NC InCK

NC INTEGRATED CARE FOR KIDS

Integrated Care Rounds: School Based Supports and Interventions in Rural Counties

August 13, 2026, 12:00-1:00 PM

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Grounding for All InCK ICRs & Echos

- **Respect for All**: *There will be topics, situations, or maybe even resources that you as a person have various feelings about. We ask that in these spaces, we all show respect for all, by being supportive, caring, and professional.*
- **Take 2 and Pause**: *Discussion and hearing from you is so powerful, and what we strive for in these spaces. We ask that if you have shared twice, take a pause, to encourage colleagues to take the floor and share as well.*
- **Questions Encouraged**: *If you have a questions please ask, in most cases someone has the same one. Be BOLD and PROUD, ask it! You are always welcome to private chat questions to any member of our team.*
- **Play, Learn, Grow**: *Just like Fisher Price, we want you to enjoy this learning space, learn and grow from/with each topic!*



NC InCK NC INTEGRATED CARE FOR KIDS

Agenda

1. Welcome
2. Grounding and Agenda
3. Why School Based Supports and Interventions in Rural Counties
4. School Based Mental Health
5. Rights, Respect & Responsibility (3R's)
6. A Look Ahead

Why This Topic Matters: School Based Supports and Interventions in Rural Counties

For families in rural communities, getting support can be harder when services and providers are limited.

Schools play an increasingly important role in addressing behavioral health, educational, and social needs.

Understanding school-based supports can help families access services more easily.

Joe and Jessica

Jessica Pegram is a Licensed Clinical Social Worker-Associate and a School-Based Mental Health Therapist with Granville-Vance Public Health. She provides mental health services to children and adolescents in the school setting, partnering with students, families, and school staff to support emotional well-being and academic success. Jessica is passionate about increasing access to mental health care for youth and helping students develop the skills they need to thrive both in and out of the classroom

Joe Tartamella is a Licensed Clinical Social Worker and has provided mental health and other social work services in Granville County for many years, including in-home family therapy, office-based services, and clinical case management, and foster care services through the Department of Social Services. Currently in this School Based Mental Health Services program, he works with students to deal with their acute mental health needs while helping them gain stronger coping skills so they can navigate their future social and familial lives.

GRANVILLE VANCE
public health

School-Based Mental Health

Supporting Students Where They Are

A briefing for care managers on school-based mental health services

August 2026

Your Community. Your Environment. Your Health.

AGENDA

What We'll Cover Today

A 20-minute briefing on the School-Based Mental Health (SBMH) program and how care managers can plug in.

- How the School-Based Mental Health program works
- Trends we're seeing, by grade level
- How students are identified and referred
- Tips and resources for care managers

SECTION 01

About the Program

What the program is and how it supports students.

PROGRAM OVERVIEW

What Is School-Based Mental Health?

Licensed therapists provide therapy inside Granville County schools, working directly with students during the school day.

- Sessions are typically scheduled during the school day.
  - Summer sessions are held in-person at the school or via telehealth.
  - Extended school-break sessions are held via telehealth.
- A Comprehensive Clinical Assessment (CCA) comes first — no prior diagnosis is required to start services.
- Medication management and ADHD parent training are available through our UNC partners when needed.
- Standard confidentiality rules are followed, with safety and legal exceptions.

THE REGION WE SERVE

Granville & Vance Counties

GVPH serves both counties, though school-based mental health services are currently offered only in Granville County.

Granville County	School-based mental health services
Vance County	Not currently offered

Source: Granville Vance Public Health, 2026



PARTNERSHIP

Working With UNC IMPACTT-NC

Psychiatry/Medication management sits alongside therapy — here's how the two teams coordinate.

- Medication management is handled by the student's PCP or UNC IMPACTT-NC.
- SBMH Therapists refer through the school to IMPACTT-NC when medication may help or psychiatric consult is needed.
- SBMH Therapists can consult with IMPACTT-NC providers for collaborative care.
- Already working with IMPACTT-NC? We can coordinate directly with that provider.
- IMPACTT-NC offers ADHD parent training and telehealth outpatient therapy.

SECTION 02

What We're Seeing

Trends, challenges and referral patterns from the school year.

TRENDS

What We're Seeing, by School Level

Elementary School

Behavioral issues — acting out, defiance, testing limits — often reflect emotional dysregulation more than true defiance.

Middle School

Anxiety and depression as students navigate identity; distress often runs higher than typical for their age.

High School

Anxiety, depression, substance use, suicidal ideation and self-harm, including cutting.

CONTEXT

Challenges Facing Adolescents Today

Four themes come up again and again in our work with students.

- Navigating family and parent issues, including broken homes
- Peer and romantic relationships
- Constant exposure to technology and social media
- Early academic stressors, especially prevalent in elementary school

PROCESS

How Youth Are Identified and Elevated

Most referrals start with a behavior or concern someone else notices.

- Academic behaviors — classroom conduct affecting achievement
- Emotional and behavioral concerns identified by parents or teachers
- Elevated when progress stalls and a higher level of care is needed
- Elevated when new concerns emerge, such as self-harm or substance use
- Common Exclusionary Criteria:
    - Primary substance use
    - Significant self-harming behaviors
    - Personality traits
    - Autism Spectrum Disorder/Developmental Disability/Non-verbal
    - Eating disorders
    - Court-mandated treatments
    - High severity/acuity (i.e., severe trauma, PTSD, DJJ involvement)
    - Lack of parent involvement

REFERRALS

Referral Pathways and Resources

Students reach us through several different doors.

- Identified through the school — a parent or school concern.
- Identified by a primary doctor at the GVPH clinic
- Students addressing their own concerns directly with the school
- Faith-based organizations and community mental health providers

OUR PARTNERS

Key School Partners We Work With

Teachers, Counselors & Admin

Collaboration as needed on students' academic and behavioral needs.

Blondina Small

Family Navigator, Granville County Schools

Amy Rice

Director of Student Support Services

SECTION 03

Tips & Resources for Care Managers

Practical ways to connect students and families to the right support.

CARE COORDINATION

Collaboration & Care Coordination

A few practical notes for coordinating around a shared student.

- SBMH therapists collaborate with members of the student's care team, as appropriate, to support treatment goals.
- SBMH therapists consult directly with medication providers.
- We collaborate with teachers, counselors and admin as needed.
- SBMH therapists may request care management support when students need assistance accessing community resources.
- Any consultations with outside resources will be done only with proper consents in place.

RESOURCES

Underused Resources Worth a Second Look

GVPH School-Based Mental Health

Encourage families to use it more fully — therapy is built right into the school day.

Medication Management & Parent Training

Available through our partnership with UNC IMPACTT-NC for families.

GVPH Clinic

Connects families to a primary care provider and other public health resources.

FAQ

Frequently Asked Questions

The questions we hear most often from partners.

- **Is therapy during the school day?** Yes — scheduled with school staff around student schedule.
- **Confidentiality?** Same standard as clinic-based outpatient therapy, with safety and legal exceptions.
- **Appropriate referrals?** ADHD, Anxiety, depression, behavior, trauma, grief or academic concerns.
- **Diagnosis required?** No — an assessment comes first to confirm medical necessity.
- **Payment required?** GVPH accepts Medicaid. Other third-party insurances are accepted and typically require a copay covered by parent/guardian. Payment plans are available for clients who are uninsured, or GVPH therapist will refer client to providers that serve those without insurance.

GRANVILLE VANCE
public health

Thank you

Questions & discussion

Your Community. Your Environment. Your Health.

CONTACT

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919-693-2141 ext. 308

Jessica Pegram, MSW, LCSW-A
919-693-2141 ext. 307

1032 College Street, Bldg. B
Oxford, NC 27565

SHANTE' HARGROVE

Granville-Vance Public Health Educator

Vance County High School 3R's Facilitator

Shante' Hargrove is a Health Educator at Granville-Vance Public Health specializing in sexual and reproductive health. She teaches a semester-long sexual health education course, 3R's (Rights, Respect & Responsibility), for Vance County High School juniors and seniors. The course covers topics including families and relationships, birth control, puberty and anatomy, STDs/STIs, sex trafficking, and abortion. Shante' is passionate about providing youth of all ages with sex-positive, trauma-informed, and preventive education. She is especially passionate about empowering young people to advocate for themselves, access the care they need, and connect with available resources.

Rights, Respect & Responsibility (3R's)

RIGHTS: YOUTH HAVE THE ABSOLUTE RIGHT TO HONEST SEXUAL HEALTH INFORMATION; CONFIDENTIAL, CONSENSUAL SEXUAL HEALTH SERVICES; AND EQUITABLE OPPORTUNITIES TO REACH THEIR FULL POTENTIAL.

RESPECT: YOUTH DESERVE RESPECT. VALUING YOUNG PEOPLE MEANS AUTHENTICALLY INVOLVING THEM IN THE DESIGN, IMPLEMENTATION, AND EVALUATION OF PROGRAMS AND POLICIES THAT AFFECT THEIR HEALTH AND WELL-BEING.

RESPONSIBILITY: SOCIETY HAS THE RESPONSIBILITY TO PROVIDE YOUNG PEOPLE WITH ALL THE TOOLS THEY NEED TO SAFEGUARD THEIR SEXUAL HEALTH, AND YOUNG PEOPLE HAVE THE RESPONSIBILITY TO PROTECT THEMSELVES.

WHO HAS TO OPT-IN STUDENTS TO VCHS 3R'S?

Parents

Guardians

Caregivers

PARENT PUSH BACK?

No

Suspicious signatures

Call parents for introductions

Most parents are supportive

ANY POTENTIAL PRIVACY ISSUES?

Teens

Confidentiality unless helpful or harmful

Privacy is usually respected

WHAT SHOULD YOU KNOW ABOUT ADOLESCENTS AND THEIR HEALTH?

Trust Teens

Support Unbiasedly without judgement

Be comfortable

Stay away from accusations and assumptions

Treat teens fairly

MISCONCEPTIONS AROUND TEEN PREGNANCY, SEX, STDS & ETC.

Teens don't care about their health or preventing pregnancy

Teens are reckless

Teens don't know any better

Teens are just "fast"

Teens don't listen

TRENDS THAT MAY SURPRISE YOU

Chlamydia and Gonorrhea cases

If teens know accurate sexual health information, then they'll have sex

RESOURCE BARRIERS MANAGING REPRODUCTIVE HEALTH

Rural

Access to resources and services

Transportation

TERMINATION OPTIONS DISCUSSION

All pregnancy outcomes are discussed and reasons are considered

Limits at certain organizations or with certain age groups

Obtain consent to be safe

ARE THERE LIMITS TO WHAT CAN BE DISCUSSED IN THE 3R'S CLASS?

Curriculum must be submitted

Parental consent

No other limitations with 3R's but there can be with other organizations

IS ABSTINENCE THE MAIN FOCUS?

Abstinence is always encouraged

All pregnancy outcomes are discussed

Resources are shared

HELPFUL TO KNOW WHEN WORKING WITH TEENS?

Build rapport FIRST

Avoid assuming anything or asking assuming questions

Keep your word ALWAYS (be transparent if you can't)

Actually use feedback (be transparent if you can't)

Don't make promises you can't keep

HELPFUL TO KNOW WHEN WORKING WITH TEENS?

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Actually use feedback (be transparent if you can't)

Don't make promises you can't keep

Thank you!

Shante' Hargrove, BSPH

She/Her Pronouns

3R's (Rights, Respect & Responsibility) Coordinator

Public Health Educator

Granville-Vance Health District

125 Charles Rollins Road

Henderson, NC 27536

252-492-7915 ext. 267

shargrove@gvph.org

A Look Ahead

For more events in the 5 NC InCK Counties, check out our NC InCK Webpage and Facebook. Also, explore our new NC InCK training page for archived ICRs, takeaways, and shared resources.

Upcoming NC InCK Events:

Please monitor your email for information regarding upcoming ICR and ECHO sessions.

Please contact Josie Hatley (anna.hatley@duke.edu) if you need the invitation for the ICR/Echo series.

Request a certificate of attendance for today's ICR at this link

Upcoming Events

First Ledge Baptist Church Free Community Health Fair
10am –2pm on Saturday, August 15, 2026, at Holton Career & Resource Center (401 N. Driver St., Durham, NC)

Aim High Back To School Essentials Give Away (By ACNC Mobile Wellness Center)
12pm – 2pm on Saturday, August 22, 2026, at 126 N Garnett St, Henderson, NC

Sevn Mirrors & Co. Back to School Free Haircuts for Kids!
12pm – 5pm on Friday, August 21, 2026, at Hair Depot Durham (2000 Avondale Dr., Suite E, Durham, NC) AND at Hair Depot Raleigh (2431 Spring Forest Rd. #100, Raliegh, NC)

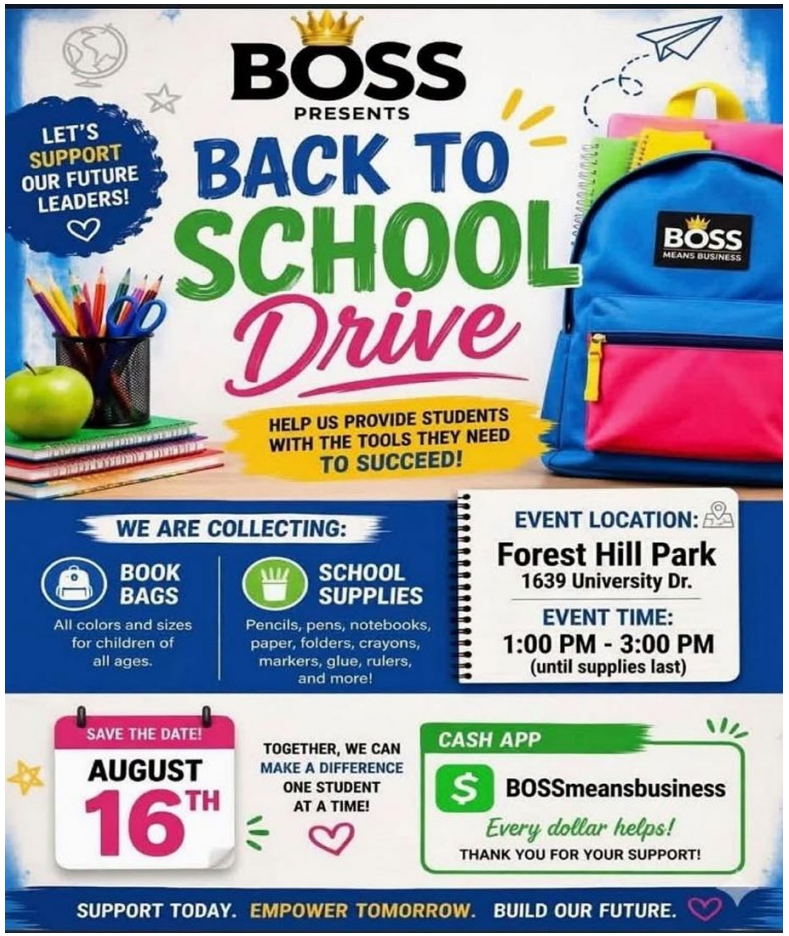
Reminders: With many schools starting August 24th, families may need support with scheduling sports physicals, well child checks, and immunizations. Family Navigators can also assist families with finding information about school orientation, open houses, and deadlines for enrolling in afterschool supports!


FIRST LEDGE ROCK BAPTIST CHURCH
FREE COMMUNITY
HEALTH FAIR
Your Health. Our Community. A Better Tomorrow.
SATURDAY
AUGUST 15TH
2026
10AM – 2PM
HOLTON CAREER & RESOURCE CENTER
401 N. Driver Street
Humana
CAMPBELL UNIVERSITY
MOBILE BUS
BLACK AMERICAN UNITED MEMORY & AGING PROJECT
lincoln Community Health Center
DukeHealth
PARTICIPATING SERVICES
FREE HEALTH SCREENING
General Health Check
A1C
A1C SCREENING
Diabetes Screening
DENTAL SCREENING
Oral Health Check
VISION SCREENING
Eye Exams
BLOOD PRESSURE CHECK
Know Your Numbers
CHOLESTEROL SCREENING
Heart Health
LUNG FUNCTION SCREENING
Breathe Better
BMI SCREENING
Know Your BMI
MORE HEALTH INFORMATION & VENDORS
Nutrition Counseling
Mental Health Resources
Women's Health Information
Men's Health Information
Immunization Information
Cancer Awareness & Screening Info
Substance Use Resources
Senior Health Resources
Healthy Living Education
...AND MORE!
FREE
HOT DOGS
& HAMBURGERS!
FREE HAIRCUTS
by Phillip Hayes-
Impel Barbershop
CONTACT:
Pastor Reginald W McClenton Sr. (919) 441-8985
Harry Chuck Maxwell chuckmaxwell3@gmail.com
First Ledge Rock Baptist Church (919) 688-8806
BUILDING A HEALTHY COMMUNITY TOGETHER!


PRIMERA IGLESIA BAUTISTA LEDGE ROCK
FERIA COMUNITARIA
GRATUITA DE SALUD
Tu salud. Nuestra comunidad. Un mejor mañana.
SÁBADO
15 DE AGOSTO
DE 2026
10:00 A.M. – 2:00 P.M.
CENTRO DE CARRERAS Y RECURSOS HOLTON
401 N. Driver Street
Durham, NC
ORGANIZACIONES PARTICIPANTES
Humana
UNIDAD MÓVIL DE LA UNIVERSIDAD CAMPBELL
BLACK AMERICAN UNITED MEMORY & AGING PROJECT
lincoln comunity Health Center
DukeHealth
SERVICIOS GRATUITOS
EXÁMENES GENERALES DE SALUD
A1C
(DETECCIÓN DE DIABETES)
EXÁMENES DENTALES
EXÁMENES DE LA VISTA
TOMA DE PRESIÓN ARTERIAL
EXÁMENES DE COLESTEROL
PRUEBAS DE FUNCIÓN PULMONAR
EVALUACIÓN DEL ÍNDICE DE MASA CORPORAL (IMC)
EDUCACIÓN PARA UNA VIDA SALUDABLE
MÁS INFORMACIÓN Y RECURSOS
Consejería nutricional
Recursos para la salud mental
Información sobre la salud de la mujer
Información sobre la salud del hombre
Información sobre vacunas
Información sobre prevención y detección del cáncer
Recursos para el abuso de sustancias
Recursos para adultos mayores
¡Y mucho más!
¡CORTES DE CABELLO GRATUITOS!
Phillip Hayes –
Impel Barbershop
¡PERROS CALIENTES (HOT DOGS) Y HAMBURGUESAS GRATIS!
PARA MÁS INFORMACIÓN
Pastor Reginald W. McClenton Sr. (919) 441-8985
Harry "Chuck" Maxwell chuckmaxwell3@gmail.com
Primera Iglesia Bautista Ledge Rock (919) 688-8806
¡CONSTRUYENDO UNA COMUNIDAD MÁS SALUDABLE, JUNTOS!

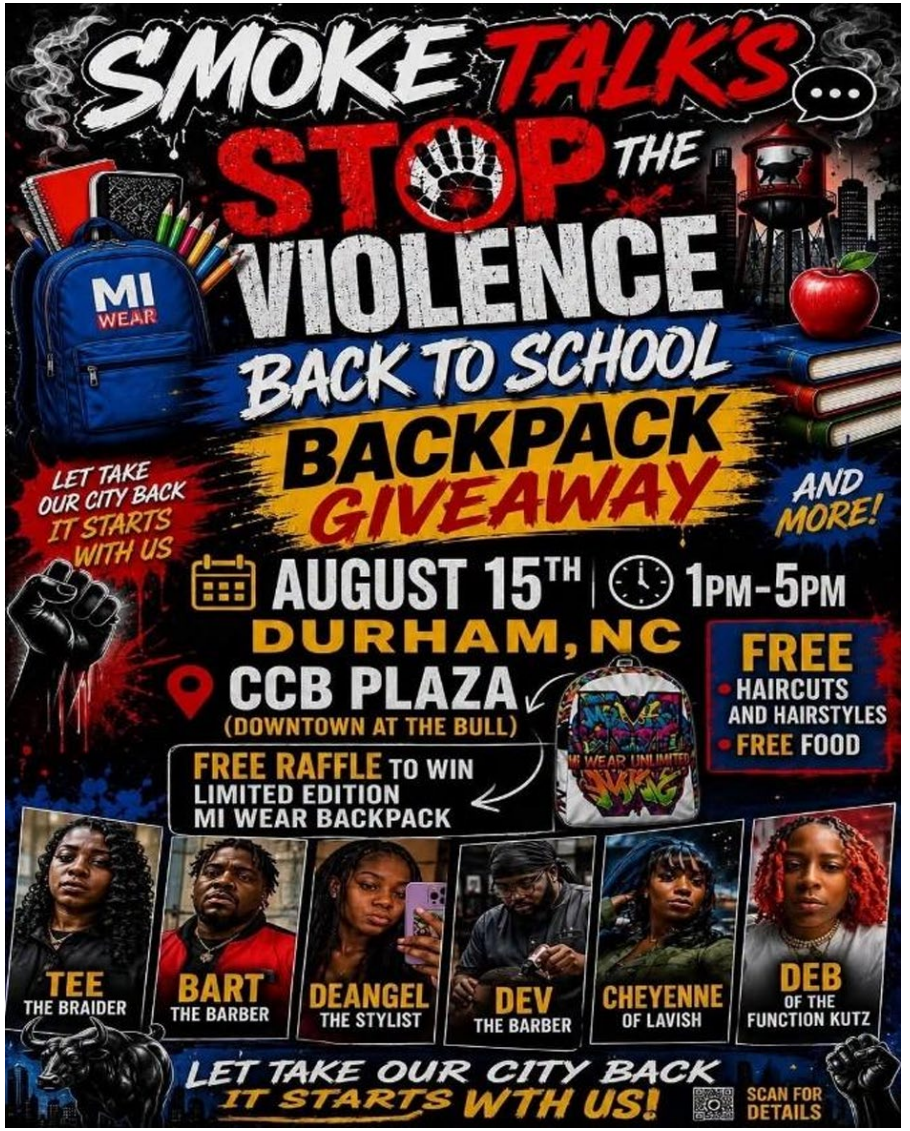

Keep Pressing
Back to School
Essentials Giveaway
8/22/26 12pm-2pm
Way To Grow! Festival
126 South Garnett Street, Henderson NC
All students are welcome!
Essentials Bag
Free Food
Youth Village Adventures
Donations will be accepted at
AIMHigh 126 S. Garnett Street until 8/21/26
For more information: aimhighkeeppressing@gmail.com
• Socks
• T-Shirts
• Undergarments
• Hygiene Products
• Hair Products
• School Supplies
• New/Gently used Clothes & Shoes
• Health Screenings
Community Partners
AmeriHealth Caritas North Carolina
GRANVILLE VANCE public health
Interested in becoming a community partner or volunteering? Call/Text 252-432-5356
Blessed To Be A Blessing!


SEVN MIRRORS
BACK TO SCHOOL
FREE HAIRCUTS KIDS ONLY
TAPERS | BALL FADES | TEXTURED CUTS
DURHAM
FRIDAY, AUGUST 21, 2026
EVENT HOURS:
12:00 PM – 5:00 PM
LOCATION:
HAIR DEPOT DURHAM
2000 Avondale Dr., Suite E
Durham, NC 27704
RALEIGH
SUNDAY, AUGUST 16, 2026
EVENT HOURS:
12:00 PM – 5:00 PM
LOCATION:
HAIR DEPOT RALEIGH
2431 Spring Forest Rd. #100
Raleigh, NC 27615
@REEK_THE_BARBER | FOLLOW FOR MORE!


BOSS
PRESENTS
LET'S SUPPORT OUR FUTURE LEADERS!
BACK TO SCHOOL Drive
HELP US PROVIDE STUDENTS WITH THE TOOLS THEY NEED TO SUCCEED!
WE ARE COLLECTING:
BOOK BAGS
All colors and sizes for children of all ages.
SCHOOL SUPPLIES
Pencils, pens, notebooks, paper, folders, crayons, markers, glue, rulers, and more!
EVENT LOCATION:
Forest Hill Park
1639 University Dr.
EVENT TIME:
1:00 PM - 3:00 PM
(until supplies last)
SAVE THE DATE!
AUGUST 16TH
TOGETHER, WE CAN MAKE A DIFFERENCE ONE STUDENT AT A TIME!
CASH APP
BOSSmeansbusiness
Every dollar helps!
THANK YOU FOR YOUR SUPPORT!
SUPPORT TODAY. EMPOWER TOMORROW. BUILD OUR FUTURE.


GROWING WITH Love & Desire
Growing with Love & Desire
BACK TO SCHOOL DRIVE
A NEW SCHOOL YEAR. A FRESH START. A BRIGHTER FUTURE! YOU'VE GOT THIS!
BELIEVE IN YOURSELF... YOU CAN DO AMAZING THINGS!
FREE SUPPLIES!
FREE HOTDOGS!
AUGUST 15TH | 2PM – 5PM
MIAMI BLVD
DURHAM, NC 27701
LOCATED IN THE PARKING LOT NEAR BEAUTY LAND
BE KIND. BE BRAVE. BE YOU.
COME OUT, GET SUPPLIES, ENJOY A HOTDOG, AND START THE SCHOOL YEAR OFF RIGHT!
NAEEMAH CHAPTER #318


ALLURE ME THE MEDA HEALTH SPA
& FAVOR DESSERTS
PRESENTS
Backpacks, Wellness & Sweet Beginnings
Giving our community a sweet start to the school year!
AUGUST 15TH
1PM – 4PM
2222 Sedwick Rd. Suite 102
Durham, NC 27713
Join Allure Me The Meda Health Spa and Favor Desserts for an afternoon of giving back, wellness, and sweet treats as we come together to support our students and families!
FREE BACKPACKS FOR KIDS WHILE SUPPLIES LAST!
FREE HAIRCUTS & BLOW OUTS FOR KIDS!
MUST BE AT THE SPA FROM 1PM – 2PM TO RECEIVE YOUR FREE HAIRCUT OR BLOW OUT!
We will be offering free haircuts and blow outs for kids!
1PM – 2PM SIGN UP HOUR
FUN FOR THE WHOLE FAMILY!
FREE BACKPACK GIVEAWAY
SWEET TREATS PROVIDED BY FAVOR DESSERTS
WELLNESS DEMOS & SPA TOURS
GIVEAWAYS & RAFFLES
KIDS ACTIVITIES, MUSIC & MORE!
STRONG STUDENTS. HEALTHY FAMILIES. SWEET MEMORIES.
EXCLUSIVE EVENT-DAY SPECIALS ON SPA SERVICES & MEMBERSHIPS!
SELF-CARE STARTS HERE
ALLURE ME
(919) 943-2361 | Allure Me The Meda Health Spa | @allureme_spa | www.alluremethemedahealthspa.com


SMOKE TALK'S
STOP THE VIOLENCE
BACK TO SCHOOL
BACKPACK GIVEAWAY
AND MORE!
LET TAKE OUR CITY BACK IT STARTS WITH US
MI WEAR
AUGUST 15TH | 1PM-5PM
DURHAM, NC
CCB PLAZA
(DOWNTOWN AT THE BULL)
FREE RAFFLE TO WIN LIMITED EDITION MI WEAR BACKPACK
FREE
HAIRCUTS AND HAIRSTYLES
FREE FOOD
TEE THE BRAIDER
BART THE BARBER
DEANGEL THE STYLIST
DEV THE BARBER
CHEYENNE OF LAVISH
DEB OF THE FUNCTION KUTZ
LET TAKE OUR CITY BACK IT STARTS WTH US!
SCAN FOR DETAILS

SALES END SOON

Back to School Giveaway 2026 | Free School Supplies, Food & Family Fun

by **Triangle Metro City Church**
2 followers • 2 events • 16 total attendees

Follow

5419 S Alston Ave · Durham, NC
Saturday, August 15 • 3 PM - 6 PM

Overview

Free backpacks, school supplies, food, games, haircuts, and prizes for school students and their families!





Overview

Join us at Boost Mobile for Free food, Free backpacks for the kids, Live Music, Raffles and more! Great deals on phones as well! Free food, Backpacks for the kids, Live Music, Great deals on Phones and Home internet as well!

Location

Boost Mobile

1001 North Miami Boulevard

#Ste 133 133 Durham, NC 27703

Free but must reserve a spot: https://www.eventbrite.com/e/boost-mobile-back-to-school-event-tickets-1997593779769

Visit Eventbrite for more back to school events. Check daily for new events and register early!



Sales end soon

450 Free Backpacks | 15th Annual Raleigh Back to School Bash

Saturday • 10:00 AM

Woodcrest · Greater Love Church

Free



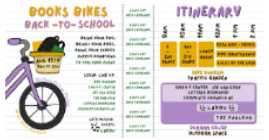
Sales end soon

Back to School at Sauls Landing

Saturday • 1:00 PM

North Carolina · 1012 Moss Rd

Free



Sales end soon

Books, Bikes & Back-To-School

Saturday • 9:00 AM

Burch Avenue · Durham Co+op Market

Free



Back to School Basics: SAT, PSAT & ACT Intro Class. Get ready for college!

Sat, Aug 29 • 11:00 AM

Valley Run · Aplus Test Prep and Academic Services

Free



Almost full

Back to School Bash!

Fri, Aug 21 • 3:30 PM

Justice Heights · The Learning Experience - Apex

Free

Other places to look for back to school resources

- Check local school district websites and speak with social worker and teacher
- Social media and community organization pages: Eventbrite, Macaroni KID, Durham YouthWorks, Discover Durham , Facebook (buy nothing groups, family focused groups), Nextdoor neighborhood app
- Monitor community hubs such as libraries, churches, and recreation centers for flyers and announcements
- Visit thrift stores for affordable clothing and speak to the school social worker for additional resources
- Refer to past NC InCK Seasonal Resources to find names of local organizations that have historically held back to school events and then visit their pages to check for last minute events and bookmark them for the following school year.