



bryt

**transforming
youth mental health
in schools**

**PBHUC
12/1/22**

Welcome!

A bit about me



Imagine an environment
where students' mental
health **isn't a burden** to
their well being or
academic journey

Systems Integration

Stakeholders

Districts Teachers
Schools Students

Technical Systems

Professional Development Data Analysis



Student Goals

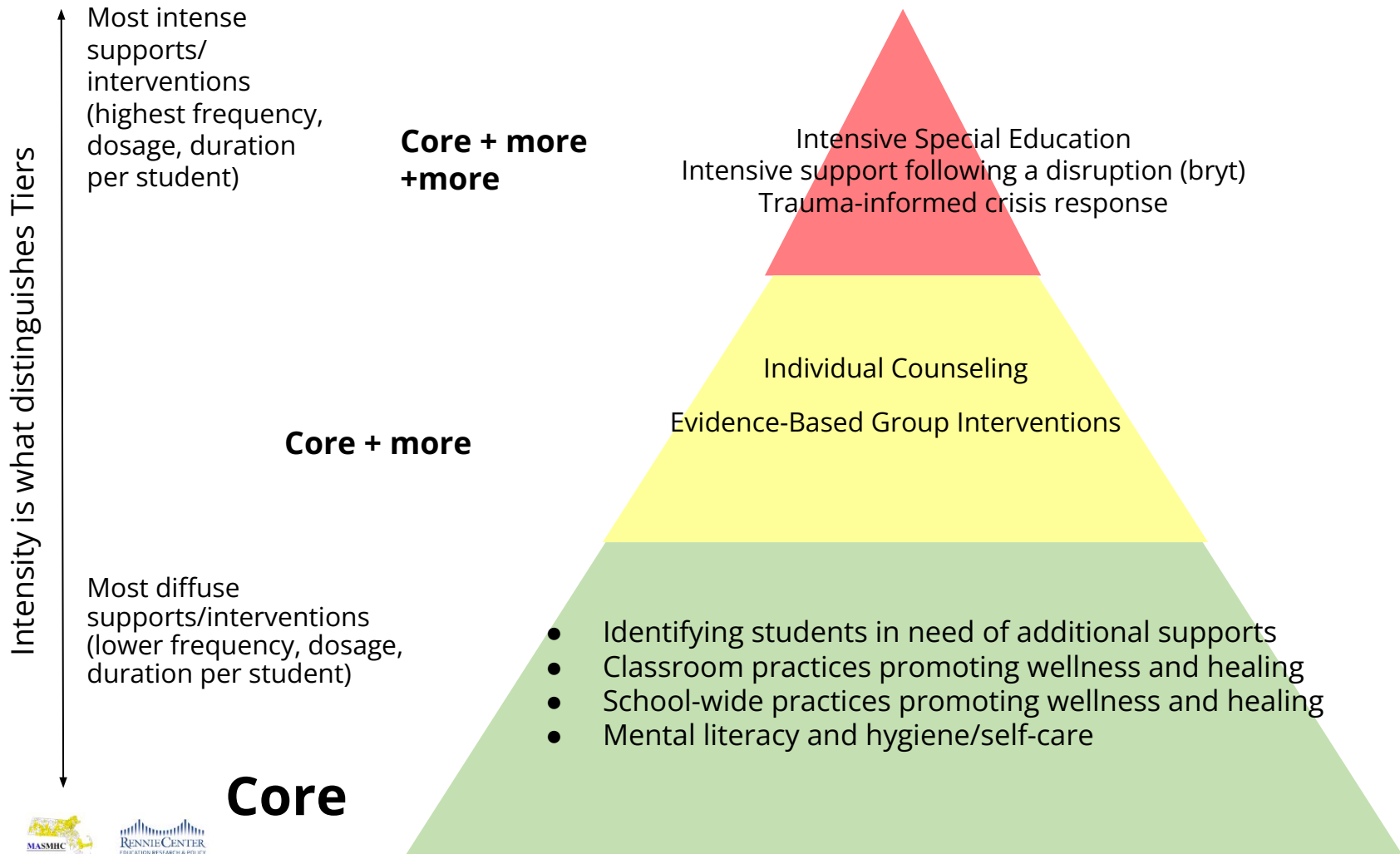
Grades Mental, Social & Physical Wellness
Attendance
Coursework

Support Systems

Mental & Physical Health Care In-School Supports
Support Groups



Sample Set of Multi-Tiered Student Mental Health Supports and Interventions—Let's Unpack!



The Key Difference

Tier 3 Intensive



- “Core + More + More”
- Directly supports small number of highest-need students
- Comprehensive, clinically-informed & individualized supports

Tier 2 Supplemental

- “Core + More”
- Examples: Individual and group counseling

Tier 1 Universal

- “Core Supports”
- Schoolwide and classroom supports and interventions
- Examples: Suicide Prevention assemblies, whole-school SEL/mental health curriculum, universal screening

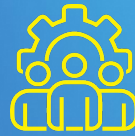




Model

bryt Model

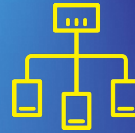
Staffing



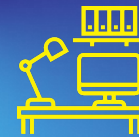
Student Selection



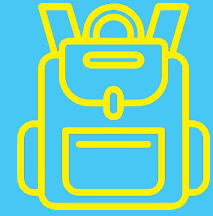
Support Plan



Space

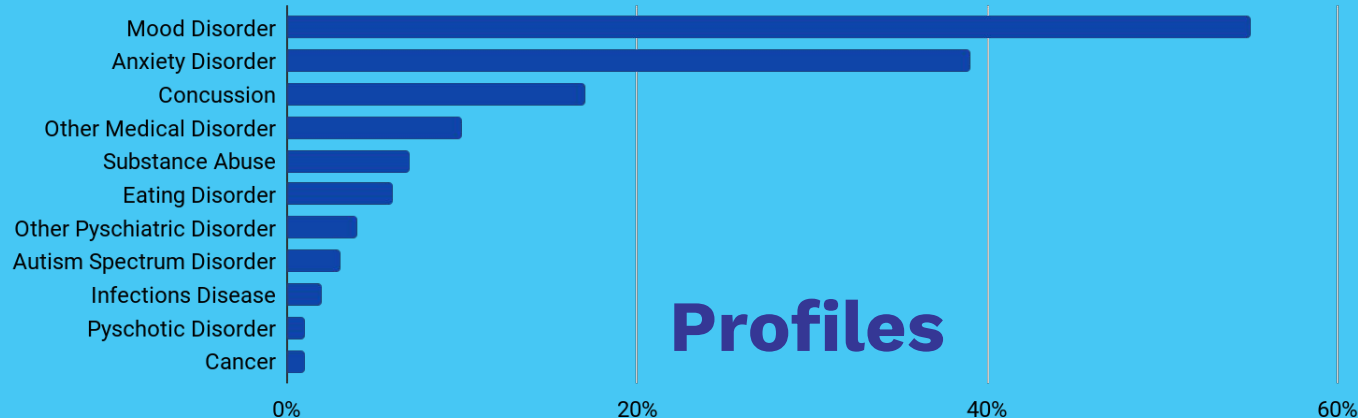


Student Selection

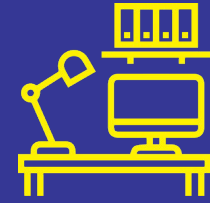


Sample high school priority population

- Returning from extended mental health related-absence
- In school but unable to function for five or more days due to a serious mental health challenge
- Absent for more than five days within two weeks due to a medical injury/treatment and require integrated clinical and academic support.



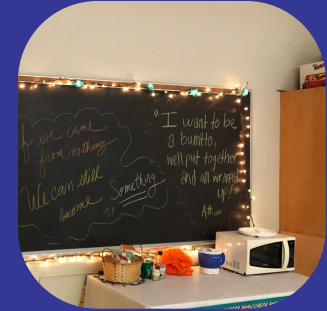
Space



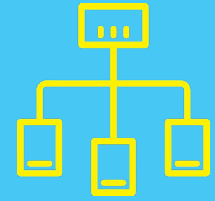
bryt programs are anchored by a room where students can access staff and sanctuary when needed, without need for explanation

bryt Room

- Tables & Computers
- Located near main lobby
- Student lounge
- Space for individual meetings



Support Plan



Care Coordination

Helping students and families navigate mental health, health care, school systems by connecting them with supports. This is not limited to within school and includes problem-solving challenges, and managing a student's exit from the program.

Academic Support

Ways in which students can achieve course standards and learning objectives. Oftentimes this involves negotiated deadlines, modifications to workloads, and adjusted grading options, etc.

Clinical Support

Set goals for each student and supported by regular check-ins, individual counseling, informal groups, diagnostic evaluations, consultation to staff and teachers, crisis intervention, and therapeutic practices.

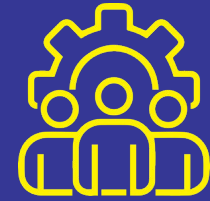
Family Support

Establishing effective communication protocols with families and identifying additional community supports that are needed.

Entry to the program is a structured yet flexible process beginning as soon as possible after a student and family are identified for bryt.



Staffing and Roles



bryt Staff

Clinical Coordinator

- Social Worker/Counselor/Psychologist
- Responsible for “heavy lifting” (care coordination, family communication/support, clinical intervention)

Academic Coordinator

- Teacher or Classroom Aide/Tutor
- Coordinates academic transition
- Helps complete class assignments & facilitates learning missed material
- Anchor staff to ensure room is available at all times

Wider School Staff

Counselors

- Trained on student referral and academic coordination
- Maintain communication to support student wellbeing

Teachers

- Trained on student referral
- Align with clinical support
- Support step-down from bryt

A photograph of a brick school building with blue doors and windows. A yellow arc graphic is overlaid on the image, starting from the top left and ending in a yellow circle on the right side. The word "Impact" is written in white, bold, sans-serif font on the left side of the building.

Impact



OUTCOMES

Average time for Reintegration



On time Graduation



U.S. 50%



bryt 11%



U.S. 46%



bryt 8%

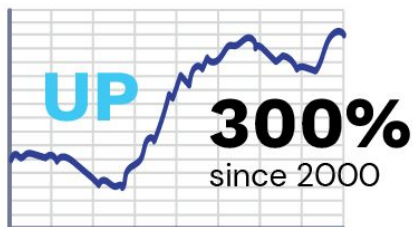


Psychiatric Rehospitalizations

Psychiatric hospitalization dropouts

National Context

Psychiatric hospitalization



Mood Regulation

Coping Skills

School Function

Cost Per Student



\$50,000

Outside of school



\$2,500

50%

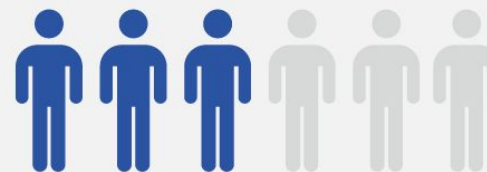


Substance abuse after bryt



50%

of psychiatric disorders begin in adolescence



Self-harm after bryt

50%



175+

**Massachusetts
Programs**

35+

**Elementary
Schools**

200,000+

**Total Students
In bryt Schools**

150+

High Schools

4,000 +

Families Served

50+

**Middle
Schools**



**Expanding
Nationally**

Process



Support Levels

In-School Intervention

Framework for integrated support. The gold standard by which districts assess their approach to student mental health.

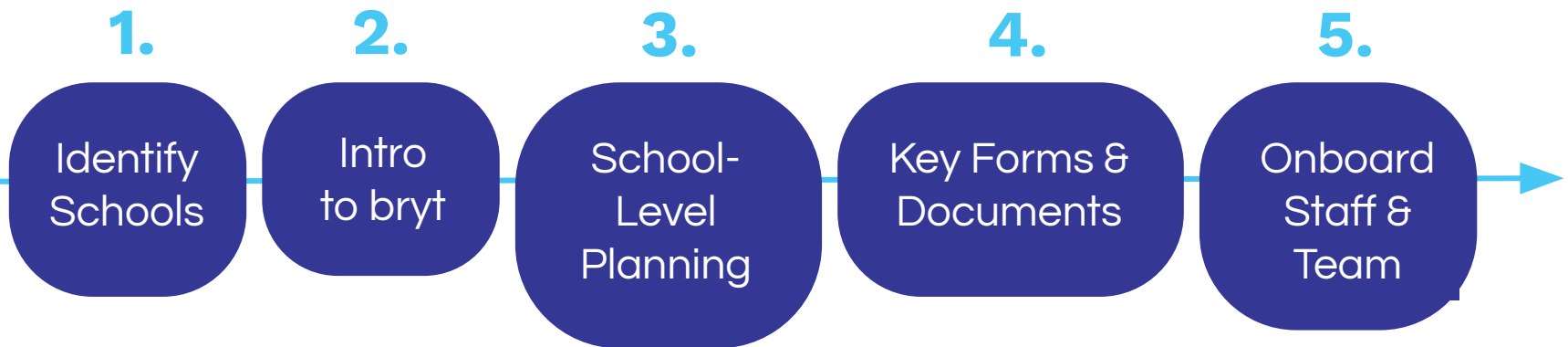
Ongoing Services

- Consultation
- Assess, scale, validate
- Ongoing school support
- Networking & professional development

Thought Leadership

- Convening sector leaders
- White Papers
- Research
- Advocacy

Creating bryt in Your School



Integration Package

- bryt Manual & Tools
- Initial & Ongoing Professional Learning
- Comprehensive Technical Assistance
- Quality Assurance and Continuous Improvement





PBHUC Takeaways/ Discussion

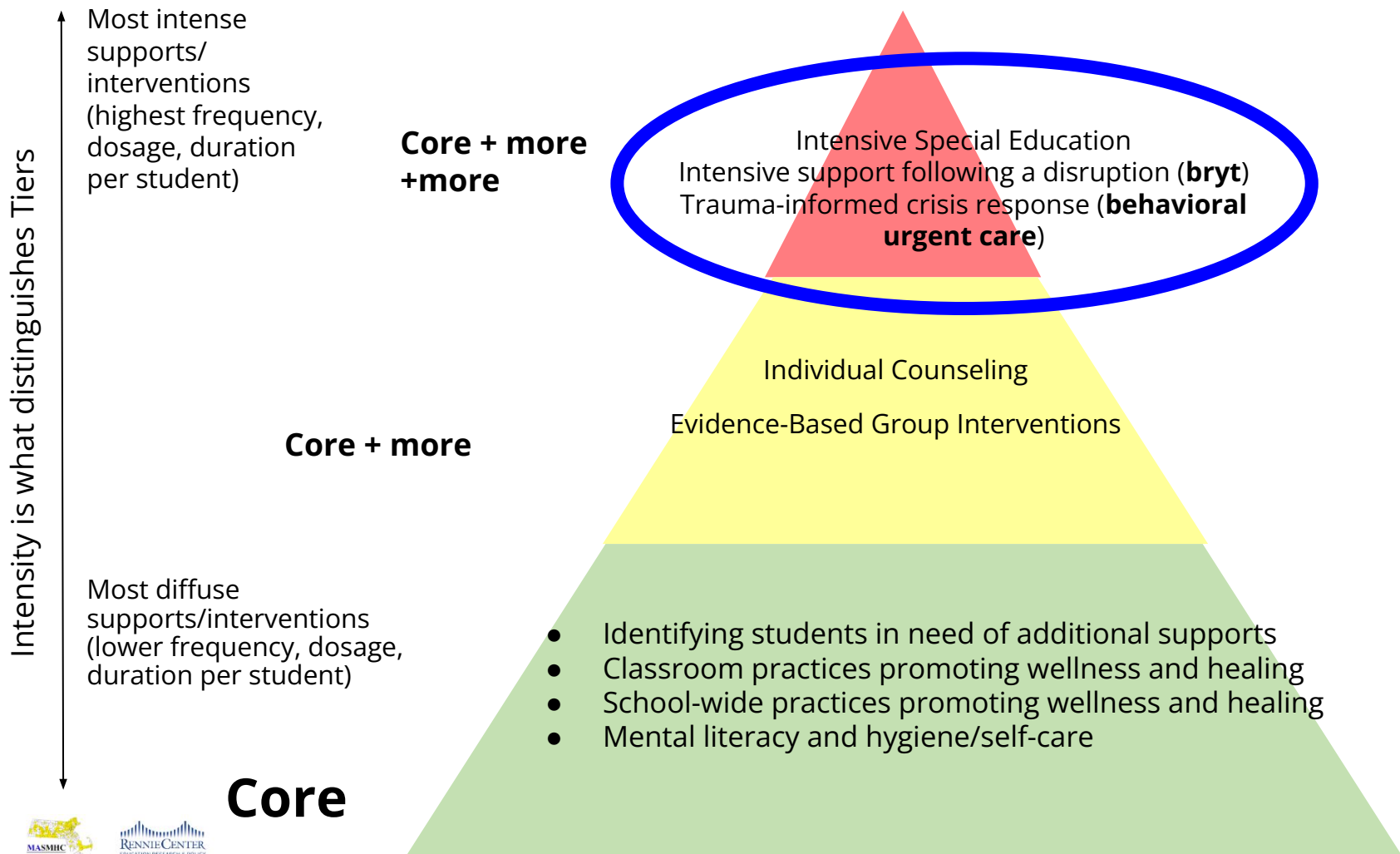
Schools are complex!!!! Sample Elementary School MTSS Map

Family Engagement	Academic	SEL	Mental Health	Supporting Infrastructure
IEP-based communication Care Coordination	Intensive interventionist supports (e.g. 1:1) Paraeducator	1:1 para support (not always happening) FBA-driven Beh. plans Intern supports BRYT	Intensive adult support (often paraeducators) Intensive on-call protocol (if needed)	Support staff: Counselor/Admin Counselor Interventionist Paraeducators School Nurse SLP/OT/PT Interns BCBA (half time) Partnerships: River Valley CC Teams: Resource Team (special educators, counselors, SLP, Nurse) Teachers: K-1, 2-3, 4-6 (informal) Climate Committee Social Justice Committee SILT School Council Student Council Data systems: Attendance, Discipline, Academics Family & Student Surveys
Family Support Center supports Meeting/more extensive call (often w/admin or counselor) Individualized weekly updates	SLP supports Interventionist and Special Educator supports (pull-out and push-in) Paraeducator supports Classroom (and student) teacher supports (e.g., extra guided groups)	SLP supports Intern & paraeducator supports Lunch groups, friendship groups (with specific focus) Check-in/Check-out Class-specific supports--sticker charts, etc. Flexible seating	IEP/504-based counseling River Valley "push-in" counseling Groups (anxiety, grief, etc.) Weekly "RTI" counseling	
PTO Teacher and school/district newsletters Teacher communication (emails, calls) Open house Conferences Questionnaires (Classroom events w/families)	Para Educator/Interventionist/special educator supports in all classrooms G5 Homework Club (G4-6 in the past) WIN Block (targeted support as needed) ELL supports Standards-Based Core Instruction	Informal "focus students" Expectations boards Lunch/friendship groups Teacher-specific management systems and classroom activities (SEL and MH self-care, movement breaks, etc.) Second Step K-1, MooZoom 4-6 Let's Talk sexuality & gender program PAWS ticket system Morning meetings (not universal right now)		

For Consideration

- Our job is to **understand the school on its own terms** and adapt our supports and interventions to the school context
- It is essential to **define the priority population(s)** for our interventions-- becoming a catch-all is a set-up for failure
- Most schools have crisis protocols, but **fewer have targeted supports and interventions beyond Tier 2** counseling
- **There is room** for both school behavioral urgent care and bryt in Tier 3
- **Family communication and support are essential**

Sample Set of Multi-Tiered Student Mental Health Supports and Interventions—Let's Unpack!



A photograph of a person from behind, wearing a light blue denim jacket and carrying a red backpack. The person is holding a stack of books in their left arm. A thick yellow arc starts from the left side of the frame, curves over the top, and ends in a solid yellow circle on the right side. The background is a blurred outdoor setting with green foliage.

Questions?

Document created by SCCS in association with Remnant Strategy

Icons designed by SRIP from Flaticon

Contact & Questions

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