

# Mini-Grant Application (2020-2024 RHIP)

Central Oregon Health Council

Summit High School BRYT Proposal **FINAL**

## Part One: Project Highlights

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### Project Name\* *Character Limit: 100*

Summit High School BRYT Trailhead

### Amount Requested (Maximum \$5,000)\*

*Please list the total amount of funds requested from the Central Oregon Health Council for this project. Character Limit: 20*

\$5,000

### Project Duration\*

*How many months will the project last? Character Limit: 3*

10 (essentially from date of purchase of the items through the end of the school year)

### Counties or Tribes Included in Project\*

*Which of the following counties and/or tribes will your project include?*

#### Choices

Confederated Tribes of  
Warm Springs

Crook  
**Deschutes**

Jefferson  
Northern Klamath

### Name of Project Lead\*

*Please provide the first and last name of the project lead for this funding request. Character Limit: 50*

Dan Pilver

### Email for Project Lead\*

*Please provide an email address for the project lead. Character limit 254*

dan.pilver@bend.k12.or.us

### Phone Number of Project Lead\*

*Please provide the best phone number to reach the project lead. Character Limit: 25*

541-385-5320

### Requestor/Agency Location(s)\*

#### Choices

**Bend - La Pine**  
Madras

Prineville  
Redmond

Sisters  
Warm Springs

## Other Towns

If you chose 'other' above, please specify where your agency is located. Character Limit: 250  
NA

## REALD Data Collection\*

Please select any data your organization collects around Race, Ethnicity, Language, Disability (REALD).

### Choices

Race

Ethnicity

Preferred Language

Disability

Age

Gender Identity

Sexual Orientation

Not Collected, But Want To

Not Collected

## Part Two: Checklist

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Please refer to the Future State Measures in their entirety before selecting the measure that best aligns with your project.

## RHIP Workgroup\*

Please select the RHIP workgroup that your project is requesting funding from below:

### Choices

Address Poverty and Enhance Self-Sufficiency

Behavioral Health: Access and Coordination

Promote Enhanced Physical Health Across Communities

Stable Housing and Supports

Substance and Alcohol Misuse Prevention and Treatment

Upstream Prevention: Promotion of Individual Well-Being

## RHIP Future State Metrics\*

If a project does not directly address a Future State measure, it will **not** be considered for funding.

1) Increase high school graduation rates among economically disadvantaged students

## Optional: RHIP Future State Metrics

If your project addresses **more than one** measure within the 2020-2024 RHIP, please select the **second** measure from the list below:

NA

## How the Project Impacts Future State Metrics\*

Please briefly explain how this project directly impacts the RHIP "future state" metric(s) you selected.

Character Limit: 1000 **currently 691 ch**

Bridge for Youth in Transition (BRYT) is a new program that supports high school students transition back to school after an extended absence (and in some instances, helps them stay in school during times of temporary crisis or challenge such as addressing an impending panic attack or using the mindfulness/self-regulation component to our program if they need a break to reset before returning to class). This accommodating and appropriately structured process significantly increases the likelihood that these at-risk students will be able to reengage with school, resume their studies with a high likelihood of success, and make progress towards graduating from high school as opposed to dropping out altogether. The BRYT program is not

limited to low-income students, but it is likely more valuable to those households who may not have the financial means to afford out-of-school tutors and other ways to keep up with academics while away from school.

## **Part Three: Project Details**

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### **Project Description/Overview\***

*Please describe your project. Character Limit: 3300 **currently 3272 ch***

Bridge for Youth in Transition (BRYT) is a research-based program designed to support students who have become disengaged with school due to mental health crisis, a physical health extended illness and/or significant trauma in their lives. Within BRYT, students are offered an adapted academic structure, a highly supportive environment, and specific policies and practices to promote good mental health and academic success. BRYT is now being implemented in several schools within the Bend-La Pine School District, including Summit HS. These sites are at various stages of implementation and are working collaboratively to support one another with shared training, supplies and materials and guidance/lessons learned.

There are three key elements in the BRYT program. 1) Space – the program requires an open and welcoming classroom near an exit. The space must be available during school hours and the room must include areas for academic work, self-regulation, social engagement and private interactions. 2) Services – the program will offer clinical and academic support as well as opportunities for collaboration with school staff, community resources and family members. 3) Staffing – at least two full time caring adults specializing in clinical and academic support. The school district is providing the physical space along with the program elements of services and staffing. Additional funds are being sought to outfit the BRYT space and materials required for program implementation (e.g. furnishings and materials for self-regulation, mindfulness, self-care, room setup, activities, education related materials and food/beverages).

Summit HS is providing 2 classrooms that share a bathroom and patio and each have an office, one of which has been converted to a conference room to meet with families and support teams and the other will be used for private mental health sessions. A large closet that connects the 2 classrooms will be converted to a mindfulness room. The patio contains one table and will contain additional tables for students to work or take breaks outside.

Two programs will be run concurrently: Summit BRYT (Tier 3 support) provides integrated, intensive, short-term (typically 8-12 weeks) clinical, academic, family, and general education supports to identified students. The Trailhead (Tier 2 support) will address the needs for de-escalation, academic coordination, mental health support, case management, and timely and consistent communication with students' parents/ caregivers as necessary.

Students will enter our program with the goal to transition out once they have the skills and supports needed. We anticipate several cohorts of 15-20 students per school year may enter our program and we will serve students of all races, genders/gender identities, creed, ability

and/ or socio-economic status. Students may access Summit’s BRYT Trailhead short-term or on an on-going basis throughout high school.

A focus of the BRYT Trailhead is to increase high school graduation rates of at-risk students, who are often economically disadvantaged. Students will be provided both a mental health and academic counselor for support. Students will also have access to free food throughout the school day and to take home if needed.

### **Timeline - Project Start Date\***

*Please provide an estimated **start date** for your project. Character Limit: 10 August 2021*

### **Timeline - Project End Date\***

*Please provide an estimated **end date** for your project. Character Limit: 10 June 2022*

### **Equity\***

*How does this project meet the characteristic needs of communities experiencing health disparities based on geography, age, sex, race, ethnicity, national origin, language, culture, disabilities, immigration status, faith, gender identity, and/or sexual orientation? Share the specific approaches you are using. Character Limit: 1000 **currently 998 ch***

To meet the needs of all students, especially those in underserved communities and populations, equity is an important component of the Summit HS BRYT Trailhead. One member of the BRYT Trailhead staff is also a member of the District’s Leading Equity and Anti-Racist Dialogue (LEAD) Team as well as the Summit Equity Team. The LEAD Team is focused on identifying/developing anti-racism resources, piloting related curricula, and implementing effective instructional practices. BRYT Trailhead staff have been trained in a variety of equity best practices including Restorative Practices; Collaborative Problem Solving; Culture of Care; and Equity, Diversity, and Inclusion. BRYT Trailhead staff members will use these tools to create safer, healthier, more equitable school environments for students and families from underserved populations. In addition, the BRYT Program bathroom is also designated as gender neutral to be more inclusive and supportive for students of all gender identities.

## ***Part Four: Project Objectives***

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Objectives describe intended results and how they will be reached.

Each target for the objective should *aim to be written* in SMARTIE format:

- **S**pecific
- **M**easurable
- **A**chievable
- **R**elevant
- **T**ime-bound
- **I**nclusive
- **E**quitable

There may be instances when the I and E in SMARTIE are not relevant. If so, please explain why in your objective. More detail around SMARTIE Objectives can be found **HERE**, and a video overview can be found **HERE**. A worksheet to help you develop your objectives can be found **HERE**.

For each objective in your project please include:

- A target that uses a number to measure success
- The date that you expect to achieve this target
- Any available baseline data that measures where you are starting from

Examples:

- **SMART Objective:** By June 2024, we will provide 100 weekly produce boxes.
- **SMARTIE Objective:** By June 2024, we will seek input from people who meet income guidelines, to help design a model that provides 100 weekly produce boxes based on income eligibility.

**Each mini-grant project is required to contain a minimum of one SMART or SMARTIE objective. More are optional.**

Here are some Program Outcomes that could probably be turned into specific Objectives fairly easily:

- Regular classroom participation
- Increase in student attendance
- Decrease in mental health symptoms
- Reduced stigma around life challenges including mental health
- A framework for offering supports to the students meeting this criterion
- A collaborative network and shared language around wellness
- Innovation, flexibility and creativity around academics

Other potential measures/metrics include:

Regular classroom participation - measured by attendance, grades, and surveys

Increase in student attendance - measured by school and class attendance

Decrease in mental health symptoms - measured by progress reporting by the mental health counselor, academic support specialist, other school staff, and family  
Reduced stigma around life challenges including mental health – measured by ???  
A framework for offering supports to the students meeting this criterion  
A collaborative network and shared language around wellness  
Innovation, flexibility and creativity around academics

We will measure these outcomes through attendance, grades, graduation-tracking measures, student and family surveys, concern referrals, and mental health progress tracking. BRYT provided forms will help guide tracking and assessments within the program.

### **Objective Description #1\***

*What is trying to be accomplished? Character Limit: 250* currently 185 ch

The Summit HS BRYT Trailhead is focused on increasing support for and engagement of at-risk students that will lead to higher graduation rates among economically disadvantaged students.

### **SMART Objective #1 (Target/Future State)\***

*Please include a numerical target whenever possible, and the date that you expect to hit the target (see example above). Character Limit: 250*

By June 2022, students enrolled in the BRYT Trailhead will earn an average of 5 credits per school year, thus decreasing dropout rates and increasing graduation rates.

### **Objective Description #2**

*What is trying to be accomplished? Character Limit: 250* currently 247 ch

Increase equitable access to skilled and coordinated care between specialty behavioral health and the school system, while decreasing barriers (e.g. stigma, availability of appropriate mental health providers etc.) to ensure an effective response.

### **SMART Objective #2 (Target/Future State)**

*Please include a numerical target whenever possible, and the date that you expect to hit the target (see example above). Character Limit: 250*

100% of Summit HS students exiting inpatient or outpatient health facilities will be referred to the Summit BRYT Trailhead.

### **Objective Description #3**

*What is trying to be accomplished? Character Limit: 250*

The BRYT Trailhead is focused on decreasing food insecurity by providing all students access to healthy meals on a consistent basis.

### **SMART Objective #3 (Target/Future State)**

*Please include a numerical target whenever possible, and the date that you expect to hit the target (see example above). Character Limit: 250*

The BRYT Trailhead Program, in partnership with the Bend La Pine Nutrition Services and Family Access Network (FAN), will provide 2 healthy meals per day to 100 % of students enrolled in the program.

## **Part Five: Project Support and Success**

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### **Community Support\***

*Please briefly describe the community support you have received for this project. Character Limit: 500 **currently 490 ch***

Summit High School is providing 2 classrooms, 2 FT staff members, and ongoing training/professional development to the BRYT Trailhead Program. The 2 staff members (Mental Health Specialist and Academic Counselor) represent a contribution of \$164,650 (total salaries with benefits). Summit High School is also providing a projector, speakers, white board, and projector screen. Bend La Pine School District is providing \$500 worth of curricula for students enrolled in the BRYT Trailhead.

### **How will we know if the project is successful?\*** *Character Limit: 500 **currently 354 ch***

The BRYT Program will be considered successful if we meet our three SMART Objectives listed above related to participants earning credit, appropriate referrals into the program and decrease in food insecurity. In addition, we will develop (or utilize existing) surveys and opportunities to solicit feedback from students, parents and community partners.

## Part Six: Budget

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### Project Budget\*

Please download the Central Oregon Health Council's budget document, found [here](#). After downloading and completing the budget document, please upload it below. File Size Limit: 3 MB

Loveseat	\$1,375.00
Moonpod Bean Bag Chair	\$269.10
Recliner	\$1,699.00
Glider rocker	\$229.99
Rectangle Table	\$435.00
Round table - 48"	\$753.50
Tall Table	<u>\$323.00</u>
Total	\$5,084.59

### We do not cover:

- Indirect costs
- Individual rent/mortgage assistance and utilities (business costs associated with this project are allowable)
- Brick and mortar construction

## Process Following Submission

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- A Project Manager from the workgroup your project is requesting mini-grant funding from will get in touch with you as to the next steps.
  - Projects will be immediately denied funding through this application process if their request is for more than \$5,000.
  - Projects will be reviewed for minimum requirements as indicated in the application checklist.
  - If you have any questions, please contact the COHC Grants and Metrics Manager at 541-306-3523.