



Northern Inter-Tribal Health Authority Inc.



June 8, 2021

TO: NITHA Partner Community Mental Health & Addiction Departments

Re: Recommendations to start Part-time face-to-face counselling

In response to the slow uptake in services and programming, counselling is seen as a crucial element in supporting healing, and there is a need for face-to-face counselling services to resume on a part-time basis following the findings at the Kamloops Residential School.

It is the recommendation that all Partners provide Part-time face-to-face counselling services with a slow integration following COVID-19 protective measures that include:

1. Positioning chairs 6 meters apart within a well ventilated office.
2. No formal meet and greet (handshaking, hugging, etc.)
3. Accessible Hand Sanitizer.
4. No use of client waiting area; have clients wait to enter office no earlier than scheduled appointment.
5. Allow for 15 minute sanitizing time between sessions to properly ensure a safe office environment.

Offering face-to-face part-time would mean, scheduling clients by appointment only, with routine COVID-19 measures taken between sessions. Choosing to either book clients face to face in the morning or afternoon, with the other half being offered via telephone or online counselling.

We are still supporting the ongoing use of telephone sessions and online (e-counselling) services if trained in using this platform to continue to offer services to community members who may not be comfortable attending in-person counselling.

Please refer to the following link for office protocols accordingly;

<https://www.worksafebc.com/en/about-us/covid-19-updates/covid-19-returning-safe-operation/in-person-counselling>

If you have any further questions, please do not hesitate to contact the Mental Health & Addiction Advisor.

Sincerely,

Glenda Watson BHSc., M.Ed. (Psych), CCC
Mental Health & Addiction Advisor