

Can I change my mind about consent?

Consent should be reviewed regularly with your child and/or you (as appropriate).

The person giving consent has the right to change their mind about consent at any time.

Important things to remember are:

- Consent can be taken away fully, or limited to only some parts of the health care
- Consent is not a one-time conversation, it can (and should) come up regularly

If you/your child do change your mind about consent, talk to your child's health care provider about the decision; they can help connect your child with a service that better meets their needs.

Questions or Concerns?

If you have questions or concerns about consent or your child's health care, or you are no longer happy or comfortable with the situation, please speak to your child's health care provider.

If you feel uncomfortable talking to your child's health care provider, or their manager, or you're unhappy with how your concerns were handled, you can talk to:

Patient Care Quality Office

By Phone (toll-free): 1-877-442-2001
By Email: PCQO@interiorhealth.ca

You can also make any privacy related complaints to:

Interior Health Information Privacy Team

By Email: IHPrivacy@interiorhealth.ca

If you are having trouble accessing services, or feel you or your child are being treated unfairly, you can also contact:

The Representative of Children and Youth (RCY)

By phone (toll-free): 1-800-476-3933
Online: www.rcybc.ca

Mental Health & Substance Use Services

Crisis Line

1-888-353-CARE (2273) or
1-800-SUICIDE (784-2433)

KUU-US (Indigenous) Crisis Line

1-800-588-8717

Métis Crisis Line

1-833-638-4722

If picking up the phone is challenging or uncomfortable, the following services may be helpful:

Kids Help Phone

Text with a crisis responder;
Text CONNECT to 686868

Foundry Virtual BC

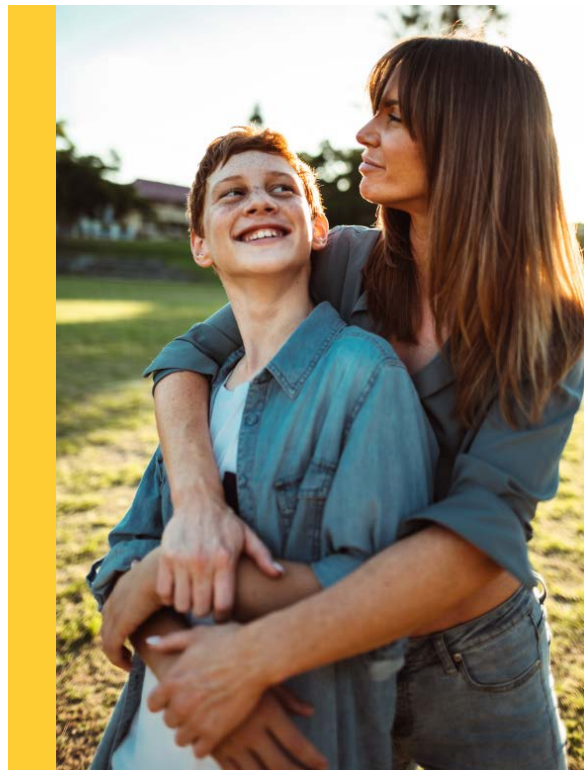
Access on-line services through the Foundry app, visit foundrybc.ca/virtual.

For a list of mental health and substance use services available to children and youth, visit interiorhealth.ca or call 310-MHSU (6478).

Interior Health would like to recognize and acknowledge that this work occurs on the traditional, ancestral, and unceded territories of the Dākelh Dené, Ktunaxa, Nlaka'pamux, Secwépemc, St'át'imc, Syilx, and Tšilhqot'in Nations. This region is also home to 15 Métis Chartered Communities.

Consent to Mental Health & Substance Use Care

A Guide for Parents & Guardians



Consent

This fact sheet is for parents or guardians of children and youth receiving mental health and/or substance use treatment from Interior Health.

Family involvement is an important part of a child's care. Wherever possible, Interior Health staff will encourage open communication between a child and their parents or guardians. However, there may be times when your child may want to get advice or treatment without you knowing.

This fact sheet will provide you with information to consider when thinking about consent.

Interior Health follows strict rules about consent. These rules are written in our policies, procedures, professional standards and laws, including: Freedom of Information and Protection of Privacy Act (FIPPA), Mental Health Act, Infants Act, and Child Family Community Services Act

Who gives consent?

The law about consent by children (Infants Act) does not give a specific age when consent (permission) can be given by children. This means that children can access health services without needing a parent or guardians permission.

Children can give consent for themselves if a health care provider believes that they:

- Understand what's happening, including the risks and benefits of treatment
- Can make decisions on their own, and
- The treatment is in their **best interest**, meaning it is good for their physical and emotional health

In some cases a child may be considered unable to give consent. If this is the case, the health care provider will ask for consent from you - the parent or legal guardian.

Health professionals and others must always act in your child's best interests before doing things that affect your child's health care and treatment.

What is informed consent?

Informed consent means that your child's health care provider (this could be their doctor, clinician, or nurse) gave your child (or you) enough information to make a decision, including information on:

- Confidentiality (how they will keep your child's information private, and times they might need to share information)
- Diagnosis (how doctors figure out what's making your child unwell or unhappy)
- The different treatments available (things that could help your child feel better)
- The treatment plan to support your child (how your child will get the care and treatment they need)
- The impact of your child's treatment, including:
 - Benefits (how it may help)
 - Risks (side effects, parts that might be difficult or stressful, or may not match your child's/your goals)
 - Limitations (not all treatments work the same for everyone)

Do I have to consent?

Consent to health care should be **voluntary**. Voluntary means that you are consenting, for yourself and/or on behalf of your child, to receive health care without pressure from someone else.

This means that you/your child:

- Were given enough information to make a decision about the health care and treatment
- Understand the information given
- Are working with a health care provider because you choose to, you are not being forced in to it

In an emergency, health care providers may give your child health care without consent if it could save your child's life or prevent their health condition from getting worse.

