

BRAVE LEARNERS PROGRAM

Cool Kids Stream

Program Purpose:

- An inter-ministry program between the Surrey School District and Child & Youth Mental Health (CYMH) that supports the development of anxiety management strategies for elementary students in the Surrey School District
- The goals of the program are to enhance the student's ability to manage their mental health challenges, build capacity in the school and home to support the student, and improve the child's functioning in various environments
- The program uses an Integrated Case Management (ICM) approach, which requires the participation of the student, student's parents, guardians, caregivers, school staff, other service providers, and Brave Learners team members; engagement from parent and child is key
- Open communication and collaboration among the entire team ensures we can best support our student to manage their anxiety

Brave Learners *Cool Kids Stream* Program Outlook:

- Term 1 program support runs from October – mid February
- Term 2 program support runs from end of February – June
- Student either receives direct support or is case managed by a CYMH Clinician
- Student learns anxiety management skills and strategies through the *Cool Kids* anxiety management curriculum delivered by CYMH
 - Student attends 10 weekly, virtual group sessions (*Cool Kids Group*) during the school day on **Tuesdays** from **10:45am - 11:45 am**
 - School must provide:
 - Quiet, private space from 10:45am - 11:45am
 - A staff member available to sit with the student to ensure to provide support as needed, as well as to learn the strategies alongside the student (*this can be a CCW, EA or other staff that works with the student, or someone they are comfortable with*)
 - Laptop with access to *Teams* for the student (*Program Coordinator will send invitation to staff member*)

- Parent participation through a virtual parent group led by CYMH runs every **Tuesday or Thursday** from **4:30pm – 5:30pm on Teams for 10 weeks**
 - Parents will learn the skills and topics covered in their child’s weekly virtual sessions
 - Parent participation is required
- *Teams* Program Intake and Discharge Meetings are held to initiate and end services
 - A **Teams Consultation Meeting** with *Cool Kids* Group Facilitator will be held mid-way through the program for school staff and program team
 - ICMs and other support planning meetings may also be held throughout the course of the program as needed
 - Program meeting attendees include classroom teacher, school case manager, program team, parent, and CYMH Clinician
- Anxiety questionnaire to be filled out by classroom teacher at the beginning of program support

Program Support Details:

- Program support is provided under the clinical guidance and recommendations of a variety of CYMH Clinicians and CYMH Cloverdale/Fleetwood Team Leader, Dr. Rachel Nobel
- The Brave Learners Program team consists of a Program Teacher/Coordinator, Karan Khatkar, Interagency District Resource Counselor, Ian Rieveley, Surrey Schools Childcare Worker (CCW), and Surrey Schools Education Assistant (EA)
 - The role of the Brave Learners Team is not to be a helping hand in the classroom, but to reinforce strategies, either in class or during 1:1 support
 - Brave Learners Program Coordinator/Teacher supports the team, communicates with each student’s school team as needed (*scheduled check in at the end of the first month and towards the end of program support*), and assists with student support planning and program development
 - Brave Learners Program District Resource Counselor provides consultative support as needed
- Program CCW supports the student directly with the acquisition and practice of the *Cool Kids* strategies and skills learned in the *Cool Kids* Group, as well as other SEL skills and strategies (as needed), connects with student’s school team to discuss progress and gather support information, and completes documentation to connect weekly with the Brave Learners Program Team and CYMH Clinician for further guidance and consultation
 - Program CCW support block is half a day, once a week
 - Morning support blocks are from about 8:00am - 11:30am
 - Afternoon support blocks are from about 12:00pm – 3:02pm
 - *Approximately one hour is used for support block prep and documentation, and two hours are spent working 1:1 with the student and connecting with the student’s support team members*
 - Program CCW visits two school sites per day, and builds in breaks and travel times into the schedule (*exact times can be discussed directly with the Program Coordinator and CCW*)

- Program CCW will work 1:1 with the student and support the student as they implement their skills in the classroom and larger school environment (*this also helps the Classroom Teacher learn the language and skills the student is learning with the CYMH Clinician and/or Program CCW*)
 - **Program CCW will need access to a quiet and private space** to work with the student 1:1 and fill in documentation
 - In-class opportunities will be discussed by Program CCW directly with the Classroom Teacher
- Program EA support is available, if deemed as a good fit, to support the student directly with the reinforcement and practice of the *Cool Kids* strategies and skills learned in the *Cool Kids* Group, as well as other SEL skills and strategies (as needed) during academic tasks, and complete documentation to connect weekly with the Brave Learners Program Team and CYMH Clinician for further guidance and consultation
 - Program EA support block is half a day, once a week
 - Morning support blocks are from about 8:15am - 11:30am
 - Afternoon support blocks are from about 12:00pm – 3:00pm
 - Program EA visits two school sites per day, and builds in breaks and travel times into the schedule (*exact times can be discussed directly with the Program Coordinator and CCW*)
 - Program EA support may include in-class or 1:1 pullout, or with another peer(s)