

## **BTH 360' Programming & Implementation:**

### **Programming:**

- BTH utilizes evidence-based Dialectical Behavior Therapy Steps-A
- DBT Steps-A is an instructional curriculum. STEPS stands for “Skills Training for Emotional Problem Solving” and the A indicates that it is designed for “adolescents.”
- The 4 pillars of DBT Steps-A are: Mindfulness, Emotional Regulation, Distress Tolerance and Interpersonal Effectiveness.
- BTH proposal is to deliver 10-16 hours of DBT Steps-A per academic calendar year.

### **Instructors:**

- BTH currently deploys LCSW instructors to deliver the programming in 4 Westchester schools.
- Said instructors have been certified in DBT Foundational Training at Cognitive Behavioral Consultants, White Plains, N.Y.
- BTH plans to train/certify additional instructors this September, which will allow for efficient expansion.

### **Delivery/Implementation:**

- The BTH model is flexible and adaptable to each school district.
- BTH is most often delivered in health classes alongside physical health.
- BTH instructors push-in for 10-15 classes per academic year.
- The number of sessions offered to be decided jointly with school administrators.

### **Goals:**

- Students learn to understand their mental health journey as they are learning about their physical health journey. Both are important and need to be maintained for optimal health.
- Students develop emotional regulation skills to better manage their emotions.
- Education and early intervention are two keys to reversing mental health trends.
- By educating our students, they will understand how to handle their emotions...and when they cannot and things get really hard for them, they will know that they should reach out and seek intervention.
- Research indicates early intervention provides the highest potential for successful outcomes.

**Break the Hold:**

- Identifies and provides certified instructors and will sponsor them in years 1-2.
- Provides the curriculum.
- Will sponsor certification for district staff interested in DBT Steps-A instruction or assisting student in other tertiary ways, i.e, counselors, coaches, etc.
- BTH is a nonprofit and part of the Mental Health Association of Westchester, which has merged with MHA Rockland and is now referred to as Greater Mental Health of New York.

**Break the Hold Co-Founder: *Brian Halloran***

- Dedicated mental health advocate living in Pleasantville, N.Y.
- MBA from Columbia University and BA from Pace University.
- NAMI Westchester Board of Directors.
- Westchester County Suicide Prevention Task Force.
- Mental Health First Aid Trained.
- Co-Founded BTH in 2018.
- Engaged with 4 Westchester school districts: Pleasantville, Elmsford, Scarsdale and Mount Pleasant impacting more than 1,200 students per academic year.
- BTH will be expanding to Rockland County, working with the Clarkstown school district, impacting an additional 600 students beginning in January, 2025.