

BRAVE LEARNERS

SELECTIVE MUTISM SUPPORT STREAM

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

Our Purpose

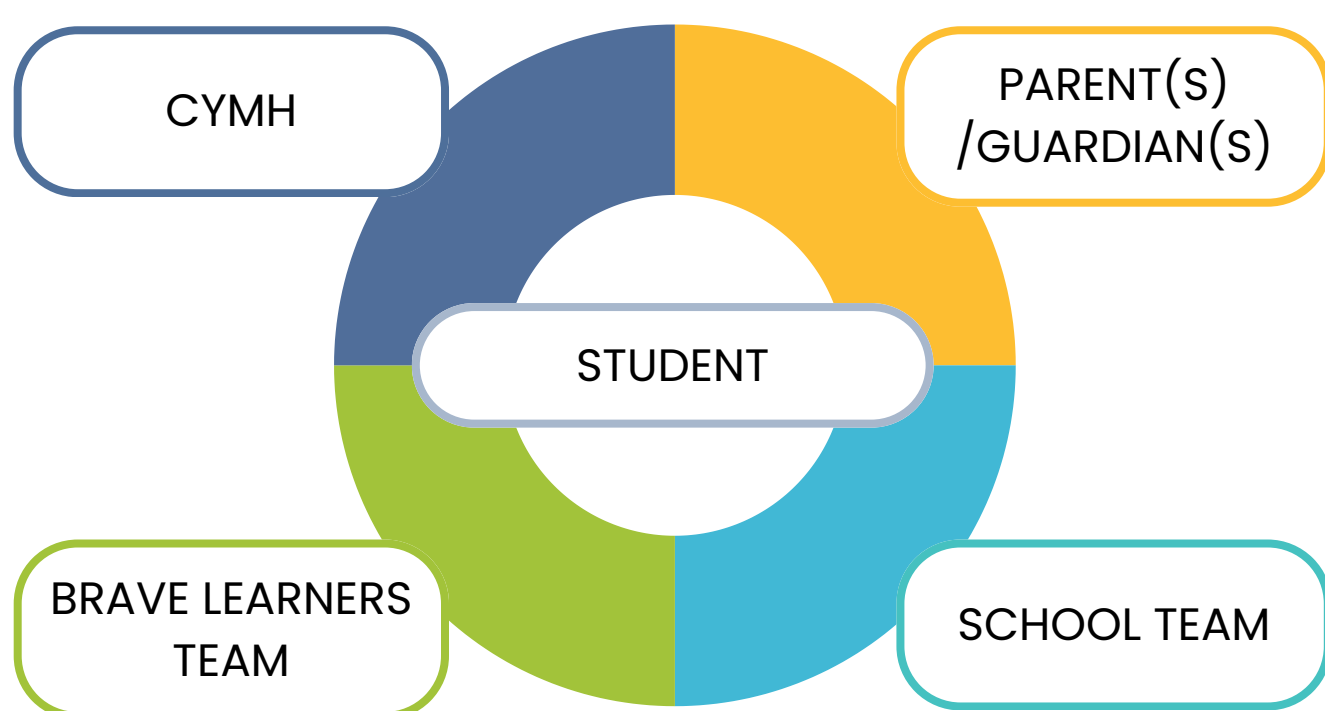
The Brave Learners Program (BLP) is an inter-ministry program between the Surrey School District and Child & Youth Mental Health (CYMH) that supports the development of anxiety management strategies for elementary students in the Surrey School District.

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 (including "Brave Talking")

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

Phases of the Selective Mutism Protocol

1 Initiation of Selective Mutism Protocol at CYMH

Students are assigned a clinician after intake at CYMH. Students work with the clinician at the CYMH office and participate in the Selective Mutism Protocol where they work through different strategies to practice "Brave Talking" with the CYMH Clinician.

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

2 Fade-In of BLP Staff at CYMH

Once the student is ready for the next phase, the CYMH Clinician "fades-in" the BLP Outreach Worker at the CYMH office.

3 Fade-Out CYMH Clinician at School

Once the student is ready, the CYMH Clinician goes to the school to "fade-out" and facilitates the transfer of SM Protocol with the student to the BLP OW.

4 Establishing "Brave Talking" at School

BLP OW continues the fade-in strategy with different people at the school and supports the student and school team establish speaking in the school environment. Under the direction of the student's CYMH Clinician, the BLP OW fades-out and once treatment goals are met, BLP support ends.

In-School Support Looks like:

- 1:1 support in a private, quiet room
- ½ day blocks (mornings or afternoons) 1x per week (hours are dependent on each school's bell schedule)