

Sound mental health leads to academic success and is essential to overall health.

We're here to help students who are experiencing challenges so they can thrive and reach their full potential.

Your CARE Starts Now!



Carolina Outreach

An ncgCARE Partner

**To request services or
to make a referral:**

Call 844-866-1166

or

Email Program Manager

Laurie Howlett at

laurie.howlett@carolinaoutreach.com.

We work with the following schools to provide Co-Located School-Based Mental Health services:

- Chapel Hill/Carrboro City Schools (CHCCS)
- Cumberland County Schools (CCS)
- Durham Public Schools (DPS)

With sites across North Carolina, the experienced staff at Carolina Outreach have been serving children, families, and adults with mental health and substance use issues since 2004.

carolinaoutreach.com



Co-Located School-Based Mental Health Services



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Co-Located School-Based Mental Health Services

Our on-site therapists work with elementary, middle, and high school students, as well as school staff.

After an initial assessment to identify the student's strengths and needs, we develop an individualized plan and work together with families to best help the student overcome specific difficulties.

Issues We Tackle

The goal of therapy is to help students who are experiencing challenges that can interfere with academic success, such as:

- School avoidance
- Depression and/or anxiety
- Excessive worry, stress, conflict with peers and/or adults
- Frequent suspensions or detentions
- Difficulty concentrating
- Aggressive, oppositional behavior
- Low self-esteem and motivation



Personalized Treatment Plan

Therapy is personalized to each student. Aspects of therapy may include helping the student improve his/her ability to:

- Process thoughts and feelings
- Identify feelings of anger, sadness, or worry
- Increase healthy coping tools to regulate intense emotions
- Enhance communications to improve peer interactions
- Participate in family therapy to improve family dynamics

How Therapy Works

We meet with students during the school day at a time that school staff identify as most beneficial. Our therapists use a wide variety of engaging techniques, such as play, art-based activities, and drama. We also utilize trauma-informed practices, as well as evidence-based practices, including cognitive behavioral therapy, dialectical behavioral informed therapy, and motivational interviewing,