

# Bridge to Resilient Youth in Transition

Funded in part through a grant from the Metro West  
Health Foundation



School Committee Presentation, Sept. 20, 2018

## Metro West Health Foundation Grant

- 3 year grant awarded in 2016 for \$188, 045
- Replicate Brookline's BRYT Program
- Partnership with Brookline Center for Mental Health:
  - ▷ Data Portal, Technical Assistance, Consortium of Transition Programs
  - ▷ One of 30 programs at the time (now 100 in state)
- Began in March 2016 with hiring of Clinical Coordinator

# What is BRYT?

## Goals:

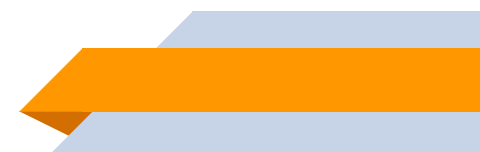
- Provide short-term clinical and academic support to enable students with prolonged absences due to psychiatric or medical reasons to fully reintegrate back to school.
- Improve functioning of at-risk students

## Services:

- Safe space
- Academic coordination, collaboration & support
- Clinical services- teaching of SEL skills
- Care coordination with inside & outside providers
- Family communication and support



## Why?

- Risk assessments on the rise
  - Prolonged absences due to psychiatric hospitalizations, or medical on rise
  - Feedback from 2014 MWABS
    - rise in stress, self- injury, suicide ideation
  - District and school goals around social-emotional wellness for all students
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# Impact

- 33 students served
- 97% student success rate
- 100% graduation for seniors in the program
- School attendance average increase 74%
- 18% Relapse rate

**Based on CAFAS  
assessments, improvements  
in functioning related to:**

School functioning

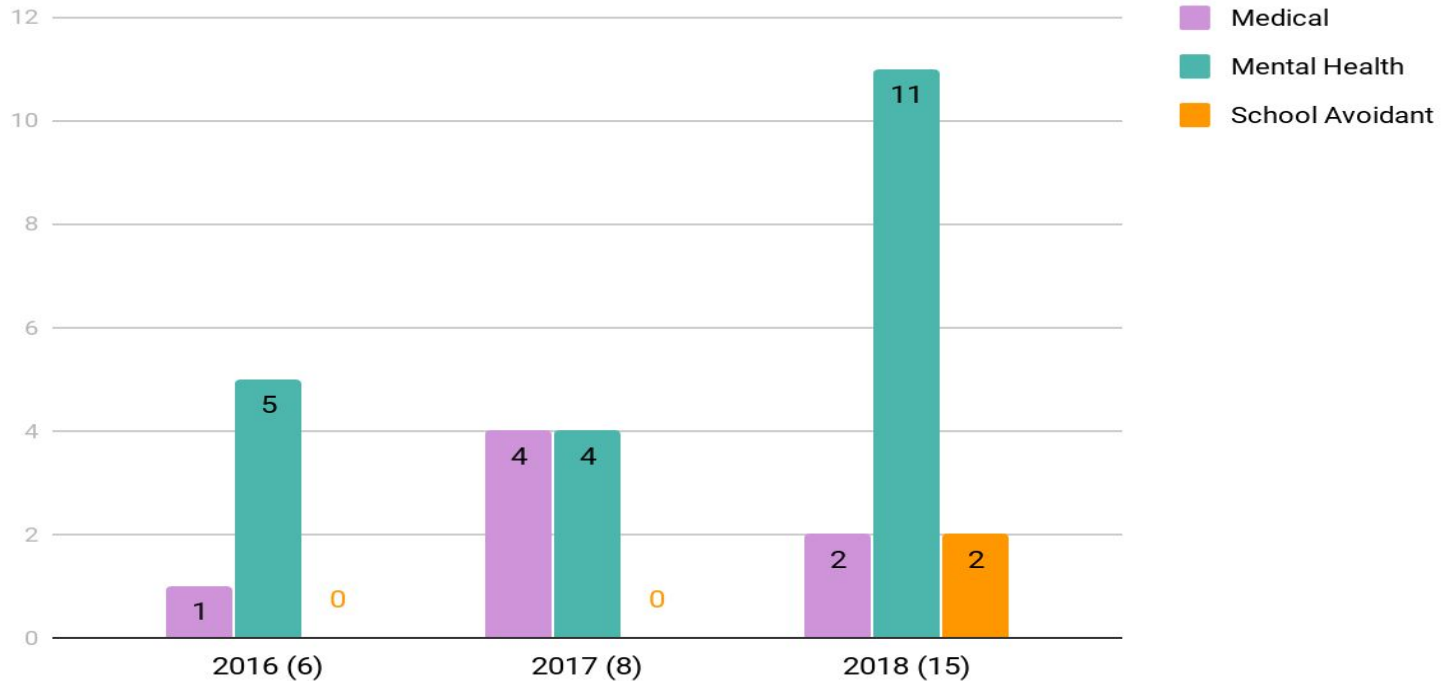
Thinking

Moods & emotions

Self-harm

CAFAS- Child & Adolescent Functioning  
Assessment Scales

# Enrollment Criterion for Admission



## Student Feedback

“Having somebody who understands how hard our transition is, and also somebody we can trust makes it that much easier.”

“This program has given me the space to be in school without the major pressure and stress.”

“BRYT is a safe & happy environment, my go-to safe spot in the whole school.”

“I was out of school for a long period of time and I was extremely worried about coming back to school and being behind.”

## Parent Feedback

“I want to thank you all for your support and compassion for [our student] this year. Each of you made a difference by working so closely with [our student].

I truly don't know what would've happened if Medway did not have the BRYT program. I don't know that he would've gotten through the transition back to school.”



## Benefits to the District and the High School

- Tier 3 intervention- BRYT allows a higher level of support for a small group with acute needs.
  - ▷ District/School Goal- success of all students
- Bridges support between teachers and students managing academic needs within a therapeutic environment
- Reduces home tutoring costs

## Benefits to the District and the High School

### **BRYT Social Worker extends school-wide counseling services**

- Signs of Suicide/Depression Screening to 9th and 11th Graders
- Supplemental support to Adjustment Counselor or LINKS Social Worker
- Risk Assessments and Counseling other students
- Supports Crisis Team in times of school-wide grief and loss

## Acknowledgements and questions

Clinician/clinical coordinator: Jean Vazza

Paraprofessional/Academic Coordinator: Jen Merrihew

Metro West Health Foundation

Brookline Center for Community Mental Health

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