



ENGAGING FAMILIES IN SCHOOL-BASED STUDENT MENTAL HEALTH SUPPORT: THE BRYT STORY

The 2018 Annual Conference on Advancing School Mental Health

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Who is in the room?



Raise your hand if you are:

- A Teacher
- A School Counselor
- An Administrator
- A Parent of a School Age child
- An Academic
- A community based Clinician
- Other



What makes family engagement in schools hard?



What is the BRYT Program?

Secondary students need support after missing extensive amounts of school/class due to a variety of causes.



Number vary, but of every 100 students in a given year, absences might result from:

- psychiatric and/or medical crises (4 to 5 students)
- untreated mental health challenges (4 to 5 students)
- long-term suspension (1 or 2 students)
- parenting leave (1 student)
- life circumstances (1 student)

BRYT programs employ a customized transition planning and support process.

Planning and support extends from return to school/class to the student's transition out of the program (typically 8-12 weeks) and involves continuous engagement with the student, family, school staff, and outside providers.





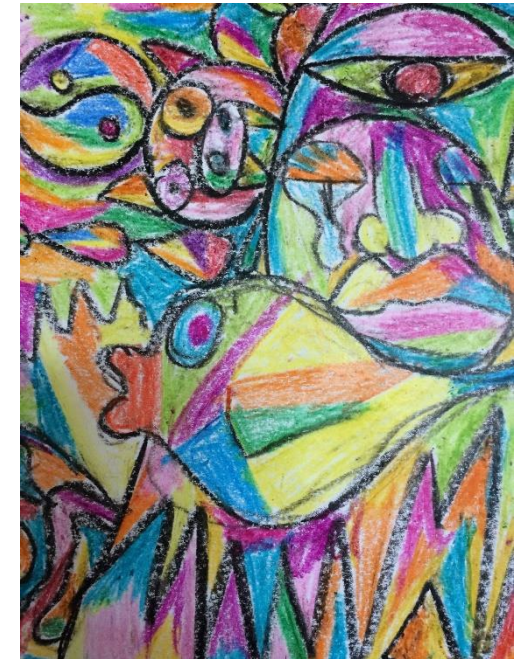
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The "3 S's" of BRYT

Space

Services

Staffing



Services

The customized case plan for each student addresses:

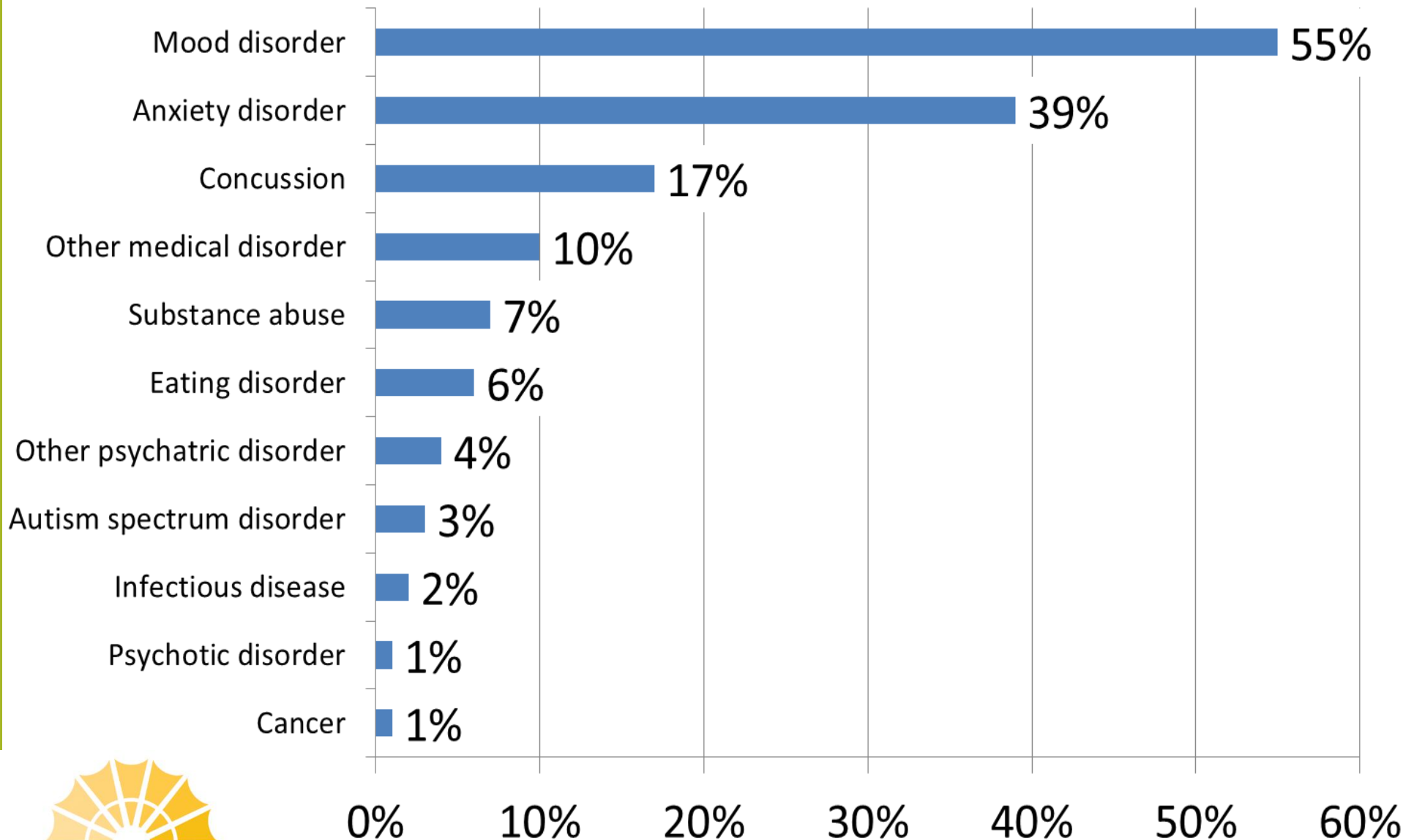
- Academic Support
- Clinical Support
- Family Support
- Care Coordination



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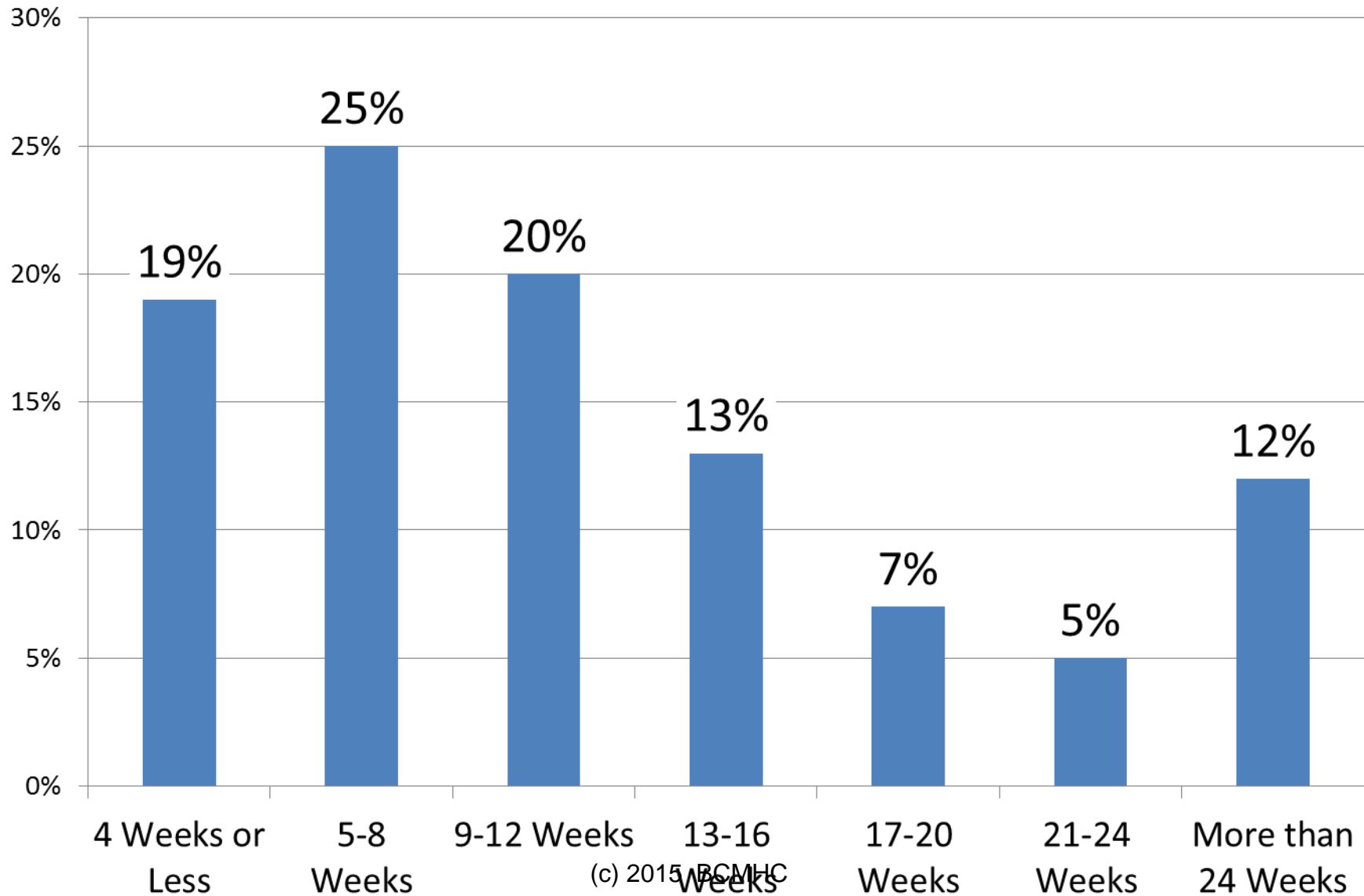
Presenting Problems among Students in Transition Programs in BRYT Evaluation Study



Length of Program Enrollment (median stay- 10 weeks)

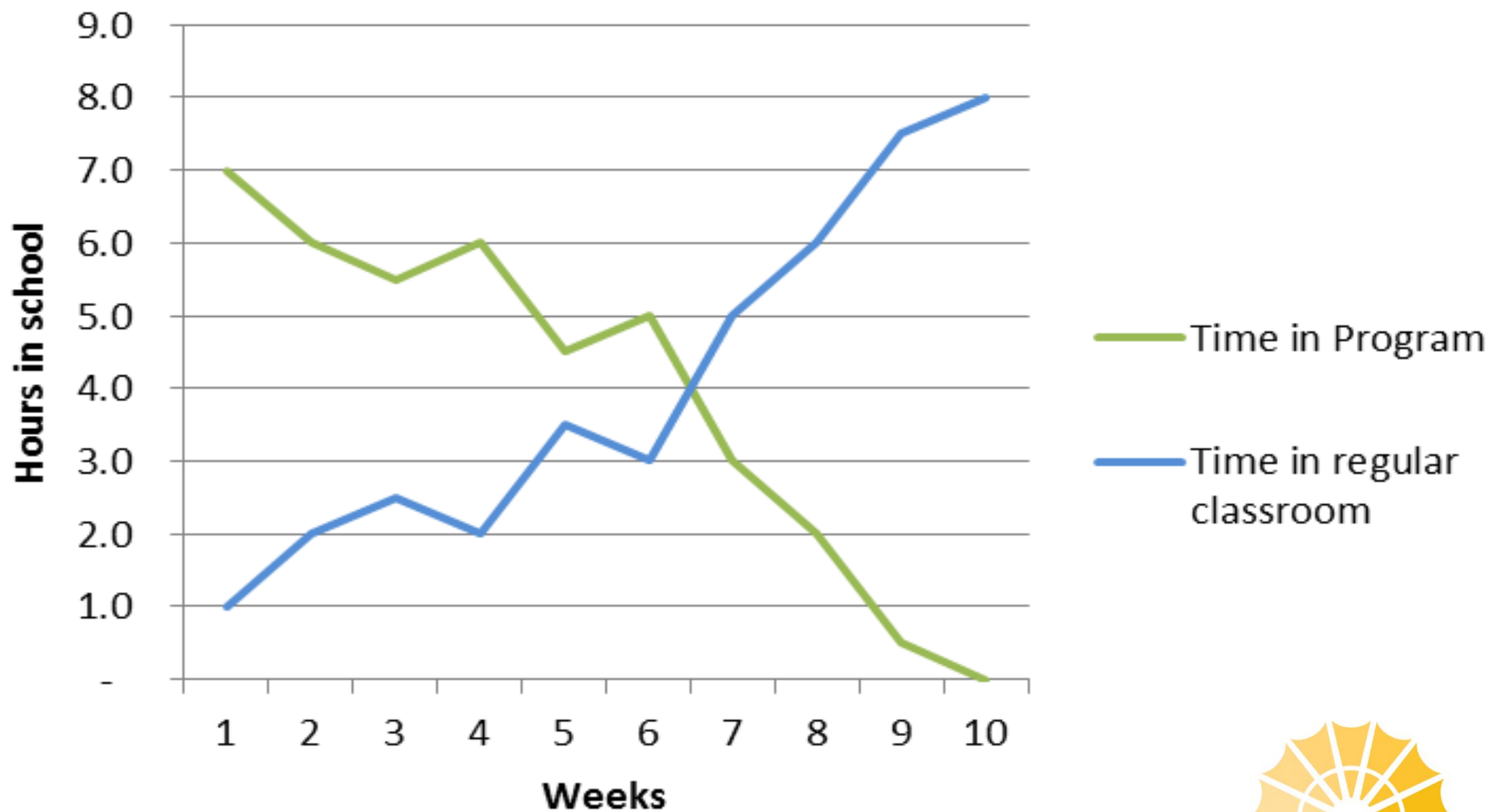


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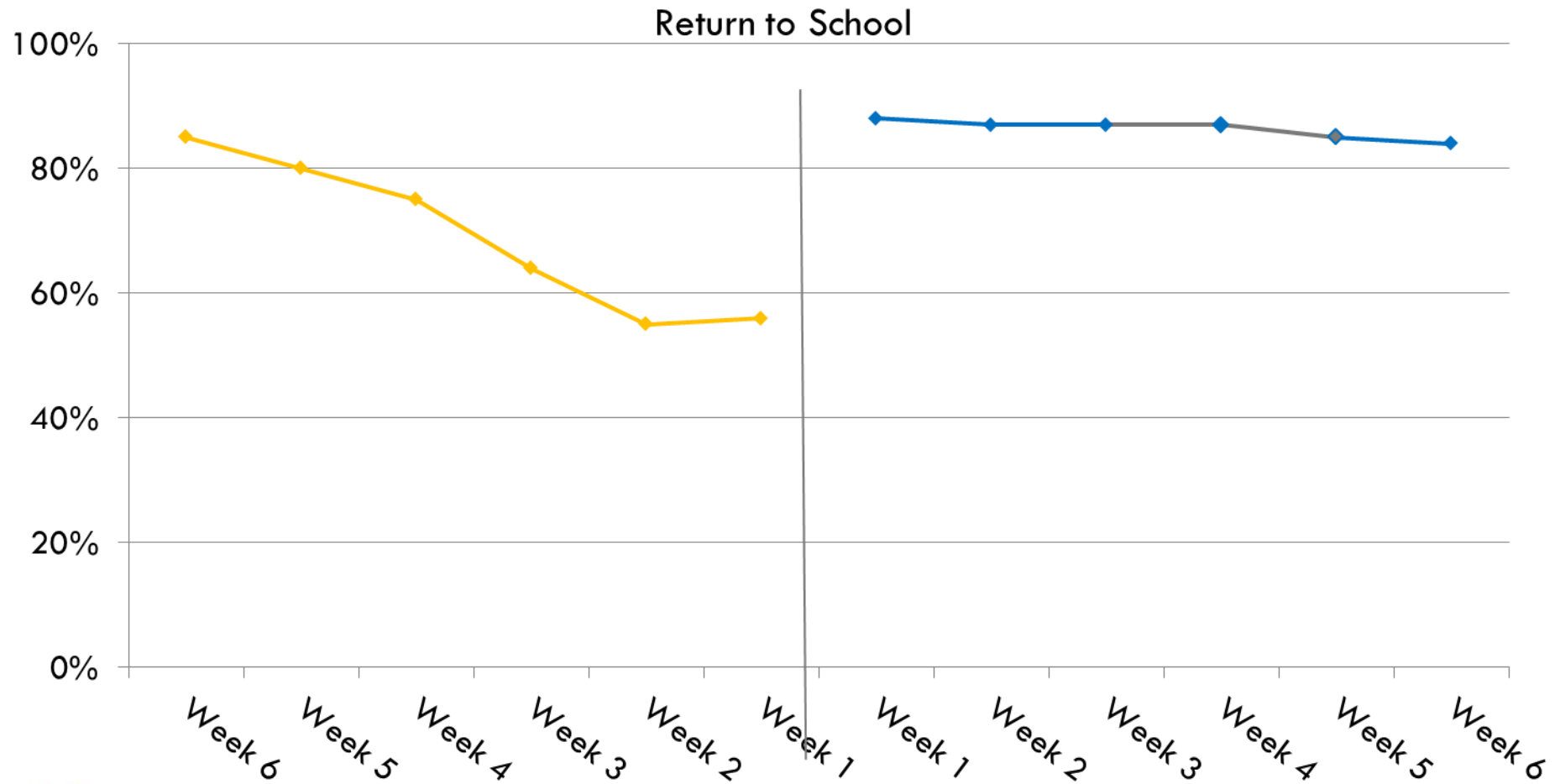


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As a student progresses through BRYT, the amount of time spent in the regular classroom increases.

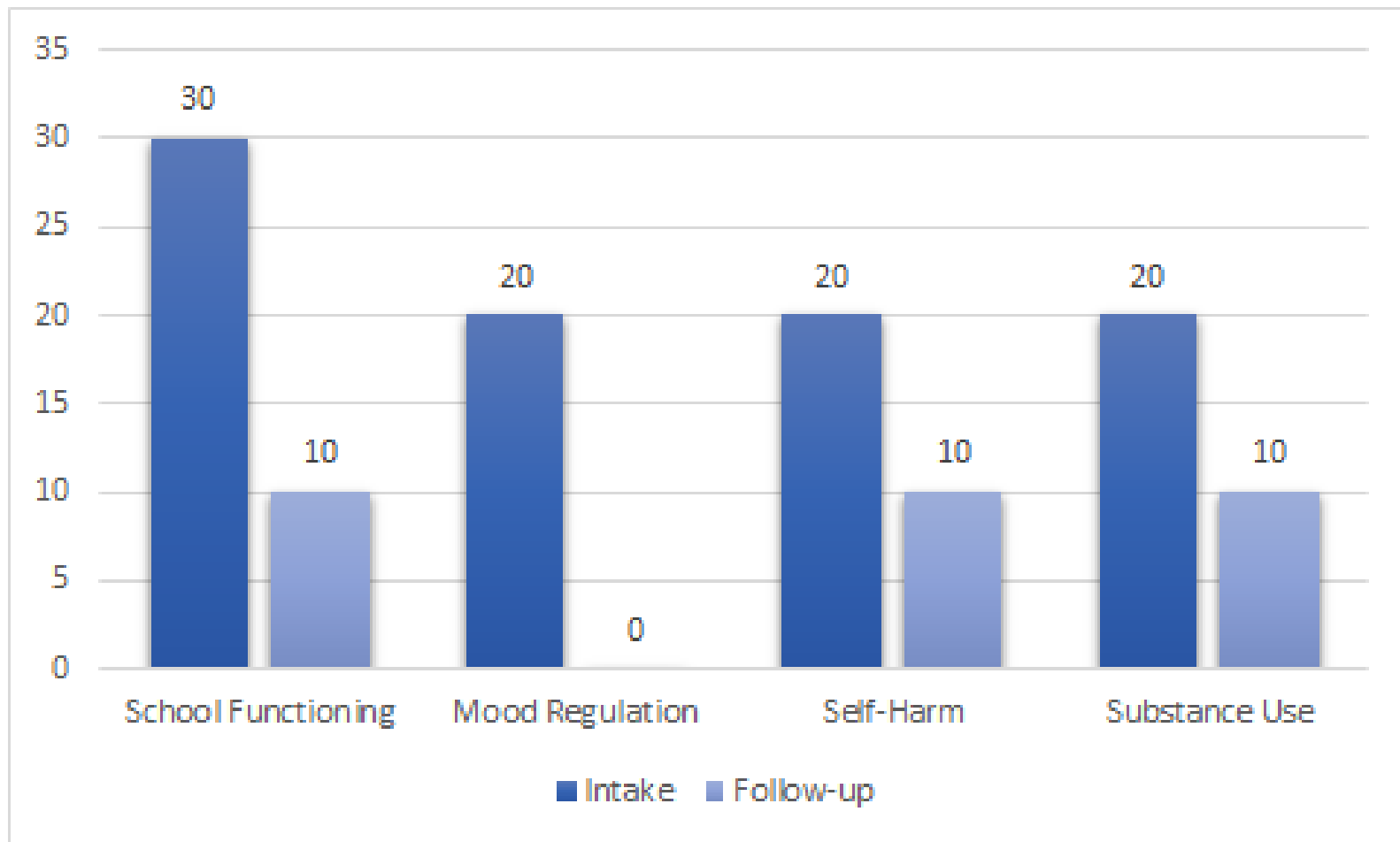


Outcomes: Average School Attendance Rates, Before and After Program Admittance



Outcomes: Changes in Well-Being Over Time

CAFAS Scores Among Participants with a Mental Health Diagnosis



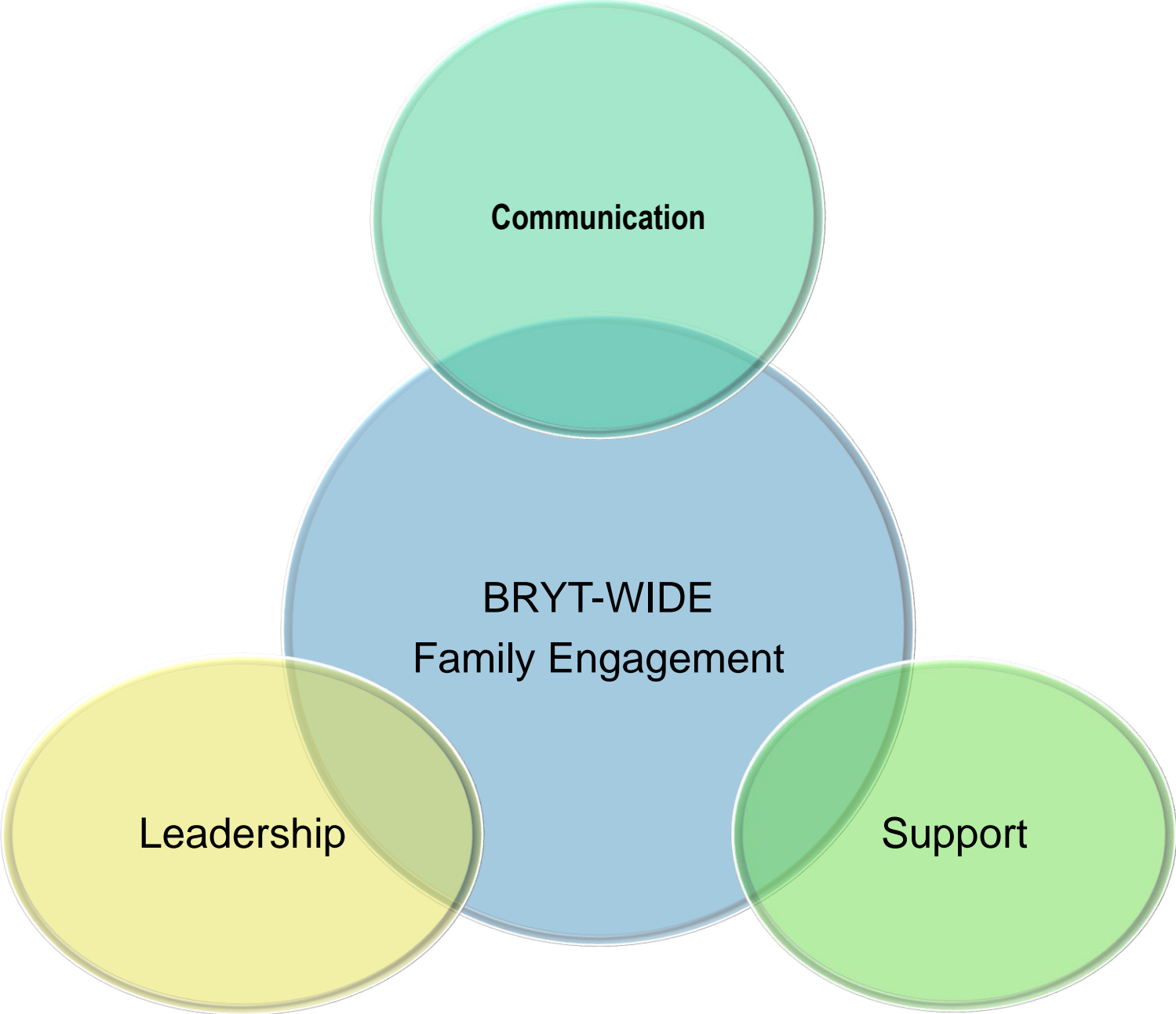
Lower scores indicate better functioning; all differences are statistically significant.

Outcomes: On Track to Graduate



85% of participants graduate or are on-track to graduate by the end of the year

MODEL FOR STRENGTHENING FAMILY ENGAGEMENT AT BRYT



A case example of successful School-Parent Partnership

The Wellesley High School Parent Leadership Team

Meredith's Story

What is the Wellesley BRIDGE PLT?

The Wellesley BRIDGE Parent Leadership Team is a set of parents who have volunteered to come together and contribute ideas and resources to share with parents who are new to the 'Transition Experience'. The ideas and resources generated within this team will be shared with 100 + Bridge Programs across the state to provide parent-generated educational and support resources for parents who are new to the experience.



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Contributions of the PLT



- Created a parent/teen/clinician reviewed Conversational Tool Series
 - Conversations tips during school pick-up
 - Tips to get your child out of the house in the morning
 - Tips to communicate around conflict)
- Created a Parent-reviewed Resource List
- Built a local community provider resource list
- Created a “What I Wish I Knew Then” document for new parents coming in to the program
- Built a Parent Welcome Binder
- Built a Bridge Program website for parents
- Designed a Parent Feedback Survey for use across the network
- Designed a Family Conference for Bridge/BRYT parents across the state

Questions?

