



Turning the Tide: Addressing Youth Mental Health in North Carolina

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Youth Mental Health Crisis: Urgent & Escalating



**1 IN 5
TEENS**

with a mental
health condition

**SUICIDE
= 2nd**

**2nd leading
cause of death
(ages 10–24)**

**43%
OF NC TEENS**



feel persistently
sad/hopeless



**61 NC
COUNTIES**

lack
child/adolescent
psychiatrists

Our Approach: Build a Statewide Safety Net

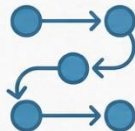


1 PREVENTION AND TRAINING



- Equipping communities to spot concerns early.

2 EASIER PATHWAYS TO CARE



- Simplifying member access to in-network providers.

3 DIGITAL TOOLS



- Expanding resource hubs for providers and youth.

4 THE FOUNDATION



- Investing in evidence-based local community solutions.

Behavioral Health Programs



Behavioral Integration

- ✓ Integrated models of care
- ✓ Scalable solutions
- ✓ Aligned on measurable outcomes



Care Navigation

- ✓ Care Navigation model
- ✓ Case management for high-needs
- ✓ Right care. Right time. Right place.



Networks

- ✓ Evidence-based networks
- ✓ Areas of focus include eating disorders, & anxiety
- ✓ In-person, virtual, hybrid, and digital support



Value-Based Care

- ✓ Train & support providers
- ✓ Alternative payment models
- ✓ Performance & outcomes



Digital Front Door

- ✓ Standard screening
- ✓ Single access point
- ✓ Self-directed care



Care Model

- ✓ Crisis services
- ✓ Specialized providers

Youth Mental Health First Aid Training

Real People. Real Impact



“It is no exaggeration to say that, thanks to this training, Ms. Greer and Dr. Moran helped save a child’s life and connected them to critical resources for support.”

— UNC System VP


“The information was very relevant and helpful for me as a member of the community, as a mom, and even as a people leader. A lot of the information can be used for recognizing signs in employees as well.”

— Training participant




2025 TRAINING ACHIEVEMENTS: SURPASSING THE GOALS



HOLISTIC APPROACH: PEER & COMMUNITY SUPPORT



TEENS EMPOWERING TEENS

-  • Peer Listening Circles
-  • Student Wellness Ambassadors
-  • De-stigmatization Campaigns



PROFESSIONAL TRAINING PARTNERSHIPS

-  • YMHFA Certification (Staff & Volunteers)
-  • Collaborations with UNC Mental Health
-  • Carolina Hurricanes Community Outreach

SUPPORTING NORTH CAROLINA'S YOUTH MENTAL HEALTH

\$15M+

INVESTED (2025)

Funding community work
with proven impact.



EXPANDING ACCESS TO CARE

Integrated care models in rural & underserved communities



COMMUNITY CAPACITY BUILDING

Evidence-based training & connecting youth to services



PREVENTION & EARLY INTERVENTION

Early childhood, relational health & caregiver supports



SCHOOL-BASED COMMUNITY HUBS

Transforming K-12 schools to remove barriers to student health