



CONNECTIONS TO CARE: BUILDING RESILIENCE IN YOUTH




Program Overview

The Connections to Care: Building Resilience in Youth (C2C: BRY) program was developed in response to the significant need for youth mental health interventions in NYC, following the ongoing COVID-19 pandemic. The program focuses on providing increased mental health support and resources to neighborhoods that have been disproportionately affected by COVID-19, particularly for youths aged 13-21.

To address these needs, BRY aims to:

- 1** Expand mental health knowledge, skills, and strategies among staff of community-based organizations (CBOs) in TRIE neighborhoods
- 2** Develop a strong partnership between CBOs and select Mental Health Providers (MHPs) to refer youth for mental health and related services when appropriate
- 3** Improve mental health outcomes for participating youth
- 4** Strengthen community awareness and coordination of services and resources through community engagement and partnerships with local CBOs and community leaders

The C2C:BRY Program does this through three main training and technical assistance strategies:

-  **Mental Health Task Sharing Training**
CBO staff will be trained in team-based mental health task-sharing and coached by mental health providers in skills including: community mental health outreach, screening for mental health concerns, risk assessment, client education, stress management skills training and warm referrals to mental health care providers. Training will be offered via easily accessible online videos in addition to live webinars and limited in-person workshops and will be co-led by CIMH clinical psychologists and psychiatrists and OCET trainers.
-  **Technical Assistance (TA)**
Three individual site sessions will be scheduled with CBOs at the beginning of the program to support program planning and implementation. These sessions will help us (1) identify potential points of C2C: BRY integration into current CBO services and (2) create a specialized workflow together.
-  **Learning Collaborative**
After the training period, cross-site learning collaborative meetings will be offered to support continuous quality improvement and share resources to promote strategies for effective implementation and sustainment of the program. The learning collaborative will facilitate a learning network for peer-to-peer knowledge exchange, provide opportunities to strengthen partnerships across the community, and support a professional community focused on youth and community resilience.

C2C: BRY is supported by the NYC Department of Health and Mental Hygiene (DOHMH) Collaborative, which is led by DOHMH and consists of the Mayor's Office for Economic Opportunity, the Center for Innovation in Mental Health in the City University of New York (CUNY) Graduate School of Public Health and Health Policy, The Academy for Community Behavioral Health in the CUNY School of Professional Studies, and Public Health Solutions..



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