**What is BRITE?**

BRITE is an educational treatment program that builds personal resilience by providing adults with information on:

1. The impact of very stressful life events on a person’s emotional and physical wellbeing.
2. How to use that information to make informed decisions and progress toward personally meaningful goals.

Building personal resilience requires gathering information and taking practical steps to effectively cope with and manage the impact of past stressful events as well as current and future challenges.

**BRITE EMPOWERS** individuals. It gives them the knowledge, information and problem-solving strategies that build resilience so they have the **POWER** to make informed decisions that match their goals and needs.

Typically facilitated in groups, BRITE includes the use of a 24-lesson workbook.

**What topics are covered?**

- Understanding trauma: What it is and why is it important?
- Understanding the connection between traumatic life experiences and mental health, substance use and related health conditions.
- Understanding personal resilience: What is it and why is it important?
- Knowing and using your strengths to support your health and wellbeing.
- Identifying and using coping strategies that work for you.
- And more…

**Why is BRITE important?**

Traumatic life events increase a person’s risk for mental health, substance use and related physical health problems. Unfortunately, the connection between trauma and current difficulties can be overlooked by clients and their service providers.

But, exploring these connections may lead to more effective treatments and services. It can be used to make informed decisions about treatment and services and develop strategies to deal with past, current and future stressful events and conditions. It leads to personal **POWER** to live a more satisfying and successful life.

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Clients said…

I was able to trust more people and speak about my problems openly. BRITE has helped me confront some of the issues that have plagued me.

The program has been a great help to my recovery from substance abuse. It has also given me new insight into how to respond with healthy attitudes when faced with adverse situations and stressful challenges.

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Who facilitates BRITE?

Mental health practitioners, substance use counselors, peer specialists, residential counselors or staff who facilitate groups AND have been trained to implement BRITE.

Can BRITE be used in individual sessions?

Yes. In individual sessions, the client and the provider explore topics of interest to the client and topics the practitioner recommends.

How long is each lesson?

Each lesson is usually 45-60 minutes. Some lessons may take two or more sessions based on the participants’ needs.

Does the group need to complete all the lessons?

No. Organizations may use a subset of the lessons based on their service offerings, how long clients are involved, the needs of the clients and other factors. The lessons on goals, strengths, understanding trauma and understanding and building resilience are strongly recommended.

Completing all lessons in the program will take six to seven months of weekly meetings. A group may meet more than once weekly. The BRITE workbook is a flexible resource that respects the clinical decisions of providers and the needs of the clients.

For more information contact Tony Salerno, PhD, at TonyS@TheNationalCouncil.org.

Group Facilitators said...

The rollout was a huge success and the group has maintained its enthusiasm!!! We find the material friendly and welcoming to our clients.

The language is clear and positive, never prescriptive or demanding. The ideas are coherent and relatable, not confusing or clinical.

The model we discussed in class had such an impact on clients here at the shelter... We had clients share trauma experiences that they had never disclosed prior to the group and has helped individuals with insight into their mental health.