

NC Independent Colleges & Universities Presentation

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NC Department of Health and Human Services

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Recover Stronger

*These priorities and our work across the department are grounded in **whole-person health**, driven by **equity**, and responsive to the lessons learned responding to the greatest health crisis in more than a generation.*

Behavioral Health & Resilience



We need to offer services further upstream to build resiliency, invest in coordinated systems of care that **make mental health services easy to access** when and where they are needed and **reduce the stigma** around accessing these services.

Child & Family Wellbeing



We will work to ensure that North Carolina's children grow up safe, healthy and thriving in nurturing and resilient families and communities. **Investing in families and children's healthy development builds more resilient families, better educational outcomes and, in the long term, a stronger society.**

Strong & Inclusive Workforce



We will work to strengthen the **workforce that supports early learning, health and wellness by delivering services to North Carolina.** And we will take action to be an equitable workplace that lives its values and ensure that all people have the opportunity to be fully included members of their communities.

The health insurance coverage gap coupled with insufficient access to affordable care disproportionately impacts Historically Marginalized Populations who have also experienced worse outcomes than others under COVID-19. Medicaid expansion would help close the health insurance coverage gap.

Mental Health of Students

- 1 in 5 live with a mental health condition
- 50% develop the condition by age 14 and 75% by age 24
- 1 in 4 Americans reported having to choose between getting mental health treatment and paying for daily necessities
- Pandemic:
 - 2020 CDC study, 25% of surveyed adults 18–24 years of age reported experiencing recent suicidal ideation and increased substance use related to the Pandemic

9-8-8 Suicide and Crisis Lifeline

- July 16, 2022 added ability to dial 9-8-8 to access the National Suicide Prevention Lifeline now known as Suicide and Crisis Lifeline
- 1-800-273-TALK (8255) will still be active
- 24-hour access to trained crisis counselors
- Assessment will determine the need for further intervention (MCM, EMS, LE, LME/MCO, BHUC, FBC, ED)
- Reached through
 - 988 or 1-800-273-TALK (8255) - call/text
 - 988lifeline.org – chat

Call or Text

800-273-8255

**Suicide &
Crisis
Lifeline**

988



Mobile Crisis Teams

- DHHS currently funds Mobile Crisis Teams that respond 24/7 if you or someone you know is experiencing a crisis related to mental health, substance abuse or developmental disabilities.
- Coverage in all 100 Counties
- Linked with 988
- Works closely with Facility Based Crisis facilities, including Behavioral Health Urgent Care Facilities (BHUC)
- NC currently has 23 adult Facility Based Crisis (FBC) facilities and 4 child/adolescent FBC's.

Hope4NC: Crisis Counseling Program



24/7 resilience and referral source for all North Carolinians

Call/text/chat option for referral to local LME-MCO for 1/more intensive counseling sessions

Ages: 12-86
Nearly half identify as person of color
Over 60% caring for a child, older adult, person with disabilities while unemployed due to COVID

Nearly 1.9 million received BH primary and secondary resilience services

As of 9/15/21: 8,683 Total Calls with 10% referred for more intensive services

High levels of anxiety & depression, fear, difficulty sleeping/concentrating
Primary concerns: risk of exposure, COVID resources; community supports/referrals; housing

Number of calls increased 30% between July & August of 2021

National Alliance on Mental Illness (NAMI) On Campus

- College students can find support and community through NAMI on Campus Clubs (NOC)
- These student-led clubs tackle mental health issues by raising awareness, educating the campus community, supporting students, and advocating for needed change.
- Clubs are open to all students, whether they live with a mental health condition, are a family member or a friend.
- Current Clubs: Duke University, UNC Chapel Hill, NC State University, UNC Wilmington, Meredith College, and Western Carolina University
- Upcoming Clubs: Wake Forest University, App State University, and Winston Salem State University

Collegiate Wellness Programs

- Focus on the issues related to substance use on college campuses by providing prevention, treatment and recovery-oriented services
- Programs: Peer-based initiatives to support and address mental health, substance use and overall wellness, 12 step recovery groups, psychoeducational groups, workshops, trainings and drop - in centers.
- East Carolina, NC A&T, UNC-Chapel Hill, UNC-Charlotte, UNC-Greensboro, UNC-Wilmington, UNC – Charlotte, NC Central, Fayetteville State, Elizabeth City State, Winston Salem State

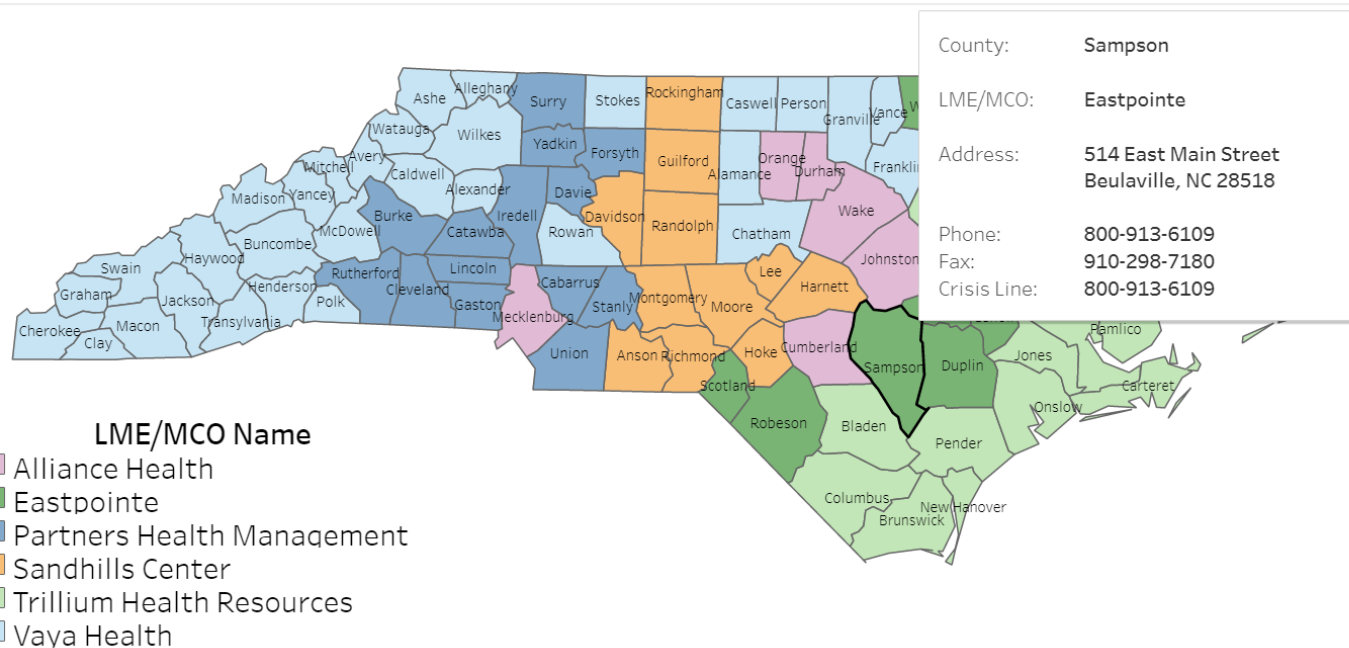
Healthy Transitions

- Funded by a SAMHSA multi-year grant.
- Healthy Transitions NC works with the University of NC in Asheville, Warren Wilson College, AB-Tech, and Blue Ridge Community College
- Goals:
 - Increase the awareness of faculty, staff and students about behavioral health needs of youth and young adults, along with warning signs that an individual may be in distress and in need of help.
 - Assist in identifying on and off campus resources available to youth and young adults in supporting their behavioral health needs.
 - Build and expand an early identification network for First Episode Psychosis and promote early intervention and prevention as well as to reduce stigma around serious mental illness.

Additional Resources

- <https://www.ncdhhs.gov/divisions/mental-health-developmental-disabilities-and-substance-abuse/crisis-services/988>

Local Management Entity/Managed Care Organizations (LME/MCOs)
NCDHHS Currently Has 6 LME/MCOs Operating Under the Medicaid 1915 b/c Waiver



NC 211

- NC 211 is an information and referral service provided by United Way of North Carolina. Families and individuals can dial 2-1-1 or 1-888-892-1162 to obtain free and confidential information on health and human services and resources within their community.
- <https://nc211.org/>