Bertie County Schools External Support Services Providers



BERTIE COUNTY

Healthier Lives at School & Beyond

- School-based telehealth program piloting in Bertie Middle School
- Provides brief, short-term (6-12 sessions) psychotherapy services focused on promoting social, emotional, and behavioral well-being; services delivered virtually
- Does not bill for service; any referrals accepted

How to Refer: <u>Online Referral</u> or paper copies available at school



THE STEPPING STONES GROUP

Transforming Lives Together

The Stepping Stones Group

- In-person individual/group/family psychotherapy with no session limit in ALL Bertie County Schools
 - Clinicians assigned based on need
- Accepts Medicaid; no private insurance

How to Refer: Online Referral

Integrated Family Services

- Mobile Crisis Management Services
 - Referrals accepted to connect and link individuals to other providers
- Critical Incident Stress Management
- Accepts private insurance, Medicaid, Medcost, Medicare, all PHPs

How to Refer: <u>Online Referral</u> or call 1.866.437.1821 (24 hours a day/ 7 days a week)



Need to talk to someone now? <u>Call or text 988</u> Suicide and Crisis Lifeline <u>24 hour/ 7 days a week</u>

Why do I need to refer my students?

Connecting Youth to Care: A Clear Path to Behavioral Health Support in Bertie County Schools for Brighter Futures

Below are some guidelines for different providers and their services.

Mood & Emotional Regulation

- Emotional Dysregulation (ex: frequently crying, aggression, outbursts)
- Sleep Dysregulation (ex: oversleeping, trouble falling asleep, nightmares)
- Little interest in doing things or withdrawal
- Feeling down or depressed
- Self-harm and safety concerns

Anxiety & Stress Management

- Anxiety (ex: social, generalized, separation, school avoidance, academic/performance based)
- Managing stress
- Adjustment difficulties (ex: big life changes, school/classroom adjustment, family changes/displacement)
- Self-soothing and regulation skills

Behavioral & Interpersonal Skills

- ADHD
- Oppositional/conduct-related issues
- Peer conflict/difficulties
- School avoidance/absenteeism
- Communication skills
- Conflict resolution

Trauma & Coping with Loss

- Experienced trauma
- Grief processing
- Developing coping mechanisms
- Building support systems
- Terminal illness or significant healthrelated changes