- Refer to specialists.

**** We encourage youth with an existing relationship with a family physician to continue that relationship.**

Sexual health testing, birth control prescriptions, gender affirming care, Hormone Replacement Therapy (HRT), referrals to other programs and/or further assessments (i.e., eating disorders, substance use) , smoking cessation support, lab test referrals, medication management, housing.



Foundry Work & Education Program

For youth who experience barriers (stress, low mood, or anxiety) that impact their ability to work or go to school.

- We believe that the right job or school program can positively affect youth mental health
- We'll meet them where they are at, and go at their pace
- A team of mental health clinicians

Together we can:

- Set meaningful work and/or school goals
- Help youth develop coping skills that support your goals
- Enroll youth in trainings that support their goals (e.g., Standard First Aid, FOODSAFE)
- We'll continue to support them as they transition into a new job or school program



Foundry Work & Education Program

Who can sign up for support?

- ✓ The young person wants support with a work or school goal
- ✓ They experience barriers to their goal (e.g., mental or physical health challenges)
- ✓ They're working/going to school for less than 15 hours/week (combined)
- ✓ They're 15-24 years old
- ✓ They aren't already enrolled in another employment/education program

If a young person wants support through our program

- <https://foundrybc.ca/get-support/foundryworks/>: **'Register Now!'**
- This will send an email to the FWEP team, who will contact the youth.
- Alternatively, they can check the Foundry Virtual app for a bookable 'Work & Education Support' appointment (however, appointments are limited)



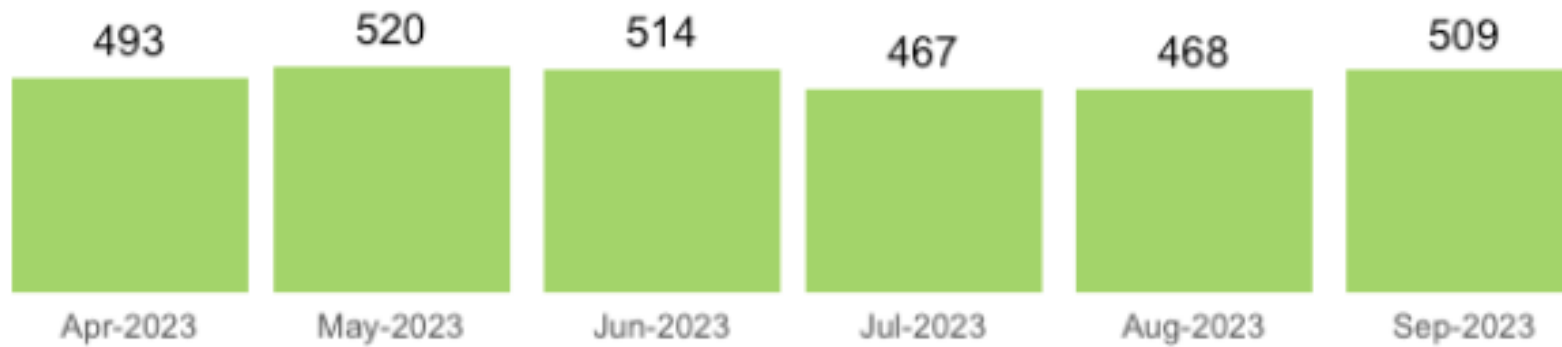
Access from Rural & Remote Communities

- Recognizing access to virtual services can be limited for various reasons in rural and remote communities
- Connecting directly with the Intake Coordinator to facilitate youth's access to virtual services
- Does your community have barriers to virtual services? Let's chat!



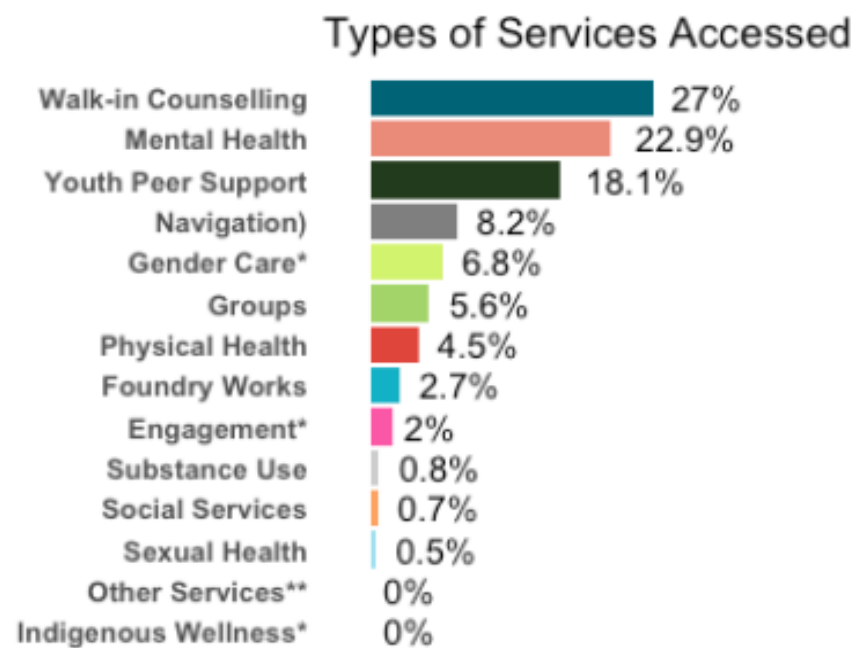
Data - # of visits/month

Number of Visits



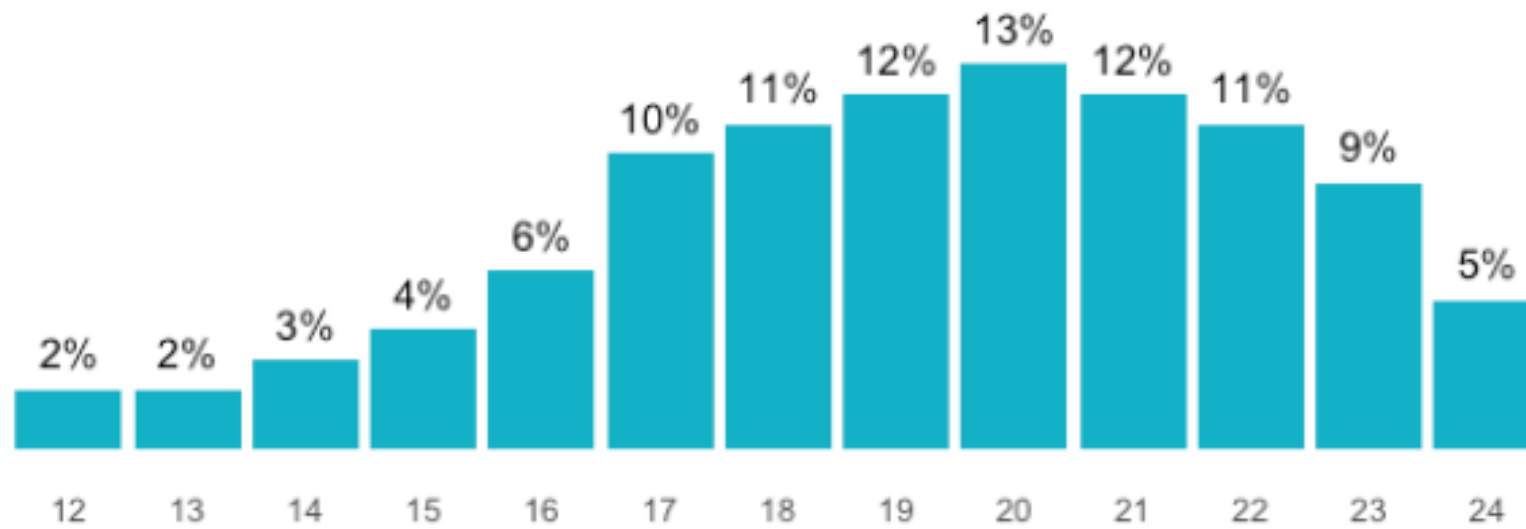
Data – Type of Services Accessed

Of the 2449 services administered this period, type of service accessed was the following:



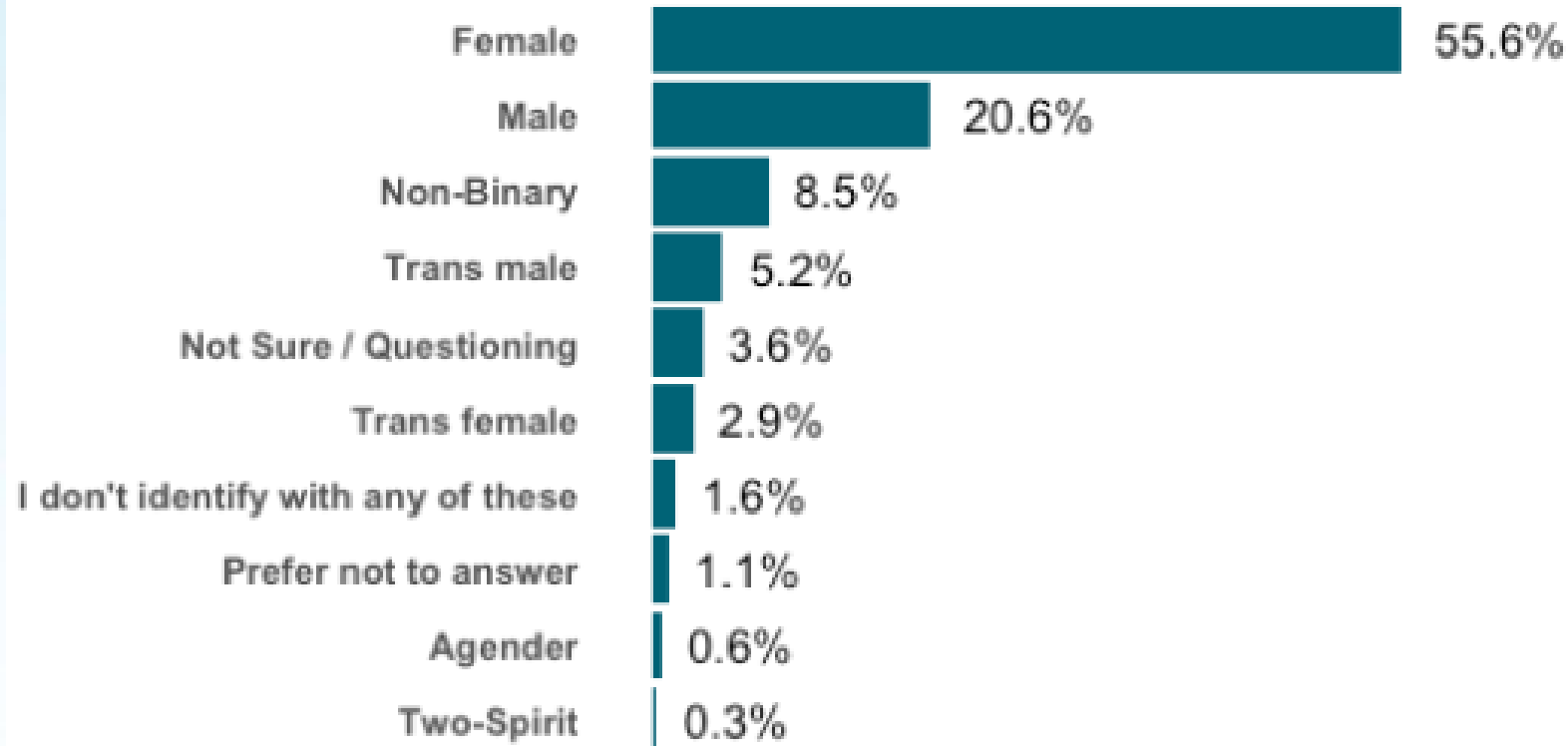
Data - Age

Age At Last Visit



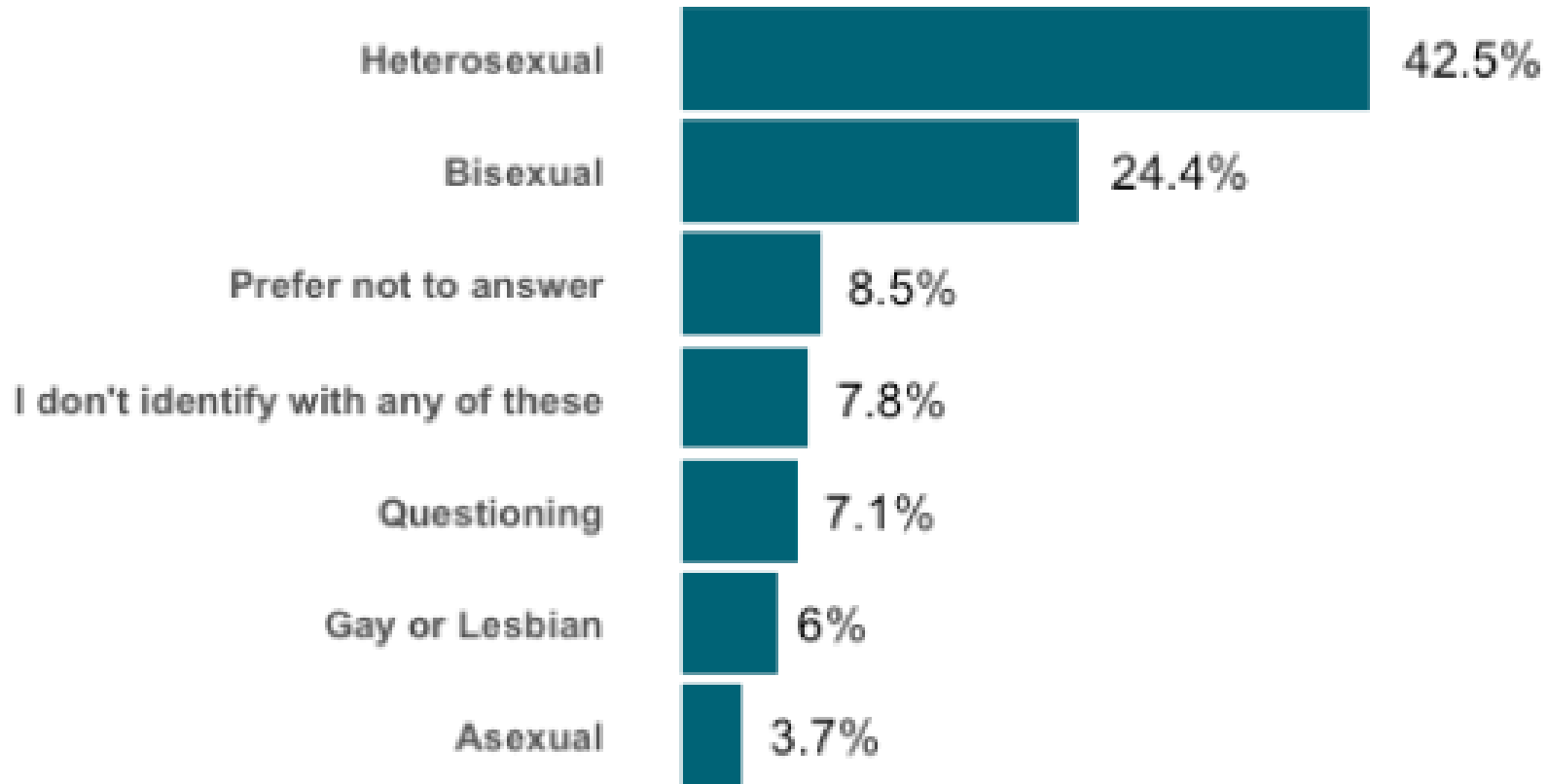
Data - Gender

Gender Identification



Data – Sexual Orientation

Sexual Orientation



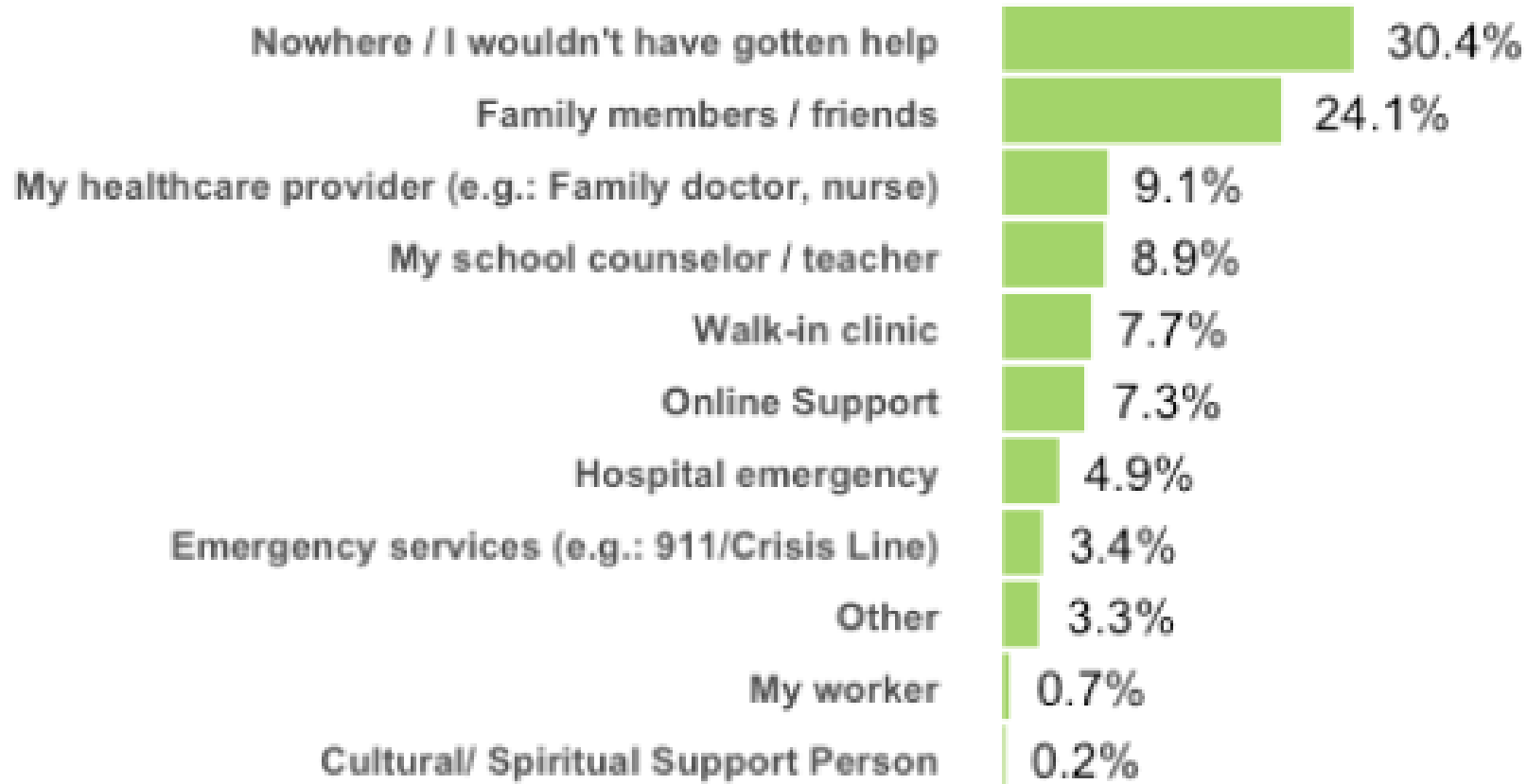
Data – How Youth Heard about FV

Found out about this centre through...



Data – Other Services Youth May Access if not FV

If centre was unavailable, I would have gone to...



When should I connect a youth to Foundry Virtual BC?

Feelings of loneliness or inadequacy

Self-esteem struggles

Substance use struggles

Questioning their gender or gender identity

Body Image struggles

Family challenges

Struggles with school, learning, or focusing

Further support with receiving a diagnosis

Exploring gender and care related options

Support with referrals to secondary and tertiary programs

Struggling in friendships

Sexual health questions + testing

Connection for those who are isolated

Early intervention strategies

Anxiety, Depression, OCD symptoms and/or diagnosis

Bipolar, BPD, Disordered Eating or Eating Disorder symptoms and/or diagnosis

Mood, self-harm, low drive/motivation

* Remember, we are not a crisis service!

Next steps!

DOWNLOAD THE APP!

Share our services with young people when appropriate and encourage youth & caregivers to download the Foundry BC app.

Visit www.foundrybc.ca/virtual

Questions? Requesting print materials/other presentations?
Email Sierra Turner sturner@foundrybc.ca



We want to hear from you!

- What are the most common struggles your students are facing?
- Do you have youth accessing Foundry Virtual BC or Foundry Centre services?
- How can we connect with youth in your schools?
- What are barriers youth are experiencing accessing mental health support?
- How can we best support you?



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Thank you!

