Daybreak Health

Daybreak Teletherapy: Parent Guide

Your student is participating in teletherapy to help them reach their full potential!
This guide will walk you through the steps to help them succeed in attending their **virtual sessions** regularly from home.

Steps to Get Started:

Find a Device

Your child will need a **phone or computer with internet access** to connect with their therapist. If you don't have a device at home please talk to your campus administrator.

Students will access sessions through a zoom link but do not need zoom downloaded on the device.

Create a Safe Space

Find a **comfy spot with minimal noise**. Get creative like closets or quiet corners. If the door can't be closed, consider a **sound machine** outside the therapy area.

Provide headphones if possible, paper, and writing utensils.

Find Your Appointment Link

Daybreak will send **reminders with the zoom link** 1-week, 24-hours, and 1-hour in advance of an appointment.

Reminders are sent via **email and/or text message** to **student and parents.**

Reach out to Daybreak if you need help

If you do not receive an email from Daybreak, or if you need any support, please reach out to Daybreak's Care Coordination team at carecoordinator@daybreakhealth.com or at 415-992-6155.

The Impact of Daybreak's School-Based Mental Health Services

Improved Attendance & Academic Achievement

80%

of school staff report improvements in attendance, grades and behavior.

Family Satisfaction

92%

of families report that their child has had behavioral improvements at home.

