BRYT Future New program at Redmond schools provides interventions for students with mental health struggles

BY SHEILA MILLER

For The Spokesman nyone who spends time around education will see an alphabet soup of terms floating around long and complicated concepts shortened to acronyms. Now, the Redmond School District has a new one, and it's well worth understanding.

BRYT is an intensive intervention for students facing mental health conditions and extended school absences who struggle to stay and succeed in the classroom. The program is designed to provide short-term intervention that gets students back into their regular academic schedule and prevent students dropping out. Each student has an individual plan and goals and the top goal is that students will gain the skills necessary to be successful in the classroom and exit the program. Intervention is designed to take between eight and 12 weeks.

BRYT — short for Bridge for Resil-

ient Youth in Transition — is based in Brookline, Mass., and is also being implemented in the Bend-La Pine Schools and other school districts around the

This fall, the Redmond School District began implementing the program,

targeted at kids who miss a significant amount of instruction. That absence could be the result of something as basic as being in the office as part of an in-school suspension or other behavioral issue, or it could be due to hospitalization for a mental health crisis.

The school district has added student success coordinators and student success instructional assistants to the teams at nearly every school. Their role is to support the BRYT work. Each school has also added a dedicated classroom space that serves as a home base for students in the program.

The rooms, which help students who may struggle with sensory overload, are designed to be soothing, offering calm-

ing lighting, seating options, and things like kinetic sand that can help students regain control of their emotions. The rooms are also filled with information to help students understand their brains, emotions and their progress in the program.

The goal of BRYT is to teach students self-regulation strategies. Students will learn what their personal triggers are that cause their problematic behaviors, and allow them to take charge in controlling those behaviors.

Students who may benefit from BRYT intervention are identified by school teams, who then invite the child's parents or guardians to discuss whether the program is a good fit. The BRYT program requires a great deal of family involvement — families also learn the strategies their students are learning in school, so they can practice them at home. Communication between the family and school teams is vital to BRYT's success.

If a student needs therapy, the program identifies that and helps families access qualified professionals to assist in that work.

Typically, a BRYT staff member will observe a student to see what is going well, which environments seem to trigger the behaviors, and then help that student come up with a plan. For example, if a student tends to struggle in math class, that student may practice strategies, then go with the ÍA to the math classroom to put them into action in class. That allows the IA tvo help the student, but also help the teacher learn the strategies as well.

Ultimately, the district hopes all school staff will undergo professional development to learn the strategies that help students regulate their behavior. And districtwide, the goal is that this type of intervention will allow students to learn vital strategies and techniques, allowing them to be successful graduates ready to contribute to the Redmond community in the most meaningful ways.

■ Sheila Miller is the public information officer for the Redmond School District.

Youth mentorship program in need of mentors

Spokesman staff report

Big Brothers Big Sisters of Central Oregon is seeking mentors, over the age of 21, who can spend six to 12 hours a month for a minimum of one year with their "Littles," or child mentees.

There are 20 young boys and girls who are waiting to be matched with a mentor in the Redmond area, according to a press release.

Big Brothers Big Sisters is a national mentoring program affiliated with J Bar J Youth Services, which has operated in the area since 1994. The program served 234 children facing challenges in Deschutes, Jefferson and Crook counties in 2020 and over 300 in 2019.

"A mentor assures young people that someone cares, will be there through challenges, and help them see the strength in themselves," said Bridget Albert, an outreach specialist for Big Brothers Big Sisters of Central Oregon.

The organization is a part of the nation's largest mentoring network solely supported by donors and volunteers, the release said.

'Truly, our kids need mentoring now more than ever because of the pandemic," said Albert. "This has been a very scary time for kids, and they need positive adult role models who will listen to them and be in their corner. We want our mentors to get their Littles away from the screens and out enjoying the beauty of Central Oregon."

To learn about becoming a mentor, go to bbbsco.org or call 541-312-6047.

BBB advice: Think twice before you think pink

BY KELSEY GARDIPEE **BBB** Advice

he color pink has been associated with Susan G. Komen for the Cure, a BBB Accredited Charity, since the organization's inception in 1982. Three years later, October was deemed Breast Cancer Awareness Month. Then in 1992, Self magazine's editor-in-chief created a pink ribbon and enlisted several cosmetics companies to help distribute them in promotion Gardipee of their second annual Breast Cancer Awareness Month pub-

Now, pink ribbons are synonymous with breast cancer. Each fall, packaging labels and websites turn pink to encourage sales and generate donations.

There are certainly upsides to the increased prominence of pink ribbons, especially since roughly 13 percent of women in the U.S. will develop breast cancer in their lifetime. Increased

awareness of the disease has helped direct billions of dollars to breast cancer research. Those funds have led to the development of early detection methods that have raised the annual number of new breast cancer cases re-

ported and decreased overall death rates.

So, why is Better Business Bureau talking about breast cancer? We're here to help you understand where your money is going. A well-executed cause-related marketing campaign should have all the details tied up in a pretty bow,

leaving little question as to the impact your purchase will have.

If easily swayed by the opportunity to make a donation through your purchases, then it'll pay to be a savvy consumer. Before dropping these items into your cart, ask the following ques-

How much of your purchase will be donated to charity? Some cam-

paigns offer a donation per item purchased, such as 10 percent of the purchase price or a \$1.00 per unit sold. Others are based on total sales volume. meaning the value of the donation may vary depending on the success of the promotion. Generic statements that "net proceeds" or "profits" will go to charity are not specific enough, by BBB's Standards for Charity Account-

• What are the limitations? Does the campaign have a guaranteed minimum or maximum donation? Is there a timeframe in which purchases must be made? In cases where a company has guaranteed a minimum donation, your purchase may not impact the overall donation, which should be transparent.

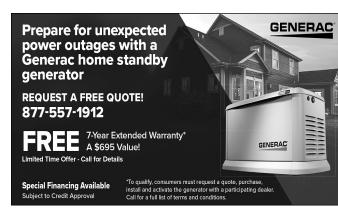
Which charity will receive the do**nation?** It should be clear exactly which charity will receive the funds raised. Keep shopping if it's too vague. Many charities, both national and local, require companies to sign agreements before using their trademarks — you can reach out to an organization to confirm authorized use of their logo in cause marketing campaigns.

• How will the organization use donations from this campaign? Cancer research, outreach, services for patients or survivors? Advertisements and labels should make it very clear how your money will be spent. Check the label and double check the organization on Give.org to verify that the organization is one you can trust.

If the answers to these questions don't add up the way you might like, then keep strolling (or scrolling). If you put an item back on the shelf because the \$0.50 donation from your \$20 purchase didn't feel like enough, how about donating directly to the charity?

Here is a list of local and national BBB Accredited Charities cancer-focused, including organizations serving various forms of cancer beyond breast cancer.

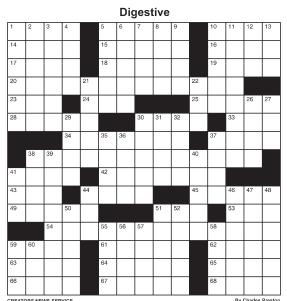
For more giving tips visit trust-bbb.org.







CROSSWORD



ACROSS

- 1 Blue dye 5 Git! 10 Talk into
- 14 Mystique 15 Reunion 16 Nicholas, of Moonstruck 17 Desire
- 18 Field rodents 19 Slept like 20 Takes hook, line and 23 Brit's food container
- 24 Black bean 25 Steadman's steady 28 Feat for Otis Nixon 30 Alphabet run 33 CXXII divided by II 34 Leave It to Beaver
- family name 37 Vein 38 Hits up 41 Gentle and Big 42 West Side Story song 43 Taxol source
- 45 Juniper 49 My Fair Lady lady 51 Charge
- 53 Collection 54 Ingests crow? 59 Veneer 61 Golden 62 Polish's partner -dah 64 Guck
- 65 Letter or story 66 Writer Seton 67 Outer ear part 68 Humdinger

DOWN 1 Middles

- 2 Fox 3 Esoteric 4 Roald or Arlene
- 5 Enjoy fully 6 The in **7** Fam. folk 8 Again 9 Altman flick
- 10 Noggin topper 11 Nemesis toppe 13 OK at the OK Corral
- 21 Quiet times 22 Sound of delight 26 Nerve cell unit 27 Put under wraps

29 Plays the stocks?

- 47 One of the greens
 48 Get the hang of 50 Thick-coned cycad 51 US nuclear physicist 52 Baltimore suburb 55 It takes panes **56** Eye 57 Simon or Sedaka
- 58 Storking site
 - 59 Sunshine St. 60 1991 Masters-winner

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32 Small eel

36 Salty salute

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31 It prec. Groundhoo Day

35 Sundance Kid's gal

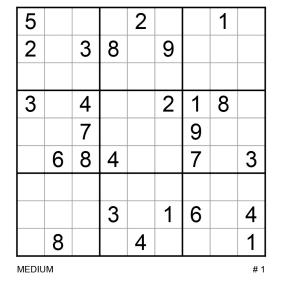
37 Dole 38 Scottish fortified house

41 First round advantage

39 Hard to deal with

SUDOKU

Fill in the grid so every row, every column and every 3x3 box contains the numbers 1 through 9, with no repeats.



Answers on Page 5

WEATHER

FORECAST	HIGH	LOW	
Wednesday	58	46	Partly cloudy
Thursday	70	46	Partly cloudy
Friday	64	40	Partly cloudy
Saturday	56	33	Partly cloudy
Sunday	54	34	Partly cloudy
Monday	55	36	Cloudy
Tuesday	60	37	Partly cloudy
LAST WEEK	HIGH	LOW	PRECIP
Monday, Oct. 18	HIGH 61	LOW 34	PRECIP 0
Monday, Oct. 18	61	34	0
Monday, Oct. 18 Tuesday, Oct. 19	61 67	34 32	0 0.08
Monday, Oct. 18 Tuesday, Oct. 19 Wednesday, Oct. 20	61 67 57	34 32 46	0 0.08 0.01
Monday, Oct. 18 Tuesday, Oct. 19 Wednesday, Oct. 20 Thursday, Oct. 21	61 67 57 72	34 32 46 39	0 0.08 0.01 0.29
Monday, Oct. 18 Tuesday, Oct. 19 Wednesday, Oct. 20 Thursday, Oct. 21 Friday, Oct. 22	61 67 57 72 57	34 32 46 39 44	0 0.08 0.01 0.29 0.36

THE REDMOND

Mailing Address: P.O. Box 6020, Bend, OR 97708 Office Number: 541-548-2184

National Weather Service broadcasts are on 162.50 mhz.

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