

# BRAVE LEARNERS

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

## Purpose

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

## Goals

- ★ enhance the student's ability to manage their anxiety
- ★ build capacity at school and home to help students learn and use strategies effectively
- ★ improve the student's functioning in many environments

## Approach



We use a student-centered approach that requires collaboration and the full participation of parents, School Teams, CYMH and the BLP Team.

## PROGRAM STRUCTURE

### CYMH Support

Students learn anxiety management skills from their assigned CYMH clinician.

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

### BRAVE KIDS

#### General Program Support:

- BLP Outreach Workers help students apply skills learned at CYMH in school
- BLP support can be 1:1 or with another peer(s), in the classroom and across the school environment
- Programming lasts up to 1 school year, or until treatment goals are met.

#### In-School Support:

- 1x per week
- ½ day blocks (mornings or afternoons)

### BRAVE TALKERS

#### Selective Mutism Phases of Support:

- 1** At CYMH students work towards Brave Talking with their Clinician
- 2** At CYMH Clinician "fades-in" BLP Outreach worker (OW)
- 3** At School Clinician "fades-out" and transfers support to BLP OW
- 4** At School BLP OW continues "fade-in" strategy to help establish Brave Talking in the classroom and across the school environment with other adults/peers