

RHIP and COVID-19 MINI-GRANT PROJECT SUMMARIES

RHIP Final Mini-Grant Report for Pacific Crest Middle School, Bend “Pacific Crest Middle School Bridges to Resilient Youth Room” Reviewed by the Promote Enhanced Physical Health Workgroup

Summary of Results:

- The Pacific Crest Middle School BRYT Trail Program served seven Tier 3 (highest level of need) students for the entire school year, and in the second half of the year when we had capacity to adjust and expand, we served an additional 14 Tier 2 students.
- Tier 3 students were those experiencing more acute and impactful mental health struggles and really benefitted from academic coordination and supports as well as family and community coordination and supports.
- Tier 2 students primarily benefitted from academic coordination.
- In addition, all students served benefitted from the welcoming and calming space, regulation activities and breaks, individual goal setting, free snacks and/or meals, and positive human connection.
- Students, families, and school staff felt the positive impact provided by the BRYT Trail Program.
- As measured by pre- and post-physical activity surveys, our BRYT students increased their understanding of the benefits of physical activity leading to improved emotional wellness.
- 100% of Pacific Crest MS students exiting inpatient or outpatient health facilities were referred to the Pacific Crest MS BRYT Trail Program. All students accessing the BRYT Program had improved school attendance.
- Students who had been or were currently enrolled in the Pacific Crest MS BRYT Trail Program elevated their skill of preparing/choosing nutritious and delicious snacks or meals and increased their fruit/vegetable intake by 1.5 servings per day.

Quotes:

“Because you were here, we made it out the other side. Thank you.”

“Before the year gets away, I just wanted to thank you for all the rescue help with M at the end of this school year. I appreciate the stabilizing effect that you were able to have on her. Most of all, thank you for keeping her safe during this confusing time. I am grateful!”

“Thanks for your help this year. My school year was so much better because you and The Trail were here. I am going to miss this. Can I give you a hug?”