



**bryt**

**transforming how schools  
support students with serious  
mental health disruptions**

# Disclosure:

**I have no actual or potential conflict of interest in relation to this program/presentation.**

# Agenda

1. Welcome and introductions
2. Context
3. Overview
4. Outcomes
5. Supports
6. Q & A

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



**Paul  
Hyry-  
Dermith**  
Director



**Katherine  
Houle**  
Assoc.  
Director



**Courtney  
Tucker**  
Assoc.  
Director

**“A new school year means new beginnings, new adventures, and new challenges. The slate is clean and anything can happen.”**

# Think of...

A student that you know or have heard about who has had a disruption due to a significant mental health challenge.

They may have been out of school and have expressed a desire to return to classes.

Or they have stayed in school but unable to engage in learning

## With the person next to you, please discuss:

- In your school or one you know, what would happen next for this student?
- Is anything missing?
- How could it be improved?





**bryt in**  
**five words:**

**hope**

**healing**

**compassion**

**community**

**change**

# We stand at the **intersection**



**Education**

**Youth  
Development**

**Mental  
Health**



**150+**

**Massachusetts  
Programs**

**35+**

**Elementary  
Schools**

**200,000+**

**Total Students  
In Districts**

**45+**

**Middle Schools**

**6,000+**

**Families Served**

**150+**

**High Schools**



**Expanding  
Nationally!**





# Context for bryt

**17%** U.S. children aged 2–8 years had a diagnosed mental, behavioral, or developmental disorder

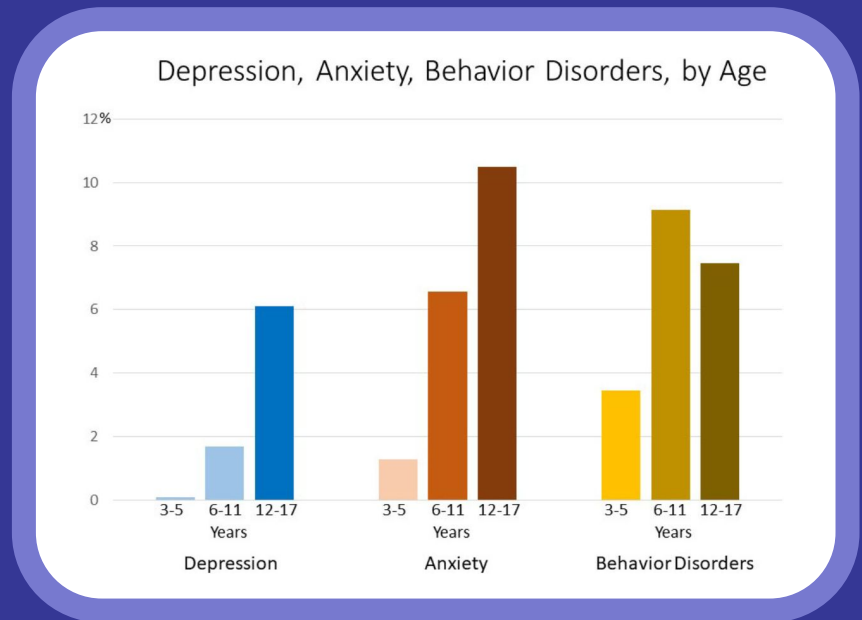
**20%** high school students considered suicide during the pandemic

**29%** students reported a parent lost a job in the last year

**44%** students felt persistently sad and hopeless in the last year

**50%** of all lifetime mental illness begins by age 14...

**75%** by age 24



# The system isn't working

## DISTRICTS

"We can't fix everything for every student and family —we need [a] network."

## SCHOOLS

"I knew therapeutically it wasn't the best situation, but we had no place for them to go.

We were not good at this."

## TEACHERS

"Most teachers have never had mental health training. They start to see what students are going through. They haven't understood why kids aren't functioning in class,"

## FAMILIES

"We don't know what our students are dealing with"

Imagine a school environment where a student's mental health **isn't a burden** to their well-being or academic journey

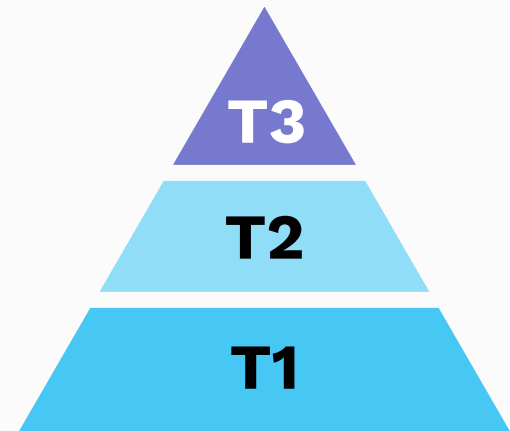
**How are you seeing the  
child and youth mental  
health crisis show up in  
your school/district?**



# Our 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 can fit multiple systems
- Engages the public health-informed three-tier perspective
- Integrates with other existing tiered systems



# MTSS Tiers



## Tier 3

Intensive

“Core + More + More”

- Directly 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

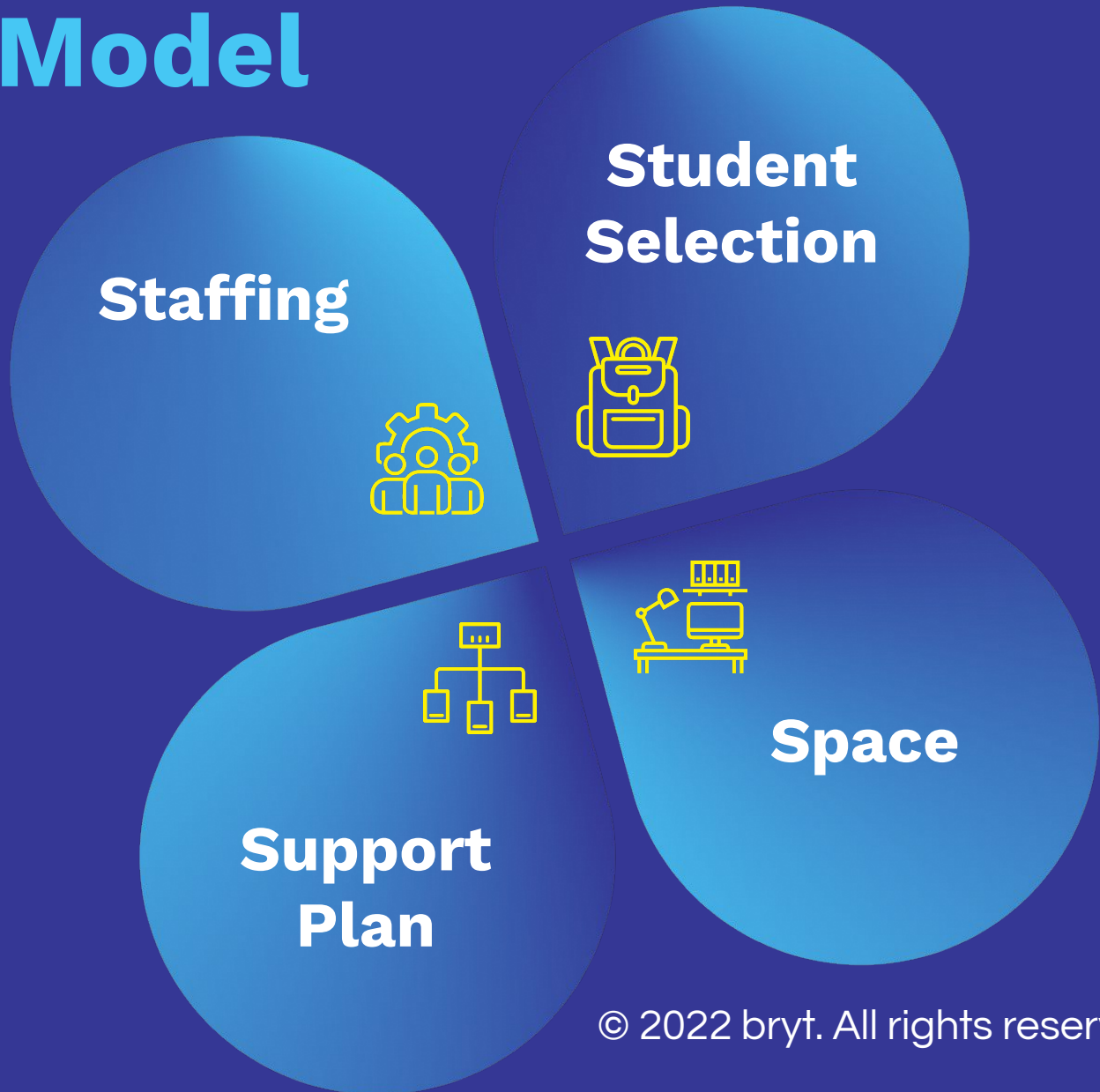
## Tier 1

Universal

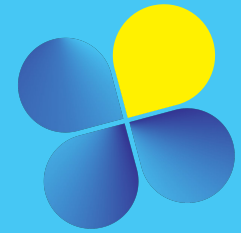
“Core Supports”

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

# bryt Model

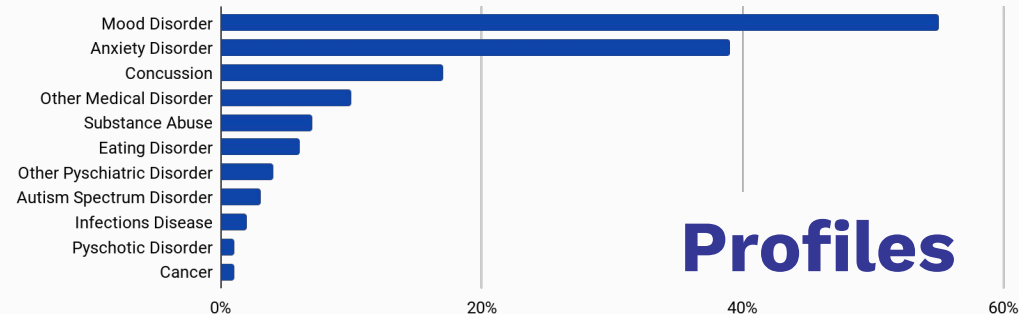


# Student Selection

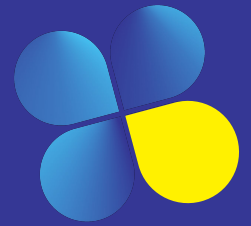


## Potential Priority Populations

- Absent or unable to function for five or more consecutive days due to emotional disorders or serious trauma response
- Disengaged in association with a mental health challenge (may include disruptive behaviors in the classroom at the elementary level)
- Repeatedly and/or chronically absent for unexpected reasons (e.g. death of loved one, housing instability)
- **Serious** medical conditions or injuries (e.g. severe concussions)

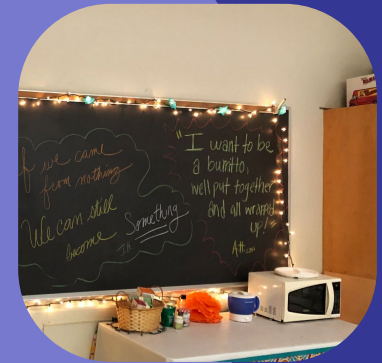


# Space



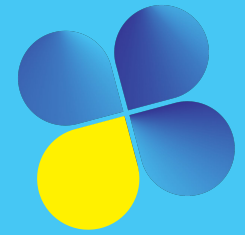
## bryt room

- Open every period, every day
- Tables & Computers
- Located near an entrance
- Comfortable seating
- Space for individual meetings



Students can access staff and sanctuary when needed as they work toward full school reintegration

# Support Plan



## Care Coordination

Connecting students & families with school and community supports to help navigate mental health, health care and, school systems. Includes students' exit from bryt.

## Academic Support

Assisting students achieve course standards and learning objectives. Includes negotiated deadlines, workload modification, and adjusted grading options.

## Clinical Support

Setting and supporting student goals. Includes check-ins, individual counseling, informal groups, diagnostic evaluations, staff and teacher consultation, crisis intervention, and therapeutic practices.

## Family Support

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

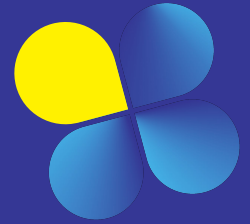
Program entry is flexibly structured and begins immediately after a student and family are identified.



# Family Support

- **Private Facebook Group**
- **Monthly Family Education Events (YouTube Live)**
- **Family Peer Support Groups (Elementary, Secondary, BIPOC)**
- **Consultations with School Teams**
- **Individual consultation / support as-needed**

# Staffing



## bryt-specific Staff

### Clinical Coordinator

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

### Academic Coordinator

- Teacher or Classroom Aide/Tutor
- Coordinates academic transition
- Helps complete class assignments & missed material
- Ensures room is available at all times

## School Staff

### Counselors

- Trained on student referral and academic coordination
- Communication to support student wellbeing

### Teachers

- Trained on student referral
- Participate in clinical support
- Oversee step-down from bryt

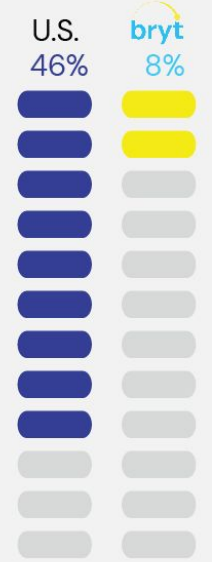
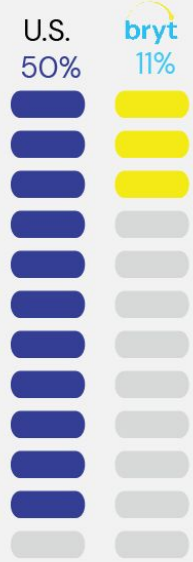


# OUTCOMES

Average time for Reintegration

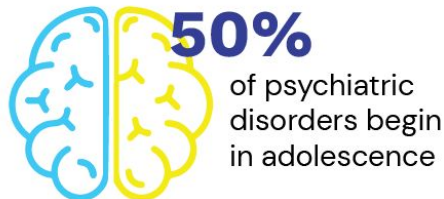
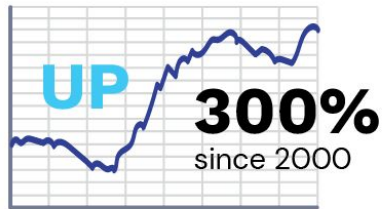


On time Graduation



## National Context

Psychiatric hospitalization

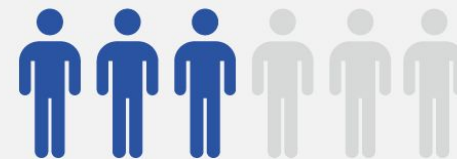
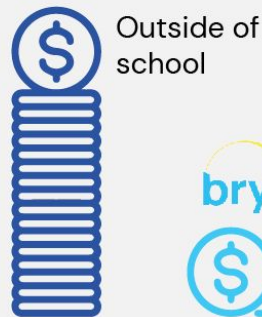


Mood Regulation

Coping Skills

School Function

Cost Per Student





# How we support schools

# Integrating Systems

## Data

bryt identifies indicators of success and tracking, including individual and collective student progress and outcomes

## Support & Oversight

bryt has a powerful new intervention aligned with schools' existing...

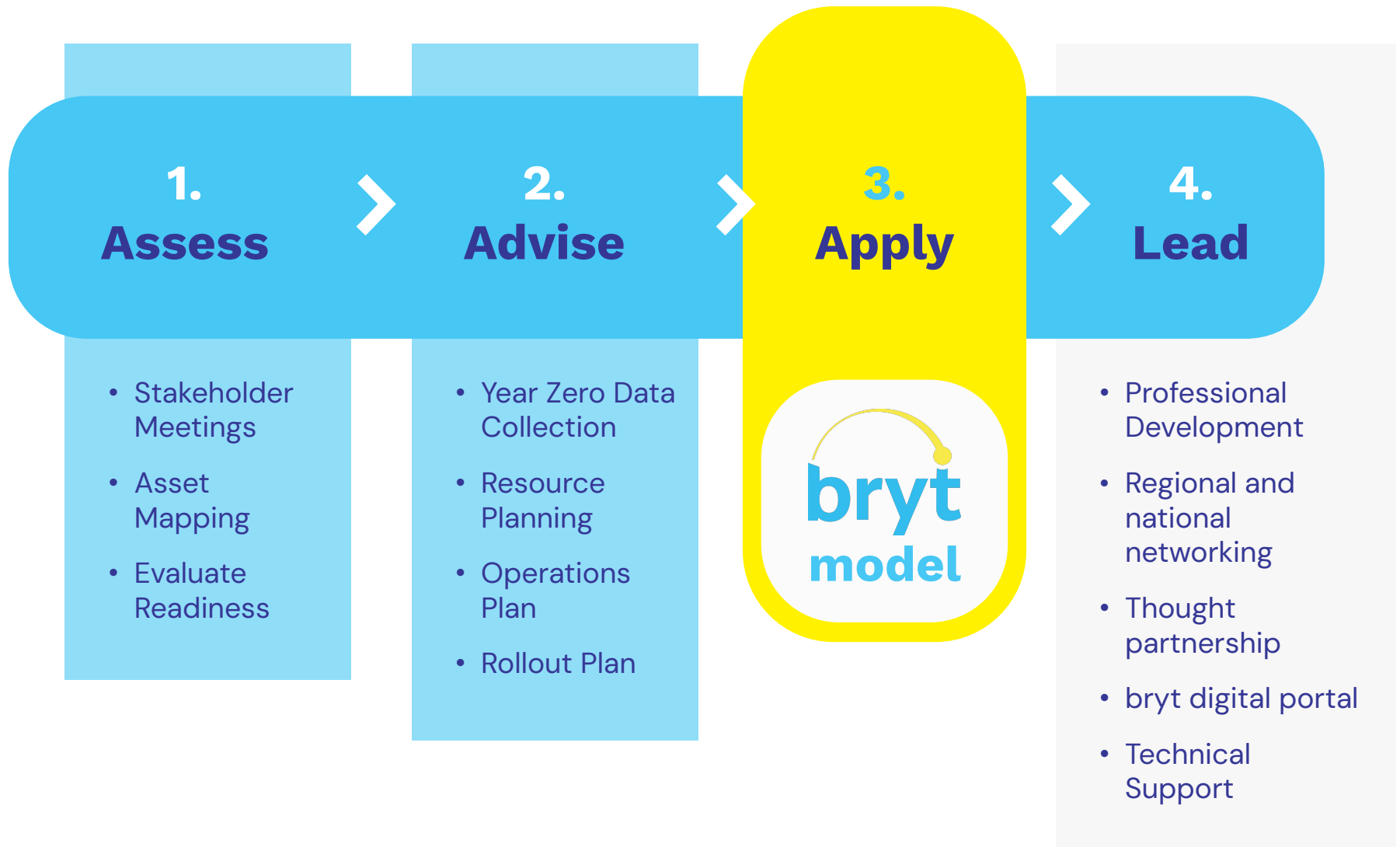
- Teams
- Supports
- Interventions
- Programs

## Culture

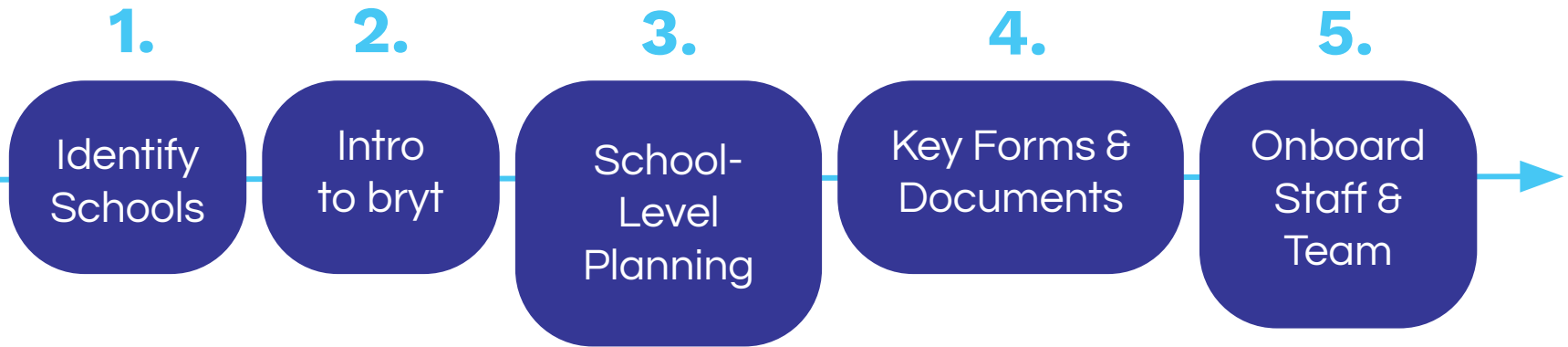
bryt stands up for mental health across the school, reducing stigma and increasing inclusion while fostering collaboration and innovation



# Our Approach




# Bring bryt to your school



## Integration Package

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



A background of blue school lockers with a yellow arc graphic. The lockers are arranged in a grid, with some numbers visible (19, 20, 24, 25, 26). A thick yellow arc starts on the left side, curves over the top, and ends on the right side with a circular terminal.

**Questions,  
Thoughts,  
Comments?**

# Remember...

The student that you brought to mind at the beginning of the session that experienced a disruption due to a significant mental health challenge.

**With the person next to you, please discuss:**

- What is a hope you have for them, now that you've learned more about bryt?
- What is something that you will bring forward from today's presentation?





# bryt Team

## Director

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Kamuene

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Simmons

Katie  
McCormack

Erin  
DiPalma

Zemora  
Tevah

# Conference Evaluation



Throughout the conference, when you see a QR code, simply open your phone camera and point it at the code.

Your camera automatically recognizes the QR code and will prompt you to visit the link!

**Scan the QR to complete the evaluation for this session.**

**#ASM2023 #SchoolMentalHealth**

# SCAN ME

The student that you brought to mind at the beginning of the session that experienced a disruption due to a significant mental health challenge.



**Thank You!**

The logo for Bryt features a white arc above the lowercase letters 'bryt'. A small white dot is positioned at the right end of the arc, above the letter 't'.

**bryt**