

LVR Health Hub

FAQs for Students & Caregivers

Q: What is the LVR Health Hub?

The LVR Health Hub is a place for LV Rodgers students to receive much of the health care they need, right at school. The Health Hub offers primary care services to LVR students if they have a family practitioner or if they do not. The Health Hub also offers public health and sexual health nursing services. We aim to centre our services based on needs and feedback so that we can adapt to changing health needs as they arise.

The LVR Health Hub is open on Mondays when school is in session. A doctor will be there most Monday mornings and a nurse will be there Monday during the lunch hour. If the clinic is busy enough, we will work to increase the amount of time the clinic is open.

Q: Why are we doing this?

School-Based Health Hubs break down barriers to care, improve health outcomes, and strengthen academic success. We are a passionate group of physicians, school staff, child and youth services, and support staff wanting to create a hub that provides accessible, youth-centred health care where it's needed most. The evidence is powerful: fewer emergency room visits, lower teen pregnancy rates, stronger graduation outcomes, and—most importantly—youth who feel seen, supported, and cared for.

There are many people in Nelson without access to a family doctor or nurse practitioner, including youth ages 14-18. This gap leads to worsening health outcomes and increased reliance on emergency departments. It can also be hard for students to see their family practitioner, if they have one, for many reasons such as a lack of time, transportation or concerns around confidentiality. The LVR Health Hub meets you where you're at, to offer medical care and information in a timely and confidential way.

Q: Where can I access the Health Hub & when?

The LVR Health Hub operates out of the school counsellor office on the 1st floor of LV Rodgers Secondary School. For 2026, the clinic opens Monday January 12th and will operate every Monday that there is school (it will be closed if a public holiday or professional development day falls on a Monday). The public and sexual health nurse, Danielle Campbell, will be at the Health Hub each Monday lunch hour, from 11:30-12:30. Follow up appointments with Danielle can be at the Health Hub or public health campus a few blocks away. We have three family physicians working from the Hub: Dr Brendan Groat, Dr Mikayla Gawiak, and new to the clinic is Dr Cassia Tremblay. Over the next few months, a doctor will work out of the Health Hub on the following Monday mornings from 8:30-12pm:

- Jan 12th & 29th,
- Feb 9th & 23rd,
- March 2nd, 9th, & 30th.

A calendar marking the days the doctors will be working is on the Health Hub office door.

Q: Who is eligible to be seen at the LVR Health Hub?

Any youth enrolled at LV Rodgers Secondary School can see the doctor or nurse at the Health Hub.

Q: I'm a student at LV, how do I book an appointment?

The easiest way is to drop by the counseling office on a Monday and let the doctor or nurse know you would like an appointment. They may be able to see you that day, or they will schedule your appointment for a following clinic day.

To book an appointment with the doctor or nurse in advance, you can **call or text 250-551-2741**. The nurse will answer calls or texts to the phone number on Mondays to Fridays, from 8:30am-4:30pm. If you call or text outside these times, the Nurse will call or text you back during working hours to confirm your appointment time. No personal or confidential information can be shared on this device as it is not a secure way to send

personal information - it is for booking appointments only. No health advice will be provided by phone and we advise you to call 811 for any urgent nursing advice.

Q: What do I need to bring?

To see the doctor, you will need to bring your BC Services card with your Personal Health Number (or just bring the number). If you forget your card that day, you can ask the school counsellor or administration to look it up for you.

To see the nurse, you do not need to bring anything.

It is good practice to write your questions down before your appointment, so you don't forget to ask something during the appointment!

Q: What can I get help with?

We welcome anyone who has even a simple question for us! We offer health consultation for any physical, mental, or sexual issues that come up.

The doctors will offer most primary care services, things you would see a doctor for, including illness and injury treatment & prevention, mental health concerns, contraception, prescriptions, etc.

Danielle, the Public and Sexual Health Nurse, can talk to you about different health topics or concerns, including mental health, communicable disease prevention, immunization history, offer vaccines if pre-arranged, or discuss specific health-related conditions like anaphylaxis, diabetes, and seizures. Danielle is also able to offer pregnancy testing and counselling, offer free emergency contraception like Plan B, hand out condoms, screen for sexually transmitted infections and provide free treatment. She can also offer information to students about healthy choices, vaping, screen use, diet, nutrition, sleep, and make referrals to other healthcare providers whenever necessary. Danielle is the school nurse so you may see her doing presentations in your classrooms or offering vaccines. If you'd like to book an appointment with her, just text her. She can see you at the school or in her clinic a few blocks away.

Q: Does my parent or guardian need to come, or can I see the doctor or nurse on my own?

Parents and guardians are welcome to accompany their youth. Otherwise, we will make sure students who come to the Health Hub are able to understand and consent to health care services they will be offered. We encourage students to come on their own and take an active role in their health care, to feel empowered in taking care of their health.

How does consent work for youth under age 19?

A student who is considered a mature minor will provide verbal consent when they have an appointment with the doctor. A patient can be younger than 19 years old to give consent to medical treatment. The doctor will determine if a minor is considered mature to consent to their medical treatment, based on the extent to which the minor's physical, mental, and emotional development will allow for a full appreciation of the nature and consequences of the proposed treatment, including the refusal of such treatment.

Please refer to the College of Physicians and Surgeons of British Columbia Guidelines on Mature Minor Consent:

<https://www.cpsbc.ca/files/pdf/LG-Consent-of-Minors-Infants-Act.pdf>

Q: Will anyone know why I want to see the Doctor or Nurse?

Your appointment with the doctor or nurse is confidential. You do not need to give us a reason for your appointment until you are in the appointment with the door closed! We will not tell anyone about your appointment or what we spoke about at your appointment unless you give us permission, or we are concerned you may be at risk of harming yourself or others.

Meet our Team!

Dr. Cassia Tremblay has been living in the Kootenays for 5 years, after living and training in Nova Scotia and Victoria. Her work includes mental health and substance use support in

the region, alongside family medicine. She enjoys hiking and baking - and is looking forward to joining the LVR Team.

Brendan, Dr Groat, is a General Practitioner Family Physician living in Nelson. He practices in a clinic, the ER, Kootenay Lake Hospital, and does outreach. He previously practiced in remote and inner-city locations. He has completed a Bachelor of Science degree in Kinesiology as well as a Bachelor of Education. He completed his Rural & Remote, Northern & Indigenous Health, Family Medicine Residency in La Ronge, SK. He enjoys ski touring and trail running, music making, and is Métis. He would be happy to see you for an appointment or to talk about working in healthcare.

Danielle Campbell is a public and sexual health nurse with experience across acute care, home health, public health, teaching in the Nursing program at Selkirk, and working in healthcare system transformation. She has a Masters in Public Health and is excited about health promotion, disease prevention, health equity, and social justice. She loves working with schools and providing education to help individuals think about their future health and reverse-engineer their health choices today to ensure success. She is looking forward to working with LVR students and addressing any health challenges they may be facing.

Dr. Mikayla Gawiak (she/her/hers) is a Family Physician in Nelson, practicing in various clinics. She grew up in Northern Manitoba, then did her undergraduate degrees in Saskatchewan and Manitoba. She completed her Family Medicine Residency in Cape Breton, Nova Scotia . When she is not working, she does her best to enjoy all four of the glorious seasons with running, hiking and skiing. She is looking forward to connecting with the students and addressing the numerous aspects of youth health.

Questions?

*Please don't hesitate to reach out to
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