

## Local Child Welfare Resources



### Find the right resource for you

We've created several subcategories, so you can find the right resource even faster. Check out resources that can help you:

[Reach crisis services now.](#)

[Learn more about a specific mental health/behavioral health diagnosis and how to cope with it.](#)

[Learn more about the child welfare system.](#)

[Get connected to people like you in a group setting.](#)

[Get one-on-one support and guidance.](#)

[Get support transitioning out of the child welfare system.](#)

[Get involved in changing policies related to child welfare and mental and behavioral health.](#)

[Get more resources and/or help finding information related to child welfare and mental and behavioral health.](#)

### Keeping children safe and healthy with local support

Like you, we want all children and teens to thrive within their homes and communities, even if they're facing mental or behavioral health challenges. That's why a key part of our new Child Welfare Program is focused on providing helpful local resources to families impacted by the child welfare system.

There are lots of organizations in North Carolina that support children's mental and behavioral health—some provide community and support, while others promote advocacy and education. How can you find the right resource for you and your family's needs?

### A breakdown of North Carolina resources

We've broken down dozens of local resources to make it easier to know which one's going to be most helpful to your family and your goals. For each resource, you'll find:

- A brief description of services and programming
- A website link for more information
- Who it's for
- Where it's available
- How to get in touch

### We've got your back

Remember, you're not alone in this. To learn more about our new Child Welfare Program and how we're supporting families, visit [www.cardinalinnovations.org/Members/Child-Welfare-Program](http://www.cardinalinnovations.org/Members/Child-Welfare-Program).

There you can find even more resources, information about Medicaid services, and answers to your most frequently asked questions.

### Need post-adoption support?

If you've adopted a child from the North Carolina child welfare system, the NC Department of Health and Human Services can help you find local post-adoption support. Visit their adoption assistance page here: [www.ncdhhs.gov/divisions/social-services/child-welfare-services/adoption-and-foster-care/post-adoption-support-and](http://www.ncdhhs.gov/divisions/social-services/child-welfare-services/adoption-and-foster-care/post-adoption-support-and).

## Reach crisis services now.

Quick dial **\*\*ASK (\*\*2-7-5)** on your cell phone or dial **1-800-939-5911** to reach our 24-hour mental health crisis line. We can help connect you with mental health crisis support in your area. You will speak to a trained, licensed clinician who is experienced in mental health crisis response.

If you have questions about services or need help finding a provider, call our 24/7 Access and Crisis line at **1-800-939-5911**.

If you or a loved one is considering self-harm or suicide, call the National Suicide Prevention Hotline at **1-800-273-8255**.

## Learn more about a specific mental health diagnosis and how to cope with it.

You may be involved with the Department of Social Services, or perhaps you just want to learn how to better manage your child's mental health. Learn more about their symptoms, how to best support them, how to cope as a family, and how to find mental health services.

### Family Partner Peer Support

*Parents, caregivers*

**Serving:** All NC counties

Family Partner Peer Support links parents and caregivers of children with mental illness, substance use disorder, or co-occurring diagnoses to a Certified Family Partner (CFP). CFPs help parents and caregivers:

- Navigate mental health services
- Understand specific mental illness diagnoses
- Better advocate for their family's needs
- If possible, prevent their children from entering DSS custody

**More information:** [www.ncfamiliesunited.org/family-partner-peer-support](http://www.ncfamiliesunited.org/family-partner-peer-support)

**Call:** 336-395-8828

### MHA ParentVOICE

*Parents, caregivers*

**Serving:** Mecklenburg, Cabarrus counties

MHA's ParentVOICE is a free program that provides empowerment and support to families of youth experiencing emotional, behavioral, and mental health challenges. Family Support Specialists educate families on how to navigate the education, mental health, and judicial systems in order to achieve positive outcomes.

**More information:** [www.mhacentralcarolinas.org/ParentVOICE.cfm](http://www.mhacentralcarolinas.org/ParentVOICE.cfm)

**Call:** 704-365-3454

## NAMI NC – Family-to-Family

*Families*

**Serving:** All NC counties

Family-to-Family is a free, eight-session course taught by two trained volunteer teachers who themselves have a family member or loved one with a mental illness. In 2013, Family-to-Family was added to the Substance Abuse and Mental Health Services Administration (SAMHSA) National Registry of Evidence-based Programs and Practices.

**More information:** [naminc.org](http://naminc.org)

**Call:** 800-451-9682

**Email:** [helpline@naminc.org](mailto:helpline@naminc.org) or [mail@naminc.org](mailto:mail@naminc.org)

## NAMI NC – NAMI Basics

*Families*

**Serving:** All NC counties

NAMI Basics is a free, six-week education program for parents and family caregivers of children and teens who are experiencing symptoms of a mental illness or who have already been diagnosed. In the NAMI Basics program, you'll learn the facts about mental health conditions and how best to support your child at home, at school and when they're getting medical care.

**More information:** [naminc.org](http://naminc.org)

**Call:** 800-451-9682

**Email:** [helpline@naminc.org](mailto:helpline@naminc.org) or [mail@naminc.org](mailto:mail@naminc.org)

## National Child Traumatic Stress Network

*Families, providers*

**Serving:** All NC counties

The National Child Traumatic Stress Network website contains educational resources for providers, families, and others who are concerned about child traumatic stress. Website visitors can search through a database to find informational content related to traumatic stress.

**More information:** [www.nctsn.org/resources/all-nctsn-resources](http://www.nctsn.org/resources/all-nctsn-resources)

**Call:** 310-235-2633

**Email:** [info@nctsn.org](mailto:info@nctsn.org)

## National Federation of Families

*Families, activists*

**Serving:** All NC counties

The National Federation of Families offers free online trainings, webinars, and links to relevant resources for both parents and youth. Those who are training to become a certified family peer specialist can be certified by this organization.

**More information:** [www.ffcmh.org](http://www.ffcmh.org)

**Call:** 240-403-1901

**Email:** [ffcmh@ffcmh.org](mailto:ffcmh@ffcmh.org)

## Prevent Child Abuse NC

*Families, caregivers*

**Serving:** All NC counties

Prevent Child Abuse NC offers several programs to parents and caregivers to help prevent Adverse Childhood Experiences (ACEs). These programs include parent support groups, parenting classes, and parent-child family skills training classes.

**More information:** [preventchildabusenc.org/our-work/prevention-programs](http://preventchildabusenc.org/our-work/prevention-programs)

**Call:** 919-829-8009

**Email:** [info@preventchildabusenc.org](mailto:info@preventchildabusenc.org)

## Youth Mental Health First Aid

*Parents, caregivers*

**Serving:** All NC counties

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help a teen (age 12-18) who is experiencing a mental health or addiction challenge or is in crisis.

**More information:** [mentalhealthfirstaid.org/population-focused-modules/youth](http://mentalhealthfirstaid.org/population-focused-modules/youth)

**Email:** [info@mentalhealthfirstaid.org](mailto:info@mentalhealthfirstaid.org)

## Learn more about the child welfare system.

Whether you're a foster parent, potential adoptive parent, parent involved with the DSS, or just looking for answers, these resources provide in-depth information about the child welfare system.

### Child Welfare and System of Care

*Families*

**Serving:** All NC counties

The Child Welfare Information Gateway helps connect professionals and the public to information, resources, and tools covering topics on child welfare, child abuse and neglect, out-of-home care, adoption, and more. Families can get help from an information support specialist who can point them in the right direction for more resources.

**More information:**

[www.childwelfare.gov/topics/management/reform/soc/build/socservices](http://www.childwelfare.gov/topics/management/reform/soc/build/socservices)

**Call:** 800-394-3366

**Email:** [info@childwelfare.gov](mailto:info@childwelfare.gov)

### Children's Hope Alliance

*Families*

**Serving:** All NC counties

Children's Hope Alliance provides an array of services for children, families, and individuals throughout North Carolina.

**More information:** [www.childrenshopealliance.org](http://www.childrenshopealliance.org)

**Call:** 800-320-4157

### Fostering NC

*Foster parents, adoptive parents, kinship caregivers*

**Serving:** All NC counties

Fostering NC is a learning website that offers on-demand courses, webinars, resource links, and answers to frequently asked questions related to the foster care system.

**More information:** [fosteringnc.org/faq](http://fosteringnc.org/faq)

**Email:** [fosteringnc@unc.edu](mailto:fosteringnc@unc.edu)

### Fostering Perspectives

*Foster parents, adoptive parents, kinship caregivers*

**Serving:** All NC counties

Fostering Perspective is an informational publication that shares news and discusses all topics related to the foster care system.

**More information:** [fosteringperspectives.org](http://fosteringperspectives.org)

**Email:** [jdmcmaho@unc.edu](mailto:jdmcmaho@unc.edu)

**NC Families United - Family Partner Peer Support***Parents, caregivers***Serving:** All NC counties

Family Partner Peer Support links parents and caregivers of children with mental illness, substance use disorder, or co-occurring diagnoses to a Certified Family Partner (CFP). CFPs help parents and caregivers:

- Navigate mental health services
- Understand specific mental illness diagnoses
- Better advocate for their family's needs
- If possible, prevent their children from entering DSS custody

**More information:** [www.ncfamiliesunited.org/family-partner-peer-support](http://www.ncfamiliesunited.org/family-partner-peer-support)**Call:** 704-365-3454**Get connected to people like you in a group setting.**

Find a community of peers who can provide valuable insight and support you during your journey.

**YOUTH GROUPS**

These resources can help teenagers and children with mental health struggles establish connections with others going through the same thing.

**A.C.T.I.V.E. Youth Group***Youth ages 14 – 18***Serving:** Mecklenburg, Cabarrus counties

A.C.T.I.V.E. Youth Group provides emotional and social support for teenagers. The group meets twice a month for one hour and includes discussions and activities to support teens on their mental health journey.

**More information:** [www.mhacentralcarolinas.org/ParentVOICE.cfm](http://www.mhacentralcarolinas.org/ParentVOICE.cfm)**Call:** 704-565-3315**Email:** [brichmond@mhacentralcarolinas.org](mailto:brichmond@mhacentralcarolinas.org)**Kids of Tomorrow***Youth ages 8 – 13***Serving:** Mecklenburg, Cabarrus counties

Kids of Tomorrow provides emotional and social support for children. The group meets twice a month for 30 minutes and includes lessons, workshops, and fun activities that support children on their mental health journey.

**More information:** [www.mhacentralcarolinas.org/ParentVOICE.cfm](http://www.mhacentralcarolinas.org/ParentVOICE.cfm)**Call:** 704-565-3315**Email:** [brichmond@mhacentralcarolinas.org](mailto:brichmond@mhacentralcarolinas.org)

## FAMILY AND ADULT GROUPS

You don't have to go through this journey alone—there are other families out there experiencing similar challenges. These resources can help link you to support groups and classes for families of children with mental or behavioral health diagnoses.

### Time Out Youth

*LGBTQ+ youth ages 11 – 20*

**Serving:** Greater Charlotte Area

Time Out Youth is a support and advocacy organization that offers local events, discussion groups, social programs, and youth counseling for LGBTQ+ youth.

**More information:** [www.timeoutyouth.org](http://www.timeoutyouth.org)

**Call:** 704-344-8335

**Email:** [info@timeoutyouth.org](mailto:info@timeoutyouth.org)

### Family Support Network of North Carolina

*Parents of youth ages 0-22*

**Serving:** All NC counties

Family Support Network helps parents better understand their child's IDD diagnosis and what options are available to them. FSN supports parents by connecting them to:

- Parent-to-parent support
- Educational workshops
- Social activities for families with children who have disabilities or special needs

**More information:** [fsp.unc.edu/support](http://fsp.unc.edu/support)

**Call:** 800-852-0042

**Email:** [fsp.cdr@unc.edu](mailto:fsp.cdr@unc.edu)

### NAMI NC – Family Support Groups

*Families*

**Serving:** All NC counties

NAMI Family Support Groups are local meetings of family members, caregivers, friends, and loved ones of individuals living with mental illness. Participants can talk frankly about their challenges and help one another through their learned wisdom.

**More information:** [naminc.org](http://naminc.org)

**Call:** 800-451-9682

**Email:** [helpline@naminc.org](mailto:helpline@naminc.org) or [mail@naminc.org](mailto:mail@naminc.org)

**Prevent Child Abuse NC***Parents, caregivers***Serving:** All NC counties

Prevent Child Abuse NC offers several programs to parents and caregivers to help prevent Adverse Childhood Experiences (ACEs). These programs include parent support groups, parenting classes, and parent-child family skills training classes.

**More information:** [preventchildabusenc.org/our-work/prevention-programs](http://preventchildabusenc.org/our-work/prevention-programs)**Call:** 919-829-8009**Email:** [info@preventchildabusenc.org](mailto:info@preventchildabusenc.org)**Get one-on-one support and guidance.**

The child welfare system and mental/behavioral health care system can be confusing. Maybe you need something more intensive than classes or group programs. For one-on-one support, check out these resources.

**NC Families United - Family Partner Peer Support***Parents, caregivers***Serving:** All NC counties

Family Partner Peer Support links parents and caregivers of children with mental illness, substance use disorder, or co-occurring diagnoses to a Certified Family Partner (CFP). CFPs help parents and caregivers:

- Navigate mental health services
- Understand specific mental illness diagnoses
- Better advocate for their family's needs
- If possible, prevent their children from entering DSS custody

**More information:** [www.ncfamiliesunited.org/family-partner-peer-support](http://www.ncfamiliesunited.org/family-partner-peer-support)**Call:** 704-365-3454**MHA ParentVOICE***Parents, caregivers***Serving:** Mecklenburg, Cabarrus counties

MHA's ParentVOICE offers family partner peer support and more. It is a free program that provides empowerment and support to families of youth experiencing emotional, behavioral, and mental health challenges. Family Support Specialists educate families on how to navigate the education, mental health, and judicial systems in order to achieve positive outcomes.

**More information:** [www.mhacentralcarolinas.org/ParentVOICE.cfm](http://www.mhacentralcarolinas.org/ParentVOICE.cfm)**Call:** 704-365-3454

## Get support transitioning out of the child welfare system.

You're a teen or young adult trying to find your way during or after "aging out" of a foster care or group home setting. These resources can help you find your footing in the adult world.

### Children's Hope Alliance – Stand By Me

*Youth ages 18-21*

**Serving:** All NC counties

Children's Hope Alliance's Stand By Me independent living program is a three-phased program that offers support and living arrangements to young adults in the process of transitioning out of the child welfare system. The phases of the program are as follows:

- Phase 1: Dorm Type Living
- Phase 2: Apartment Style Living
- Phase 3: Community Setting Living

**More information:** [www.childrenshopealliance.org/stand-by-me](http://www.childrenshopealliance.org/stand-by-me)

**Call:** 800-320-4157

### MHA – Compeer

*Young adults 18+*

**Serving:** All NC counties

MHA's Compeer program matches community volunteers with adults in mental health recovery programs. MHA's Compeer volunteers (aged 18 and up) coordinate regular social activities such as visiting a local park, eating out, or watching a movie with a Compeer friend.

**More information:** [www.mhacentralcarolinas.org/compeer.cfm](http://www.mhacentralcarolinas.org/compeer.cfm)

**Call:** 704-365-4380 x213

**Email:** [agarlins@mhacentralcarolinas.org](mailto:agarlins@mhacentralcarolinas.org)

### RENEW Transition Mentoring Services

*Youth ages 14 – 26*

**Serving:** All NC counties

RENEW Transition Mentoring Services support youth with severe behavioral or mental health challenges during their transition into adulthood. The program also offers an interactive workshop called Transition Ready. Transition Ready examines how services change for young adults transitioning from child to adult mental health services.

**More information:** [www.ncfamiliesunited.org/renew-2](http://www.ncfamiliesunited.org/renew-2)

**Call:** 336-395-8828

**SaySo - Strong Able Youth Speaking Out***Youth ages 14 – 24***Serving:** All NC counties

SaySo supports and educates youth and families involved in out-of-home care systems (foster care, group homes, mental health placements, etc.). Specifically, the association supports youth who are “aging out” by helping them navigate the system of care, teaching them essential life skills, and informing them of available services and resources.

**More information:** [www.saysoinc.org](http://www.saysoinc.org)**Email:** [sayso@chsnc.org](mailto:sayso@chsnc.org)

## Get involved in changing policies related to child welfare and mental and behavioral health.

You're passionate about improving the child welfare system and want to get involved. Families who want to advocate for policy and take action in their communities can get started with these organizations.

**Annie E. Casey Foundation***Families, community advocates***Serving:** All NC counties

The Annie E. Casey Foundation advocates for policies and supports organizations that help children and families impacted by the child welfare system.

**More information:** [www.aecf.org/work/child-welfare](http://www.aecf.org/work/child-welfare)**Call:** 410-547-6600**NAMI NC***Families, community advocates***Serving:** All NC counties

NAMI NC works with dedicated community volunteer leaders to raise awareness and provide essential education, advocacy, and support so people affected by mental illness can build better lives.

**More information:** [naminc.org](http://naminc.org)**Call:** 800-451-9682**Email:** [helpline@naminc.org](mailto:helpline@naminc.org) or [mail@naminc.org](mailto:mail@naminc.org)**National Federation of Families***Families, community advocates***Serving:** All NC counties

On a state and national legislative level, the National Federation of Families advocates for families with children with behavioral or mental health challenges.

**More information:** [www.ffcmh.org](http://www.ffcmh.org)**Email:** [ffcmh@ffcmh.org](mailto:ffcmh@ffcmh.org)**Call:** 240-403-1901

## NC Child Advocacy Network

*Families, community advocates*

**Serving:** All NC counties

NC Child Advocacy Network advances public policies to ensure that every child in North Carolina has the opportunity to thrive. Alongside partners across the state, NC Child creates campaigns and builds influence, so children and their families' voices are heard.

**More information:** [ncchild.org](http://ncchild.org)

**Call:** 919-834-6623

**Email:** [admin@ncchild.org](mailto:admin@ncchild.org)

## NC Families United

*Families, community advocates*

**Serving:** All NC counties

NC Families United actively promotes policies and procedures that serve the best interests of these children, youth, and their families through work with State and local officials.

**More information:** [www.ncfamiliesunited.org](http://www.ncfamiliesunited.org)

**Call:** 336-395-8828

## Youth M.O.V.E. NC

*Youth ages 13 – 25*

**Serving:** All NC counties

Youth M.O.V.E. (Motivating Others through Voices of Experience) is a statewide youth-led leadership group devoted to improving services and systems that support positive growth and development. The organization unites the voices of individuals who have had experiences in various systems including mental health, juvenile justice, education, and child welfare.

**More information:** [www.ncfamiliesunited.org/m-o-v-e](http://www.ncfamiliesunited.org/m-o-v-e)

**Call:** 336-395-8828

## Get more resources and information related to child welfare and mental and behavioral health.

These resource databases and educational publications can help you become an expert on all things child welfare and mental and behavioral health.

### Child Welfare and System of Care

*Families*

**Serving:** All NC counties

The Child Welfare Information Gateway helps connect professionals and the public to information, resources, and tools covering topics on child welfare, child abuse and neglect, out-of-home care, adoption, and more. Families can get help from an information support specialist who can point them in the right direction for more resources.

**More information:**

[www.childwelfare.gov/topics/management/reform/soc/build/socservices](http://www.childwelfare.gov/topics/management/reform/soc/build/socservices)

**Call:** 800-394-3366

**Email:** [info@childwelfare.gov](mailto:info@childwelfare.gov)

### Children's Hope Alliance

*Families*

**Serving:** All NC counties

Children's Hope Alliance offers lots of services and trainings—both community-based and Medicaid-funded—that help families of children and youth with mental or behavioral health diagnoses.

**More information:** [www.childrenshopealliance.org/services](http://www.childrenshopealliance.org/services)

**Call:** 800-320-4157

### Fostering NC

*Foster parents, adoptive parents, kinship caregivers*

**Serving:** All NC counties

Fostering NC is a learning website that offers on-demand courses, webinars, resource links, and answers to frequently asked questions related to the foster care system.

**More information:** [fosteringnc.org/faq](http://fosteringnc.org/faq)

**Email:** [fosteringnc@unc.edu](mailto:fosteringnc@unc.edu)

### Fostering Perspectives

*Foster parents, adoptive parents, kinship caregivers*

**Serving:** All NC counties

Fostering Perspective is an informational publication that shares news and discusses all topics related to the foster care system.

**More information:** [fosteringperspectives.org](http://fosteringperspectives.org)

**Email:** [jdmcmaho@unc.edu](mailto:jdmcmaho@unc.edu)

### National Child Traumatic Stress Network

*Families, providers*

**Serving:** All NC counties

The National Child Traumatic Stress Network website contains educational resources for providers, families, and others who are concerned about child traumatic stress. Website visitors can search through a database to find informational content related to traumatic stress.

**More information:** [www.nctsn.org/resources/all-nctsn-resources](http://www.nctsn.org/resources/all-nctsn-resources)

**Call:** 310-235-2633

**Email:** [info@nctsn.org](mailto:info@nctsn.org)

### Youth Mental Health First Aid

*Parents, caregivers, family support*

**Serving:** All NC counties

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help a teen (age 12-18) who is experiencing a mental health or addiction challenge or is in crisis.

**More information:**  
[www.mentalhealthfirstaid.org/population-focused-modules/youth](http://www.mentalhealthfirstaid.org/population-focused-modules/youth)

**Email:** [info@mentalhealthfirstaid.org](mailto:info@mentalhealthfirstaid.org)