



Partnering *with* NORTH CAROLINA *System of Care*

March 15th, 2023



School Mental Health Initiative



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NORTH CAROLINA
System of Care

is a project funded through #StrongSchoolsNC.

The i2i Center for Integrative Health is partnering with the NC Departments of Public Instruction and Health and Human Services.

- ▶ Thank you to the School Mental Health Initiative for allowing us to use this already scheduled quarterly meeting time for this webinar.



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- ▶ To the i2i Center Team that put this webinar together:
- ▶ Ann Rodriguez, Executive Director, i2i Center for Integrative Health
- ▶ Leah McCray, Project Manager, i2i Center for Integrative Health
- ▶ Mary Hooper, MSW, ACSW, Senior Consultant
- ▶ Stacy Morgan, Senior Consultant
- ▶ Susan Robinson. M.Ed., Senior Consultant



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North Carolina Department of
PUBLIC INSTRUCTION



NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**

Housekeeping

Spanish translation is available through Language Service Solutions, LLC


Closed captioning is available through zoom. See the chat for directions.

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- ▶ How to start automated captioning
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 3. Choose the speaking language
 4. Select the ***Enable Translation*** check box and choose which language you want
captions to be translated in.
 5. Click save
- ▶ <https://support.zoom.us/hc/en-us/articles/8158738379917>



We have a Google doc for
registration:
[https://forms.gle/uh8yXjRBvB
iJn4EEA](https://forms.gle/uh8yXjRBvBiJn4EEA)



If you register with us, we
will send you the slides, a
survey, other documents
from this webinar as well as
other resources we develop
through this initiative.



Register



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The webinar is being recorded and will be available to anyone at i2icenter.org along with the slides.

We would greatly appreciate everyone on the webinar sharing the information you hear today.

Please put your questions in the Q&A rather than the chat. We hope to get to some of them at the end of the webinar. We will provide written response to all questions and that will also be available at the i2i Center website.

Overview: What's our why?



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- ▶ Our **purpose** today is to provide you with the national System of Care principles and how they are being used in North Carolina as a resource and support for children, youth and families.
- ▶ Our **goal** is to show you how the System of Care principles that are used in health and human services INTERSECT with the principles and frameworks that are used in education.
- ▶ Our **challenge** is for each of us, in whatever role we play, to use the System of Care principles and values as a framework for shaping family-centered practices, policies, and activities to support children, youth and families.

Why

?

OneNote: PRINCIPLES=FOUNDATION=FRAMEWORK=VALUES

What's your why?



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•***School attendance improved.*** The percentage of children with regular school attendance (i.e., 75 percent of the time or more) during the previous 6 months **increased nearly 10 percent with 84 percent attending school regularly after 18 months in system of care.**

•***School achievement improved.*** The percentage of children with a passing performance (i.e., C or better) during the previous 6 months **increased 21 percent with 75 percent of children passing after 18 months in system of care.**

•***Significant reductions in placements in juvenile detention and other secure facilities.*** Children and youth who were placed in juvenile detention or other secure facilities within the previous 6 months **decreased 43 percent from entry into services to 18 months after entering systems of care.**

Why

?

ACTIVITY

When you think of being
an advocate for someone...
who comes to mind?

*Write this name on a piece of
paper and set it aside.*



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Vocal Video #1 Gaile Osborne Executive Director Foster Family Alliance

- What is your experience with using System of Care principles, e.g. through family/caregiver-driven interactions with schools and professionals?
- Are there special considerations that schools should account for children in foster care?

<https://vocalvideo.com/v/i2i-center-for-integrative-health-reviews-gaile-osborne>

Making Connections - School and Community



- ▶ Whole School, Whole Community, Whole Child
 - ▶ Healthy Schools
 - ▶ Specialized Student Instructional Supports
 - ▶ Standard Course of Study
 - ▶ Multi-Tier System of Support (MTSS)
- ▶ School Mental Health Initiative
- ▶ School Mental Health Policy

Making Connections - School and Community

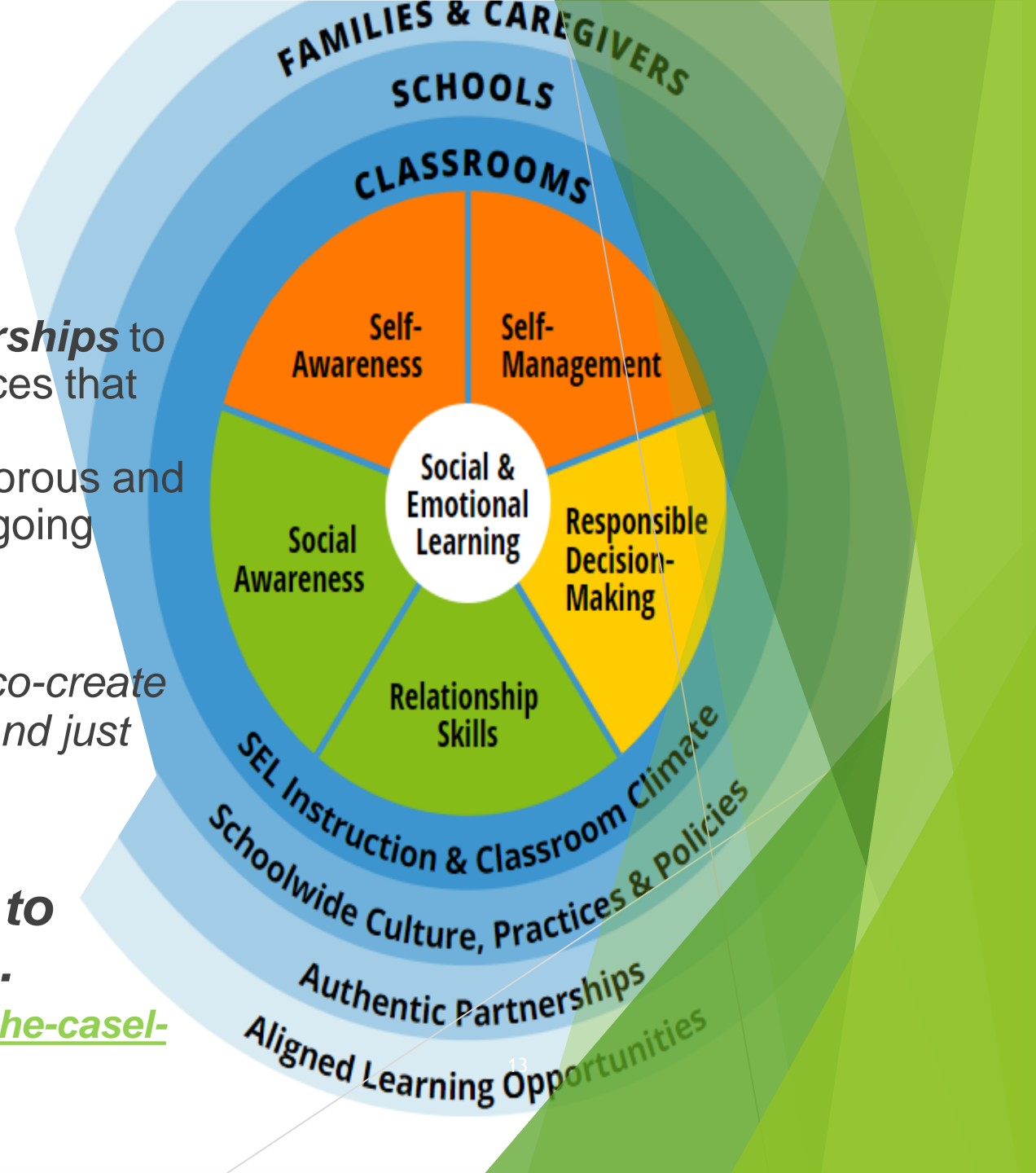
SEL advances educational equity and excellence

- **authentic school-family-community partnerships** to establish learning environments and experiences that feature
- **trusting** and **collaborative relationships**, rigorous and meaningful curriculum and instruction, and ongoing evaluation.

SEL empowers young people and adults to co-create thriving schools and contribute to safe, healthy, and just communities

SEL supports a trauma informed lens to whole child, family, community health.

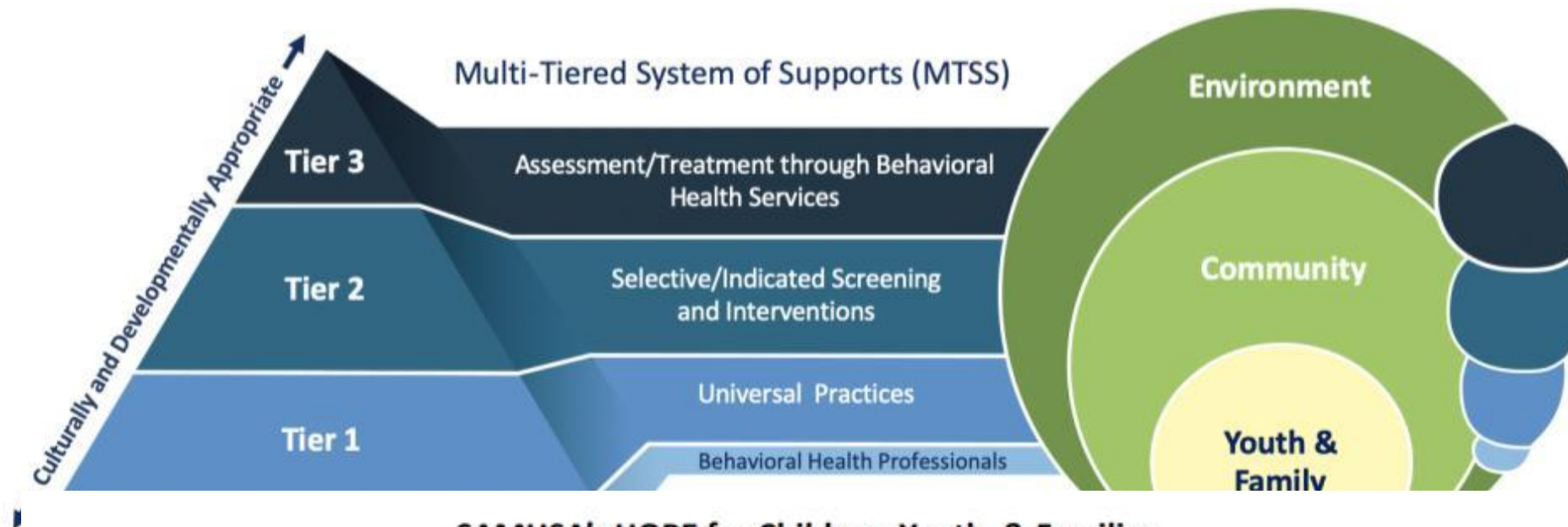
Source: <https://casel.org/fundamentals-of-sel/what-is-the-casel-framework/#key-settings>
<https://sel4us.org/>



Making Connections

SAMHSA's HOPE for Children, Youth & Families

All children, youth, and families thrive in their homes and communities and experience joy, love, and HOPE.



SAMHSA's HOPE for Children, Youth, & Families

All children, youth, young adults, and their families thrive in their homes and communities and experience **Health**, **Opportunities** for success, and the ability to reach their full **Potential** through **Equitable** strategies that build strengths and includes their voices.



Making Connections - Common Frameworks

North Carolina SOC Framework

Policies and principles

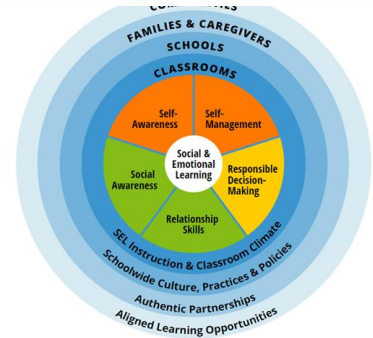
Community

Family,
Child, & Youth

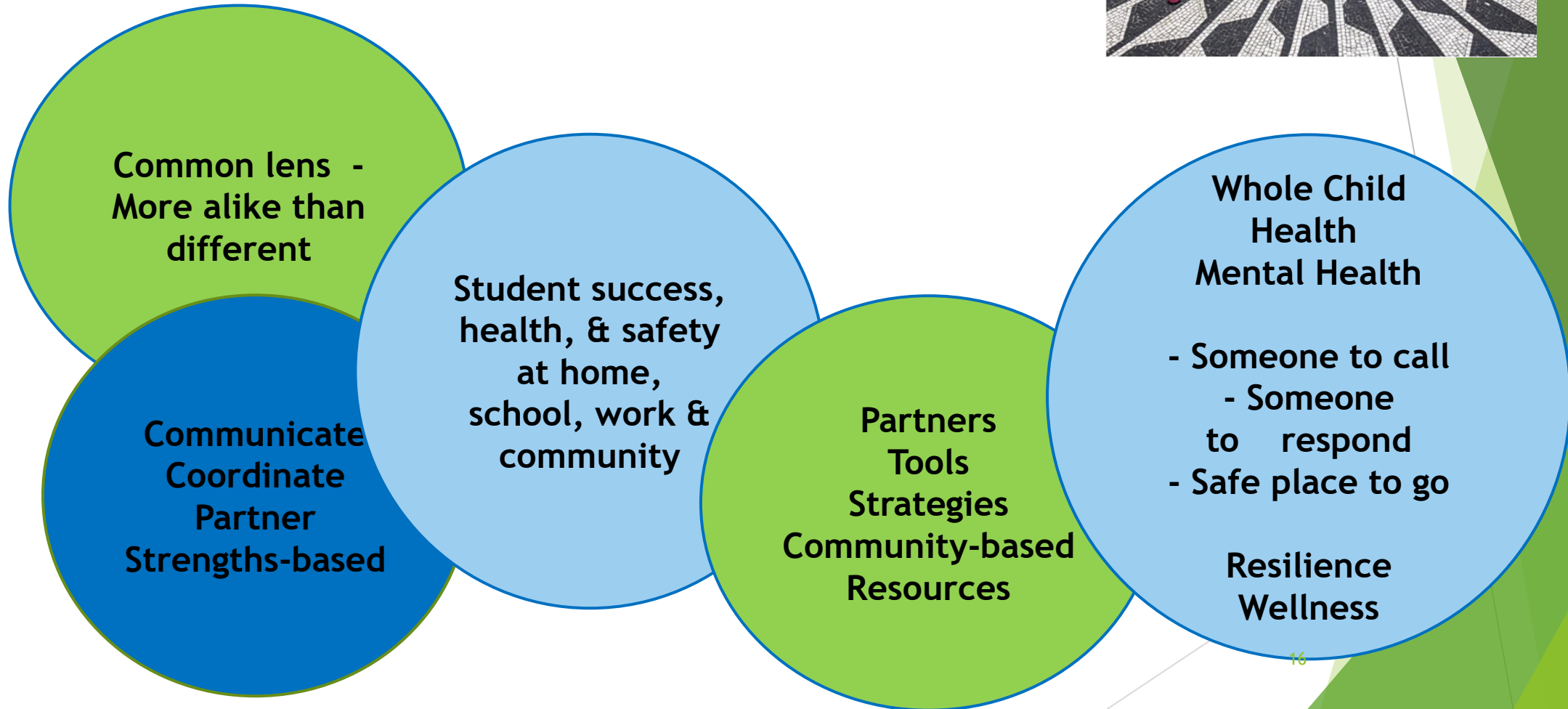
Partners

Culture

Diversity, Equity, Inclusion



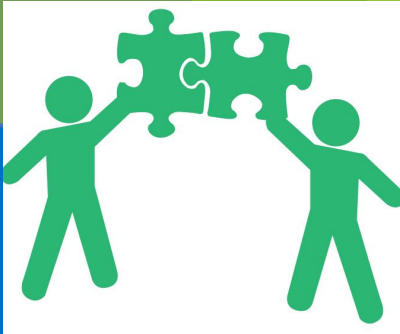
Making Connections - Common Ground



The Intersections - Challenges & Opportunities



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D	P	I							M
H									T
H						P			S
S						A	C	E	S
		F		S	O	C			
A	W	A	R	E		E		C	
		M		L		S	M	H	I
		I						I	
		L						L	
		Y	O	U	T	H		D	



What is System of Care?



A photograph of a globe representing Earth, showing continents and oceans. It is surrounded by several small, colorful human figures (green, yellow, orange) standing in a circle, symbolizing global unity and community. The background is a light-colored, textured surface.

National Definition System of Care

- ▶ A spectrum of effective, community-based services and supports for children and youth with - or at risk for - mental health or other challenges, and their families, that is organized into a coordinated network, builds meaningful partnerships with families and youth, and addresses their cultural and linguistic needs to help them to function better at home, in school, in the community, and throughout life.
- ▶ Source: [Toolkit_SOC_Resource1.pdf \(georgetown.edu\)](#)



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Vocal Video #2

Jessica Aguilar

Family Partner

- How do you think that the System of Care principle of cultural and linguistic responsiveness plays an important role in working with school children with mental health needs?

<https://vocalvideo.com/v/i2i-center-for-integrative-health-partnering-with-nc-system-of-care>

National System of Care

Core Values

- ▶ Family-driven and youth guided
- ▶ Community based
- ▶ Culturally and linguistically competent



National System of Care - Guiding Principles....

- ▶ Availability
- ▶ Individualized Services
- ▶ Least Restrictive and Normative Environment
- ▶ Families & Youth are full Partners
- ▶ Cross System Collaboration
- ▶ Care Management
- ▶ Developmentally Appropriate
- ▶ Transition of Youth



National System of Care - Guiding Principles Continued...

- ▶ Link with other mental health efforts
- ▶ Protect the rights
- ▶ Sensitive and Responsive
- ▶ Continuous Accountability

▶ Source: [Toolkit_SOC_Resource1.pdf \(georgetown.edu\)](#)

North Carolina System of Care

- ▶ A comprehensive network of community-based services and supports
- ▶ Organized to meet the needs of families who are involved with multiple child serving agencies
- ▶ Promotes success at home, school, work, & community.

Goals:

- Families and youth will work in partnership with public and private organizations
- Supports are effective
- Builds on individual strengths and needs.

NC DHHS System of Care

SOC Values form the foundation of the 3 Key Components of SOC

SOC Values

1. Family and youth-driven
2. Culturally and linguistically competent
3. Individualized, strength-based
4. Evidence-based
5. Interagency collaboration
6. Data-driven
7. Trauma-informed/Resilience-Focused

SOC Components

Philosophy

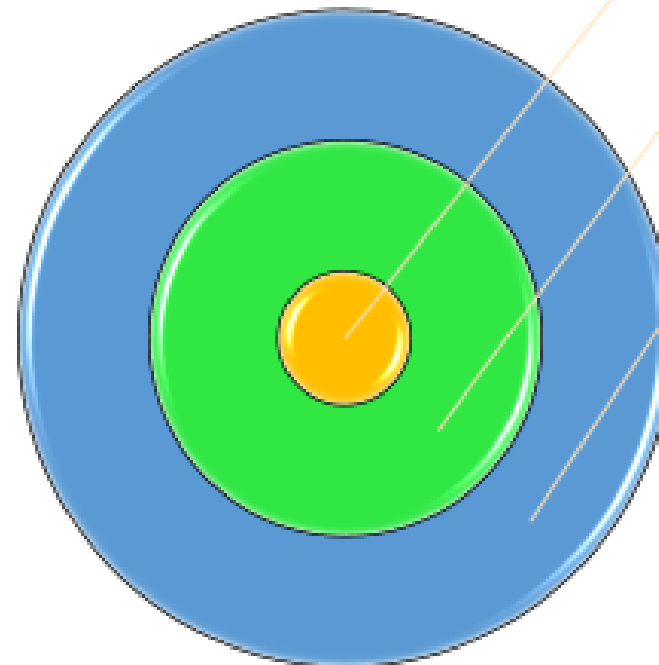
Family & youth driven
Strength-based
Culturally & linguistically responsive

Infrastructure

Community and State-level Collaboratives
Family and interagency partners
Data-driven

Services

Evidence-based
Trauma-Informed



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North Carolina System of Care - Drivers for Collaboration

- ▶ ***Children, Youth and Families are Always the Main Drivers!***



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- ▶ **Legislation, Rules, Policies are also Drivers for Collaboration**

Education Drivers

Whole School, Whole Community, Whole Child to focus on 10 principles that address the whole child

SHLT-003, School Mental Health Policy to encourage collaboration between schools and communities as a means for growing resources in mental health

School Safety to reduce gun violence, bullying and suicides

School-Based Mental Health to provide services to children with diagnosed mental health needs

Health and Human Services Driver:

Medicaid Transformation and private insurance to focus on whole person care

Social Determinants of Health to improve service outcomes:

- Housing
 - Transportation
 - Interpersonal safety
 - Food security
-

Multi-disciplinary approaches such as Child and Family Teams and care management to be family-driven and coordinated

Prevention and Early Intervention to divert children from high cost and out-of-community placements



Making Connections - North Carolina SOC Partnership Opportunities

- **Statewide, Regional and County System of Care Resources:**
- School Mental Health Initiative
- Community Collaboratives
- North Carolina Collaborative for Children, Youth and Families (School-Based Mental Health Committee)
- State and Local Consumer and Family Advisory Committees (CFAC)
- Family run organizations and family driven programs
- **And You Can Probably Think of Many More...** 29

System of Care

is a way of working together with youth and families to achieve the desired outcomes identified by the youth and family

it is not a service or a program



North Carolina System of Care Pillars



- Timely Access



- Family Voice, Support, and Education



- Individualized Care



- Community Collaboratives

North Carolina System of Care Infrastructure Components

Community Collaboratives

System of Care Coordinators

Family Partners/Family Leads

NC Collaborative for Children, Youth, and Families

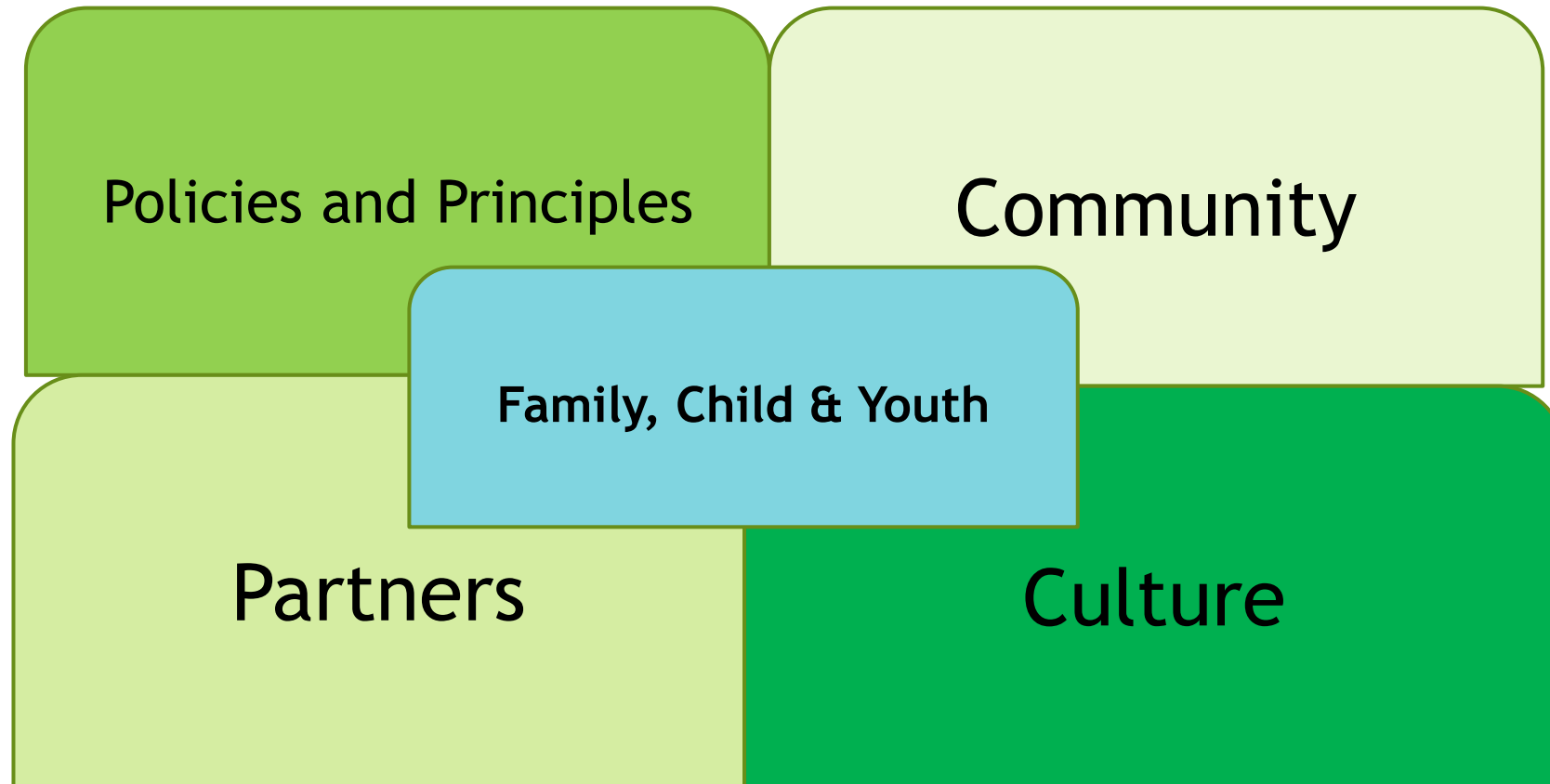
Individualized Service Coordination

Community-Based Services

Engaged Families

Division of Child and Family Wellbeing (DCFW)

North Carolina System of Care Foundation



Family Driven

- Family-driven means families have a primary decision-making role in the care of their own children as well as the policies and procedures governing care for all children in their community, state, tribe, territory and nation.

Family Involvement

- Families receiving services are supported, prepared, and offered the opportunity to participate as full partners at all levels, especially in the planning, implementation, and evaluation of programs, services, their related policies and practices.

Family Engagement

- Encouraging families to be involved
 - Child
 - Services
 - Other families
- Ensuring opportunities of involvement

National Definitions of System of Care Family Centered Practice Components

What Does Family Driven Include?

Choosing

- Choosing supports, services, and providers

Setting

- Setting goals

Designing and implementing

- Designing and implementing programs

Monitoring

- Monitoring outcomes service delivery and systems

Partnering

- Partnering in funding decisions

Determining

- Determining the effectiveness of all efforts to promote the mental health and well-being of children and youth

What is Family Driven in System of Care?

Families and youth are given accurate, understandable, and complete information.

Families and youth, providers and administrators embrace the concept of sharing decision-making .

Families and youth are organized and supported to use their voices.

Families and family-run organizations engage in peer support.

Families and family-run organizations provide direction for decisions that impact funding .

Providers change practices from provider-driven to family-driven.

Administrators allocate staff, training, support, and resources.

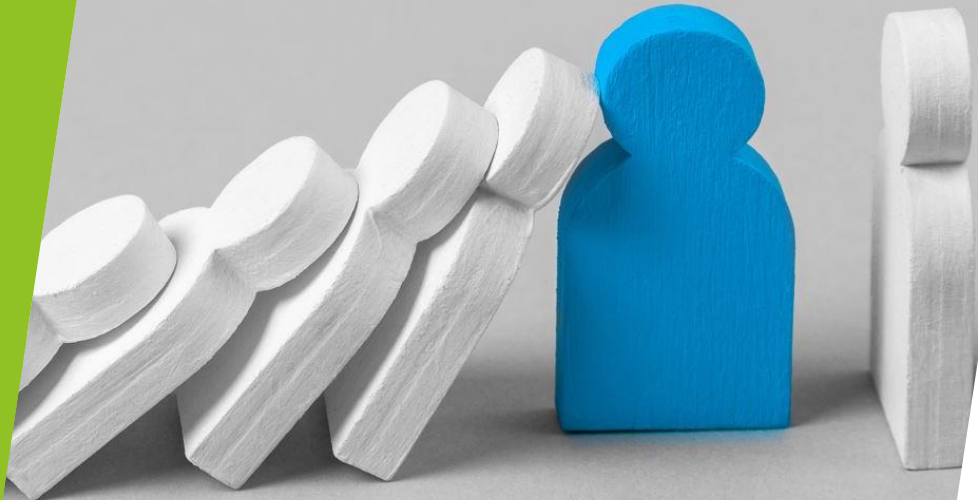
Communities focus on removing barriers and discrimination.

Communities embrace, value, and celebrate the diverse cultures.

Everyone continually advances their own cultural and linguistic responsiveness.

Complicating Factors To Family Driven Care

- ▶ Lack of involvement
- ▶ Lack of partners from their culture
- ▶ Individuals who struggle with the family driven approach
- ▶ Overwhelmed and isolated
- ▶ Lack of access to information or information that's not helpful
- ▶ Feel intimidated, blamed or disrespected
- ▶ Sense of not being heard or understood
- ▶ Policies that do not promote inclusion and respect
- ▶ Legal involvement that interferes with communication



Principles Of Family Involvement

Families define themselves and their own culture.

Families have access to culturally competent services and supports reflecting their race, ethnicity, gender orientation, language, socio-economic background, and family structure.

Families have their basic needs met.

Families have access to information and training.

Family identified priorities and concerns drive policy and practice.

Families share power to make decisions and responsibility for outcomes.

Families & their system partners know their individual strengths, limitations, and fears.

Families have their own independent organization to speak with a collective voice for system change.

Families and their organizations get both respect and protection from their system partners



Some Barriers to Family Involvement:

Tokenism

Role ambiguity

Staff tension

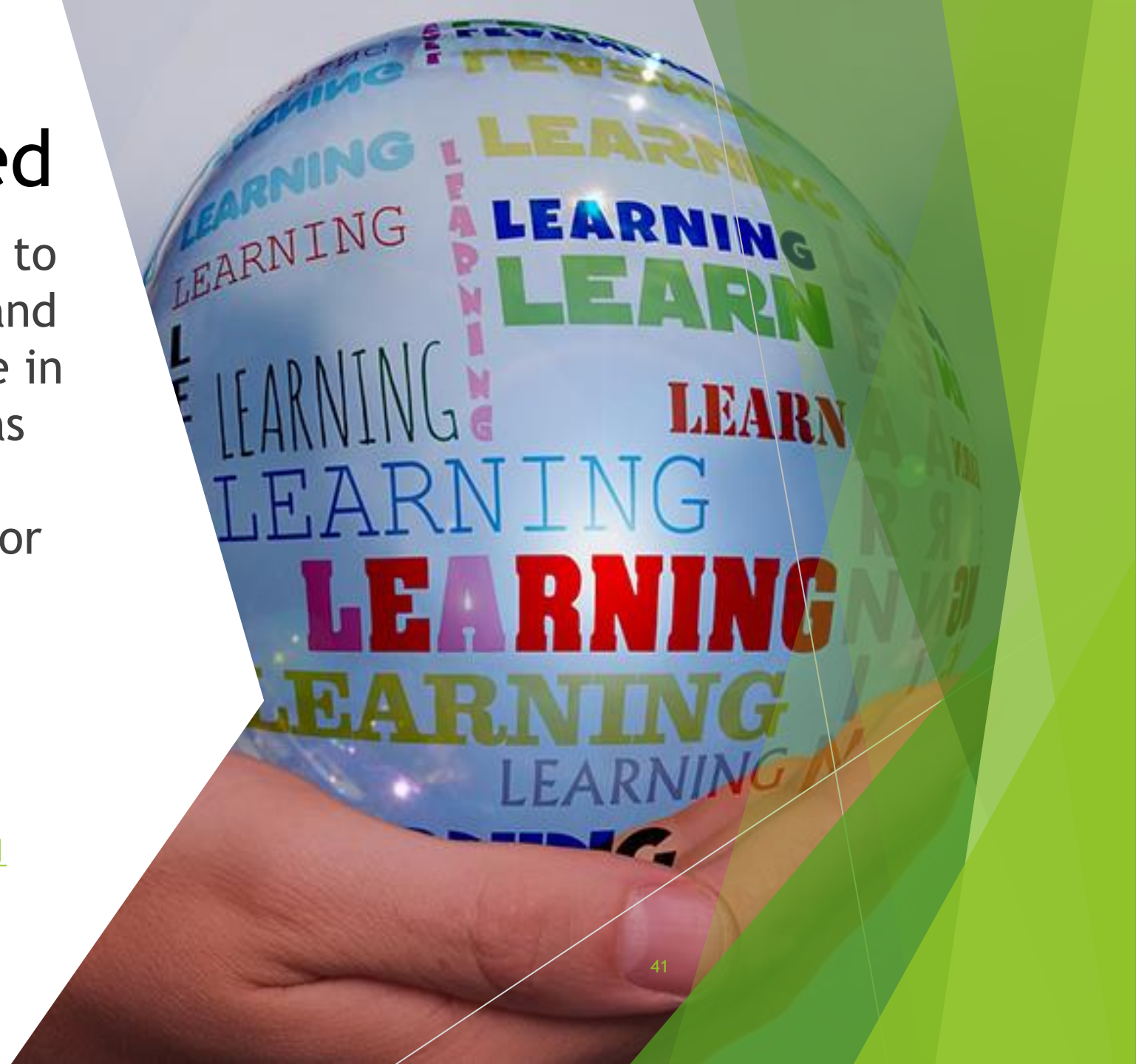
Lack of long-term vision

What are the Basics for Supporting Family Engagement?

- ▶ Families are present, prepared, and supported
- ▶ Shared responsibility
- ▶ Partners help identify and engage supports at expanding team capacity for family success
- ▶ Partners and families meet regularly and
- ▶ follow-up is essential

System of Care - Youth Guided

- ▶ Young people have the right to be empowered, educated, and given a decision-making role in the care of their own lives as well as the policies and procedures governing care for all youth in the community, state and nation.
- ▶ About the child's interests, focus and capacity
- ▶ Source: [Youth MOVE National Toolkit, 2011](https://youthmovenational.org/resources/)



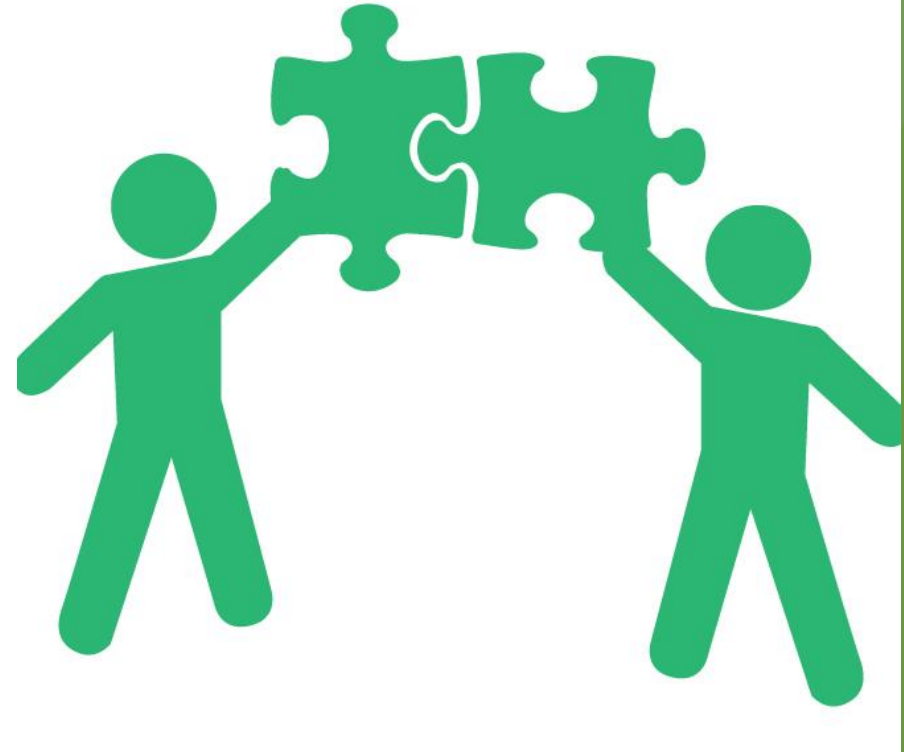
System of Care - Youth Guided

- ▶ Connection
- ▶ Acceptance
- ▶ Involvement
- ▶ Transformation -
Listen, Action for
Change



► System of Care - Youth Guided

- Supports communities in meeting the needs of young people.
- System of Care is an ***ADAPTABLE*** framework that supports youth with complex mental health, homeless, juvenile justice, foster care, among others.





System of Care Outcomes...

What Does Research Tells Us

- ▶ Family engagement in schools contributes to positive student outcomes, including improved child and student achievement, decreased disciplinary issues, improved parent-teacher and teacher-student relationships, and improved school environment.
- ▶ Family engagement among families of diverse socioeconomic, educational and racial/ethnic backgrounds when effectively supported positively impacted their child's learning at home and school.
- ▶ Youth engage in fewer health risk behaviors when their parents are actively involved in their lives.
- Children and youth served by mental health providers through system of care show increases in emotional and behavioral strengths and improved relationships with peers and adults when families are engaged.

System of Care Outcomes... BASED ON RESEARCH



Families that actively support youth involved in juvenile justice help reinforce the importance of treatment, articulate and advocate for their child's needs, and increase the probability of a smooth transition home at the end of an out-of-home placement.

Involving families in strength-based decision-making processes and modeling problem-solving **approaches increases families' comfort with communicating their own problem-solving strategies and exploring new strategies that may benefit themselves and their children.**

Working collaboratively **increases** the likelihood of identifying a family's unique needs and developing relevant and culturally-appropriate service plans that address needs, build on family strengths, draw from community supports, and use resources more effectively.

WHAT DOES SYSTEM OF CARE MEAN FOR EDUCATION?

Reduced arrest results translated into an average per-child cost savings.

Mental health improvements sustained. Emotional and behavioral problems were reduced significantly or remained stable. Suicide-related behaviors were significantly reduced.

Participation in positive health behaviors such as school-related physical activity and improved educational achievement, including increased attendance and higher grades and test scores.



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Vocal Video #3 Ryan Etheridge Director, Project ACTIVATE Cleveland County Schools

- How can the System of Care principles strengthen the approach schools have to support children, youth, and families?

<https://vocalvideo.com/v/i2i-center-for-integrative-health-reviews-ryan-etheridge>

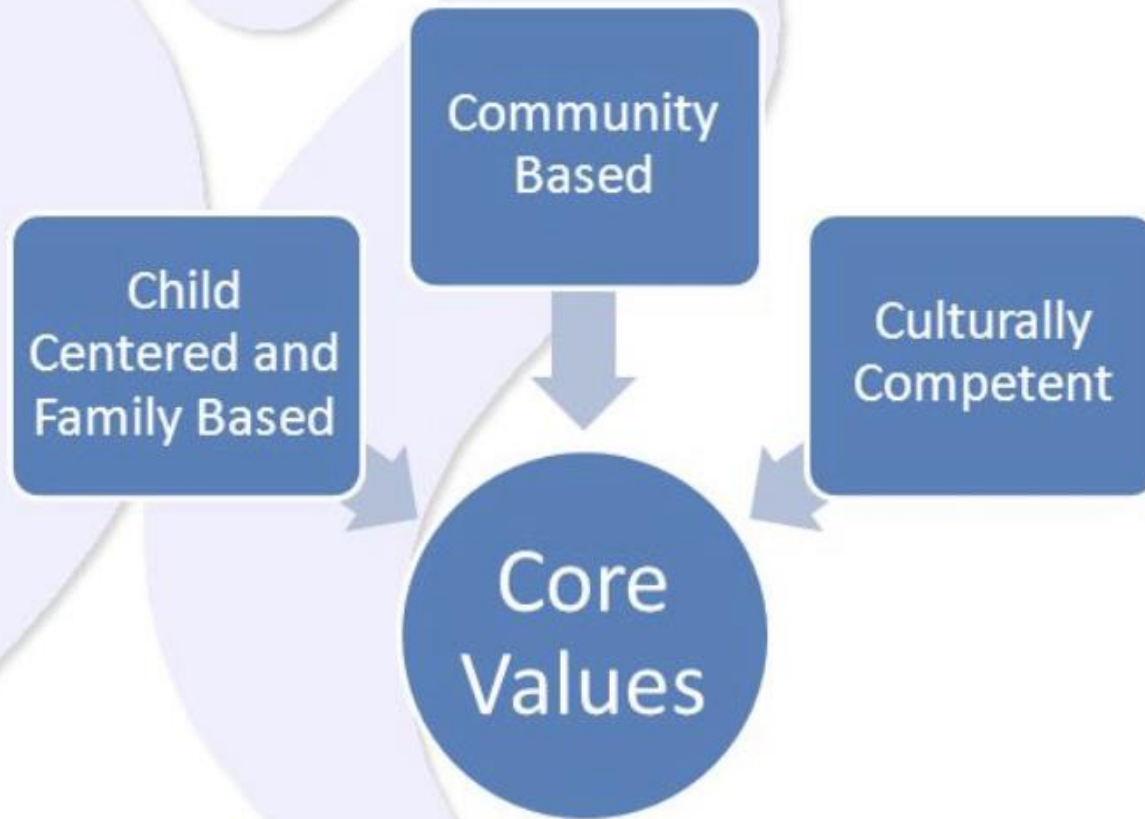
Where Does the Education & System of Care (SOC) Framework Intersect?

System of Care Framework	EDUCATION FRAMEWORK
Youth Guided	The child/youth's interest, focus and capacity - Individualized Education Plan(IEP), Behavior Improvement Plan(BIP), 504...
Family Driven/Family Engagement/Family Involvement	Strengthens and engages families even more and in a focused way, creates more opportunities
Cross System Agency Partnerships	Building relationships between community agencies and school leaders is very important in developing a positive student support system.
Community Based Services	School-based and school-linked mental health services reduce barriers to youth and families getting needed treatment and supports, especially for communities of color and other underserved communities.



Social Emotional Learning Key Components

Values and Principles for the System of Care



Intersection of System of Care with Whole School, Whole Community, Whole Child

Community-based
Interagency
approach

Cultural
Competence



Family and Youth
Driven

Strength-Based



When does SOC Start?

The first time a person interacts with child, youth, or family - whether it's the bus driver or carpool staff - is when System of Care begins.

Who is the SOC in Your Work?

- ▶ Family members
- ▶ Youth
- ▶ Child welfare
- ▶ Juvenile justice
- ▶ Education
- ? Specialized instructional support personnel
- ? Teachers
- ? Counselors
- ▶ Mental health
- ▶ Recreational programs
- ▶ Advocacy organizations
- ▶ Representatives of the diverse cultural and linguistic populations within the community
- ▶ Faith-based organizations
- ▶ And special educators are among partners needed to design or strengthen an effort to integrate systems of care and schools.



OPPORTUNITY

- ▶ Whether your perspective is with education, health and human services, families, **TRANSITION** always brings opportunity.
- ▶ People's minds are open to **SOLUTIONS**, the direction of funding changes, new avenues are created.
- ▶ To succeed in your goals and the goals of your organization, **COLLABORATION** can get you more resources that enhance what you are doing now.



A CHALLENGE FOR YOU TO STRENGTHEN YOUR SYSTEM OF CARE

- ▶ There are many, many websites, education materials, fact sheets, concept papers for both education and health and human services. We will provide an extensive list of resources for you as a part of this webinar.
- ▶ You can use them to learn more about what your community partners are working on.
- ▶ **USE RESOURCES AS A BASIS FOR OUTREACH TO YOUR COMMUNITY PARTNERS!**

RESOURCES TO ASSIST WITH PARTNERSHIPS



As you take the next step we have created a resource list. Use this list to better understand your partners!



[i2i Center for Integrative Health, Projects](#)



- ▶ This webinar is the first part of this project.
- ▶ The second part will be a few facilitated convenings with specific school systems and their community mental health partners to create action steps that assist them in developing stronger strategies to serve children, youth and families.
- ▶ A toolkit from these convenings will be created and available to all by your next school year.





For more information....



- ▶ NC DHHS System of Care Team:
 - ▶ Kristin.Jerger@dhhs.nc.gov
 - ▶ Stacie.Forrest@dhhs.nc.gov
 - ▶ Alexis.Barnes@dhhs.nc.gov
- ▶ NC DPI Healthy Schools Team ~
 - ▶ School Mental Health Policy:
 - ▶ Ellen.Essick@dpi.nc.gov
 - ▶ Pachovia.Lovett@dpi.nc.gov

Find your Community Collaborative & More Resources:

- NC SOC Map NC Collaborative for Children, Youth, & Families
- i2i i2i Partnering with North Carolina System of Care