



bryt

Implementing, Sustaining  
& Scaling: **The bryt Story**

Welcome on behalf of  
**bryt & The Brookline Center!**



**Katherine Houle**

Director of District/School Support

# Agenda

- 1. Welcome & Introduction**
- 2. Context & Overview of bryt**
- 3. Supports**
- 4. Scaling & Sustainability**
- 5. Q & A**

# Overview

bryt transforms the way schools support students and their families who have experienced a mental health disruption

**Change.**  
**Compassion.**  
**Community.**  
**Healing.**  
**Hope.**



# We stand at the **intersection** of



**Education**

**Youth  
Development**

**Mental  
Health**

# Celebrating 20 Years of Growth

~ 200

Massachusetts  
bryt Interventions

55+

Out of State  
Interventions

225,000+

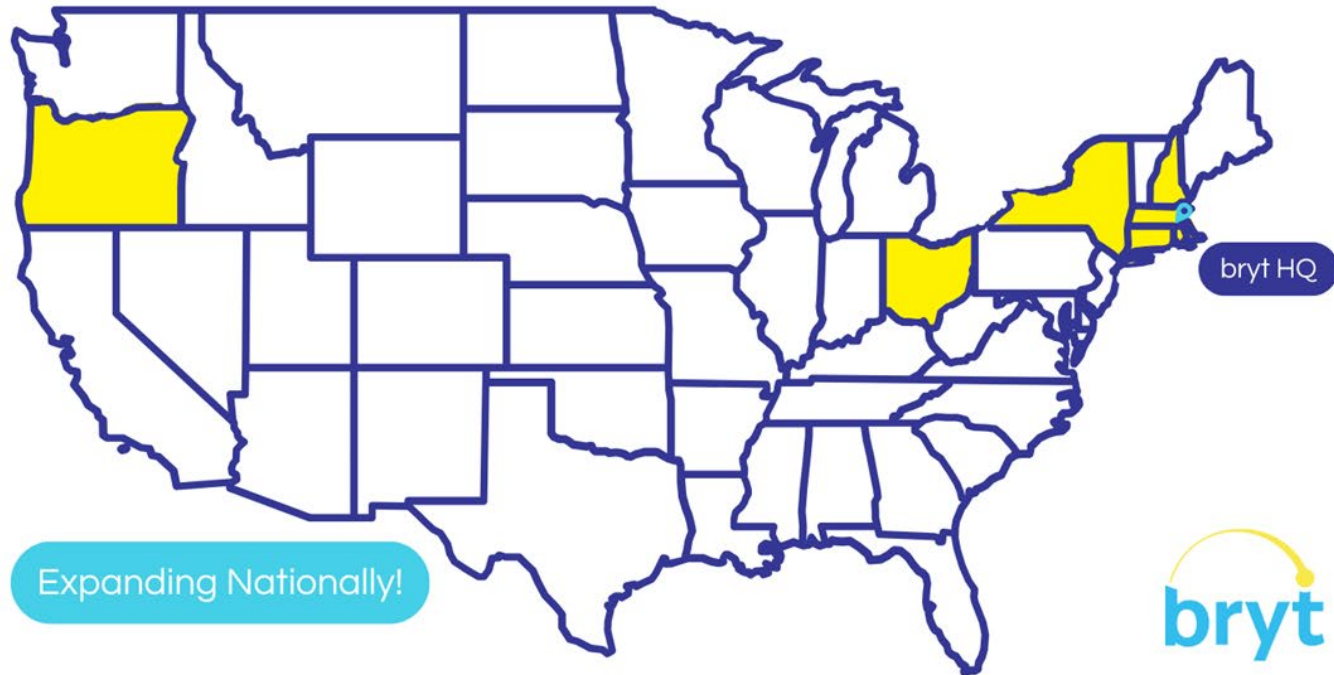
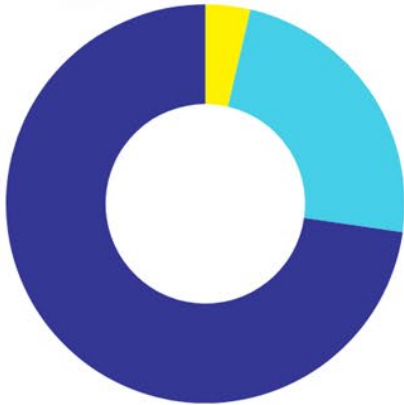
Total Students in  
Districts Served

Distribution By  
School Level

Elementary

Middle

High



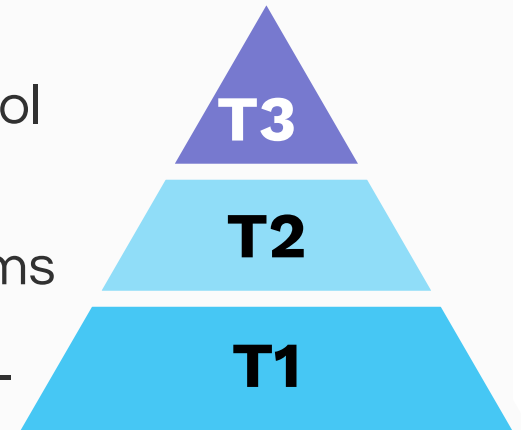


A photograph of a brick school building with a yellow arc graphic over the entrance. The building has a red brick facade and a covered entrance with blue doors and large windows. A wooden fence is in the foreground, and a blue trash can is near the entrance steps. The sky is overcast.

# **The bryt Intervention**

# Multi-Tiered Systems of Support (MTSS)

- Most common design framework in schools today
- Provides a way of understanding the school and thinking about how to improve
- Flexible framework that fits multiple systems
- Engages the public health-informed three-tier perspective
- Integrates with other existing tiered systems





# MTSS Tiers

## Tier 3

Intensive

### "Core + More + More"

- Supports up to 5% of highest-need students
- Short/medium term intervention
- Comprehensive, clinically-informed & individualized supports`



## Tier 2

Supplemental

### "Core + More"

- May impact 15–20% of students
- Example: Individual and group counseling

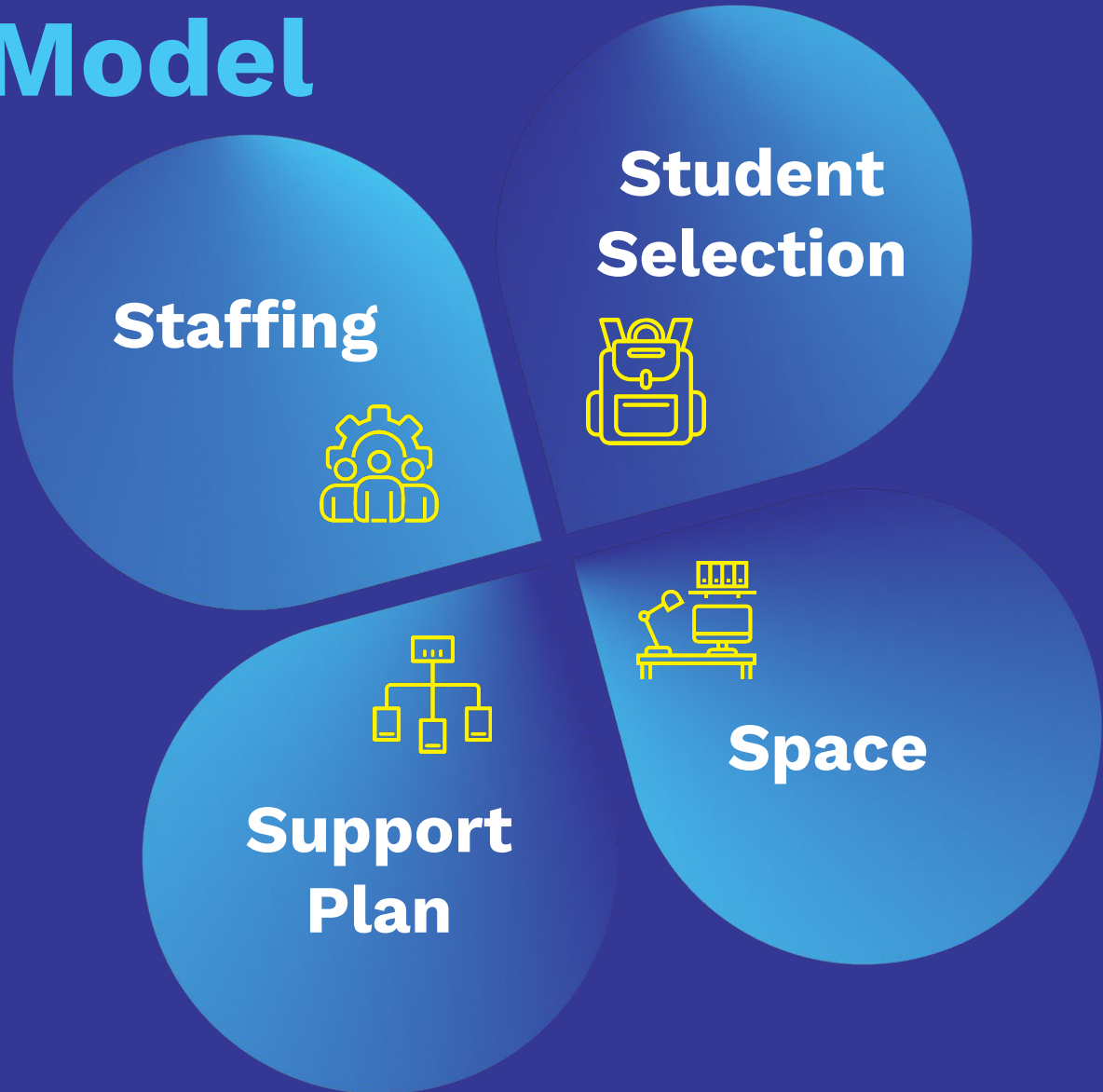
## Tier 1

Universal

### "Core Supports"

- Schoolwide & classroom supports and interventions; impacts ~80% of students
- Examples: Suicide Prevention assemblies, whole-school SEL curriculum, universal screening

# bryt Model

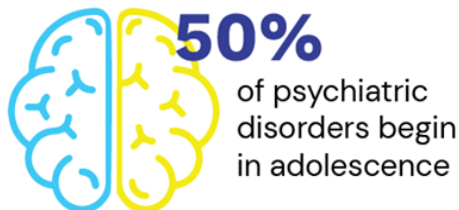
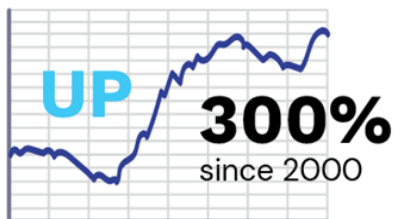




# OUTCOMES

## National Context

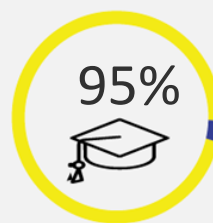
Psychiatric hospitalization



Average time for Reintegration



On time Graduation



U.S. 50%

bryt 11%



U.S. 46%

bryt 8%



Mood Regulation

Coping Skills

School Function

Cost Per Student



\$50,000

Outside of school



\$2,500

50%



50%

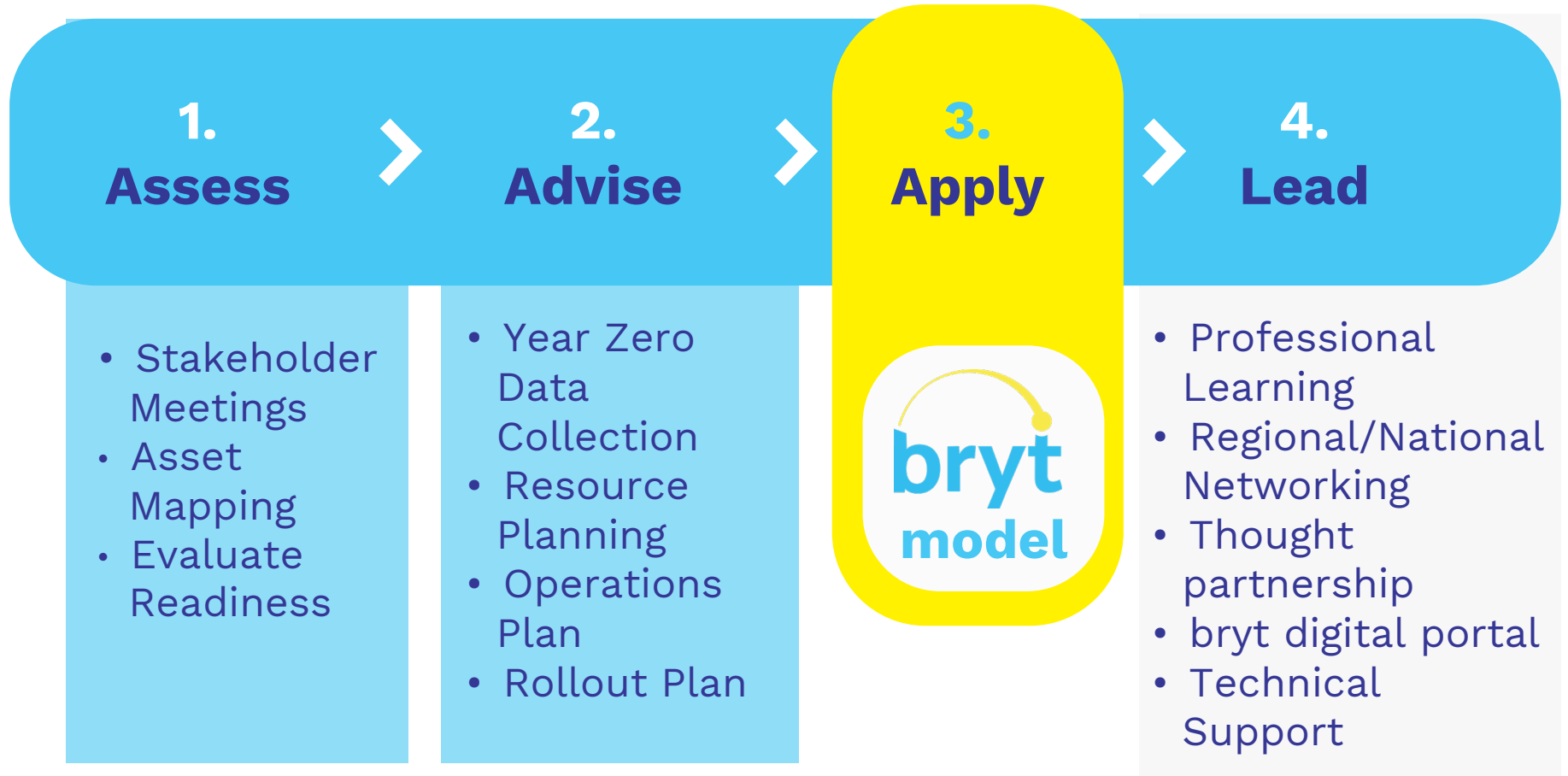




**How we actively  
collaborate with  
schools**



# Our Approach



# Bring bryt to a school

1.

Identify  
Schools

2.

Intro  
to bryt

3.

School-  
Level  
Planning

4.

Key Forms &  
Documents

5.

Onboard  
Staff &  
Team



## Integration Package

- bryt Manual & Tools
- Professional Learning & Networking
- Comprehensive Technical Assistance
- Quality Assurance & Continuous Improvement





# bryt beyond the model

**1:1 Consultation on Specific Topics/Challenge Areas**

**Standalone Sessions & Workshops**

**Ongoing Training Series**

**Clinical Supervision, Coaching, and Leadership Training**

**Comprehensive Mental Health Supports for School Ecosystems**

**Our Goal:** Help you create actionable strategies to meet the complex needs of students, families, educators, and staff.

## **Topics:**

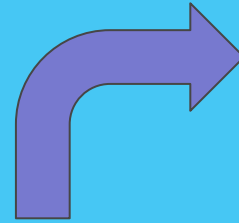
- Multi-tiered Systems of Support (MTSS)
- School Culture
- Trauma-Informed Practices
- Collaborative Problem Solving
- Adult Wellness
- Student Support Teams
- Cultivating a Climate of Belonging
- Academic & Clinical Coordination



# Sustaining & Scaling



# Growth of bryt Interventions



1st bryt  
intervention  
implemented at  
Brookline High

2004

7 new bryt  
interventions  
added

2005-10

+28 bryt  
interventions  
(Total: 36)

2011-16

bryt Network  
grew to 255+  
schools

2016-Now



# Development of the Model

- Defining a Replicable Model
- Sharing of Tools, Materials & Resources
- Developing a Clear Planning Process
- Paid Technical Assistance Offerings
- Self-Assessment Rubric
- bryt Data Portal & Resource Toolkit
- bryt Implementation Manual

# Development of the Network

- Informal & responsive sharing out about bryt
- **2008:** Job-alike opportunities
- **2009:** Convening of bryt Symposium (hosting 14th annual bryt Symposium in 2025)
- **2016:** bryt Network Professional Learning Sessions & Family Engagement & Support Offerings
- **2020:** Launch of Clinical & Academic Cohorts
- **2024:** bryt Beyond the Model, Administrator Cohort

# Growth of Team & Infrastructure

Founder (Clinical Director, Brookline Center)  
& Evaluation & Replication Coordinator

+ Director  
Associate Director  
Family Engagement Coordinator  
& Operations Specialist

+ Associate Director, Business & Partnership Dev.  
& District & School Support Specialists

+ Director of District/School Support  
Director of Professional Learning & Team Culture  
Operations & Special Projects Manager  
Senior D/SSS  
Communications & Operations Specialist  
Director of Business Development & Partnerships

Multi-year Strategic  
Plans with Annual  
Work Plans

Advisory Group

Research Partnership  
& Agenda

Development of  
Subteams

Engagement with  
Consultants

Engagement with  
Commissions,  
Working Groups, etc.

Legislative  
Engagement



# Evolution of Funding & Sustainability



# Sustainability Learnings

## Successes:

- From organic to intentional growth
- Multiple levels of support with long-term maintenance component
- Multiple Support Modalities (in-person, remote, Google Group, toolkit) attuned to shifting needs of schools
- bryt Data Portal

## Challenges:

- Supporting schools with sustainability despite tough budgets
- Unpredictable funding
- School/District leadership turnover
- Developing a culture of data



# Looking Ahead

- Work to sustain in MA and existing states
- Work to grow outside of MA (bryt tier 3 intervention and bryt beyond the model)
- More aggressive business development outside of MA
- Adaptability in changing times
- Increasing intentional use of data



**QUESTIONS?**  
**COMMENTS?**  
**CONCERNS?**

# Our Team Rocks!

## Directors

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Ops & Sp. Project  
Manager

Julia Enright

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## Assoc. Dir.

Sarah Rigney  
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Comms & Ops  
Specialist

Alex Baldwin

## District and School Support Specialists

**Senior**  
Lindsey  
Yamaguchi

Gabrielle Simmons

Erin DiPalma

Becca Neubardt

Katie McCormack

Zemora Tevah

## Family Engagement Team

**Leader**  
Megan  
Harding

Julie Patton

Victor Bradley

LaKeysha Wilson





**Thank You!**

