

Research Study on Improving Tier 2 School-Based Mental Health Services

Information for Interested Districts

In collaboration, the [UW SMART](#) & [ALACRITY Centers](#) are recruiting Washington school districts interested in participating in a research study on how best to make an evidence-based school mental health (SMH) strategy work in “real world” schools.

WHAT IS THE INTERVENTION?

The **Brief Intervention for School Clinicians (BRISC)** is a four-session, engagement, assessment, brief intervention, and triage strategy for mental health practitioners working in middle and high schools. BRISC provides a brief, flexible structure that focuses on problem solving and other research-based strategies. BRISC uses a “response to intervention” approach that measures student progress each session and determines next steps and referrals based on this information. This “stepped care” approach promotes efficiency, allowing practitioners to help more students in need. For more information, see: <https://smartcenter.uw.edu/programs-services/brisc/>

WHAT IS THE STUDY?

The ***BRISC Redesigned In Districts to Grow Evidence (BRIDGE)*** study will test how best to make BRISC user-friendly, effective, and feasible for use by school personnel. During the project, the UW SMART Center will work closely with high schools in four districts seeking to train school counselors on BRISC.

- In two of these districts, the SMART research team will work with school partners to redesign training, consultation and implementation supports for BRISC so it is as effective as possible for schools and staff persons and thus improve BRISC engagement and outcomes.
- In all four districts, school counselors will be trained and supported to implement BRISC with students.

WHAT STAFF PERSONS WILL PARTICIPATE IN THE *BRIDGE* STUDY?

To be part of the BRIDGE study, the district needs to commit the following:

- Provide no fewer than **six school counselors** working with high school students (13 and older) in one or more district high schools.
- Provide no fewer than **three school administrators** (e.g., directors of student supports, school counselor supervisor, assistant principals with a role in student well-being) working in the district or these high schools.

WHAT WILL THESE SCHOOL PERSONNEL BE ASKED TO DO?

- **School counselors:**
 1. Participate on a team that will redesign BRISC to best fit your school
 - Approx. four 90 minute meetings during the 2025-26 school year

2. Receive training and consultation on BRISC
 - Two 3-4 hour trainings during the 2025-26 or 2026-27 school year
 - Approx. four one-hour consultation sessions during the 2026-27 school year
 3. Use BRISC with no fewer than 6 students (13 and older) during the 2026-27 school year
 4. Complete short surveys (<20 minutes) three times per year plus one longer interview.
- **School administrators**
 1. Participate on a team that will redesign BRISC to best fit your school
 - Approx. four 90 minute meetings during the 2025-26 school year
 2. Complete short surveys (<20 minutes) three times per year plus one longer interview.

WHAT WILL OUR DISTRICT, SCHOOLS, STAFF, AND STUDENTS GET OUT OF PARTICIPATING?

- Free training and consultation on a research-informed program aimed at helping students who are struggling and/or have early signs of mental health problems.
- Data and information on how well this strategy worked for your school, staff, and students.
- Research compensation:
 - Schools receive \$3,000/each for each year they participate (2025-26 and/or 2026-27)
 - Counselors and administrators receive payment for participating and completing surveys / interviews (\$200 per personnel)
 - Students who receive BRISC will complete surveys and receive up to \$120 for their time

For more information, please contact

- The BRIDGE Study team at Bridgestudy@uw.edu or
- Eric Bruns, Principal Investigator and Professor at the UW SMART Center at ebruns@uw.edu.