

A Note About Confidentiality

Confidentially means that any thing discussed between you and your therapist is kept private. No one need know you are even accessing the program. There are some exceptions to this. Intent to harm yourself, someone else or disclosures of child abuse must be reported by law. A release of information must be signed by the client before any information is released to anyone.

What to Expect Ethically

Professional Service—All therapist belong to a professional Board of Registration and follow a professional code of conduct.

If you feel that your therapist is behaving in an unprofessional or unethical manner, you have the right to report your concerns to the program manager and the therapist's professional Board of Registration.



Carrier Sekani Mental Health Wellness Program

Encourages and supports individuals and communities to interact with their environments in ways that improve physical, mental, emotional and spiritual strengths resulting in holistic balance

Through the CSFS Mental Health Wellness Program, professionally trained therapists have been assigned to one or more of the communities involved with the wellness program. The number of days a therapist is in each given community is dependent on the population and the location of the community. Therapists provide a wide range of culturally competent mental health services including assessment, referral and individual counselling. Therapists will also provide group and community intervention and support as needed.

Mental Health Therapists

The Carrier Sekani Mental Health Therapists are professionally trained and can help you work through a wide range of issues or problems you may be experiencing in your life. These issues include:

- ◆ Violence (domestic/relationship)
- ◆ Anger management
- ◆ Family conflict
- ◆ Loss and grief
- ◆ Sexual abuse
- ◆ Residential School Syndrome
- ◆ Depression
- ◆ Anxiety
- ◆ Post Traumatic Stress Disorder (PTSD)
- ◆ Suicide Assessment/ Intervention
- ◆ Separation/Divorce
- ◆ Critical Incident Debriefing

Why are some people afraid to see a Mental Health Therapist?

It is human nature to fear what we don't always understand. Many people are afraid to get help and support from a mental health therapist because they feel they may be looked down upon or negatively labelled by other people. Unfortunately, this often discourages individuals and their families from getting the help they need.

The truth is that we all have problems in our lives from time to time. Most of us will benefit from professional support at times when we are experiencing things that may cause us pain, grief, anger and upset in our daily lives.

What can I expect when I see a Mental Health Therapist?

You can meet with the Mental Health Therapist to talk about your concerns or problem in a safe, supportive and confidential setting. Your therapist will help you develop goals for positive change in your life. Together with your therapist, you can work on reaching your goals. You and your therapist can arrange meeting times and places.

Who are the Mental Health Therapists ?

Your therapists are non-judgemental, caring professionals. They all carry degree and professional registration in a helping profession.

The Mental Health therapists can be reached at the Health Centres in each of the communities or by leaving a message at the Prince George office at 1-250-564-4079.

Carrier Sekani Family Services

Mental Health Therapists

- ◆ **Denise Ferguson, BSW, RSW**
Cheslatta, Skin T'yeec, Nee Tahí Buhn
Tuesday, Wednesday & Thursday
250-694-3270
- ◆ **Larry Furmanczyk, MA (counselling), CCC**
Takla
Tuesday, Wednesday & Thursday
250-996-0381
- ◆ **Andrea Thom, BSW, RSW**
Burns Lake Band and Area
Tuesday - Thursday 250-692-7717
- ◆ **Michelle Marquette, BSW, RSW**
Off Reserve Crisis Intervention
Tuesday - Thursday 250-564-4079
- ◆ **Marnie Delanghe, BSW, RSW**
Nadleh
Monday & Thursday 250-690-7272
Saik'uz
Tuesday & Wednesday 250-567-9773
- ◆ **Miss Mieke, B.Ed M.Ed. Counselling RCC, CCC—on maternity leave**
- ◆ **Mary Hanna, BSW, RSW (pending)**
Stellat'en First Nation
Monday & Tuesday 250-699-8922
Addiction Recovery Program
Wednesday & Thursday 250-567-2900
- ◆ **Mental Health Wellness Program Main Office**
Supervisor: **Christina Brazzoni**
301-1705 3rd Avenue
Prince George, B.C.
V2L 3G7 250-564-4079



People can better manage their emotional and physical well-being by learning to effectively cope with stressful life events and by making healthy and positive choices.

You can learn to build your strength by discussing areas of concern with your Mental Health Therapist in a safe and supportive environment.

Carrier Sekani Family
Services

987-4th Avenue
Prince George, BC
V2L 3H7

Phone: 250-562-3591
Fax: 250-562-2272
www.csfs.org