



CURRITUCK COUNTY SCHOOLS

Inspiring Excellence in Every Student

2958 Caratoke Highway
Currituck, North Carolina 27929
Phone (252) 232-2223 - Fax (252) 232-3655

Teletherapy Program for Students

We are thrilled to share that we have partnered with Daybreak Health, a school-based mental health provider, to offer teletherapy services to our students ages 5-19 with qualified clinicians. Daybreak is in-network with most insurance plans in your area, and no cost for families with Medicaid.

After a student is referred to the program they are matched with a therapist based on presenting needs, language, culture, interests, and other preferences. The student will meet with their therapist once/week for 50-minutes over 12-24 weeks. All sessions are hosted over Zoom and can take place before, during or after school hours, during the week or even on Saturdays (edit if needed). This makes it easy to access these valuable services.

During the program, the student's therapist will help them understand their emotions and learn new skills to manage things like anxiety, depression, stress, grief, organization, and more. All students will walk away with strategies that they can use in class, at home, and throughout life.

Students ages 5-9 will participate in a Family Teletherapy program that includes at least one parent or guardian. Older students will participate in a 1:1 Teletherapy program.

When kids are mentally healthy, they can think clearly, pay better attention, and learn new skills. These evidence-based teletherapy programs have proven to positively impact academic outcomes like behavioral improvements, better grades, and higher attendance.

If you have a student who you think could benefit from virtual mental health support [click here to make a referral](#), or reach out to your school counselor, social worker, or building administrators for more information.