



Boston School Based Behavioral Health Collaborative

ANNUAL REPORT

SCHOOL YEAR 2018-2019

Acknowledgments

This document is an update of the Boston School Based Behavioral Health Collaborative Annual Report originally produced in 2014 by Boston Children's Hospital. The 2019 update was completed with significant contributions from Jill Snyder Battal, Whitney Walker, Alexis Ervin, and Miriam Rubin.

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Boston School Based Behavioral Health Collaborative

OVERVIEW

Working in partnership with the Boston Public Schools, the Boston School Based Behavioral Health Collaborative ("The Collaborative") is a collective of state, city, and community-based organizations committed to promoting the social, emotional & behavioral health, wellbeing, and academic success of students. This is accomplished through evidence-based practices in therapeutic service delivery, prevention programming, advocacy, training, systems integration, family engagement, and collaboration.

Services provided within BPS schools by agencies represented on this collaborative are intended to complement - not supplant - the services provided by BPS employed behavioral health employees.

The Collaborative is dedicated to ensuring equitable access to high quality, culturally relevant school-based behavioral health services and resources for all students in the Boston Public Schools.

This is accomplished through monthly meetings, which convene the 20+ community organizations that promote the behavioral health, wellbeing, and academic success of BPS students and schools.

In addition to monthly Collaborative meetings, additional sub-committees are formed, which meet outside of the monthly meetings to lead specific areas of work:

Training Subcommittee

The Training Subcommittee is primarily responsible for planning the Annual Boston Area School Based Behavioral Health Collaborative Training. This is a training that is held in January for all licensed behavioral health clinicians supporting BPS students and schools. This event is inclusive of BPS employed clinicians (e.g. school psychologists, school social workers) and agency clinicians (e.g. licensed clinical social workers, licensed independent clinical social workers, mental health counselors, etc.). This training represents the collaborative's commitment to shared professional development opportunities, which allow school-based clinicians to develop new professional skills and expertise.

Evidence Based Practice Subcommittee

The Evidence Based Practice (EBP) Subcommittee is primarily responsible for reviewing evidence-based practices related to school based behavioral health services and selecting appropriate practices to highlight across agencies. Training for school-based clinicians on selected EBP is intentionally incorporated into the Annual Boston School Based Behavioral Health Collaborative Training event in January, following the recommendation of this subcommittee.

Table 1: SUMMARY OF SCHOOL BASED MENTAL/BEHAVIORAL HEALTH & SOCIAL EMOTIONAL LEARNING PARTNERSHIPS

Total number of organizations partnering with BPS	21
Total number of programs for mental and behavioral health	14
Total number of programs for social emotional learning	11
Total number of schools with partnerships providing in-school direct mental/behavioral health services	90
Total number of partner employed service providers based in BPS schools (people)	140
Total FTE of partner employed service providers based in BPS schools providing direct services	90.4

MENTAL/BEHAVIORAL HEALTH PARTNER ORGANIZATIONS

Alliance for Inclusion and Prevention
 Arbour Counseling, Jamaica Plain
 Boston Children's Hospital Neighborhood Partnerships (BCHNP)
 Boston Youth Sanctuary
 BRYT
 Children's Advocacy Center of Suffolk County
 Children's Service of Roxbury
 Doc Wayne Youth Services, Inc.
 Franciscan's Hospital
 Italian Home for Children
 KeySteps, Inc.
 South End Community Health Center
 The Home for Little Wanderers
 Trinity Boston Foundation
 Wediko Children's Services

SOCIAL EMOTIONAL LEARNING PARTNER ORGANIZATIONS

Alliance for Inclusion and Prevention
 Boston Children's Hospital Neighborhood Partnerships (BCHNP)
 City Connects
 Generation Excel Youth Development Program, Inc.
 Massachusetts Society for the Prevention of Cruelty to Children, a Division of Eliot
 The PEAR Institute: Partnerships in Education and Resilience
 Youth Guidance

Table 2: MENTAL/BEHAVIORAL HEALTH PROGRAM AVAILABILITY

Organization Name PROGRAM NAME	DIRECT SERVICES			Primarily Coordination / Consultation
	In school	Before / After school	Summer	
<i>Alliance for Inclusion and Prevention</i> CONNECTING WITH CARE	✓			✓
<i>Arbour Counseling, Jamaica Plain</i> ARBOUR COUNSELING SERVICES, JP	✓		✓	
<i>Boston Children's Hospital Neighborhood Partnerships (BCHNP)</i> BOSTON CHILDREN'S HOSPITAL NEIGHBORHOOD PARTNERSHIPS (BCHNP)	✓		✓	
<i>Boston Youth Sanctuary</i> BOSTON YOUTH SANCTUARY		✓		
<i>Bridge for Resilient Youth in Transition</i> BRYT				✓
<i>Children's Services of Roxbury</i> CHILDREN'S SERVICES OF ROXBURY (CSR) SCHOOL-BASED SERVICES	✓		✓	
<i>Doc Wayne Youth Services, Inc.</i> CHALK TALK® GROUP THERAPY	✓	✓	✓	
<i>Franciscan's Hospital</i> CHILDREN'S WELLNESS INITIATIVE	✓			
<i>Italian Home for Children</i> ITALIAN HOME FOR CHILDREN- SCHOOL BASED CLINICAL SERVICES	✓		✓	
<i>KeySteps, Inc.</i> KEYSTEPS, INC.	✓		✓	
<i>South End Community Health Center</i> SOUTH END COMMUNITY HEALTH CENTER BEHAVIORAL HEALTH	✓		✓	
<i>The Home for Little Wanderers</i> 2018CFCC - SCHOOL BASED OUTPATIENT SERVICES	✓	✓	✓	
<i>Trinity@McCormack</i> TRINITY BOSTON FOUNDATION	✓	✓		
<i>Wediko Children's Services</i> MASSTART	✓		✓	

Table 3: SUMMARY OF DIRECT SERVICES, IN-SCHOOL MENTAL/BEHAVIORAL HEALTH PROGRAM CAPACITY

This table presents information on programs that have employees placed within BPS schools for a minimum of a ½ day per week providing direct services to BPS students during the school day.

<i>Organization Name</i> PROGRAM NAME	# BPS Schools Served	# of Service Providers	FTE in BPS Schools
<i>Alliance for Inclusion and Prevention</i> CONNECTING WITH CARE	6	2	0.1
<i>Arbour Counseling, Jamaica Plain</i> ARBOUR COUNSELING SERVICES, JP	10	0*	0*
<i>Boston Children's Hospital Neighborhood Partnerships (BCHNP)</i> BOSTON CHILDREN'S HOSPITAL NEIGHBORHOOD PARTNERSHIPS (BCHNP)	6	7	4.4
<i>Children's Services of Roxbury</i> CHILDREN'S SERVICES OF ROXBURY (CSR) SCHOOL-BASED SERVICES	12	17	10.2
<i>Doc Wayne Youth Services, Inc.</i> CHALK TALK® GROUP THERAPY	12	16	0.9
<i>Italian Home for Children</i> ITALIAN HOME FOR CHILDREN- SCHOOL BASED CLINICAL SERVICES	3	3	2.6
<i>KeySteps, Inc.</i> KEYSTEPS, INC.	2	4	3.6
<i>South End Community Health Center</i> SOUTH END COMMUNITY HEALTH CENTER BEHAVIORAL HEALTH	2	4	2.7
<i>The Home for Little Wanderers</i> 2018CFCC - SCHOOL BASED OUTPATIENT SERVICES	60	79	57.9
<i>Wediko Children's Services</i> MASSTART	1	0*	0*
<i>Franciscan's Hospital</i> CHILDREN'S WELLNESS INITIATIVE	8	8	8.0
TOTAL	90	140	90.4

*Indicates information not available in PartnerBPS for 2018-19 school year

Table 4: SUMMARY OF BPS SCHOOL BASED MENTAL/BEHAVIORAL HEALTH SERVICE PROVIDERS

This table presents information on licensed service providers that are placed within BPS schools for a minimum of a ½ day per week providing direct services to BPS students during the school day.

Type of service provider	# of providers
Program employed staff	116
Program intern	24
TOTAL	140

License Held	# of Providers
DESE Guidance Counselor	1
DESE Social Worker / School Adjustment Counselor	1
Licensed Clinical Social Worker (LCSW)	22
Licensed Independent Clinical Social Worker (LICSW)	24
Licensed Mental Health Counselor (LMHC)	10
None (e.g. Master of Social Work Degree, but no license)	61
Other	21

IN-SCHOOL DIRECT SERVICE MENTAL/BEHAVIORAL HEALTH PROGRAMS

ORGANIZATION:
Alliance for Inclusion and Prevention

PROGRAM:
Connecting With Care

CONTACT:
Dr. Lisa Baron
lbaron@aipinc.org | 6178497419
Program Director

PROGRAM DESCRIPTION:
AIP's Connecting with Care (CWC) program is a school/community collaboration to promote children's mental health. CWC integrates full-time mental health clinicians from its partner agencies into Boston Public Schools to increase access, reduce stigma, and improve quality by implementing evidence-based treatments in trauma and anxiety in school settings. CWC demonstrates an innovative and cost-effective model for financing and delivering quality school-based mental health services. CWC also trains clinicians and school staff in a portfolio of evidence-based practices to help reduce the impact of trauma on students, to create calmer, trauma-informed school environments, to give schools and staff the tools to de-escalate trauma responses, and to help prepare students to be able to succeed in school and in life. CWC also attends weekly SST or equivalent to assist schools in making recommendations for treatment. Services and trainings include: CBITS (group trauma treatment), TST (individual trauma treatment), TCTSY (trauma-sensitive yoga), Mindful Schools (mindfulness), Understanding trauma, Moving toward a Trauma-Informed School, and Coping Cat (individual treatment for anxiety), and trauma screening tools.

NUMBER OF BPS SCHOOLS SERVED:	6
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Dearborn STEM Academy
Frederick Pilot Middle School
Gardner Pilot Academy

Mario Umana Academy
Quincy Elementary School
Timilty Middle School

TOTAL FTE SCHOOL BASED SERVICE PROVIDERS:	0.1
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ORGANIZATION:

Arbour Counseling, Jamaica Plain

PROGRAM:

Arbour Counseling Services, JP

CONTACT:

Brian Murphy

brian.murphy@uhsinc.com | 6173901398

Director of Outpatient Services

PROGRAM DESCRIPTION:

masters level clinicians will provide a wide range of therapeutic interventions to students based upon the referral and recommendation of school personnel.

NUMBER OF BPS SCHOOLS SERVED:

10

Adams Elementary School
Boston International Newcomers
Academy
Charlestown High School
East Boston High School

English High School
Excel High School
Guild Elementary School
Margarita Muniz Academy

McKay K-8 School
Murphy K-8
School

TOTAL FTE SCHOOL BASED SERVICE PROVIDERS:

0

ORGANIZATION:

Boston Children's Hospital Neighborhood Partnerships (BCHNP)

PROGRAM:

Boston Children's Hospital Neighborhood Partnerships (BCHNP)

CONTACT:

Sheila Dennerly

sheila.dennerly@childrens.harvard.edu | 617-919-3201

Director

PROGRAM DESCRIPTION:

Boston Children's Hospital Neighborhood Partnerships (BCHNP) is the community behavioral health program in the Department of Psychiatry at Boston Children's Hospital. The BCHNP School-Based Program includes partnerships with schools in Boston's urban core, including elementary, K-8, middle, and high schools. Social workers and psychologists from Boston Children's Hospital work onsite in schools where they provide comprehensive mental health services including clinical intervention, early identification, and prevention and promotion services to students, families, and school staff. BCHNP also has a training and access project (TAP) that provides consultation and professional development to Boston schools. BCHNP also has a health center initiative.

NUMBER OF BPS SCHOOLS SERVED:

6

Boston Arts Academy
Boston Latin School
Lyndon K-8 School
Madison Park Technical Vocational

High School
Perry K-8 School
Sumner Elementary School

TOTAL FTE SCHOOL BASED SERVICE PROVIDERS:

4.4

ORGANIZATION:
Children's Service of Roxbury

PROGRAM:
Children's Services of Roxbury (CSR) School-Based Services

CONTACT:
Darryl Huggins
dhuggins@csrox.org | 617-989-9499
Outpatient Program Manager

PROGRAM DESCRIPTION:
Children's Services of Roxbury's School -Based Program provides accessible and quality behavioral health assistance to families in the school and community setting, including CBHI (Children's Behavioral Health Initiative) and Outpatient Therapy services. We are invested in building partnerships in the educational community and the families within. The School-Based Program encourages and supports families to be active participants in their student's academic and emotional well-being. The School-Based Program seeks to care for families and students with a range of challenges and specializes in meeting the needs of children with serious emotional disturbances.

NUMBER OF BPS SCHOOLS SERVED:

12

Clap Innovation School
Curley K-8 School
Dearborn STEM Academy
Dudley Street Neighborhood School
Higginson Elementary School

Higginson/Lewis K-8 School
Holmes Elementary School
Lee Academy
Russell Elementary School
Snowden International School

Taylor Elementary School
Trotter K-8 School

TOTAL FTE SCHOOL BASED SERVICE PROVIDERS:

10.2

ORGANIZATION:
Doc Wayne Youth Services, Inc.

PROGRAM:
Chalk Talk ® Group Therapy

CONTACT:
Rebekah Roulier, LMHC
rroulier@docwayne.org | 617-233-0710
Chief Operating Officer

PROGRAM DESCRIPTION:
Chalk Talk ®, a program of Doc Wayne Youth Services, provides outpatient sport-based billable group therapy programs to youth utilizing a team of experienced clinicians and trained coaches. A clinician-guided environment where sport is the lens through which youth examine important social and emotional issues in real-time is created. Groups, which are assembled based on age and location, are held weekly with current sport themes within Chalk Talk ® including soccer, flag football, basketball, and indoor rowing. Doc Wayne Youth Services' Chalk Talk ® Program operates under Boston ASAP, licensed by the Massachusetts Department of Public Health in Boston.

NUMBER OF BPS SCHOOLS SERVED:	12
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Boston Green Academy
Burke High School
Charlestown High School
Gardner Pilot Academy
Hennigan Elementary School

Hernandez K-8 School
Holmes Elementary School
McKay K-8 School
Mission Hill K-8 School
New Mission High School

Perry K-8 School
Shaw Elementary School

TOTAL FTE SCHOOL BASED SERVICE PROVIDERS:	0.9
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ORGANIZATION:
Franciscan's Hospital

PROGRAM:
Children's Wellness Initiative

CONTACT:
Kristan Bagley Jones
Kbagley-jones@franciscanchildrens.org | 617-254-3800 x3040
CWI Program Director

PROGRAM DESCRIPTION:
CWI is a school-based counseling program through Franciscan Children's. A full and comprehensive outpatient counseling program is provided in 6 BPS Schools. Clinicians include a full-time Site Manager, a full-time Clinician and typically a 3-day a week MSW intern in their final year. CWI clinicians work 12-months a year, providing services at summer schools, camps and home visits. Crisis intervention is provided as needed. Psychiatric evaluations and medication management is provided to current clients at each school. Working with teachers and families is an integral part of the program

NUMBER OF BPS SCHOOLS SERVED:	8
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Baldwin Early Learning
Edison
Jackson Mann
Sarah Greenwood

Mattahunt
Mildred Ave
Roosevelt
Winship

YoungAchievers

TOTAL FTE SCHOOL BASED SERVICE PROVIDERS:	8
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ORGANIZATION:
Italian Home for Children

PROGRAM:
Italian Home for Children- School Based Clinical Services

CONTACT:
Dr. Yota Gikas
| 617-787-1901 x 115

PROGRAM DESCRIPTION:
Currently IHC provides individual, group therapy, and case management services to children and adolescents in grades K-12, in three BPS schools.

NUMBER OF BPS SCHOOLS SERVED:	3
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Brighton High School
Gardner Pilot Academy
Mendell Elementary School

TOTAL FTE SCHOOL BASED SERVICE PROVIDERS:	2.6
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ORGANIZATION:
KeySteps, Inc.

PROGRAM:
KeySteps, Inc.

CONTACT:
Bette Bohlke O'Gara
bbohlkeogara@keystepsboston.org | 617-263-1235
Executive Director

PROGRAM DESCRIPTION:

KeySteps mission is to provide a comprehensive range of wrap around services and support for at-risk school-age youth in order to ensure that they stay in school and gain the skills and emotional resiliency to become educated productive adults and citizens who contribute to society.

In 2012, we changed our name from CSAPP to KeySteps to reflect the services provided & model of comprehensive services developed to prevent dropout & promote completion of school. The KeySteps model engages youth of many different cultures, their parents, school-based staff & community based personnel to help maximize teachers' ability to teach & students' capacity to succeed.

Because our Masters level, licensed counselors embedded in BPS high schools & middle schools have met with outstanding success, KeySteps has earned the trust of our youth, their parents, educators, collaborators & funders.

Comprehensive counseling, clinical case management, information & referral services are offered year round

and KeySteps summertime programming includes experiential learning activities, exposure to opportunity & ongoing outreach & home visitation for youth who are homebound.

Because services are full time, year round & co-located in our schools, access to youth prior to dropout is heightened; opportunity to mediate fast flexible support tailored to the needs of each youth is increased & the ability to create high expectations & long-term trusting relationships, promoted.

NUMBER OF BPS SCHOOLS SERVED:	2
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Boston International Newcomers
Academy
Charlestown High School

TOTAL FTE SCHOOL BASED SERVICE PROVIDERS:	3.6
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ORGANIZATION:

South End Community Health Center

PROGRAM:

South End Community Health Center Behavioral Health

CONTACT:

Jon abrams

jabrams@sechc.org | 617-587-1900

School-Based Mental Health Coordinator

PROGRAM DESCRIPTION:

The South End Community Health Center partners with schools in Boston to provide individual, family and group counseling services. Our program also consults with teachers, parents and other outside providers involved in our student's lives to provide comprehensive support services.

NUMBER OF BPS SCHOOLS SERVED:

2

Blackstone Elementary School
Hurley K-8 School

TOTAL FTE SCHOOL BASED SERVICE PROVIDERS:

3

ORGANIZATION:
The Home for Little Wanderers

PROGRAM:
2018CFCC - School Based Outpatient Services

CONTACT:
cara Giovanoni LICSW
cgiovanoni@thehome.org | 617-469-8500
Program Director School Based Services CFCC

PROGRAM DESCRIPTION:
Our team of master's level behavioral health clinicians provide individual counseling and teacher and family consultation via a 3rd party insurance reimbursement model. The youth treated have a range of diagnoses mental health needs. Many of the students seen in treatment have history of trauma and environmental stressors. Clinical staff provide consultation and support to teachers, and work to engage parents/caretakers to support the work done with the children. When possible, the staff facilitate groups for youth to strengthen social skills and necessary coping skills.

NUMBER OF BPS SCHOOLS SERVED:

60

Bates Elementary School
Beethoven School
Boston Community Leadership
Academy
Boston Latin Academy
Boston Teachers Union K-8 School
Charlestown High School
Chittick Elementary School
Clap Innovation School
Community Academy of Science and
Health
Condon Elementary School
Conley Elementary School
Curley K-8 School
Dearborn STEM Academy
Dever Elementary School
Dudley Street Neighborhood School
Edwards Middle School
Everett Elementary School
Frederick Pilot Middle School
Gardner Pilot Academy

Grew Elementary School
Hale Elementary School
Haley K-8 School
Harvard/Kent Elementary School
Hennigan Elementary School
Hernandez K-8 School
Irving Middle School
John F. Kennedy Elementary School
Kennedy Academy for Health
Careers 9-12
Kenny Elementary School
Kilmer K-8 School (Grades 4-8)
Kilmer K-8 School (Grades K-3)
King K-8 School
Lee K-8 School
Lyndon K-8 School
Manning Elementary School
Mario Umana Academy
Mason Elementary School
Mather Elementary School
McCormack Middle School

Mission Hill K-8 School
Mozart Elementary School
Murphy K-8 School
New Mission High School
O'Bryant School of Mathematics and
Science
Ohrenberger School
Orchard Gardens K-8 School
P.J. Kennedy Elementary School
Perry K-8 School
Philbrick Elementary School
Quincy Elementary School
Roosevelt K-8 School
Sumner Elementary School
TechBoston Academy
Timilty Middle School
Tobin K-8 School
Trotter K-8 School
UP Academy Boston

TOTAL FTE SCHOOL BASED SERVICE PROVIDERS:

58

ORGANIZATION:
Trinity Boston Foundation

PROGRAM:
Trinity@McCormack

CONTACT:
Sophia Brion-Meisels
sbrion-meisels@trinityinspires.org | 617-536-0944
Director of Trinity@McCormack

PROGRAM DESCRIPTION:
Trinity@McCormack provides a team of clinicians, life coaches and clinical interns to McCormack Middle School in Dorchester. The team focuses on providing tools and resources to support a trauma-informed, restorative culture throughout the school. McCormack is the largest middle school in Boston Public Schools (BPS), serving primarily youth of color, with a high concentration of special education and English Language Learners. Trinity Boston entered the McCormack in 2013 to directly support a caseload of students with low attendance, at risk of dropping out of school, to help students feel engaged and successful. More broadly, we have created re-regulation spaces that provide activities to help students center themselves when they are upset, angry or overwhelmed. The goal is to give students the safe space they need to increase their learning time. In the past year, we have begun to work school-wide to promote a shift in the school's culture and climate to impact all 400+ students.

NUMBER OF BPS SCHOOLS SERVED:

1

McCormack Middle School

TOTAL FTE SCHOOL BASED SERVICE PROVIDERS:

0

ORGANIZATION:
Wediko Children's Services

PROGRAM:
MassSTART

CONTACT:
Alisa Hunter
ahunter@wediko.org | 617-292-9200
Program Manager

PROGRAM DESCRIPTION:
MassSTART, established in 2007, is a substance abuse and violence prevention program funded by the Massachusetts Department of Public Health's (DPH) Bureau of Substance Abuse Services (BSAS). Wediko Children's Services is the service providing agency for MassSTART in the greater Boston area.

The MassSTART program seeks to reduce risk factors associated with substance use and violence by positively impacting school climate and family culture; enhancing student social skills; supporting academic performance and engagement; strengthening the collaboration between school and home; and increasing family access to community resources.

MassSTART provides two years of intensive case management services to students ages 8-13 and their families. Services are voluntary and free of charge to families. Case Management services include:

- School based social skills groups
- Home based support and family engagement
- Family events
- Teacher consultation
- Classroom support
- Individual check in support for students
- Connection to community resources
- Summer planning and support

MassSTART is a tier two school-based intervention. Tiered models are described as the following:

A three-tiered model for instruction and intervention is based on the principle that academic and behavioral supports are first provided at a core or universal level to effectively address the needs of all students in a school (referred to as Tier 1). However, not all students will respond to the same curricula and teaching strategies. As a result, some students with identified needs receive supplemental or targeted instruction and intervention at Tier 2. Finally, at Tier 3, a few students with the most severe needs receive intensive and individualized behavioral and/or academic support (Florida's Positive Behavioral Support Project, University of Florida, 2011).

Current MassSTART partner schools are funded through a contract with the Massachusetts Executive Office of Health and Human Services' (EOHHS) Department of Public Health. (EOHHS also contracts with the North Suffolk Mental Health Association to provide MassSTART services in Winthrop, Massachusetts. Their program primarily works with middle school students and provides afterschool programming.)

NUMBER OF BPS SCHOOLS SERVED:	1
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Perkins Elementary School

TOTAL FTE SCHOOL BASED SERVICE PROVIDERS:	0
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OTHER MENTAL/BEHAVIORAL HEALTH PROGRAMS

ORGANIZATION:
Boston Youth Sanctuary

PROGRAM:
Boston Youth Sanctuary

CONTACT:
Danielle McFarlane
dmcfarlane@bostonyouthsanctuary.org | 617-322-3380
Director of Family Services

PROGRAM DESCRIPTION:
To effectively support the healing of our children, BYS utilizes its innovative "whole child" model of enrichment, through which BYS equally emphasizes the integration of mentoring, a pro-social environment, empowerment activities, trauma-informed yoga, and individual, group, and expressive therapies. BYS strives to incorporate the strength-based, culturally sensitive whole child approach into all aspects of its programming to help children heal, rather than seeking exclusively to minimize their trauma symptoms. BYS fosters a nurturing community that supports youth in processing their trauma, developing their identity, improving their social skills, and building trust in their community, which ultimately allows them to develop into healthy, high-achieving adults.

BYS offers both clinical- and activity-oriented programming including:

- | | |
|--|--|
| -Child empowerment activities | -Free play on the playground or in the gym |
| -Mentoring | -Homework time in which youth can get help with their homework or read a book with staff |
| -Individual therapy | -Closing circle in which youth reflect on their day and come together as a community |
| -Supportive group therapy | -Family support services |
| -Art expressive therapy | -Transportation included from school and to home daily |
| -Dance and movement therapy | |
| -Trauma-informed yoga | |
| -Gymnastics | |
| -Athletic clinics | |
| -Opportunities to play musical instruments | |
| -Nutritionally-based cooking group | |
| -Young men's identity group | |
| -Young women's identity group | |

NUMBER OF BPS SCHOOLS SERVED:

11

Dever Elementary School
Ellis Elementary School
Haley K-8 School
Mildred Avenue K-8 School
Murphy K-8 School

Taylor Elementary School
Trotter K-8 School
UP Academy Holland
Winthrop Elementary School

Young Achievers School of Science
& Math

ORGANIZATION:
BRYT

PROGRAM:
BRYT

CONTACT:
Talia Berkowitz
taliaberkowitz@brooklinecenter.org | 7325676502
Junior Program Specialist

PROGRAM DESCRIPTION:
BRYT (pronounced , "bright") delivers a highly effective, short-term intervention that improves the school retention rate of participating students to better than 85%. BRYT is a network of innovative, school-based bridge programs that help students who have missed extensive amounts of learning due to serious mental health problems or medical illness catch up academically and re-integrate into school life. The Brookline Center for Community Mental Health's BRYT Team is at the forefront of a growing movement of programs rapidly becoming the norm for Massachusetts secondary schools.

Bridge programs work with young people who have missed significant amounts of school (typically five or more consecutive days) due to a mental health crisis, hospitalization, or serious medical problem (e.g., concussion, cancer); some programs also serve students who come to school more often but are in need of support to prevent a crisis. Most (65-75%) are general education students. In a dedicated classroom during the school day, Bridge staff provide students with integrated family, academic, and clinical support, as well as case management. Over the course of 8-12 weeks, students slowly return to their classrooms and work towards "graduating" from the Bridge program.

NUMBER OF BPS SCHOOLS SERVED:

2

Boston Arts Academy
Boston Latin Academy

ORGANIZATION:

Children's Advocacy Center of Suffolk County

PROGRAM:

Children's Advocacy Center of Suffolk County

CONTACT:

Sharman Nathanson

sharman.nathanson@state.ma.us; | 617-779-2146

Director of Mental Health and Advocacy

PROGRAM DESCRIPTION:

Founded in 1995 as a collaboration of the nonprofit Children's Advocacy Center of Suffolk County, Inc. (CAC) and more than 25 child-serving agencies, the CAC represents a true alliance between the private and public sectors for the most effective service delivery to victimized children and families. The Children's Advocacy Center coordinates a multidisciplinary team including social workers, advocates, police, prosecutors, medical and mental health professionals and others to provide high-quality, specialized services for abused and commercially sexually exploited children and their families – in one child-friendly center. Located within the Family Justice Center of Boston, the CAC provides a team of expert professionals to reduce stress and improve outcomes throughout the child abuse investigation, intervention and healing process. The CAC also provides training and education to both professionals and the community. CAC services are provided at no cost to families: • Trauma screening and short-term, evidence-based trauma intervention called Child and Family Traumatic Stress Intervention or CFTSI • Consultation with caregivers, school staff and other service providers. Training: The CAC offers training for the BPS (and community agencies) on the following: Responding to Child Abuse: A Multidisciplinary Approach Recognizing and Responding to Victims of Commercial Sexual Exploitation Understanding and Responding to Children's Sexual Behaviors Meeting the Mental Health Needs of Children Who Have Been Sexually Abused and Their Families

SOCIAL EMOTIONAL LEARNING PROGRAMS

ORGANIZATION:

Alliance for Inclusion and Prevention

PROGRAM:

Hands to Heart Center - Yoga for the People

CONTACT:

Susan Lovett

slovett@gmail.com | 617-778-4023

Director

PROGRAM DESCRIPTION:

Hands to Heart Center's 200-hour and 500-hour trained yoga teachers provide customized yoga classes for students and school staff. Classes are accessible, inclusive and inspiring. Our offerings include mat yoga, chair yoga, family yoga and teen yoga. Breath work , movement and mindfulness are key components of our classes.

NUMBER OF BPS SCHOOLS SERVED:

3

Frederick Pilot Middle School
Hernandez K-8 School
Mission Hill K-8 School

ORGANIZATION:

Boston Children's Hospital Neighborhood Partnerships (BCHNP)

PROGRAM:

Boston Children's Hospital Neighborhood Partnerships - Training and Access Project (TAP)

CONTACT:

Molly Jordan

Molly.Jordan@childrens.harvard.edu | 6179193227

Project Manager

PROGRAM DESCRIPTION:

BCHNP'S Clough Foundation Training and Access Project (TAP) provides consultation and professional development to Boston schools in the areas of social, emotional and behavioral health. The program provides 10 trainings and 120 hours of on-site consultation over a two year period. Each school is working towards 1-2 goals related to capacity building and system change. Goals are progressed monitored and updated regularly.

NUMBER OF BPS SCHOOLS SERVED:	9
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Boston Teachers Union K-8 School
Conley Elementary School
Ellison / Parks EES
Everett Elementary School

Haynes Early Education Center
Higginson/Lewis K-8 School
Mattahunt

Mission Hill K-8 School
Trotter K-8 School

ORGANIZATION:
City Connects

PROGRAM:
City Connects

CONTACT:
Mary Walsh
mary.walsh@bc.edu | 6175524231
Executive Director

PROGRAM DESCRIPTION:

When a school partners with City Connects, a full-time City Connects Coordinator becomes embedded within the fabric of the school. The City Connects Coordinator collaborates with teachers in every classroom to review the academic, social/emotional/behavioral, physical health and family strengths and needs of every student, every year in a whole child approach. The City Connects Coordinator creates a tailored support plan for every student - leveraging a comprehensive range of prevention, intervention, and enrichment services that already exist in schools and communities. Students who are most at risk receive an in-depth review and a broader level of supports. Using proprietary software developed for City Connects, City Connects Coordinators create a student support record for each student and constantly track services and evaluate results, making sure every student is getting what's needed. The City Connects Coordinator works closely with students and their families, providing referrals and support that bolster the long-term health of the entire family. At City Connects schools, the City Connects Coordinator becomes the hub of student support - a single point of contact in an otherwise crowded maze of service providers. The program alleviates the burden on principals and teachers and creates an organized referral process for tailored services provided by both the school and by community-based partners.

NUMBER OF BPS SCHOOLS SERVED:

22

Bates Elementary School
Chittick Elementary School
Dever Elementary School
Edison K-8 School
Ellison / Parks EES
Gardner Pilot Academy
Holmes Elementary School
Jackson/Mann K-8 School

John F. Kennedy Elementary School
Kenny Elementary School
King K-8 School
Lee K-8 School
Mason Elementary School
Mendell Elementary School
Mildred Avenue K-8 School
Mission Hill K-8 School

Quincy Elementary School
Quincy Upper School
Shaw Elementary School
Warren/Prescott K-8 School
Winship Elementary School
Winthrop Elementary School

ORGANIZATION:
Generation Excel Youth Development Program, Inc.

PROGRAM:
Mediation and Conflict Resolution

CONTACT:
Kalya Murray
kmurray@bethelboston.org | 6175244510
Executive Director

PROGRAM DESCRIPTION:
Student volunteers are trained using a tested six week curriculum to mediate in-school conflicts. Following training, students facilitate supervised, structured conflict resolution.

NUMBER OF BPS SCHOOLS SERVED:	1
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Community Academy

ORGANIZATION:

Massachusetts Society for the Prevention of Cruelty to Children, a Division of Eliot

PROGRAM:

PATHWAYS

CONTACT:

Kristianna Penman, LICSW

kpenman@eliotchs.org | 617-777-4991

Director of Clinical Development

PROGRAM DESCRIPTION:

PATHWAYS implements interventions and referrals aimed to increase students' engagement and success in school. The program uses an evidence-informed and trauma-sensitive approach to mental health mentoring and support. The program specifically addresses obstacles to academic success and high school graduation: truancy, suspension, social and emotional difficulties, and undiagnosed and untreated mental health needs. Many PATHWAYS clients have also experienced victimization, exposure to trauma, and a myriad of other psychological stressors. PATHWAYS provides psychosocial assessments of students, case management, clinical support, and mentoring services in both individual and group settings. The program offers skill building activities for students, family outreach, access to additional academic or social resources as well as referrals for outpatient and in-home clinical services in the community, if they are warranted.

PATHWAYS' school-based staff conducts psychosocial assessments of all students who are referred to the program because students are at risk for truancy, behavioral concerns, risk of suspension, and/or failure to meet academic requirements. PATHWAYS' staff and clinical trainees screen students for undiagnosed mental illnesses (e.g., depression, anxiety), victimization or exposure to traumatic events, substance use, and other psychosocial stressors (e.g., community violence, abuse, adverse family circumstances, bullying), which are posited to be causal in interfering with students' abilities to function successfully at school and potentially in their homes and communities. Students with positive findings (i.e., who have mental health challenges) and provide consent for treatment receive mental health services (i.e., individual and group counseling) at the school. These services are provided free of charge by William James College's graduate students and MSPCC staff and trainees.

The PATHWAYS Program targets multiple domains:

1. Identification of Students' Needs: PATHWAYS delivers on-site mental health assessments, prioritizing early identification and response for students who present with difficulties (e.g., history of truancy and suspension) in the school environment.
2. School-based Counseling Services: PATHWAYS provides direct mental health care (i.e., individual and group counseling) in the school environment for students who are referred for services. Licensed clinicians and Master's level clinical trainees offer in-school assessments as well as weekly individual and group counseling services.
3. Access to Services: PATHWAYS eliminates barriers related to accessing community-based mental health resources and decreases barriers to accessing limited mental health resources available through the Boston Public Schools. Prompt access to assessment and services eliminates barriers such as lack of transportation, lack of time, and insurance restrictions. As a result, youth and families are connected to supports and community resources as early as possible.
4. Referrals to Outpatient and In-home Services: Streamlined access to services in the home or in the community is offered to students with more complex levels of need.
5. School Environment: PATHWAYS provides professional development trainings for school

personnel in order to promote a school environment that is trauma-informed, conducive to youth and family engagement, and responsive to the social and emotional needs of students in an urban community.

6. Consultation and Resources for School Staff: PATHWAYS enhances the ability of school personnel to recognize the connection between school difficulties and mental health, trauma, and adverse family and community circumstances. PATHWAYS provides education, consultation, and in-service activities as well as ongoing support to administrators, teachers, and guidance counselors through participation in meetings, referral follow-ups, and collaborative problem-solving strategies.

7. Family Engagement: PATHWAYS promotes connection and engagement with students' families. Families may be a source of support to school personnel in working with youth towards goals related to school performance and youth well-being. In addition, many youth live with families who experience high levels of stress and multiple adverse circumstances. Students may benefit from living with caretakers who receive necessary guidance, support, and referrals.

NUMBER OF BPS SCHOOLS SERVED:	1
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West Roxbury Academy

ORGANIZATION:

The PEAR Institute: Partnerships in Education and Resilience

PROGRAM:

PEAR Impact

CONTACT:

Mina Kim

mkim@mclean.harvard.edu | (617)484-0466

Manager of the Boston Network

PROGRAM DESCRIPTION:

The PEAR Institute launched PEAR Impact in 2009 in order to improve learning environments, strengthen student-teacher relationships, and boost academic outcomes for all young people. Drawing from research findings and over 15 years of direct service experience in school and afterschool settings, PEAR Impact brings to the field certificate training and assessment tools that integrate development, mental health, and education so that professionals in a variety of settings can better understand, recognize and respond to young people.

NUMBER OF BPS SCHOOLS SERVED:	1
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Gardner Pilot Academy

ORGANIZATION:

The PEAR Institute: Partnerships in Education and Resilience

PROGRAM:

PEAR Leadership Consultation

CONTACT:

Mina Kim

mkim@mclean.harvard.edu | (617)484-0466

Manager of the Boston Network

PROGRAM DESCRIPTION:

The PEAR Institute's Leadership Consultation opportunity seeks to work with school leadership to strengthen student support, build teacher capacity, and increase understanding of SEL in order to create an environment where all young people can be successful.

NUMBER OF BPS SCHOOLS SERVED:	1
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Madison Park Technical Vocational
High School

ORGANIZATION:

The PEAR Institute: Partnerships in Education and Resilience

PROGRAM:

PEAR Site-based Coaching

CONTACT:

Mina Kim

mkim@mclean.harvard.edu | 617-484-0466

Boston Network Manager

PROGRAM DESCRIPTION:

NUMBER OF BPS SCHOOLS SERVED:	1
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Madison Park Technical Vocational
High School

ORGANIZATION:

The PEAR Institute: Partnerships in Education and Resilience

PROGRAM:

The Holistic Student Assessment (HSA)

CONTACT:

Mina Kim

mkim@mclean.harvard.edu | (617)484-0466

Manager of the Boston Network

PROGRAM DESCRIPTION:

The Holistic Student Assessment (HSA) is a tool developed by PEAR to help schools tailor services to better support the social and emotional well-being of students in school and afterschool settings. The HSA provides adolescents with an opportunity to self-report about specific behaviors, beliefs and relationships. The 86-question instrument is based on PEAR's Clover Model, which describes child and adolescent development as a holistic interaction between four core developmental needs: Active Engagement (engaging the world physically), Assertiveness (expressing voice and choice), Belonging (social connection and relationships) and Reflection (thought and meaning-making). Based on student responses, support staff at the program are provided an HSA Profile for each participating student, providing information about the student's socio-emotional balance.

NUMBER OF BPS SCHOOLS SERVED:

17

Another Course to College
Bates Elementary School
Curley K-8 School
Edison K-8 School
Edwards Middle School
Gardner Pilot Academy
Grew Elementary School

Guild Elementary School
Harvard/Kent Elementary School
Higginson/Lewis K-8 School
Holmes Elementary School
King K-8 School
Madison Park Technical Vocational
High School

Mendell Elementary School
Orchard Gardens K-8 School
Philbrick Elementary School
Sumner Elementary School

ORGANIZATION:
Youth Guidance

PROGRAM:
Becoming A Man (BAM)

CONTACT:
Shawn Brown
shbrown@youth-guidance.org | 617-935-5791
Executive Director, BAM Boston

PROGRAM DESCRIPTION:
BAM provides male students with the guidance and tools they need to develop into healthy, responsible young men and thrive.

BAM offers students weekly group counseling sessions that are designed to develop social-emotional skills correlated with academic success and healthy behaviors. Each group session, called a BAM Circle, helps students learn and practice specific skills through a blend of group activities, including role plays, storytelling, field trips, and group missions.

Each skill taught through BAM aligns with six Core Values: Integrity, Accountability, Self-Determination, Positive Anger Expression, Respect for Womanhood, and Visionary Goal Setting.

In addition to weekly BAM Circles, students will have access to individual mentoring and support from a BAM Counselor.

NUMBER OF BPS SCHOOLS SERVED:	6
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Burke High School
Dearborn STEM Academy
East Boston High School

English High School
O'Bryant School of Mathematics and
Science

TechBoston Academy