



Referral form

We Are Indigenous: Big/Worries Fears, Parent/Caregiver Support Program is a phone-based coaching program to help Parents/ Caregivers develop more skills effective in reducing mild to moderate Big Worries/Fears (also known as anxiety) in their children ages 3–12, and to further develop their Strong-Spiritedness.

Please complete and return by fax or email to the contacts listed below. For more information or referral forms, please visit BigWorriesStrongSpirit.ca

Referral forms must be completed by a physician, nurse practitioner, Child and Youth Mental Health (CYMH) clinician or Aboriginal Child and Youth Mental Health (ACYMH) clinician. Only completed referral forms will be accepted.

Please print or type

Referral date: _____

Child's name: _____ Date of birth: _____ Gender: _____
(MM/DD/YYYY)

Parent/Caregiver names: _____ Relation to Child: _____ Gender: _____

Address: _____ City: _____ Postal code: _____

Cell phone: _____ Secondary phone: _____ Email: _____

If the Child or Parent/Caregiver/Guardian identifies as Indigenous, are they: First Nations Métis Inuit

Preferred method of communication: Phone Email SMS

Referrer name: _____ Role: _____

Phone: _____ Fax: _____ Email: _____ Organization: _____

Criteria

- Please indicate if the child:
- Is between 3 and 12 years of age
 - Is a resident of British Columbia
 - Is exhibiting ongoing **mild to moderate Big Worries/Fears (anxiety)** that negatively influence the child's ability to function at home, at school or in their community
 - Has **not** been diagnosed with or pending diagnosis for FASD, autism spectrum disorder, or significant intellectual impairments or cognitive delay
 - Does **not** exhibit severe to extreme impairment in mood, emotion, self-harm or substance use

Consent

- The Parent/Caregiver has given verbal consent for their information to be provided to the Canadian Mental Health Association, BC Division to assess eligibility for intake into the program

Referrer comments

Referrer signature _____

Please send referrals to: Fax 1-778-747-3988 or Email BigWorriesStrongSpirit@cmha.bc.ca