

# Brave Learners Program

## "Cool Kids" Anxiety Management Stream

### Who

The program supports elementary students with a diagnosis of anxiety from a mental health professional.

Intakes happen twice a year and program runs for approximately 16 weeks.

Term 1 cohort begins in October. Term 2 cohort begins at the end of February.

### What

Inter-ministry program between Surrey School District and Child & Youth Mental Health (CYMH).

Based on the "Cool Kids" anxiety management curriculum supporting the development of anxiety management skills and strategies.

### Program Goals

#### Anxiety Management

Enhance student's capacity to manage their anxiety.

### How

In-school student support from program staff 1x per week for half a day.

1-hour virtual student group sessions in school led by a CYMH Clinician on Tuesday mornings @ 10:45-11:45 am.

Virtual parent support group on Tuesday evenings @ 4:30-5:30 pm (parent participation is required).

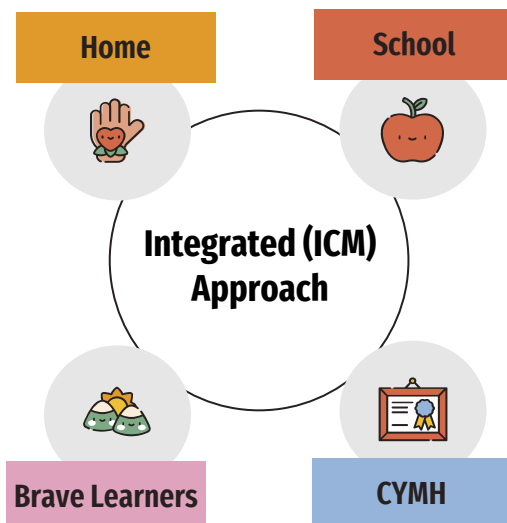
#### Skill Building

Students learn and apply skills and strategies to manage their anxiety at school and home.

#### Capacity Building

Building capacity at school and home for continued student support.

### Integrated Case Management Approach



### Criteria for Application

- ✓ CYMH Clinician must support the referral and provide an Initial Supports and Services Plan (ISSP) and Initial Mental Health Assessment (IMHA)
- ✓ Parental consent to actively participate in the program
- ✓ School Based Assessment Data to support referral

### Program Referral Inquiries

Brave Learners Teacher/Program Coordinator  
bravelearners@surreyschools.ca

### Program Referral Documentation

[www.surreyschools.ca/educationservices/page/129068/brave-learners](http://www.surreyschools.ca/educationservices/page/129068/brave-learners)