CARE4YOUTH SMS Report 2

June 1, 2025 - June 30, 2026

Community-Driven Approaches for Resilient and Empowered Youth (CARE4Youth) is a three-year commitment to implement community-based strategies to improve youth and young adult mental health launched by Carolina Across 100 (CX100) and the Foundation of Hope Child and Adolescent Anxiety and Mood Disorders Program (CHAAMP) in the UNC Department of Psychiatry

This report summarizes the activities and impacts of the 10 CARE4Youth teams during the first three reporting cycles.

Cycle 1: June 1 - Dec. 31, 2025

Cycle 2: Jan. 1 - March 31, 2026

Cycle 3: April 1 - June 30, 2026

Prevention

1,291 trainings
delivered to collaborative community members

Intervention

30,466 services
provided to youth and young adults

Youth-Centered

1,952 youth
providing feedback and service leadership

OUTREACH

10,473
outreach activities

8,008
online interactions

ENGAGEMENT

111 partnerships
formed locally

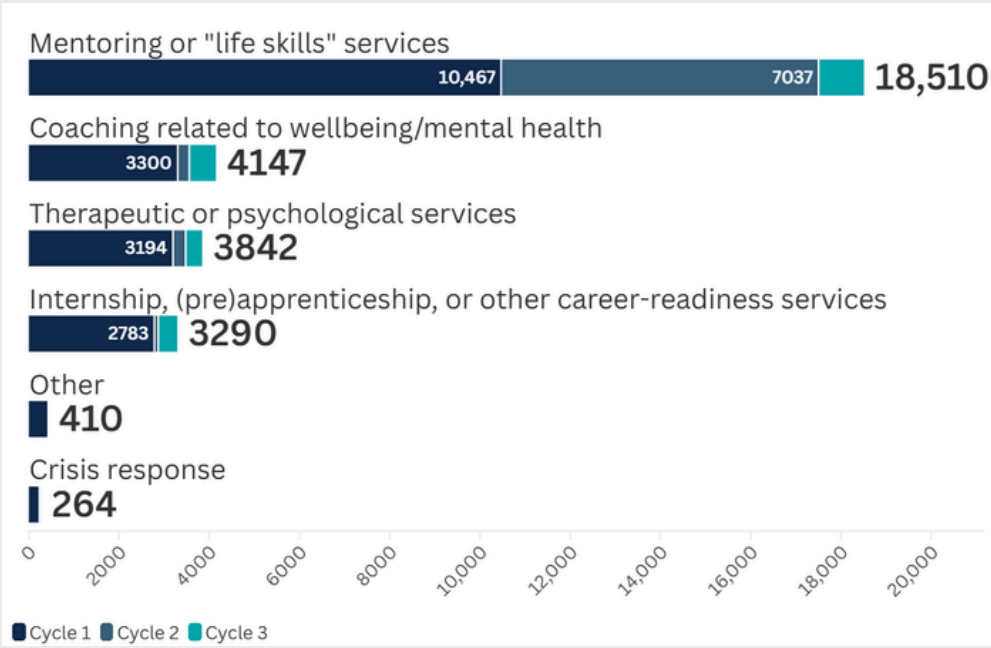
338 events
engaging
11,736 attendees

SUSTAINABILITY

$1M
in funding secured

16 programs
established

DIRECT SERVICES



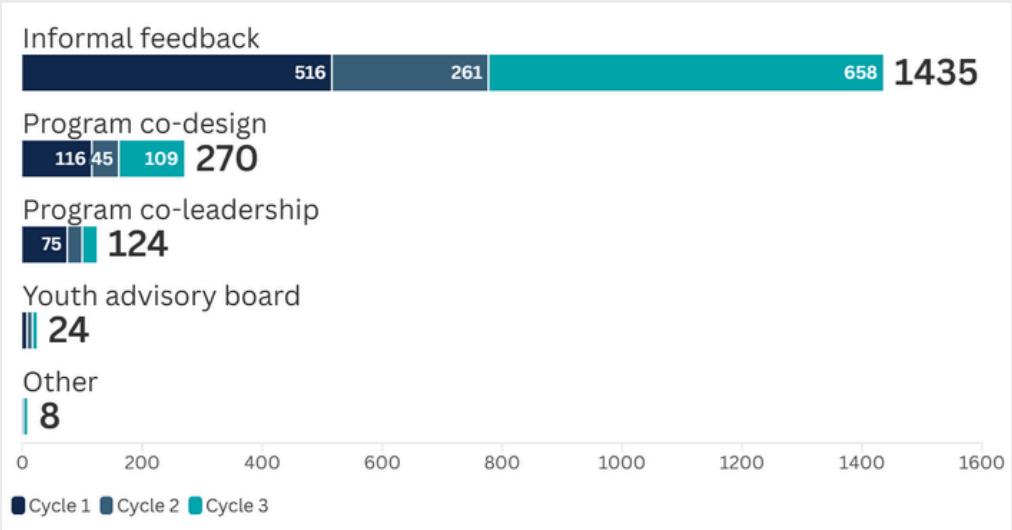
SERVICE POPULATION

CARE4Youth teams **support youth and young adults across the age spectrum.** Children younger than 10 to 25-year-olds benefit from the collaboratives' services and activities.

PROGRAM CONTINUITY

- **23 new formal connections** (MOUs, contracts, etc.) with other youth-serving organizations
- **5** youth serving-organizations **aligned intake processes**

YOUTH INVOLVEMENT



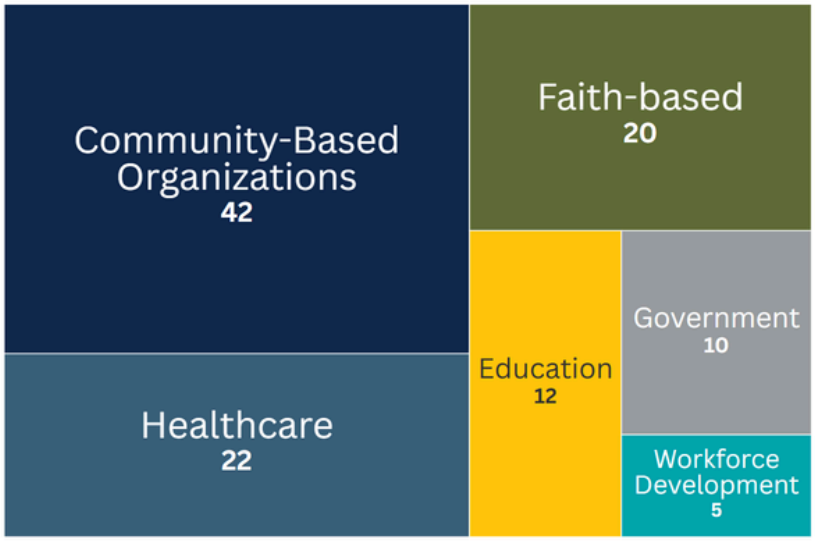
YOUTH INVOLVEMENT

- Continuing to work with collaboratives after aging out of programming
- Leadership trainings
- Leading meetings and events
- Mentorship of other youth
- Providing feedback
- Youth forums and summits

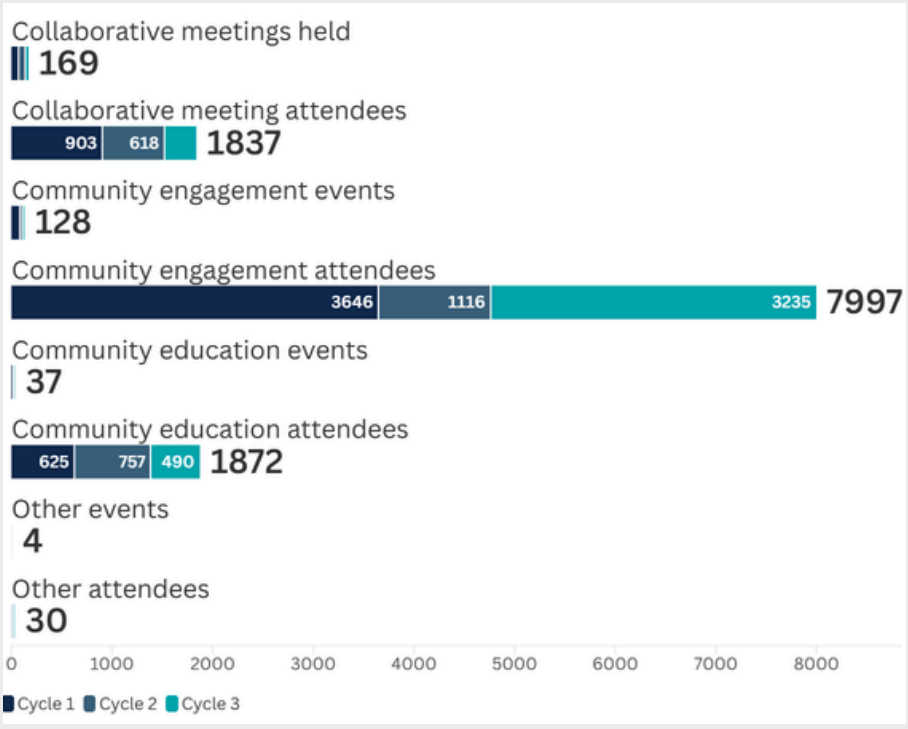
Teams strengthened youth involvement through **community outreach**, intentionally collecting and being **responsive to youth feedback**, and **providing leadership opportunities**.

PARTNERSHIPS

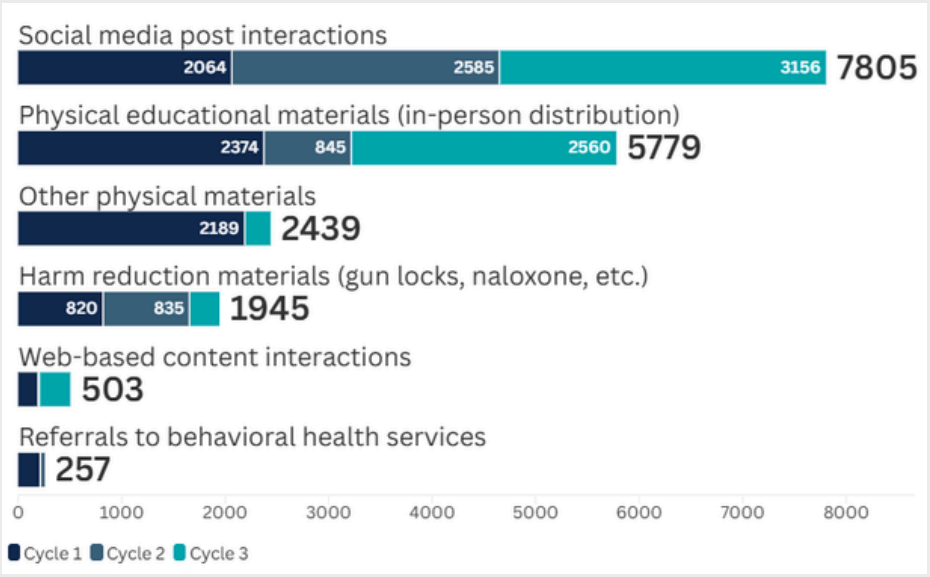
111 new partnerships have supported greater community awareness, team capacity, and youth outreach and support



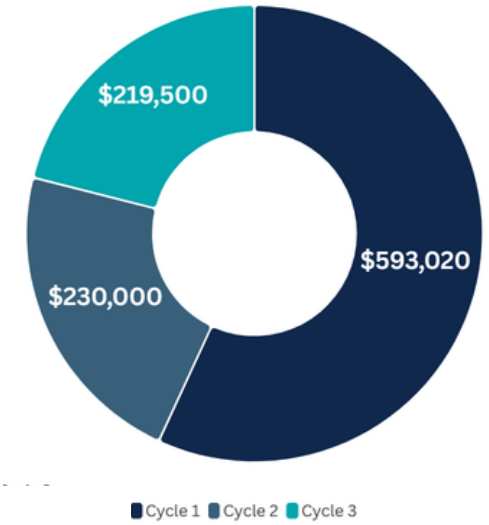
COMMUNITY EVENTS



COMMUNICATIONS AND OUTREACH



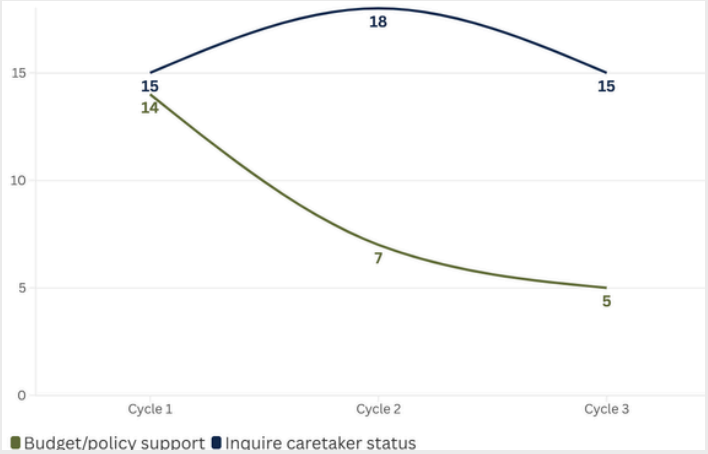
FUNDING



$1,042,520 secured

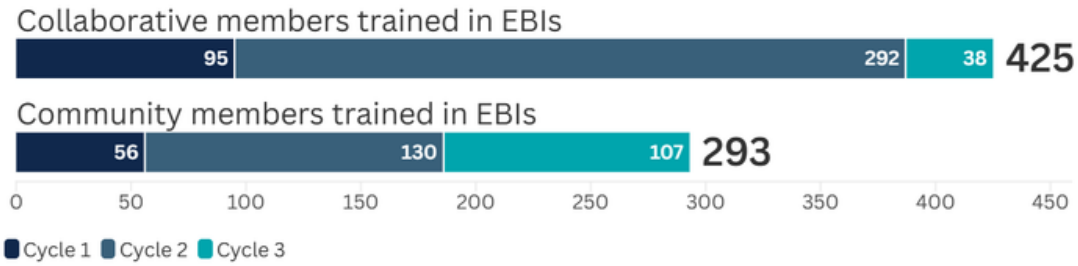
21 new financial tools implemented through partnerships with community foundations, CBOs, healthcare partners, and other funders

CARING FOR THE CARETAKERS



Some CARE4Youth teams reported prioritize support for caregivers - those caring for and/or providing support for a child, spouse, parent, friend, or other loved one with a mental or behavioral health concern.

EVIDENCE-BASED PRACTICE



Teams have:

- Trained collaborative and community members in an evidence-based practice
- Referenced evidence-based knowledge repositories in program design
- Adapted and/or implemented an evidence-based interventions (EBIs)

T**eams implemented 6 EBIs:** Cognitive Behavioral Therapy, the Community Resiliency Model, Mental Health First Aid, Neurosomatic therapy, Question Persuade Refer, Youth Mental Health 101.

CHALLENGES AND RESPONSES

Collaborative Alignment ⇢ Meeting more frequently, clarifying vision, mission, and strategies

Collaborative Capacity ⇢ Dedicated staff time to project, utilizing standing network meetings to field support from others

Youth Engagement ⇢ Flexible engagements, using their preferred communication methods, pivoting to new approaches, school partnerships

Youth Outreach ⇢ Utilizing existing community events, participation incentives

SUCCESSES AND INSIGHTS

Centering Youth Perspectives

*"**Students created a survey to express their views** on what adults get right and wrong about youth mental health... which we then **shared with adult participants** at the event."*

Deepened Connections

*"This has been such a **learning opportunity** to **better get to know the community around us and their needs** and how we can fulfill them."*

Growing Partnerships

*"**each quarterly meeting** we have had includes more and **more interested parties** and more and **more individuals who want to join our project**."*

Multi-Modal Outreach

*"We promoted... through **local news, social media, and in-person outreach** at the local high school. As a result, we **connected with 20 teens**."*

CHAAMP
Child & Adolescent Anxiety and Mood Disorders Program

CAROLINA ACROSS