



Community Engagement Committee

June 10, 2025

Desired Outcomes



- Discuss district initiatives to promote Mental Health through community engagement.
- Share information on partnerships with local community organizations.





District Partnerships for Mental Health



WAKE COUNTY
PUBLIC SCHOOL SYSTEM

Required Components of School Mental Health Improvement Plan

Universal Prevention

Early Intervention for Mental/Social Emotional Health and Wellness

Referral, Treatment, and Re-entry

MOU with Local Management Entity/Managed Care Organization

Suicide Risk Referral Protocol

Stakeholder Engagement

Liability

Reporting to DPI

Timeline



COMPONENT Stakeholder Engagement



Community Partnerships

Alliance Health, agency providers, professional organizations.



Parents

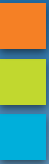
Serve on collaboratives and committees.



Students

Serve with the Mental Health Services Collaborative and have their own Youth Mental Health Advisory Group since 23-24 school year.

WCPSS Mental Health Community Engagement



COMPONENT Referral, Treatment, and Re-entry



Alliance School-Based Team Care Coordinators

Referrals to Alliance Care Coordinators to help link students to needed services.



Daily Crisis Updates

Daily briefing of students entering facilities for mental health services (parent permission required to share details)



Re-Entry Monitoring and Planning

Discharge planning to bridge students back to school.

COMPONENT

Referral, Treatment,
and Re-entry



WCPSS Mental Health Community Engagement



School-Based Mental Health (SBMH)

Year 5: Poised to be in all schools by end of school year

Initial Launch (Mid 2021-22 SY)

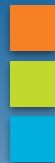
4 providers | 28 schools

Growth in 2022-25

Expanded to 106 schools providing both in-person and teletherapy

Key Development in 2024-25

- Awarded and lost federal grant for \$14.1 million
- Four new vendors approved to begin (one providing teletherapy) with a total of ten vendors.
- Began 25-26 SY in 125 schools.
- Goal is to be in all schools by end of 25-26 SY.



WCPSS CLINICAL TEAM

SOCIAL WORK DEPT.

- Director - Michael Pesce
- Senior Administrator for Mental Health - Tanyetta Sutton
- SBMH Program Coordinator - Brittani Bass

SPECIAL EDUCATION DEPT.

- Director - Shiloh Lewis
- Social Worker - Lori Welsh
- Social Worker - Vacant SW Position





Community Partner

Alliance Healthcare



WAKE COUNTY
PUBLIC SCHOOL SYSTEM



**Alliance Health, Wake Co. Government, WCPSS
Partnership for Student Mental Health**

SBT Traditional Program

When Wake SBT started 11 years ago, the award-winning Traditional Program was its flagship program.

The Traditional Program works with Tier 3 students - the highest risk, highest need WCPSS students. Only WCPSS staff can refer to this program.

In 2019, The Traditional Program in partnership with Easter Seals won a “Quality Commitment” award from the i2i Innovations Center.

Through our close partnership and ongoing education with WCPSS student support services, we are the primary behavioral and mental health support utilized for students and families across the district. The traditional program provides mental and behavioral health support for the most high-risk, high-need WCPSS students.

Like all SBT programs, the Traditional Program is data driven and follows trends and barriers across academic years. The data driven approach to the Traditional Program resulted in the creation of multiple SharePoint sites and IT/BI reports. The success of this data driven approach led to the development and funding of other SBT programs. Over the last 10 years, **5811** children have been served by the partnership.



SBT Crisis Program

- SBT supports students and systems in all points through the crisis continuum through immediate real time coordination with families, school, crisis facilities, hospitals, and treatment providers.
- Embedded liaisons at WakeMed and KidsPeace Hope Center. Established referral process with UNC YBH in Butner and other local hospital systems.
- SBT Crisis Team provides immediate real time daily alerts and coordination with WCPSS Leadership.
- A unified systems process for immediate alerts when there are significant concerns around school safety for staff and students (i.e. threat to students and/or staff).
- Year to date (7/1/24 -5/30/25) SBT Crisis Program has worked **42** cases of concern. This is an increase from the prior school year (7/1/23-6/31/24) in which SBT worked **26** cases of concern.
- So far for this fiscal year (7/1/2024 – 5/30/2025) the crisis team has reviewed **1220** crisis admissions.
- SBT in partnership with WakeMed and WCPSS, won the 2023 Quality Innovations award through i2i Center for Integrative Health, for the collaborative work supporting youth in crisis transitions.



School-Based Team

PRTF Team

- SBT collaborates with PRTF Transition Coordinators to support Wake County members (and those from other counties in our catchment discharging from PRTF to a Wake County placement) with educational continuity as well as timely and coordinated transitions back to school.
- Prior to SBT PRTF team, children would transition back to community and would not be able to enroll in school for weeks, causing many members to go back into crisis. Current KPI for this program is to have students enrolled within 10 days.
- Children were losing academic hours/credits/classes upon their return to the community, resulting in being held back or repeating grades.

IDD/LTS Team

- WCPSS educates many children with complex emotional, behavioral and intellectual/developmental needs, many of whose disabilities have only been identified by the educational system, without clinical diagnosis and not yet on the radar of the mental health system.
- **602** LTS students were served by SBT LTS team
- **281** Wake County Schools children and their families have been assisted through the Long-Term Services eligibility process.
- Wake County Public Schools leadership and Alliance continue to prioritize this collaboration and system of care.
- Worked with WCPSS and Hope Services to develop the Lighthouse Day Treatment program to address the gaps with LTS children.
- Identified complex LTS children enrolled in WCPSS and included Dr. Price and DHHS in meetings with WCPSS Special Education Dept. to develop specific plans for families, divert from crisis, and improve school tenure.

School-Based Mental Health Policy 2020

- School-Based Team Program presented to Safe Schools General Assembly Special Committee in 2019 regarding access and transitions. Our process was a foundation in addressing the transitions and access sections of the state policy.
- In 2023 CaroNova requested presentations regarding process to key leaders in NC and SC. They are working to support gaps in the state of NC.

Diversion

- The Diversion Program assists eligible WCPSS middle and high school students referred by WCPSS School Resource Officers (SROs) due to having committed school related, non-violent offenses. The program is a partnership guided by key leaders and decisions are made in collaboration between courts (Lorrin Freeman), law enforcement (SRO), juvenile court (Eric Andrews), and expansion with Haven House leadership.
- Provides WCPSS students with the possibility of avoiding criminal charges by completing a 6-month program. This includes both prevention services, clinical referrals, and community service.
- Liaison completes behavioral health screenings and seamless transition to appropriate level of care.
- Since inception through the 2023-2024 school year, **518** WCPSS students have been referred to the Diversion program.



Student Engagement Team



Tiered Approach

- 205 students served in High-Intensity Tier (Smaller Group, Higher Needs - Individual Student & Family Coaching and Care Coordination)
- 400+ served Mid-Intensity Tier (Broader Reach, Group-Based – Life Skills and Prevention Education)
- 800+ served Broad-Reach Tier (Largest Population Reach – Back to School Events, Resource Fairs)

Professional Development and Social Emotional Skills Education

- 613 school and community staff trained (examples: YMHA, Strategies for Managing Elevated Emotions in the Classroom)
- 105 fifth grade students participated in CATCH My Breath Vaping Prevention this spring

Positive Impact

Student surveys highlight growth in life skills, making positive choices, and preparing for the future.

- 71% of students report they are better at setting goals
- 75% of students report SET helps them stay away from fighting
- 81% of students report an increased positive sense of future
- Families report the most improvement in access to food, managing finances, and gaining education/job skills.

Testimonial from a parent – My son “has gone from totally against attendance to a full-fledged I’m on-board allegiance.”

School-Based Team Partnership Testimonials

Per Laurie Layton, LCSW; WakeMed Supervisor, Mental Health & Well-Being Clinical Services:

“You guys are a huge asset to our team, the hospital and the community as a whole. It has been wonderful to see the great strides being made to assist kids in crisis in wake county. Looking forward to continued collaboration.”



The whole Alliance team, pediatric team and school counselors have been absolutely wonderful in trying to get help for my son. When I felt like giving up because everywhere was a dead end, these teams really stepped up. I have so much appreciation for all of these people.

Shaylyn Ferrell

Mother of SBT participant

Final Thoughts

Challenges:

- Provider capacity (both co-located in schools and community-based providers).
- Budget cuts that impacted School Based Mental Health plan with WCPSS.
- Medicaid transformation and county growth- welcoming new partners, insurance plans and resources resulting in the continued need to create process and approved pathways of access for WCPSS –School Based Program families. Sharing information and data.
- Adequate resources for uninsured and underinsured students and families.

Horizons:

- Partnered with NAMI and WCPSS to bring” Ending the Silence” curriculum to WCPSS.
- Partnering with Lucy Daniels Center and WCPSS Dept. of Early Learning Services to address access and supports with pre-school students.
- Partnership with UNC School of Nursing around access to medical clinical homes and behavioral health, with focus on families experiencing homelessness.

The School-Based Team annual report and presentation to be shared with meeting participants.

Link to “Better Together, Youth Mental Health Crisis” video <https://www.youtube.com/watch?v=RYduxTSB0S0>

Link to the Alliance 2024 Annual Report <https://report.alliancehealthplan.org/>



Community Partner

Daybreak Health



WAKE COUNTY
PUBLIC SCHOOL SYSTEM



Daybreak Health

WCPSS Community Engagement Committee Meeting

Student success starts with mental health.

Daybreak's school-based mental health programs are designed to give every student equitable access to high quality and culturally competent care that meets their unique needs—with no financial barriers for families.



Brittany Whidbee, M.Ed., NCC, LCMHCA
Community Outreach Liaison
brittany@daybreakhealth.com

Daybreak is the national leader in school-based mental health



Daybreak is a school-based mental health organization focused on providing every student with equitable access to high-quality and culturally competent care

- **Diverse, specialized clinical team:** 400+ clinicians who specialize in children/youth; 74% BIPOC and speak 14 languages
- **Rapid access to care** - within 2-weeks of referral
- **Serving a wide variety of mental health needs:** anxiety, mood, ADHD, behavior, and more
- **Covering full K-12:** individual and family teletherapy options for all grades

81% Symptom Reduction

25-27% improvements (GAD-7/PHQ-9)
within **6 weeks**

92% Matching Success

Right match the first time - no wasted
sessions

Covering over 1.9M students nationwide

Available K-12 (Ages 5-19)

1:1 Teletherapy Program for Students ages 10+



Sessions can be scheduled 8am - 8pm, Monday - Saturday
50-minutes each

No transportation required, available in all devices

- **Only student** attends therapy sessions
- Engaging and **interactive**, designed for adolescents/teens (10+)
- **Involving the family** and care providers

Elementary Family Teletherapy for Students ages 5-12



- **Students AND parent(s)** attend sessions
- Parent **coaching**
- **Play Therapy** 1:1 with the therapist

Clinical matching → Improved outcomes

Diverse Clinical Team

74%

of Daybreak clinicians identify as BIPOC and 14% identify as LGBTQIA+

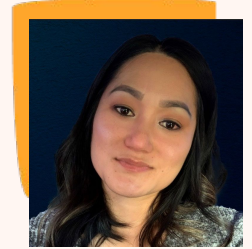
Successful Matches

92%

of students say we matched them to the right clinician **the first time**

“I thoroughly enjoy Daybreak, and may just say that this saved my life on several occasions. Thank you. <3”

- Student



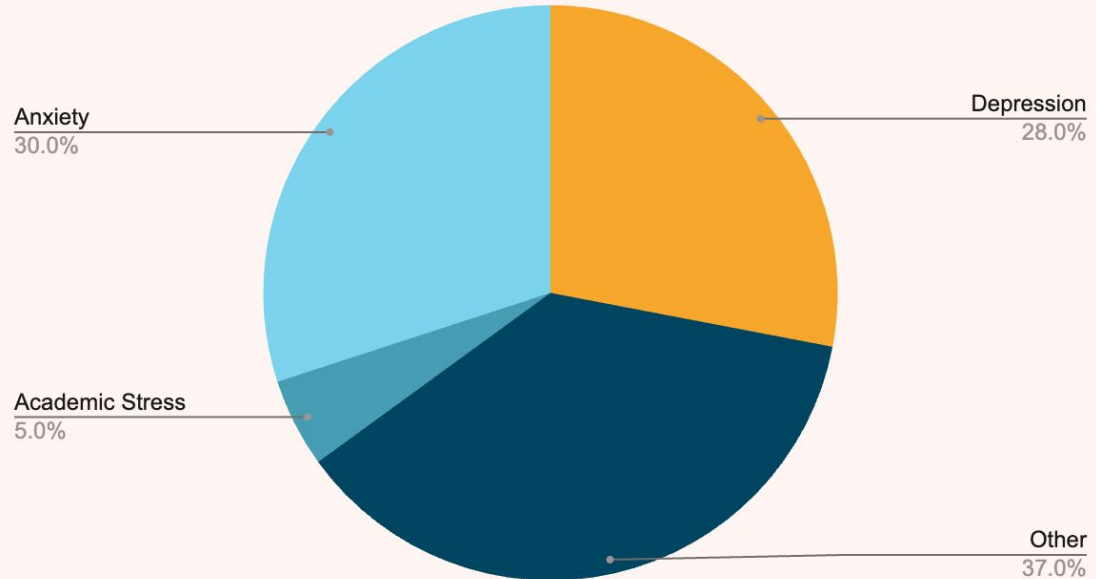
Daybreak Scope of Services

All students with mental health needs can be referred to Daybreak for support.

The *only* exception is a student who is in an active state of crisis.

The majority of students we support are experiencing **anxiety or depression**

Other treatment areas include: grief and loss, relationships, acculturation, and more



Daybreak & WCPSS

WCPSS has a vision that all students will be prepared to reach their full potential and lead productive lives in a complex and changing world. In service of this goal, Daybreak and WCPSS partner together to provide **early and preventative intervention virtually for students and families K-12.**

Our partnership includes:

- Unlimited referrals and access to Daybreak K-12 teletherapy for all families with in-network insurance
- Access to parent education content and webinars
- 3 pro bono cases, with potential to add more

Additional benefits

- Custom matching based on student needs and access to multi-language support
- Care coordination services so all families have access to 1:1 support during onboarding
- Daybreak's Staff Dashboard provides your team with visibility into referral progress over time.
- Clinically validated Universal Mental Health Screener available at no cost
- Coming soon - medication support for kids with anxiety and/or depression

We are so excited to continue to support you in this vision!

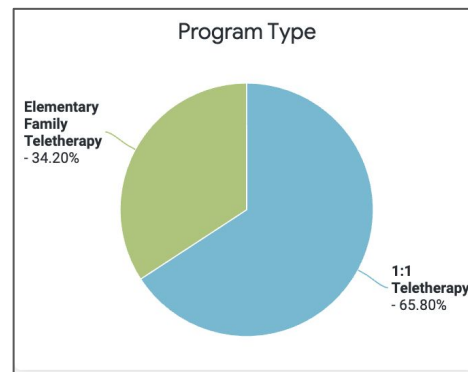
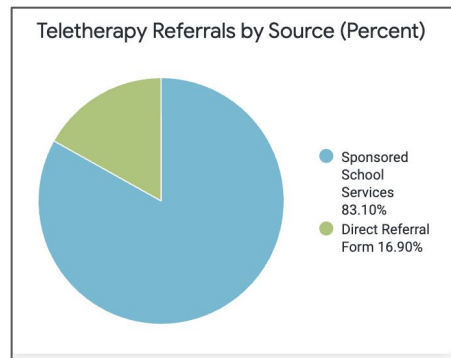
Our Impact in 2024-2025

Students reached:

- **290 students** referred Daybreak in the 2024-2025 school year
- **127 students are currently, or participated** in, one of Daybreak's program
- **90%** of students saw clinical improvement in their pre and post assessments
- **138 activated campuses** across WCPSS (with more coming soon)

Program Implementation:

- **Facilitated trainings and onsite visits** focused on identifying students to refer and enabling staff to submit referrals
- **Facilitated meetings** focused on looking at program data, discussing program success and challenges, and making improvements
- We increased speed to care and **matched students with a qualified therapist within 6 days** of getting consent on file.



“My child has changed significantly - he has better moods now and he can express himself more.” - WCPSS Parent

Resources



Virtual Therapy for Students 5-19

Daybreak Health partners with Wake County Public School System to provide students and families with access to virtual therapy with qualified clinicians. Therapy session content remains confidential.

Mental health matters.

When kids are mentally healthy, they can think clearly, pay better attention, and learn new skills. Daybreak's evidence-based teletherapy programs have proven to positively impact outcomes like behavioral improvements, better grades, and higher attendance.

[Submit a Care Request here](#) or by scanning the QR code below.

Appointments times: Monday - Saturday 8am - 8pm

Cost: Daybreak is available for insured students and will let you know of any copay responsibilities before your child starts sessions. Families with Medicaid will participate at no cost.

For more information or to speak with a Care Coordinator call 415-992-6155.



1:1 Teletherapy Program
12 sessions
For students with mild to moderate needs
Ages 10+

Skill building program
Personalized clinician matching
Quick access

Family Teletherapy Program
12 sessions
For students with mild to moderate needs
Ages 5+

Parent/guardian attends each session, the child will be included as recommended by the clinician
Flexible hours

Sign your child up for our Teletherapy Program

Scan the QR code to submit a care request for your child.



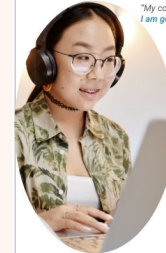
Mental Health Matters



HOW ARE YOU FEELING? REALLY.

Feeling anxious? Stressed? Sad? Depressed? We can help.

Your mental health matters. We have partnered with Daybreak Health, a youth mental health company, to provide weekly one-on-one teletherapy sessions for students ages 10+. This program is specifically designed for students and 90% of the students we work with say we matched them to the right therapist. Because sessions are virtual, you can meet with your therapist any day, anytime, anywhere. We work with your schedule!



"My counselor makes therapy something that I look forward to and I know I am getting a lot out of the strategies. It has made a big impact on my life."

Sign up for our Teletherapy Program for Students

Therapy session content will remain confidential. For more information or to speak with a Care Coordinator call 415-992-6155 or [submit a Care Request](#) by scanning the QR code below.

If you are experiencing a mental health crisis, reach out to your school counselor immediately or call 988 to reach the Suicide and Crisis Lifeline (available 24 hours a day).



[Click here](#) to access parent flyer

[Click here](#) to access student flyer



Community Partner

Wake County Health and Human
Services



WAKE COUNTY
PUBLIC SCHOOL SYSTEM



Q&A | Discussion