



## Partnering with North Carolina System of Care Resources and Tools

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### National Resources - System of Care and School Behavioral Health

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#### Substance Abuse and Mental Health Services Administration (SAMHSA)

[SAMHSA Guidance to Schools on Multi-Tiered System Support \(MTSS\) and Social Emotional Learning \(SEL\)](#) Look at Tier 1 and Tier 2 where most families are engaged with schools.

[SAMHSA Guidance to States and School Systems on Addressing Mental Health and Substance Use Issues in Schools](#) (with Center Medicare/Medicaid Services-CMS, 2019). Cross-systems approach and leveraging resources to provide services and supports in partnership with schools.

#### SAMHSA – Center for Mental Health Services (CMHS)

##### National Technical Assistance Center Resources – Georgetown University Center for Child and Human Development

- [System of Care Definition and Philosophy](#) (2010)
- [System of Care Toolkit](#) (2015)
- [System of Care Framework](#) (2002)

#### SAMHSA - AWARE (Advancing Wellness and Resilience in Education)

<https://www.samhsa.gov/school-campus-health/project-aware> Find national and state information best practice models, strategies, tools, resources.

#### SAMSHA - Addiction and Mental Disorders Prevention

<https://www.samhsa.gov/find-help/prevention> Prevention resources, strategies, and tools.

#### SAMHSA - Best Practices Resource Center

[https://www.samhsa.gov/resource-search/ebp?rc%5B0%5D=resource\\_center%3A20273](https://www.samhsa.gov/resource-search/ebp?rc%5B0%5D=resource_center%3A20273) E.g., search for community-based services, children, adolescents, workforce.

#### SAMHSA - Mental Health Technology Transfer Center Network Coordinating (MHTTC)

- School Mental Health Resources <https://mhttcnetwork.org/centers/global-mhttc/connect-us>
- Training Technical Assistance Resources School Mental Health & System of Care
  - <https://mhttcnetwork.org/centers/mhttc-network-coordinating-office/national-school-mental-health-implementation-guidance>
  - <https://mhttcnetwork.org/centers/new-england-mhttc/product/introduction-childrens-system-care>
    - [Lessons learned from other states.](#)

**SAMHSA** – [Concept of Trauma and Guidance for Trauma Informed Approach](#)

**SAMHSA** – [Behavioral Health Equity Resources](#)

**National Standards for Culturally and Linguistically Appropriate Services (CLAS) in Health and Health Care** Standards of practice and action steps for whole person care.

**SAMHSA – Suicide Prevention Resource Center** – After a Suicide Toolkit for Schools (2<sup>nd</sup> Edition) Step by step guide, sample best practice communications, postvention and prevention.

<https://sprc.org/resources-programs/after-suicide-toolkit-schools>

**SAMHSA – 988 Lifeline** <https://988lifeline.org/> Link to resource assistance, tools, safe messaging best practices. 988 for talk, text, chat.

**SAMHSA - National Center for School Mental Health** – University of Maryland/SAMHSA

<https://www.schoolmentalhealth.org/> Find extensive school mental health research, resources, and student/learning supports.

**University of California at Los Angeles - UCLA Center for School Mental Health**

<https://smhp.psych.ucla.edu/pdfdocs/enhancingschoolstaff.pdf> Find extensive school mental health research, resources, and student/learning supports within a System of Care framework.

[Comprehensive System of Learning Supports](#) (UCLA,2020)

[Student/Learning Supports: A Brief Guide for Moving in New Directions](#) (UCLA, 2022)  
Evidence Exchange Network for Mental Health and Addictions

**National School Based Health Alliance** <https://ncsbha.org>

North Carolina <https://ncsbha.org/school-based-health-centers/>

**Southeastern School Behavioral Health Alliance** <https://schoolbehavioralhealth.org/>

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## Social-Emotional Learning, Resilience and Trauma

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**Collaborative for Academic, Social, and Emotional Learning (CASEL)** Resources and training on the importance of a strong foundation on social-emotional learning for student academic and life long success.

[3 Signature Practices for Social-Emotional Learning \(SEL\) Effective](#) tools to readily apply in school, at home, with groups in communities.

**National Center on Safe Supportive Learning Environments (NCSSLE)**

Resources and technical assistance to States, districts, schools, institutions of higher learning, and communities focused on improving school climate and conditions for learning including, but not limited to, resources on promoting mental health, school climate, SEL, trauma-sensitive schools, substance abuse prevention, human trafficking, etc.

**SAMHSA – National Child Traumatic Stress Network (NCTSN)** Resources and training.

**Rachel's Challenge** Strategies to build connection, hope, and resilience in schools among students, educators, and communities.

**Trauma and Addiction Prevention** Best practices on trauma and addiction prevention in children, youth, and families.

**Community Resilience Model (CRM)** Skills-based resiliency training and practices.

**Resources for Resilience (RFR)** Skills-based trauma informed resilience focused practices that connects mind and body somatic responses.

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## North Carolina Resources – System of Care and Partners

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### **NC Collaborative for Children, Youth, and Families (NCCYF)**

<https://nccollaborative.org/system-of-care/> Locate your Community Collaborative, System of Care Coordinator, and Family Partner/Family Lead by county.

[NCCYF System of Care - There's Room at the Table for You](#) State and Community System of Care Opportunities

[North Carolina System of Care Handbook](#) (NCCYF, 2019) Learn the basics of System of Care.

### **NC Department of Public Instruction (DPI)**

#### **Healthy Schools**

[Whole School, Whole Community, Whole Child](#)

[Specialized Instructional Support](#)

[Search DPI Resources](#)

[School Health Advisory Councils](#)

[Social Emotional Learning Resources Educator](#)

**NC School Mental Health Initiative (SMHI)** - Statewide & regional network of schools, families, and communities implementing the [School Mental Health Policy](#).

<https://www.livebinders.com/b/2435283#anchor>

**NC Project AWARE/ACTIVATE** North Carolina's Project AWARE (Advancing Wellness and Resiliency in Education) also locally known as NC Project ACTIVATE (Advancing Coordinated and Timely InterVentions, Awareness, Training, and Education). Learn more about the six sites located across the state.

### **NC Department of Health and Human Services (DHHS)**

[NC DHHS System of Care](#)

[NC DHHS Providers](#)

[NC Consumer and Family Advisory Committees](#) (CFACs) State and local advisers to DHHS/DMHDDSAS with lived experience.

## **NC Division of Mental Health, Developmental Disabilities, and Substance Abuse Services (DMHDDAS)**

NC DHHS/ DMHDDAS [LMEs/MCOs](#) (Local Management Entities/Managed Care Organizations) <https://www.ncdhhs.gov/providers/lme-mco-directory> - Community regions providing/coordinating behavioral health crisis services and managing provider networks for service delivery to individuals living with intellectual/developmental disabilities and traumatic brain injury, and/or substance use disorders. In Medicaid Transformation implementing the Tailored Plan.

<b>LME/MCOs in North Carolina</b>	
<a href="https://www.trilliumhealthresources.org/">https://www.trilliumhealthresources.org/</a>	<a href="https://www.sandhillscenter.org/">https://www.sandhillscenter.org/</a>
<a href="https://www.vayahealth.com/">https://www.vayahealth.com/</a>	<a href="https://www.alliancehealthplan.org/">https://www.alliancehealthplan.org/</a>
<a href="https://www.partnersbhm.org/">https://www.partnersbhm.org/</a>	<a href="https://www.eastpointe.net/">https://www.eastpointe.net/</a>

Related Federal Agency: [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#)

## **NC Division of Health Benefits (DHB/ NC Medicaid)**

[How to apply for NC Medicaid](#)

Apply and renew eligibility. Learn about benefits and plans for health care coverage.

[NC Medicaid Transformation](#) Learn more about benefit plans and those eligible.

Related Federal Agency: [Center for Medicare & Medicaid Services \(CMS\)](#)

## **NC Division of Child and Family Well-Being (DCFV)**

[Whole Child Health](#) best practices, services, and resources at home, in care, and in school.

**NC Division of Social Services (DSS)** State and county information and assistance; child and adult welfare, foster care, adoption, transition, prevention services and supports to individuals, children, youth, and families statewide.

[Medicaid Eligibility Determination](#)

[Child and Family Services Plan](#) (CFSP, 2020)

[Family First Prevention Services Act](#) (FFPSA) Learn more about new federal planning opportunities to support family success and child safety and well-being.

Related Federal Agency: [Administration for Children and Families \(ACF\)](#)

**NC Division of Public Health (DPH)** State and county public health services, maternal and child health, oral health, chronic disease, and [injury and violence prevention](#), state and community health assessments.

Related Federal Agency: [Health Resources Services Administration \(HRSA\)](#)

**NC Department of Public Safety (DPS) – [Division of Juvenile Justice and Delinquency Prevention \(DJJDP\)](#)** Initiatives and data that impact student success.

[School-Justice Partnerships](#)

Related Federal Agency: [Office of Juvenile Justice and Delinquency Prevention](#) (OJJDP)

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## Family Resources

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### **DPI Resource Information for Families**

<https://drive.google.com/file/d/1ufkkLjFuXuQgOTSbPyxk61aJHcAtGC-g/view>

[Parents and Teachers Association](#) (NC PTA) Family-school partnerships.

### **[Exceptional Children's Assistance Center](#) (ECAC)**

[Mental Health Transformation Alliance](#) (MHTA) National and North Carolina family-run organization provides supports, training, and resources to implement family driven, youth-guided family centered practice.

[MHTA Center of Excellence](#) – Resource manual

[National Alliance on Mental Illness in NC](#) (NAMI/NC) – families, friends and individuals whose lives have been affected by mental illness; training, awareness, advocacy. Helpline, Monday-Friday, 8:30-5, 800-451-9682, text 919-999-6527, or email [helpline@naminc.org](mailto:helpline@naminc.org).

[Mental Health Association of Central Carolinas](#) promote mental wellness through advocacy, education, and prevention.

[NC Cooperative Extension](#) State and county services, supports; training resources.

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## Student/Youth Resources

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**Strong Able Youth Speaking Out** ([SAYSO](#)) Youth run organization for advocacy and leadership of youth transitioning from foster care.

**Youth MOVE** (**Motivating Others' Voices Experience**) - National and state youth leadership support and advocacy for youth living with serious behavioral health challenges and adult allies.

**Youth of NC** (YONC) Promote youth resilience thru education, training, advocacy, and supporting youth in communities to mediate and prevent adverse childhood experiences in select funded counties.

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**i2i Center for Integrative Health** <https://i2icenter.org/>

### **Partnering with NC System of Care**

<https://i2icenter.org/project/strengthening-the-connection-between-schools-and-behavioral-health/>

