



IN-SCHOOL MENTAL HEALTH SERVICES

Improving children's mental health, supporting staff, and keeping schools safe

The Brookline Center provides **COUNSELING** and **PREVENTION** programs to children, and consultation to parents, teachers and administrators, on-site at all nine Brookline public schools.



POPULATIONS SERVED

- Brookline children and youth ages 3-18 (BEEP to BHS)
- 300+ kids and youth receive direct services each year
- Parents, teachers and administrators

SERVICES PROVIDED

32 clinicians in Brookline Public Schools and consultation to independent schools

- Counseling services
- Preventive care
- Observation and consultation
- Crisis planning and intervention
- Student advocacy and care coordination
- Education for parents, teachers and staff

SPECIAL PROGRAMS

- Project GROW (Girls Relationships Offer Wellbeing)
- Brothers and Sisters toward Success (with METCO)
- BRYT (Bridge to Resilient Youth in Transition)
- Early childhood support (with BEEP)

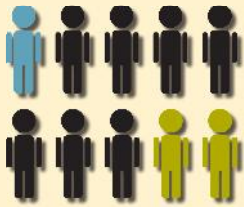
IMPACT

- ↑ Child and youth mental health/wellbeing
- ↑ School safety and classroom functioning
- ↑ Access to critical services
- ↑ Early intervention/diagnosis
- ↑ Parent support
- ↑ Collaboration between schools and community agencies

Bullying ↓

Social isolation of special needs families ↓

1 IN 10 CHILDREN has a mental health disorder severe enough to impair functioning at home, in school, and in the community.



2 IN 10 LOW-INCOME CHILDREN experience serious mental health problems.

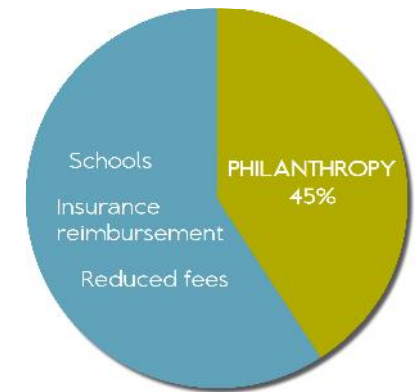
OF NOTE

Children served through these programs are often those with complex needs who require comprehensive support and multiple services.

Of students served through in-school services, 65% live in low-income homes.

The Center's in-school team of clinicians provides a gateway to Center-based services for kids and families in need.

PROGRAM FUNDING



HOMELESSNESS PREVENTION PROGRAMS

Keeping Brookline families housed safely and permanently

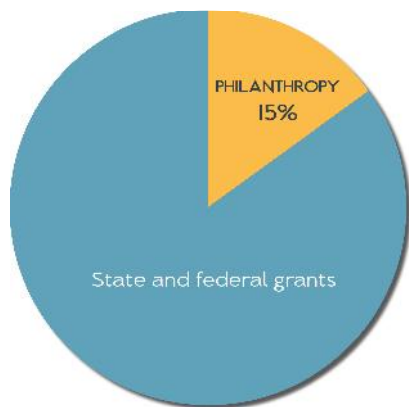
POPULATIONS SERVED

- Brookline and neighboring communities
- Primarily single-mother families living in public or Section 8 housing
- Extremely low income level
- Immediate risk of eviction or court-involved
- Homeless families and individuals

SERVICES PROVIDED

- Financial aid to help pay rent arrears
- Negotiation with property owners
- Assistance finding new housing and relocation
- Counseling and financial advising to build sustainability
- Care coordination
- Help with navigating social systems
- Coordination of agencies working with family

PROGRAM FUNDING



Working with individuals and families in immediate danger of **LOSING THEIR HOMES** or who are **HOMELESS**, these Center programs address housing instability as well as underlying economic, social, and mental health issues.

9%
of Brookline families
EARN LESS THAN
\$10,000/year
(U.S. Census 2010)



Brookline is experiencing a marked increase in people struggling to cover their basic needs, including food, housing, utilities, and healthcare. Brookline's public agencies and emergency relief agencies face more requests for support than they can accommodate.



Brookline Community Foundation, 2013

IMPACT

- ↓ Evictions and homelessness
- Short and long-term housing stability ↑
- Whole family well-being ↑
- Child safety and school attendance ↑
- Connections to social resources ↑



34% OF BROOKLINE HOUSEHOLDS

face unsustainable housing costs, eviction or other type of housing issue



OF NOTE

Public funding criteria sharply limit who can be served, how much support can be provided and for what expenses.

Government funding for the Center's homelessness prevention programs has been cut by 65% this year; community needs far exceed program capacity.

Additional private funding would enable us to serve families ineligible for public funds and to provide "upstream" interventions before circumstances become dire.



IN-HOME THERAPY PROGRAM

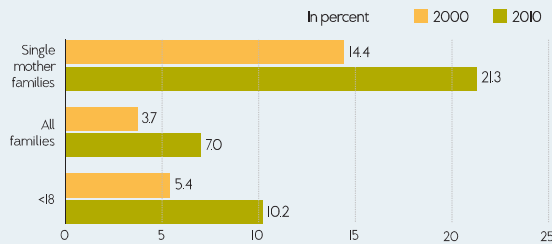
Stabilizing and strengthening Brookline families in crisis



From 2000 to 2010, family and child poverty **NEARLY DOUBLED IN BROOKLINE**

21% of Brookline single-mother families live in poverty (U.S. Census 2000 and 2010)

BROOKLINE POVERTY RATES



From Brookline Community Foundation
Sources U.S. Census 2000 and American Community Survey 2006 - 2010

OF NOTE

Referrals for the In-Home Therapy program come from schools, hospitals, and Center clinicians

In-Home Therapy is a gateway to Center-based services for kids and families when they are able to “step down” to less intensive treatment.

For families struggling with poverty, trauma, or other mental health issues, even the most basic functioning can be out of reach. The In-Home Therapy Program delivers intensive counseling and intervention services to **HIGH-RISK BROOKLINE FAMILIES** with children.

“Children in poverty are at greater risk of experiencing delays or gaps in their mental health development, having early warning signs overlooked, and having issues left untreated for too long, not treated at all, or all of the above.”
DePaul University study

POPULATIONS SERVED

- Brookline families with children in public school
- Single-mother, low-income families (90%)
- Families with trauma history, mental illness, abuse
- Children with difficulties in school or unable to attend
- Capacity is 20 families; now full with waiting list

SERVICES PROVIDED

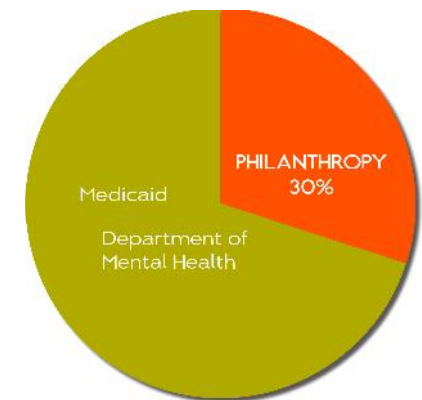
- Intensive in-home counseling
- Two or more times per week, two or more hours per visit
- Wraparound social service support
- Child advocacy and care coordination
- Average time in program: 18 months
- Therapeutic mentoring for children

IMPACT

- ↑ Whole family well-being
- ↑ Child safety and health
- ↑ School attendance and performance
- ↑ Connections to social resources
- ↑ Community wellness

- ↓ Family dysfunction and conflict
- ↓ Behavior issues and other school difficulties
- ↓ Social isolation

PROGRAM FUNDING



BRIDGE TO RESILIENT YOUTH IN TRANSITION

Improving the lives and futures of high-risk teenagers



POPULATIONS SERVED

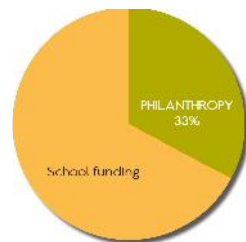
- Youth experiencing acute or chronic mental health issues or serious medical conditions.
- Teachers, guidance counselors, and school administrators
- Brookline High School and 15 communities across Eastern Massachusetts
- Safety net for 18,000+ students, directly serves 1,200 students and their families

SERVICES PROVIDED

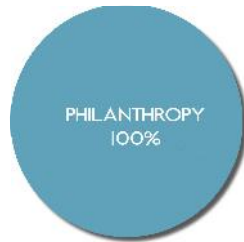
- In-school counseling
- Academic tutoring
- Student advocacy
- Care coordination
- Support to parents
- Average time in program: 6 to 12 weeks

PROGRAM FUNDING

Brookline BRYT



Replication Program



BRYT is a wraparound transition program for students returning to **HIGH SCHOOL** following a prolonged absence due to a psychiatric hospitalization, chronic mental illness, or acute health problem.

21% of youth ages 9 to 17 have a diagnosable mental health disorder

80% will not receive treatment

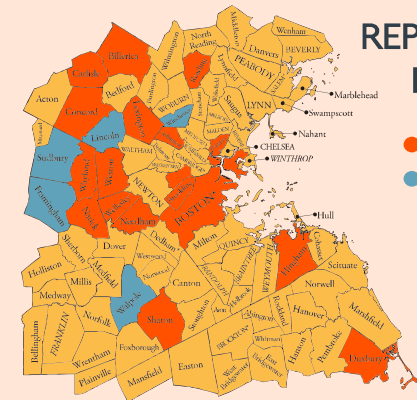
U.S. Public Health Service

“ Untreated, teenage mental illness leads to school drop-out, suicide, substance addiction, extreme family dysfunction and the start of life-long patterns of poor functioning. ”
Journal of Adolescent Health

IMPACT

- ↑ Improvement in youth lives and futures
- ↑ Academic performance and grade completion
- ↑ Access to mental health care
- ↑ Schools that advance the mental health of all
- ↓ Relapse and worsening of illness
- ↓ Disruptive and dangerous behaviors
- ↓ Cost of out-of-district placement

BRYT REPLICATION PROGRAM



- Current BRYT Schools
- Developing BRYT-model transition programs

OF NOTE

Most schools lack the resources to support the complex needs of these students.

Early and effective mental health treatment can prevent a significant proportion of delinquent and violent youth from future violence and crime.

BRYT is a gateway to Center-based services for youth (and their families) coping with acute or chronic mental illness



PROJECT GROW

Helping girls develop strong identities and healthy peer relationships

POPULATIONS SERVED

- Girls ages 8-16 attending Brookline public schools.
- Girls adopted from Asia living in local communities.
- Teen and pre-teen girls with autism spectrum disorders.
- Girls from underserved populations living in Brookline and Boston.

IMPACT

- ↑ Self-esteem
- ↑ Social engagement
- ↑ Positive peer relationships
- ↑ Academic success
- ↑ Healthier, safer school communities

Bullying and relational aggression ↓

Behavior issues and other school difficulties ↓

75% OF GIRLS

with low self-esteem report that they engage in disordered eating, bullying others, cutting themselves, or smoking or drinking.

*Real Girls, Real Pressure: A National Report on the State of Self-Esteem, 2008

Project GROW (Girls Relationships Offer Well-Being) is a **PREVENTIVE MENTORING PROGRAM** that helps girls develop skills to deal with social pressures and peer expectations. Project GROW builds self-esteem, fosters social competence, reduces bullying, and helps girls develop **STRONG, HEALTHY RELATIONSHIPS**.

7 OUT OF 10 GIRLS

ages 8 to 17 hold negative opinions about their looks, school performance, or relationships with peers or family*



SERVICES PROVIDED

- Weekly Project GROW groups held at schools and on-site at the Brookline Center.
- Curriculum adapted for and by each GROW group.
- Sessions on identity, bullying, friendship, gender development.
- Mentors matched with groups for race or ethnicity (where applicable)

WHAT IS RELATIONAL AGGRESSION?

- A form of bullying
- Peer relationships used to control or hurt another, or to increase social standing.
- Common during middle school years, particularly among tween girls.
- Characterized by gossip, teasing, slander and exclusion.
- Can occur in a physical setting or online.



OF NOTE

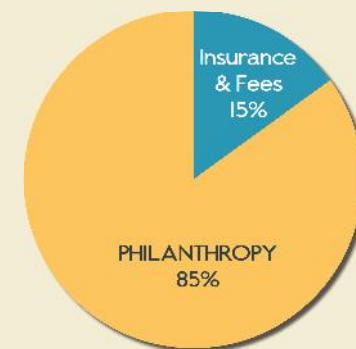
Since 2004 when Project GROW began, more than 700 girls have participated.

Referrals for Project GROW come from guidance counselors, Center clinicians, and girls referring friends.

Project GROW is a gateway to Center-based services for girls experiencing more significant mental health issues, and their parents.

Two Boston schools, the Epiphany School and Bridge Boston, have Project GROW groups.

PROGRAM FUNDING



Increased funding will support the creation of new GROW groups, allowing more girls to thrive.

