

BRAVE LEARNERS PROGRAM

Selective Mutism 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 Selective Mutism Stream Program Outlook:

- Program support runs for 3-5 months, or when treatment goals are met (whichever comes first)
- The Selective Mutism stream of programming is based on the Selective Mutism Treatment Protocol by Kelty Mental Health Resource Centre and BC Children's Hospital
 - This program stream was developed by two PhD resident students, alongside Child and Youth Mental Health (CYMH) Team Leaders
- The goals of the program include supporting the child to verbalize at school and establish "talking partners" in the school
- Student receives 1:1 support sessions with a CYMH clinician focused on brave talking; once talking is established in the clinical setting, support will transfer into the school setting with Program CCW
- Parent participation through a virtual parent group led by CYMH for 5-8 weeks on *Teams*
 - Parents learn the selective mutism skills and strategies to support their child at home and in the community
 - Parent participation is required
- *Teams* Program Intake and Discharge Meetings are held to initiate and end services

- CYMH PhD resident students are available for virtual consultations with schools at a scheduled time every other week
 - If a school professional has questions about the treatment process or supporting the child, they can contact the Brave Learners Program Coordinator to sign up for a 20-minute consultation
- Program meeting attendees include classroom teacher, school case manager, program team, parent, and CYMH Clinician
- ICMs and other support planning meetings may also be held throughout the course of the program as needed
- Anxiety questionnaire to be filled out by classroom teacher at the beginning of program support

Program Support Details:

- The Brave Learners Program, in collaboration with CYMH, hosts a half-day Selective Mutism Treatment Training Workshop in September and February
 - School professionals working with a child with selective mutism are encouraged to attend
- Program support is provided under the clinical guidance and recommendations of CYMH PhD resident students 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 (*depending on where the child is at*)
 - 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 strategies and skills of the Selective Mutism Treatment Protocol, 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 PhD resident students 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 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 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 CCW will meet with CYMH PhD resident students every other week to review goals and to consult with on treatment strategies and progress

Overview of Brave Learners Program Student Support Team Roles and Expectations

CYMH Clinician:

✓ Provide initial 1:1 weekly Selective Mutism Treatment at CYMH office
✓ Once speaking has been established with CYMH Clinician, fade in Program CCW at CYMH office
✓ Support with the transfer of program support to the school setting, if needed
✓ (CYMH PhD resident students) Provide consultation to Program CCW biweekly, and school team every other week at a pre-scheduled consult, if needed

Program CCW:

✓ Once speaking has been established with CYMH Clinician, Program CCW will meet with CYMH Clinician and student at CYMH office to be faded in
✓ When program support is transferred to the school setting, facilitate brave talking with the student
✓ Fade in peers and student's support team members, as per goals documented at Intake Meeting
✓ Connect with student's support team members (e.g. Classroom Teacher, IST, CCW, Counselor etc) regarding student's progress and Selective Mutism Treatment strategies
✓ Document student's weekly progress towards goals via student support plan
✓ Consult with program team and CYMH PhD resident students

School Team:

✓ Highly suggest attending Selective Mutism Training Workshop (<i>offered in September and February</i>)
✓ Provide a private, quiet space for Program CCW (and possibly CYMH Clinician) to work with the child and for Program CCW to complete documentation
✓ Support implementation of Selective Mutism Treatment Protocol by being faded in by Program CCW, suggesting other school staff for fade ins, and by implementing discussed Selective Mutism strategies with the child when possible and appropriate
✓ Communicate with Brave Learners Program Team and request consultation if needed

Parent(s):

✓ Attend CYMH virtual parent group to learn Selective Mutism strategies
✓ Facilitate brave talking at home, with peers, and in the community
✓ Communicate with Brave Learners Program Team as needed

Program Coordinator:

✓ Oversee program implementation
✓ Organize bi-weekly consult with the school team, if needed, and other program meetings
✓ Point of contact if there are any questions about the program or to schedule a consultation