

MAKE YOUR MENTAL HEALTH A PRIORITY



In person, zoom and
phone calls available.

Contact

Melissa Nielsen

250 273 2300

melissa.nielsen@lfn.band

ABOUT MELISSA



Melissa and Ollie the helping pup!

Melissa Nielsen has 30 years of counseling experience with children, youth, adults and families. She works from a person-centered approach and holds deep respect and compassion for each of her clients. You will usually find her with Oliver. Oliver is a Brussels Griffon and he loves to meet new people.



TL'KEMTSIN HEALTH CENTRE

1535 St. George's Road
Lytton, BC
V0K 1Z0



MELISSA NIELSEN

BC REGISTERED CLINICAL
COUNSELLOR

LOCATED AT TI'KEMSIN
BUILDING



COUNSELLING SERVICES ARE FOR THOSE NAVIGATING:

- Depression/Lonliness
- Anxiety/Worries/Stress
- Trauma
- Anger/Self-Regulation
- Loss and Grief
- Life Transitions
- Low Self Worth/Esteem
- Health Issues
- Relationship Struggles

COUNSELING

Individual trauma informed counseling available for children, youth, and adults wanting to navigate mental health challenges in a safe and confidential environment. The approach might include traditional talk therapy, play therapy, art therapy or a combination of the above.



Lytton First Nation Health views session confidentiality and client safety as our utmost priority. There are two private rooms available (East and West Side)

Couple and Family Counseling

Come together as a couple or family to work through presenting struggles, deepen communication and build trust as you heal together.

THE TRUTH IS THAT OUR FINEST MOMENTS ARE MOST LIKELY TO OCCUR WHEN WE ARE FEELING DEEPLY UNCOMFORTABLE, UNHAPPY, OR UNFULFILLED. FOR IT IS ONLY IN SUCH MOMENTS, PROPELLED BY OUR DISCOMFORT THAT WE ARE LIKELY TO STEP OUT OF OUR RUTS AND START SEARCHING FOR DIFFERENT WAYS OR TRUER ANSWERS.
M. SCOTT PECK.

SAND TRAY & PLAY THERAPY



Sand Tray Therapy is a powerful way to symbolically express your inner thoughts without using words.

Play Therapy is a form of play children can use to express their feelings and thoughts. Play therapy allows them to experience safety and acceptance as they choose toys that reflect their feelings and the play becomes the language of their experience.







Tl'Kemtsin Health Centre Business Hours

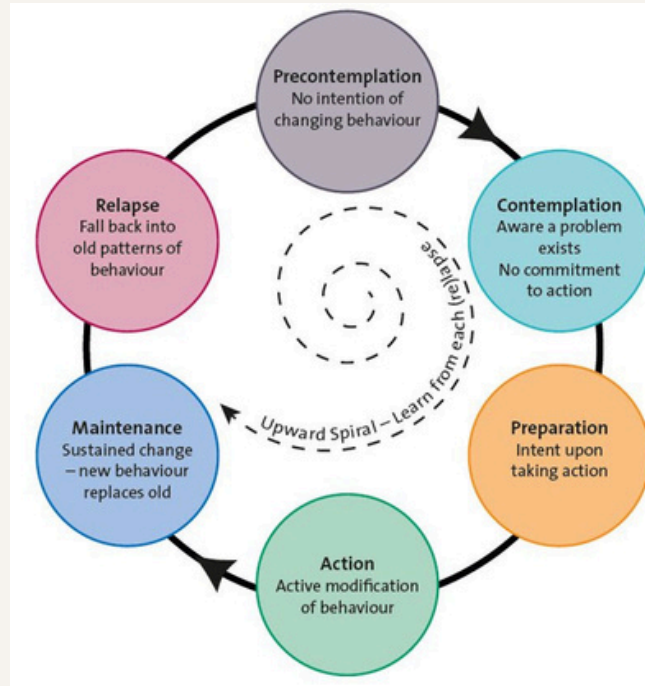
Monday - Friday
8:00am - 4:00pm

I am available after hours for phone appointments, urgent situations or emergencies.

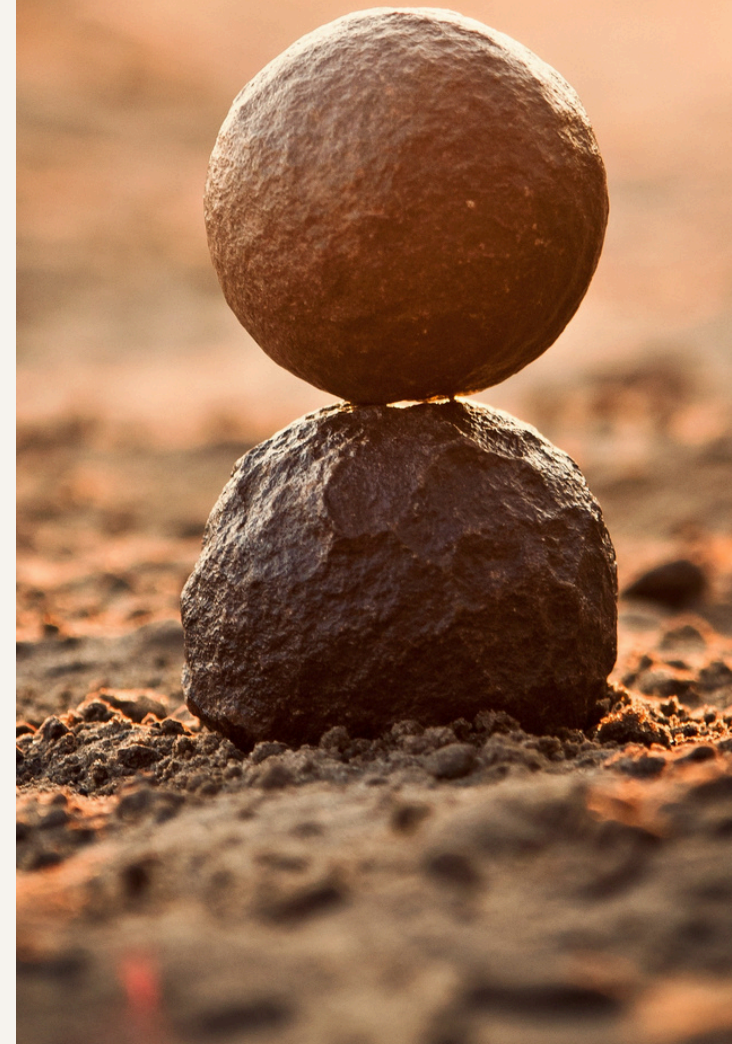
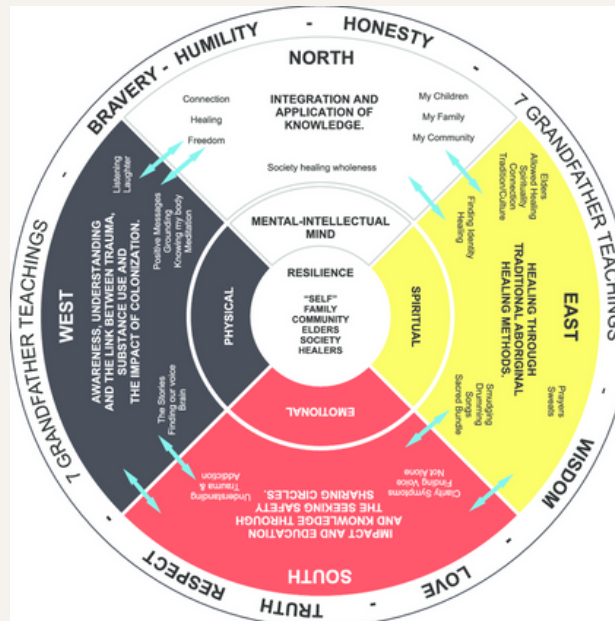


Contact

-  778-254-3735
-  stephanie.tillotson@lfn.band
-  lfn.band and Facebook
-  Tl'Kemtsin Health Centre
PO BOX 20
Lytton, BC, V0K 1Z0



“Sobriety is not just about abstaining; its a daily celebration of choosing clarity over chaos.”



Support Options

1:1 SESSIONS

Offered to anyone interested in these services in person, by telephone, or zoom. We work together to create a treatment/recovery plan tailored to your belief system, wellness plan, work on coping skills, and referrals to other resources if needed.

GROUPS/WORKSHOPS

Offer SMART Recovery groups, Trauma Support Groups, Grief & Loss groups, Harm Reduction Workshops with youth or adults, Overdose Awareness, and other various Collaborative groups with Health Team.

PRE/POST RECOVERY

SMART RECOVERY 4 POINT PROGRAM

1. Building and Maintaining Motivation
2. Coping with Urges
3. Managing Thoughts, Feelings and Behaviors
4. Living a Balanced Life



STEPHANIE TILLOTSON

Graduated this past year (2024) with Honors in Addictions and Community Services Worker. Before I began this journey, I was a Home Care Aide for 10 years, and employed by NNTC in Boothroyd for over 3 years. While working in the Nlaka'pamux Nation, I quickly discovered there isn't enough supports/resources available for those battling with addictions. Which is why, when I went on Maternity Leave last year it was the right choice to follow my passion and start a new career path.

Some background history; I have been on the Red Road for 7.5 years. A mother to two beautiful daughters who go to school & daycare up here and husband from Boothroyd reserve. Used to body build when I first got sober, it was how I got out all my pent up emotions.

I have a certificates in SMART Recovery Facilitator, Carefit, End-of-Life Doula, Health Care Aide, Addictions and Community Support Work.

Drug & Alcohol Support Worker



12 CORE FUNCTIONS

1. Screening; determine if client is appropriate or eligible for admission to particular program.
- ii. Intake; initial assessment procedures for admission to programs by completing proper documents & signed consents.
- iii. Orientation; explanation of program goals or rules.
- iv. Assessment; identify and gather information for development of treatment plan.
- v. Treatment Planning; establish agreeance with long-term goals and decisions on process or resources.
- vi. Counseling; apply techniques to assist individual or group.
- vii. Case Management; bring in services, agencies or act as liaison for client care.
- viii. Crisis Intervention; respond to alcohol/drug users needs during acute emotional or physical distress.
- ix. Client Education; present information of harm reduction services.
- x. Referral; identify needs of a client that cannot be met by counselor or agency and assisting client to utilize alternative services.
- xi. Report and Record Keeping; charting results of assessment and treatment plan, progress notes and discharge summaries.
- xii. Consultation with Other Professionals in Regard to Client Treatment/Services; in house or outside.