

BRAVE LEARNERS

A Surrey Schools anxiety management program in partnership with Child & Youth Mental Health (CYMH)

Our Purpose

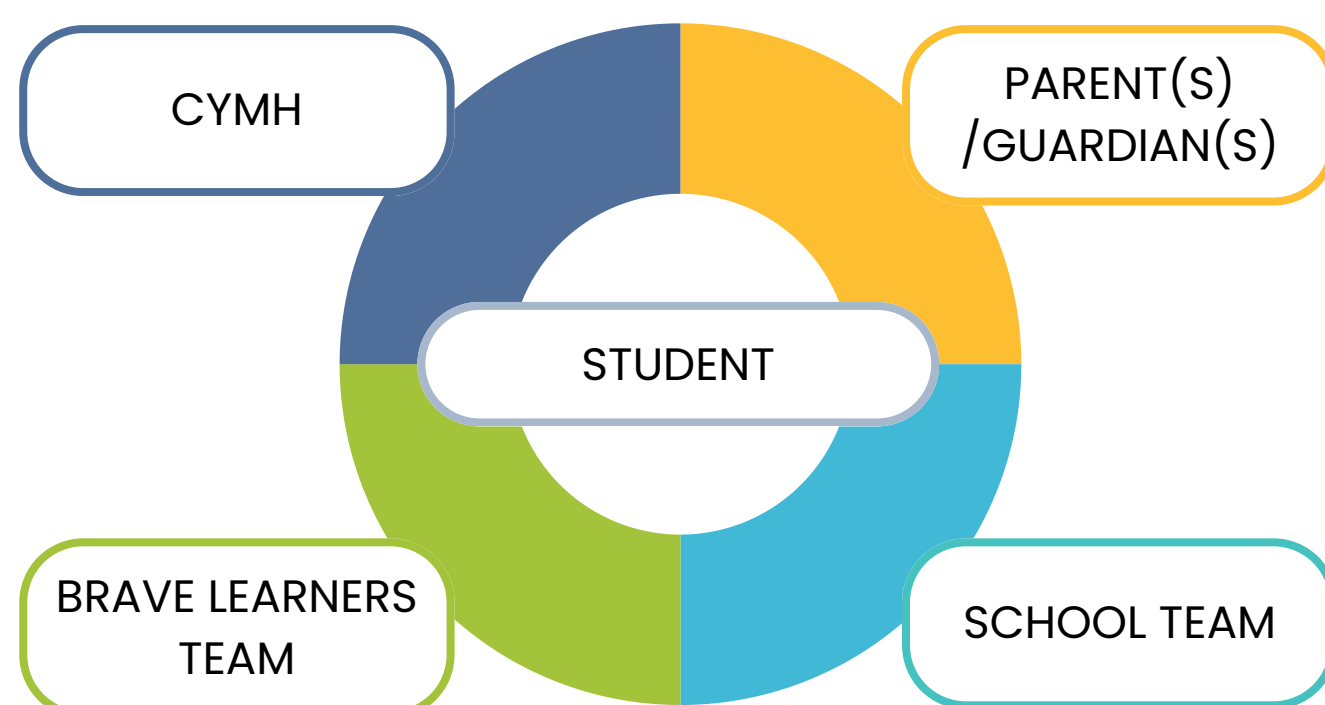
The Brave Learners Program (BLP) is an outreach program that supports the development of anxiety management strategies for elementary students in the Surrey School District.

Support lasts up to 1 school year or until treatment goals are met as determined by the student's CYMH clinician.

Our Goals

- ★ To enhance the student's ability to manage their anxiety
- ★ To build capacity in the school and home to support the student with learning and practicing skills and strategies
- ★ To improve the student's functioning in various environments

INTEGRATED CASE MANAGEMENT (ICM)



Our Approach

The Brave Learners Program uses an **Integrated Case Management (ICM)** approach which requires open communication and collaboration between everyone involved in supporting our student.



The full participation of everyone involved is the key to the program's success.

PROGRAM STRUCTURE

CYMH Mental Health Support

- Students are assigned a clinician after intake at CYMH and work with them to learn anxiety management skills and strategies.
- Clinicians consult bi-weekly with the Brave Learners team to share the strategies and skills the student is learning in their sessions.
- Updates and recommendations are also provided as needed to program team, parents and school staff throughout the duration of the program.

Brave Learners in-school support is delivered under the clinical guidance and recommendations of the student's assigned CYMH clinician.

In-School Program Support

Brave Learners Program (BLP) staff consists of **Outreach Workers (OW)** who work in schools with students and an **Inclusive Education Support Worker (IESW)** who may be assigned to a student if support during academic tasks is needed.

BLP staff communicate progress towards goals with the school team, Brave Learners team, and the student's CYMH clinician.

In-School Support Looks like:

- reinforcing the use of anxiety management skills in the classroom and greater school environment
- 1:1 in class or pullout support, with another peer(s), and in the greater school environment
- ½ day blocks (mornings or afternoons) 1x per week (hours are dependent on each school's bell schedule)