



GRANVILLE VANCE
public health

THRIVE Initiative to Improve Access to School-Based Behavioral Health Treatment and Programming

In partnership with



The Need: Challenges of Youth Mental Health in North Carolina:

- In 2020, more than **1 in 10 children aged 3–17** has a diagnosis of anxiety or depression, a 49% increase from 2016.
- **Only 28% of North Carolina children with a diagnosed mental or behavioral need receive care** from a specialized mental health care provider.
- **North Carolina ranks 46th nationally** in providing appropriate in-school support and accommodations for children with mental health needs.

Your health department's response: Granville Vance Public Health Department recently received a grant providing funds to plan with Granville and Vance County Schools, as well as other youth and adolescent community-based programs, to offer some or all the below services for **FREE**.

Possible services include...

2. A **"healthcare navigator"** to help children and parents understand how to access local behavioral health providers.
3. **Regular screening** for possible behavioral health needs among students.
4. **Behavioral health specialists** to provide therapy to students.
5. **Mental Health/Behavioral Health assessments** for students for select school administrators (Nurse, Counselor, etc.) to understand the mental wellbeing of a student at the beginning of the year and a follow-up assessment at the end of the school year.
6. **Trainings** such as Mental Health First Aid, Life and/or Coping Skills, Substance Use Prevention (including, Tobacco use, Vaping, and Opioid use).
7. **Parenting training** focused on Naloxone/Narcan administration, how to manage children's behavior calmly, strengthening families, etc.
8. **Training for teachers** to know how to better recognize and address the behavioral health needs of their students.
9. Access to **Naloxone** (Narcan) in the schools
10. **Afterschool programming.**
11. **Peer support mentoring program** for parents of children with behavioral health disorders.
12. **"Calming rooms"**—special spaces to help students take a break, defuse anger, and re-center outside of the classroom.

For questions, please email Wendy Smith (wsmith@gvph.org)



Call, text or chat 988 to talk to someone ready give you the mental health help you need. No matter what you're going through, we're here to listen and understand.