

BRIGHTMINDS PROGRAM



OVERVIEW

BrightMinds is a behavioral support program created to empower individuals with a range of neurodevelopmental and behavioral challenges, including Autism Spectrum Disorder (ASD), Attention Deficit Hyperactivity Disorder (ADHD), communication disorders, and more. Originally focused on supporting those with neurodevelopmental needs, the program is now expanding to serve a broader population, including anyone in need of behavioral support.

PROGRAM SCOPE

BrightMinds offers a holistic approach to early detection, diagnosis, and intervention. The program now encompasses a variety of neurodevelopmental conditions and disabilities, or even individuals without a diagnosed disability who simply require a behavior support plan.

By utilizing a multidisciplinary team (MDT), we ensure a comprehensive understanding of each participant's developmental and mental health needs. Tailored care plans integrate psychological therapies, pharmacological support, and behavioral interventions, ensuring that all participants receive accessible, personalized, and scalable care.

BrightMinds, supporting individuals, enhancing lives, and creating pathways to success for all those who benefit from behavioral support.



OVERVIEW

The primary goal of BrightMinds is to optimize the diagnosis, treatment, and long-term well-being of individuals with neurodevelopmental challenges or behavioral needs. Key objectives include:



Early identification of developmental concerns through standardized screening.



Creation of individualized care plans that encompass psychological, behavioral, & medical interventions.



Active engagement of caregivers through training & support resources.



Continuous monitoring of outcomes to assess progress & adapt treatment strategies effectively.

INDIVIDUALIZED TREATMENT PLAN (ITP)

Each participant in BrightMinds receives an Individualized Treatment Plan (ITP) tailored specifically to their unique needs and goals. The ITP is developed collaboratively by the multidisciplinary team, incorporating input from the participant & their family. It outlines:

- 1 Specific Goals:** Clear, measurable objectives based on the participant's needs, strengths, & challenges.
- 2 Targeted Interventions:** A detailed description of the therapies and strategies to be employed, including the frequency and duration of services.
- 3 Progress Monitoring:** Regular assessments to evaluate the effectiveness of the interventions & adjust the plan as necessary.



PATIENT JOURNEY

The patient journey within BrightMinds is structured to ensure timely and effective interventions. It begins with initial entry and identification through referrals from various sources.

Participants undergo comprehensive assessments to evaluate their needs & create personalized care plans. Key steps in the journey include:

Baseline Assessment:

Capturing symptom severity and functional impact to guide treatment.

Regular MDT Meetings:

The multidisciplinary team convenes regularly to discuss ongoing cases, share insights, and coordinate care strategies. These meetings ensure that all team members are aligned on the participant's goals and progress.

Therapeutic Delivery:

Therapy sessions are scheduled based on the individual's needs, with interventions designed to address specific developmental and behavioral challenges. This may include direct therapy, caregiver training sessions, and collaborative goal-setting with families.

Variety of Progress Checks and Program Reviews:

The program includes multiple progress checks and evaluations to monitor development, culminating in a comprehensive program completion assessment.



BRIGHTMINDS THERAPIES

BrightMinds extends a variety of therapies to support development. While psychology and psychiatry typically happen in the clinic, alkalma can provide ABA, SLP, and OT in your child's school or clinic- whichever works best for you!

Psychiatry

Doctors who help understand how thoughts and emotions affect your child's behavior and well-being. They can prescribe medications to help manage mental health challenges like anxiety or depression.

Psychology

Therapists who work with your child and family to help manage feelings, cope with challenges, and improve thinking and behavior through talking and activities.

Applied Behavior Analysis (ABA)

A therapy that helps teach new skills and reduce challenging behaviors. It uses simple steps and rewards to encourage positive behaviors, helping your child learn and grow in everyday activities.

Speech-Language Pathology (SLP)

Specialists who help with communication, whether it's talking, understanding others, or using special tools to assist in expressing thoughts. They also help with social skills, like how to interact with friends.

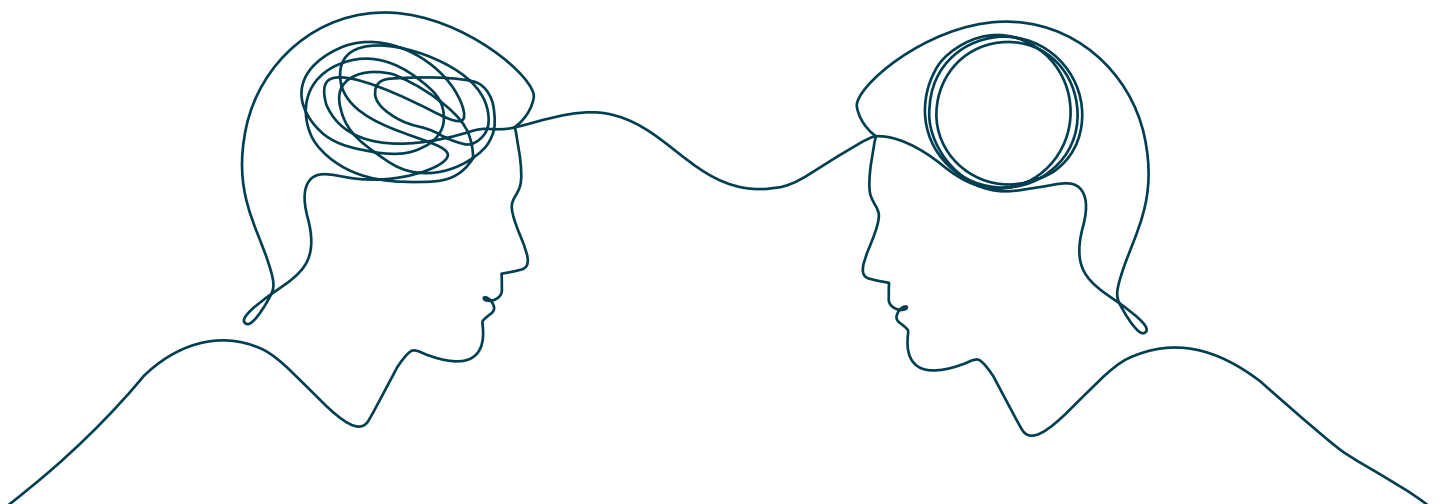
Occupational Therapy (OT)

Therapists who work on everyday skills such as getting dressed, eating, or managing sensory challenges (like being sensitive to lights or sounds). They help your child gain independence in daily activities.

Care Coordinator

A support person who helps you and your family by connecting you with the right services and resources, offering emotional support, and making sure your child gets the care they need, when they need it.

These therapies and services work together as a team to support your child's growth, helping them succeed in their daily life, whether at home, school, or in the community.



MEASURING FUNCTIONAL OUTCOMES & SUCCESS

Functional outcomes are measured through a combination of standardized assessments and clinical KPIs (Key Performance Indicators). These metrics help assess the progress of participants and the overall effectiveness of the program:

Clinical KPIs:

Success is evaluated based on reductions in symptom severity as measured by the Vineland Adaptive Behavior Scales & individual goal attainment scaling. These tools allow for tracking improvements in functional skills & the achievement of individualized goals.

Regular Monitoring:

Continuous assessments at key checkpoints ensure that progress is documented & adjustments to the ITP can be made based on the participant's response to treatment.

Long-Term Outcomes:

Success is evaluated not only at the completion of the program but also through long-term follow-up assessments at six months & annually. This ongoing monitoring ensures that participants maintain their gains & continue to thrive in their daily lives.







**Thank you for taking the time
to review our services,**
we look forward to supporting your family
& loved ones flourish with care.
please reach out if you have any queries

mentalhealth@alkalmahealth.com

alkalmahealth.com

+971 50 243 3623 | +971 56 820 5443