



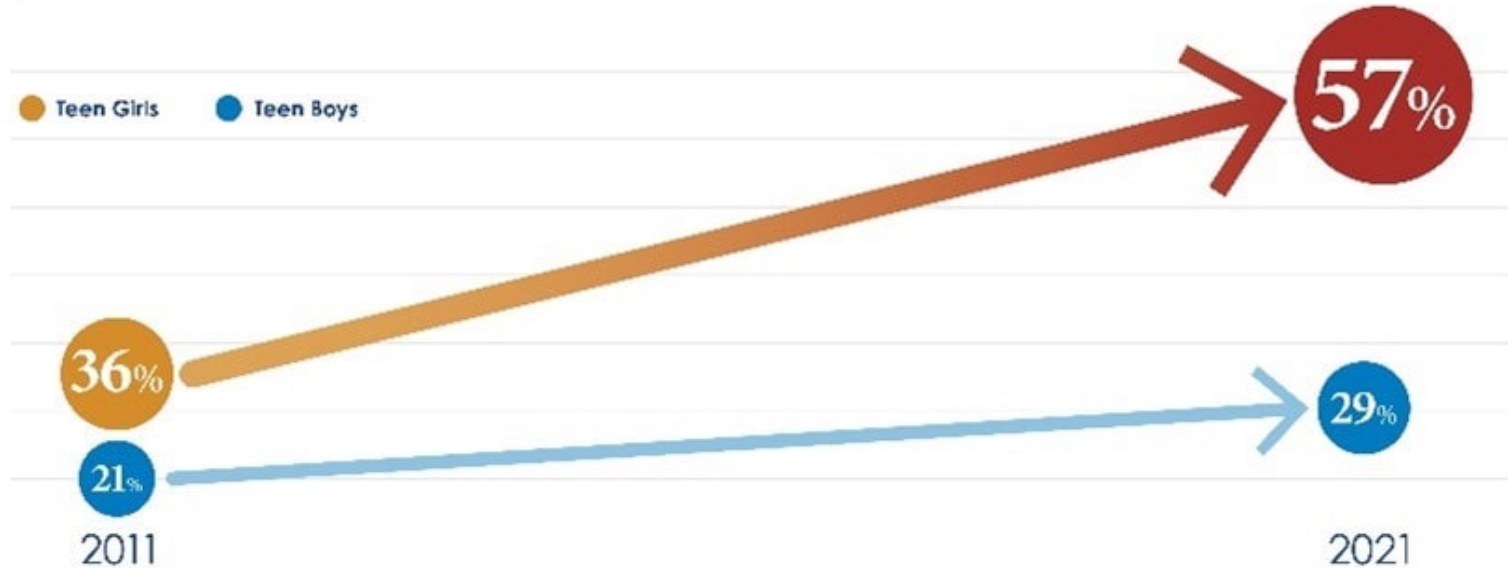
A Whole- community Approach to Children's Mental Health

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Shield of North Carolina



TEEN GIRLS WHO PERSISTENTLY FELT SAD OR HOPELESS INCREASED DRAMATICALLY FROM 2011 TO 2021



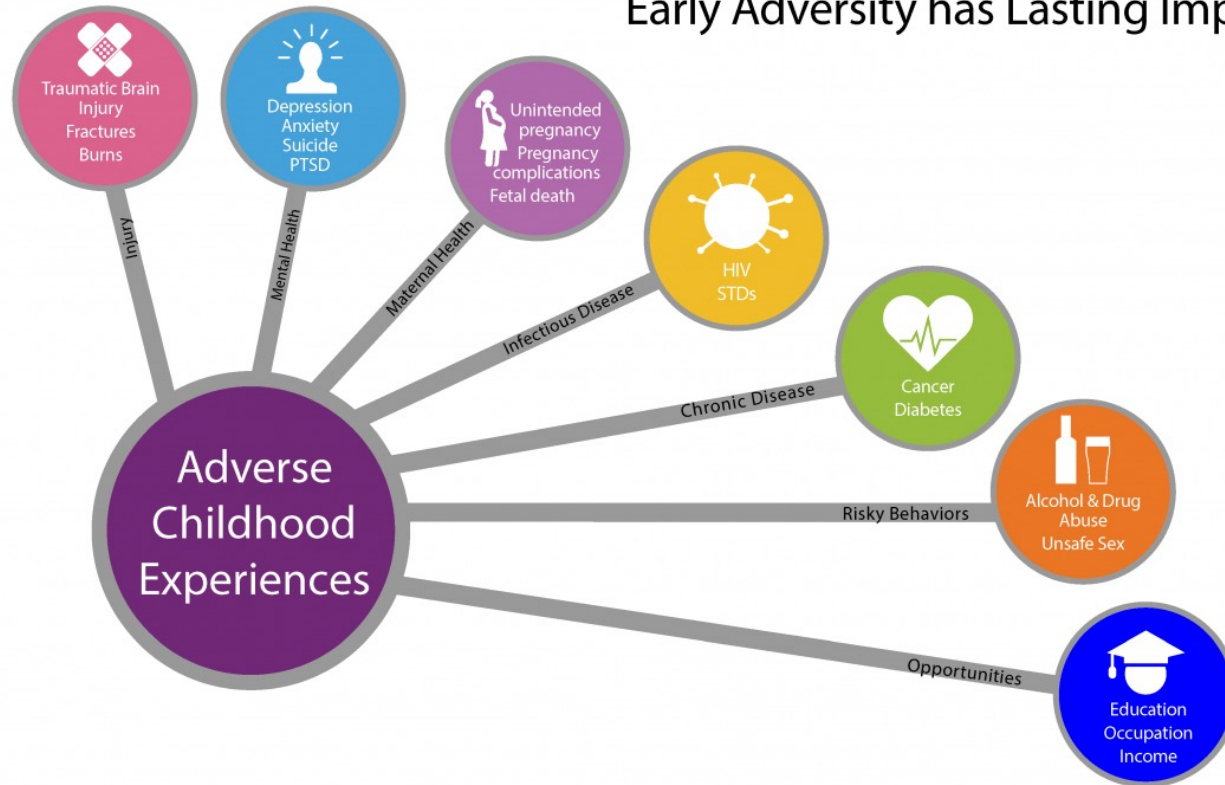
Source: CDC Report, U.S. Teen Girls Experiencing Increased Sadness and Violence, <https://www.cdc.gov/media/releases/2023/p0213-yrbs.html>

The State of Adolescent Mental Health in North Carolina



Source: North Carolina Child Health Report Card,
<https://ncchild.org/publications/2023-child-health-report-card/>

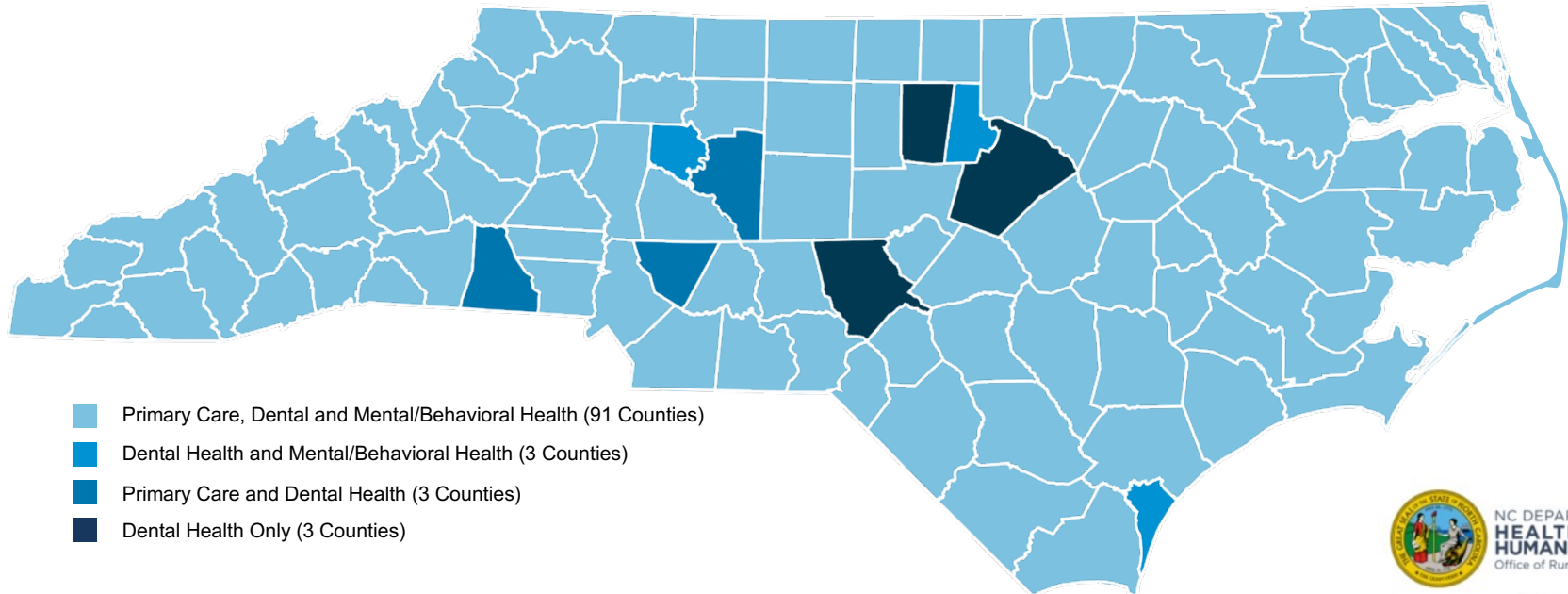
Early Adversity has Lasting Impacts



Access and Provider Availability

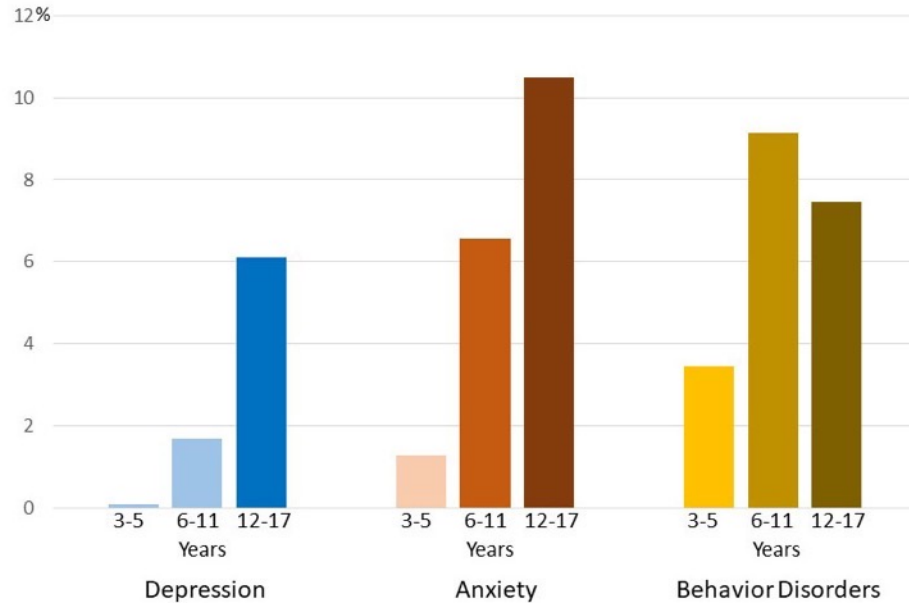


North Carolina Office of Rural Health
Counties designated health professional
shortage areas



Onset is early and has a lifetime impact

Depression, Anxiety and Other Behavior Health Disorders by Age



Whole Person

- Expanding access in rural and underserved areas
- Integrating mental health into primary care, care navigation



Whole Family

- Addressing the continuum of care with substance use and mental illness
- Investing in family stabilization



Whole Community

- Committing to organizations with local expertise in rural and underserved communities
- Building a network of trauma-informed care
- Supporting children in foster care and their families
- Creating safe outdoor spaces for play





Extra Miles Tour

**LISTENING, LEARNING & LEADING
ACROSS NORTH CAROLINA**

Thank You!