



# Community Behavioral Health Center (CBHC) & UP Academy Dorchester

Boston Medical Center  
**HEALTH SYSTEM**

## WHO WE ARE: CBHC

Boston Medical Center has proudly established a behavioral health clinic that aims to provide expanded access to mental health communities across Massachusetts!

- This clinic, known as the Community Behavioral Health Center (CBHC)/Bridge Clinic is now partnering with UP Academy Dorchester to offer our services to students and their families enrolled in the school.
- These services include: same day access to meet with a clinician/counselor for an initial assessment, speak with a Case Manager, and receive ongoing therapeutic support and case management while your child/family is being connected to outpatient services at Boston Medical Center.
- Families also have the option to meet with and be scheduled with a medical provider within 3 days of their first assessment. The Clinic at BMC will help to fill the mental health support gap due to long waitlists and referrals. The goal is to help your child and your family so that you are not without support when you need it most.
- We are a walk-in based clinic meaning that you have the option to walk-in at any time without an appointment, located at 850 Harrison Avenue in the Dowling Building on the 7th floor offering availability Mon-Fri from 8am to 8pm and Saturday/Sunday from 9am-5pm.

## UP ACADEMY DORCHESTER

- UP Academy in Dorchester has been identified, much like many schools, as a BPS school that can benefit from mental health/community supports to help students better access their education safely and effectively.
- Much of the mental health and community factors impacting the students at this school have led to high rates of absenteeism (attendance), use of ambulance/crisis calls, use of Resource officers, and physical management, all of which impact the social, emotional, and academic success of the students
- With this in mind...it is the hope of this collaboration to identify student's/families that could benefit from more immediate access to supports that would otherwise go undetected, un-supported, and remain on waitlists for services when their need is NOW



## APPROACH

- Currently, our approach is to identify if access to psychosocial supports are made more immediate and easier to access for students/families at UP Academy, will this help aid in decreasing the challenges the school has faced for attendance, behaviors, and academic performance?
- A clinician is on-site at UP Academy Dorchester every Thursday within the school hours, offering outreach, in-person meetings, and observations. The idea of this is to help alleviate barriers, both physically and emotionally, of beginning the process of becoming established within the clinic, deciphering the current needs prior to walking into the clinic, and to be able to better communicate with the staff and families of our supports. In particular, this allows for the clinician to work with the staff on-site to discuss possible cases in real-time and be available to parents during the hours in which their children are in the school's care.



## CHALLENGES

There have been a few challenges impacting the overall goal and hopes for this collaboration between the CBHC and UP Academy

- **TIME**– Understandably, staffing in schools and the daily challenges of student safety can make it difficult to set aside time to work with a partnering program
- **FOLLOW THROUGH** – Getting families to commit and come into the clinic or work with CBHC as they learn to trust us and manage their own schedules
- **SPACE** – Limited office space available