

Brave Learners Program

Selective Mutism Stream

Who

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

Intakes happen on a roll-over basis and are dependent on caseload capacity.

Programming last about 4-5 months.

What

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

Based on the selective mutism treatment protocol by Kelty Mental Health Resource Centre and BC Children's Hospital.

5 Key Principles

How

1:1 initial weekly clinical sessions with a CYMH Clinician to establish brave talking.

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

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

Relationship

Building strong positive relationships provides a comfortable and safe space.

Strategic Approach

Warming up with child-directed interactions, and not asking questions at the beginning prevents a cycle of not talking.

Exposure

Gradual exposure creates opportunities for increasing success and building confidence.

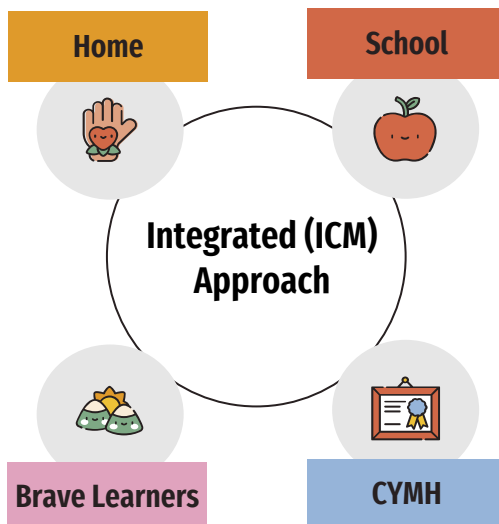
Rewards

Verbal praise and prizes encourage and develop a positive association with talking.

Reduce Variables

Generalization of skills happens by changing only one variable at a time in the setting, activities, and people.

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