



Northern Inter-Tribal Health Authority Inc.



July 7, 2020

TO: NITHA Partner Community Mental Health & Addiction Departments

Re: Recommendations amidst COVID-19 Response – Resuming Mental Health Counselling In-Person Guidelines Update

In response to the ongoing concern surrounding COVID-19, it is with prevention measures that we look at the counselling services of our Mental Health & Addiction staff.

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

1. Positioning chairs 6 meters apart in 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.

In addition, we are 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