

Daybreak + South San Francisco Unified

June Board Report

June 22, 2023

CONTACT

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Agenda

- About Daybreak and the SSFUSD partnership
- Student Impact and Clinical Outcomes
- Family and Staff Mental Health Classes
- Looking ahead to 2022-2023 School Year

Why Daybreak exists.

The seeds of our mission began 15 years ago when Alex's brother struggled with depression in middle school. His family spent 100s of hours just trying to find a therapist that was accessible and who understood him before they were able to get the mental health support he needed.

We want to remove barriers.

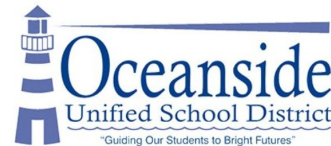
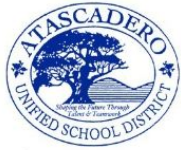
Daybreak is committed to removing barriers to mental health care for youth. But before we can even get to care, there needs to be a way to identify and talk about what's happening, **without stigma**. That's where mental health education for families and school staff comes in.

Alex Alvarado
CEO & Founder



Some of the districts partnering with Daybreak for Teletherapy

Daybreak is serving OVER 1,100 schools and 800,000 students nationally



22-23 Partnership Goals

SSFUSD has a vision of making effective and short-term therapy readily and quickly available to students, reducing financial barriers to care, increasing capacity of school counselors, and integrating effective treatment into systems of support across SSFUSD

Daybreak works with SSFUSD to:

- Provide students with **immediate access** to mental health care
- Match students with a licensed clinician that meets their needs and preferences, creating **strong therapeutic alliances**
- Create **equal access** to affordable care through district-sponsored care
- **Improve student outcomes** by keeping a consistent pulse on the mental health and wellness of students through a comprehensive universal screener and progress check-ins

Scope of Services Provided in 22-23 SY

Students reached:

- **2,828 students**, across 8 secondary schools, completed Daybreak's universal mental health screener. The screener showed that ~15% of the student population would benefit from therapeutic intervention.
- SSFUSD **counselors referred 58 students** to Daybreak in the 2022-2023 school year
- **37 students are currently, or participated** in, Daybreak's 12-week intervention program and many will continue to receive 1:1 support during the summer

Program Implementation:

- **Facilitated two staff trainings** focused on building powerful student relationships
- **Facilitated three parent mental health classes** focused on understanding changes in behavior, and supporting children with anxiety
- We increased speed to care and **matched students with a licensed therapist within 6 days** of being referred.
- We're matching students and families with the best therapist for their needs. In SSFUSD students are engaging in therapy in **English, Spanish, Mandarin and Cantonese**

The State of Youth Mental Health in SSFUSD | Universal Screening

Daybreak helps SSFUSD understand the current Mental Health needs of teens across the community:

- In September 2022 we administered a universal mental health screener for youth in grades 6–12.
- The screener was offered in Spanish, Chinese, Arabic and Nepali
- The most prevalent moderate to severe symptoms identified in the Universal screener included:
 - >5% of students: Anxiety, Executive Functioning, and Mood
 - 2–5% of students: Relationships and Stress
 - Female students are presenting with higher needs than male students

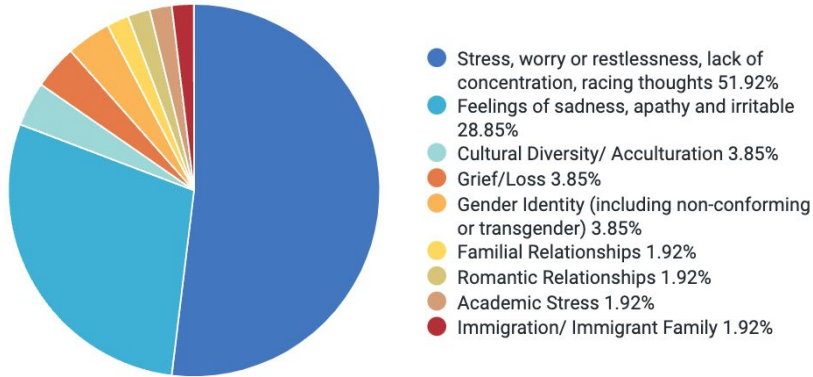
We heard from **2,828**
secondary students in SSFUSD



Research suggests that depression is associated with lower grade point averages, and that co-occurring depression (mood) and anxiety can increase this association. Depression has also been linked to dropping out of school.

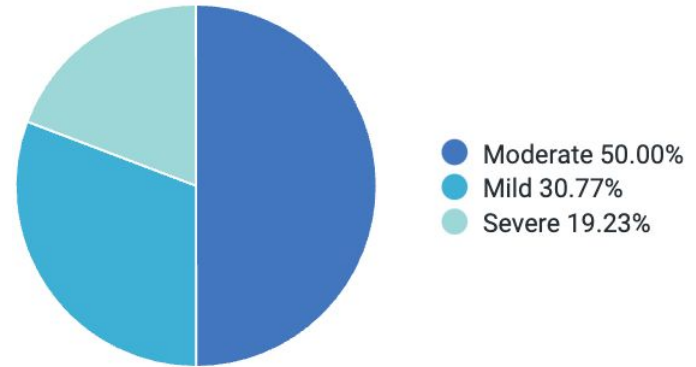
Primary Area of Need Identified in Intake

Primary Area of Need



- The majority of teens referred to Daybreak are experiencing mild or moderate stress, worry, feelings of sadness and apathy, which impacts their ability to function successful in school environments

Severity of Symptoms



- The majority of students' symptoms were in the **moderate** range: they **affect daily live in significant ways, and student experiences an inability to control symptoms.**

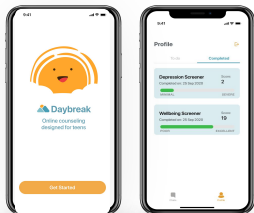
Daybreak 's Evidence-Based Intervention

Intake	Weeks 1-3	Weeks 4 - 8	Weeks 9 - 12
<p>Intake within 1-2 weeks of referral.</p> <p>Assessment of need: Severity level, openness to virtual therapy, language, therapy preferences</p>	<p>Beginning:</p> <ul style="list-style-type: none"> • Diagnostic, uncovering needs • Evidence-based treatment planning • Identifying motivations • Rapport building 	<p>Middle:</p> <ul style="list-style-type: none"> • Skill-Building • Identifying emotions • Elicite change in presenting symptoms 	<p>End:</p> <ul style="list-style-type: none"> • Independent skills use • Impact assessment • Determine post-care transition plan

Clinical Metrics (GAD/PHQ/WHO):
Gathered via mobile app every 2 weeks

> 81% of students experience a reduction in symptoms
after completing 12 week program

2X symptom reduction happens in weeks 7-12



Feedback loop with family/school staff throughout treatment:

- Monthly check-ins with parents/guardians
- Monthly check-ins with school referring staff (optional)
- Discharge summary or post-care plan after 12th session

Daybreak Clinical Team & Therapeutic Alliance

Daybreak actively and intentionally works to build a diverse clinical team, so we can ensure a strong bond between therapist and student and improve outcomes.

We have over 100 Clinical Social Workers & MFTs on-staff who:

- **Come from diverse backgrounds and cultures:** >70% of Daybreak clinicians identify as POC, 14% identify as LGBTQ, and over 20 therapists speak Spanish
- **Speak different languages:** English, Spanish, Mandarin, Cantonese, Farsi, Vietnamese, and Hindi
- **Have in-school experience with youth:** Every clinician has experience working with adolescents, mostly in an in-school setting

90%

of youths say we match them to the right clinician based on their needs, clinical style, and personality type.

Meet some of our clinicians:



Clinical Impact in SSFUSD

2022–2023 School Year

87.8% of students that completed >8 sessions showed improvement in at least one of the clinically-validated proven indicators

- Anxiety Scale: Generalized Anxiety Disorder (GAD-7)
 - Overall improvement of 73.2%
- Depression Scale: Personal Health Questionnaire (PHQ-9)
 - Overall improvement of 69.2%

"I thoroughly enjoy Daybreak, and may just say that this saved my life on several occasions. Thank you. <3"

- SSFUSD student

Classes Overview

Understanding Changes in Your Child's Behavior (*Spanish Session*)

Family Class, Nov. 15

6 in-person participants

Learning Objectives

- Identify developmentally typical and concerning childhood behaviors
- Understand stressors and risk factors
- Learn to support your child through behavior changes

Anxiety: Insight & Skills for Parenting Your Anxious Child

Family Class, Jan. 24

110 virtual participants

Learning Objectives

- Learn about the prevalence and impact of anxiety
- Identify signs and symptoms of anxiety
- Learn actionable ways to help support your child with anxiety

Parent quote: *"My favorite thing I learned was tools to use when talking to my child amid an anxiety episode."*
- SSFUSD Parent

Building Powerful Student Relationships

Staff Class, Jan. 30

AM Session: **58** virtual participants

PM Session: **61** virtual participants

Learning Objectives

- Learn the importance of and ways to build strong and trusting student relationships
- Discuss student development & growth mindset

Staff quote: *"The session was very relatable to what I am currently experiencing in my classroom. The students lack motivation, therefore I greatly benefitted from the tips suggested."* - SSFUSD Staff

Survey Results - Families

Averages based on **18 respondents** rating on a **scale of 1-5**

How prepared did the facilitators seem for this class?

4.9

out of 5



How confident do you feel to talk about mental health after attending this course?

4.2

out of 5



How would you rate your overall class experience?

4.7

out of 5



Survey Results - Staff

Averages based on **38 respondents** rating on a **scale of 1-5**

How prepared did the facilitators seem for this class?

4.7

out of 5



How confident do you feel to talk about the course material after attending this course?

4.3

out of 5



How would you rate your overall class experience?

4.5

out of 5



Looking Ahead to 2023-2024

- ✓ **Increase awareness of Daybreak** and support student self-referrals at High Schools
- ✓ **Administer the Universal Screener at the beginning of the year** to identify teens for support and to evaluate the current state of mental health in the community
- ✓ **Support families and staff with ongoing mental health classes**
- ✓ **Continue to provide 1:1 therapeutic intervention** for ~96 students (1,248 clinical hours)

Mental Health Matters



HOW ARE YOU FEELING? REALLY.

If you're feeling **anxious, stressed, sad, depressed**, dealing with **trauma** or **struggling with relationships** in your life, **Daybreak can help.**

Daybreak Health has partnered with {SCHOOL} to provide **free, weekly one-on-one teletherapy** for students. This program is specifically designed for teens and 90% of the students we work with say we matched them to the right therapist. Because sessions are virtual, you can meet with your therapist any day, anytime, anywhere.



You can even meet with your Daybreak therapist over the summer!

Scan the QR to let your school counselor know you're interested:

(They will follow up to see if Daybreak is right for you!)



If you are experiencing a mental health crisis, reach out to your school counselor immediately or dial 988 to reach the Suicide and Crisis Lifeline.



Questions

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Thank You!

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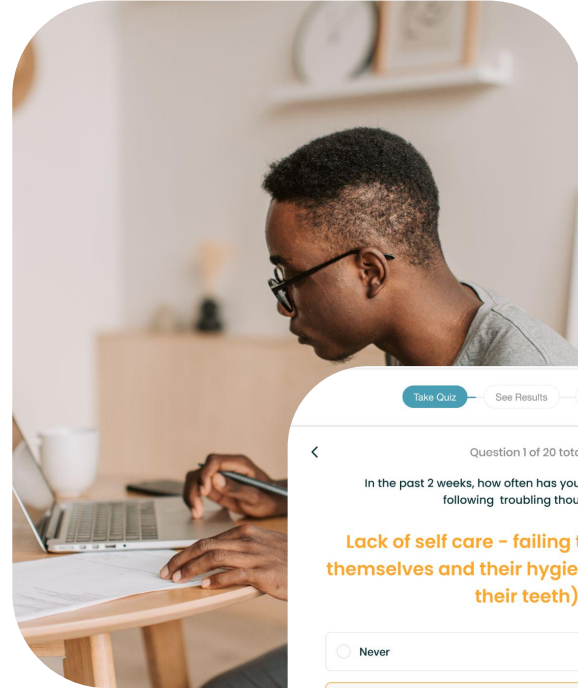
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Appendix

Universal Screener

All students take an in-class assessment to screen for mental health needs and how they are impacting student experiences.

- **Early Identification:** Allows schools to understand the needs that are most impacting students (anxiety, stress, trauma, etc.)
- **Tier-Based Support:** Determine levels of need by school and map to multi-tiered systems of support
- **Data Sharing:** Results can be shared with school staff to help inform their relationships with students

A screenshot of a mobile application interface for a quiz. At the top, there are three buttons: "Take Quiz" (highlighted in blue), "See Results", and "Set Support". Below the buttons, a back arrow is on the left, and "Question 1 of 20 total" is on the right. The main text of the question reads: "In the past 2 weeks, how often has your teen exhibited the following troubling thoughts?". Below this, the specific question is highlighted in orange: "Lack of self care - failing to take care of themselves and their hygiene (i.e. brushing their teeth)". There are three radio button options: "Never", "Sometimes" (which is selected and highlighted with an orange border), and "Often".