



If your child or adolescent needs mental health services, the **CATCH-Johnston** team may be able to help.

What is CATCH-Johnston?

CATCH-Johnston offers short-term, virtual outpatient mental health care for children and adolescents age 4 through high school, including psychiatry and therapy services from UNC Health providers through community access sites in Johnston County.

How does the program work?

- Parents or guardians or adolescents can call the program intake number
- The program staff will call to gather intake information and schedule an appointment if appropriate
- The child/adolescent and a caregiver or support person over 18 (for most locations) arrive to the access point location ten minutes before the scheduled appointment
- A program or site staff will assist the child/adolescent in joining the video call with the provider
- If a prescription medication is needed, the prescription will be sent to a local pharmacy
- A note will be sent to the student's primary care provider (local doctor) or current behavioral health provider (therapist) if applicable

What kind of conditions are treated?

- Persistent sadness – two or more weeks
- Withdrawing from or avoiding social interactions
- Hurting oneself or talking about hurting oneself
- Talking about death or suicide
- Outbursts or extreme irritability
- Out-of-control behavior that can be harmful
- Drastic changes in mood, behavior, or personality
- Excessive worrying
- Changes in eating habits
- Loss of weight
- Difficulty sleeping
- Extreme difficulty in concentrating or staying still
- Frequent headaches or stomach aches
- Changes in academic performance
- Avoiding or missing school
- Voices concerns or questions about sexual orientation or gender identity
- Difficulty completing daily tasks

Does insurance cover the cost of the CATCH-Johnston program?

Insurance plans are billed, and copays and deductibles apply. NC Medicaid covers the visits. Other insurance company coverage varies. It is important for parents or guardians to ask their health insurance company about coverage for behavioral telehealth care before a visit. If you are concerned about affording the program, please ask a program representative about UNC Health's charity care program as this may help offset costs for those who are eligible.



LEARN MORE

- Call 984-974-1619 and leave a message.
- Email Charissa_Gray@med.unc.edu
- Scan the QR code



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