

RHIP and COVID-19 MINI-GRANT PROJECT SUMMARIES

RHIP Final Mini-Grant Report for Elk Meadow Elementary, Bend “Elk Meadow Bridges to Resilient Youth Room (“The Roost”) Reviewed by the Promote Enhanced Physical Health Workgroup

Summary of Results:

- The Roost served 17 students of varying levels of need.
- Four students with low needs came on a drop-in basis.
- Thirteen students required a scheduled time to come for re-regulation or an alternate academic space (i.e quiet environment, 1:1 support).
- Of those 13, six students had significant behavior needs and were supported multiple times each day.
- Of those six were two students with diagnosed medical conditions, one student in foster care, two students experiencing ongoing trauma at home, and one being evaluated for a learning disability.
- Upon arriving, all students use an iPad to check in and let us know what “zone of regulation” they are in.
- For drop in students, they choose a timer, work with an adult to pick an activity, and return to class when time is up.
- For others, Roost staff makes a plan WITH students that includes regulation activities, academics, and meeting basic needs like eating and sleeping.
- Time out of class was reduced for each student that was served by BRYT.
- 85% of students who participate in the Elk Meadow ES BRYT Room for at least 8 weeks during the 2021-22 SY will show a 25% increase in physical activity as measured by BRYT data (ped trackers).
- Based on Roost and school attendance data, BRYT students were able, on average (i.e. not every student), to increase fruit and vegetable consumption by over 25%.

Story:

Our most complex student – exhibited both medical and emotional needs – was able to make significant progress with BRYT support. They spent extensive planned time in The Roost, focusing on self-regulation and academics. In addition, staff was able to support them in class. Without BRYT, they would have needed a more intensive program, which are rare in Central Oregon or at capacity. Their parents reported that they don’t know what they would have done without support from the BRYT program.