Program Details

The B.R.Y.T.E. program offers a time limited approach to intervention. Youth complete treatment after 20-25 weekly 1 hour sessions.

Services are available in English and Spanish.

We offer specialty treatment programs at no cost, directly into patients' homes via telemedicine.

Now accepting new patients!

MORE INFORMATION

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UTHealth Houston | McGovern Medical School

B.R.Y.T.E. Program

Building Resilience in Youth after Traumatic Experiences

www.med.uth.edu/BRYTE

Our Program

B.R.Y.T.E. was established to address the mental health needs of trauma exposed children and adolescents. Our program increases access to evidence based assessments and treatments for youth trauma survivors.

Our team of mental health professionals can provide trauma focused assessment and treatment to youth ages 6-17. We offer telemedicine therapy services to children and their families. We are committed to building resilience through supportive care.

Contact us for a no-cost screening appointment to determine if your child is eligible for B.R.Y.T.E. program services.

What is trauma?

Trauma is an event or series of events that damages our personal sense of security and safety. The effects of trauma can look and feel different to every person. Traumatic events can include:

- Physical, emotional, and sexual abuse and/or neglect
- Life-threatening natural disasters and/or accidents
- Sex trafficking and other acts of violence
- Serious injury or medical procedure
- The death of a loved one

These experiences and their impact can be difficult to explain to a child and families often feel overwhelmed as they try to cope. Receiving supportive treatment can help families move from adversity to resilience.

When should you seek support?

Children and teens may have difficulties expressing their feelings following a traumatic event. If you observe significant changes in your child's behavior like the ones listed below, this could mean additional supports are needed.

- Difficulty sleeping, concentrating, or feeling on high-alert
- Staying away from things that remind them of the traumatic event
- Having nightmares
- Being easily startled; having intense reactions to lights or sounds
- Increased crying or irritability that was not present before the trauma exposure
- Changes in behavior, such as isolating from friends/family, poor school performance, etc.