



# Vaya Updates Chatham County

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# NC DHHS Prepares for Rural Health Transformation Program

**Goal:** Federal funding to increase access to care and improve health outcomes for North Carolina's 3+ million rural residents.

## **Background:**

- Part of **H.R. 1** federal legislation, which also enacted Medicaid cuts projected to reduce NC funding by **\$49.9B over 10 years**.
- **RHTP funding:** \$50B total over 5 years (temporary, non-recurring).
- First \$25B split evenly among all states (~\$100M/year for NC).
- Second \$25B distributed at Center for Medicaid Services discretion.

# NC DHHS Prepares for Rural Health Transformation Program

The North Carolina Department of Health and Human Services (NCDHHS) has officially submitted its **Rural Health Transformation Plan application** to the Centers for Medicare & Medicaid Services (CMS), requesting **\$200 million in federal funding over five years** to strengthen healthcare delivery across 85 of North Carolina's 100 counties. CMS is expected to announce awards by **December 31, 2025**.

This plan was developed after input from rural hospitals, community health centers, Health Departments, Tribal Govt, faith-based organizations, non-profits and community members. <https://www.ncdhhs.gov/divisions/office-rural-health/>

# NC DHHS Prepares for Rural Health Transformation Program

## Six Core Initiatives:

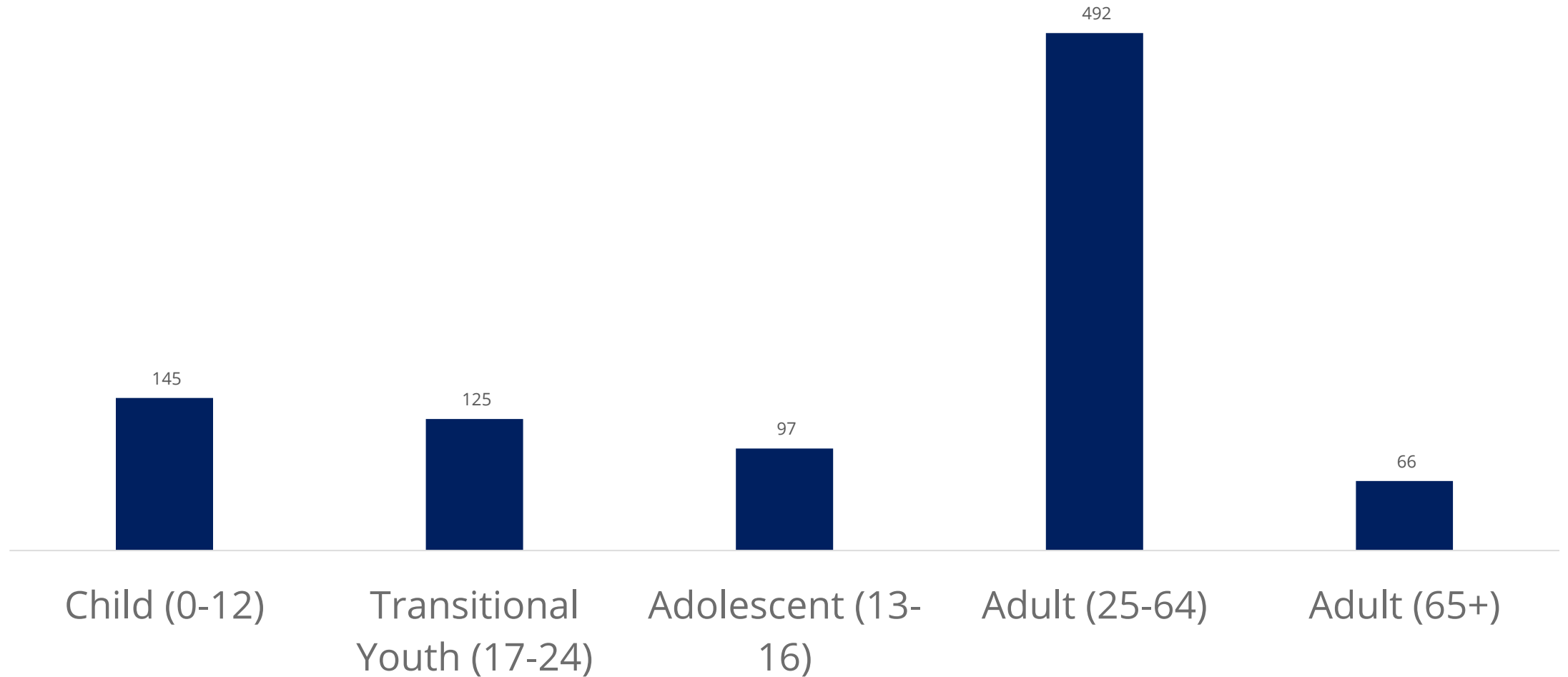
- **Community-Rooted Care Networks:** Establishing locally governed North Carolina Rural Organizations Orchestrating Transformation for Sustainability (“NC ROOTS”) Hubs that connect medical, behavioral health, and social supports, making it easier for rural residents to access comprehensive care close to home.
- **Prevention and Chronic Disease Management:** Expanding programs for diabetes and hypertension control, cancer screening, maternal health services, and nutrition support including "food as medicine" initiatives.
- **Behavioral Health Expansion:** Growing mental health and substance use disorder services through new clinics, mobile crisis teams, school-based programs, and integration with primary care.
- **Workforce Development:** Training and retaining healthcare professionals through rural residency programs, incentives, and innovative career pathways—creating jobs while addressing provider shortages.
- **Financial Sustainability:** Helping rural practices and hospitals transition to value-based payment models that reward keeping people healthy, not just treating illness.
- **Technology and Innovation:** Deploying cutting-edge artificial intelligence to support rural providers, improving health information sharing, and ensuring digital literacy for all residents.

# Vaya Health Updates

NC General Assembly passed “Mini Budget” and is still in process of finalizing. Hope that biennium budget will be passed now General Assembly now in session. Key areas of concern:

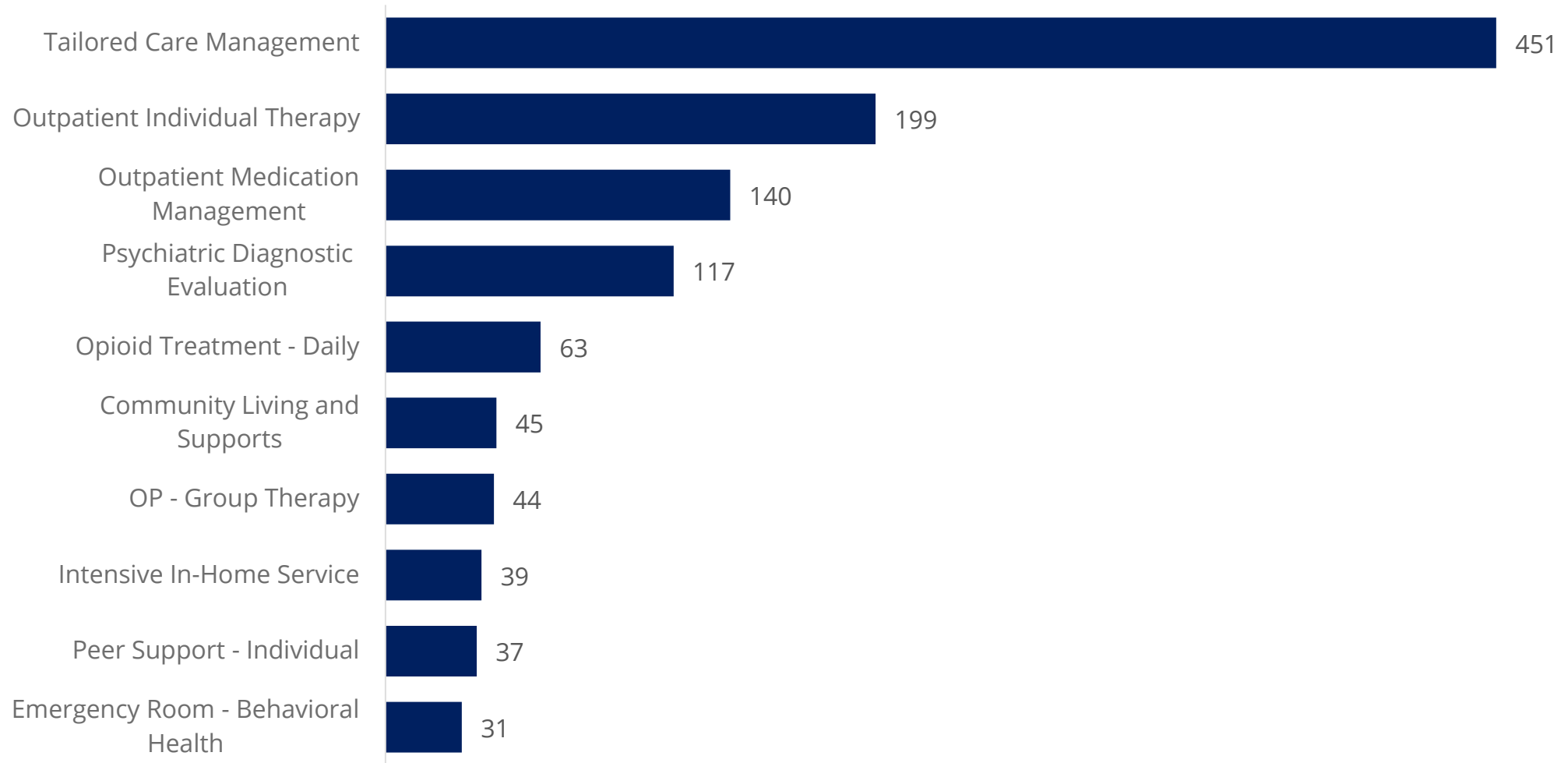
- “Mini Budget” Medicaid funding of \$600,000 million falls below NCDHHS projections.
  - ✓ The Division of Health Benefits and the GA Fiscal Research both projecting Medicaid shortfall. Disagreement between them on the amount of the shortfall.
  - ✓ Governor Stein and Secretary Sangvai sent joint communication outline proposed changes to FY 26 Medicaid budget and related provider rate reductions based on “Mini Budget” funding.
  - ✓ NCDHHS implemented rate reductions on October 1<sup>st</sup> with Medicaid services being cut by 3% and targeted services cut by either 8 or 10%.
  - ✓ The Administration and General Assembly are still negotiating the final funding for biennium budget.
  - ✓ Vaya will wait until November 1<sup>st</sup> to implement these reductions, with hopes that a final budget will mitigate these reductions.
- Vaya’s Single Stream (Indigent) Funding reduced by approximately \$6 million based on “Mini Budget”
- NCDHHS announces December 1<sup>st</sup>, 2025 as the “go-live” date for the state-wide BCBS Child and Family Specialty Plan Waiver.

## Distinct Members Served by Age Group

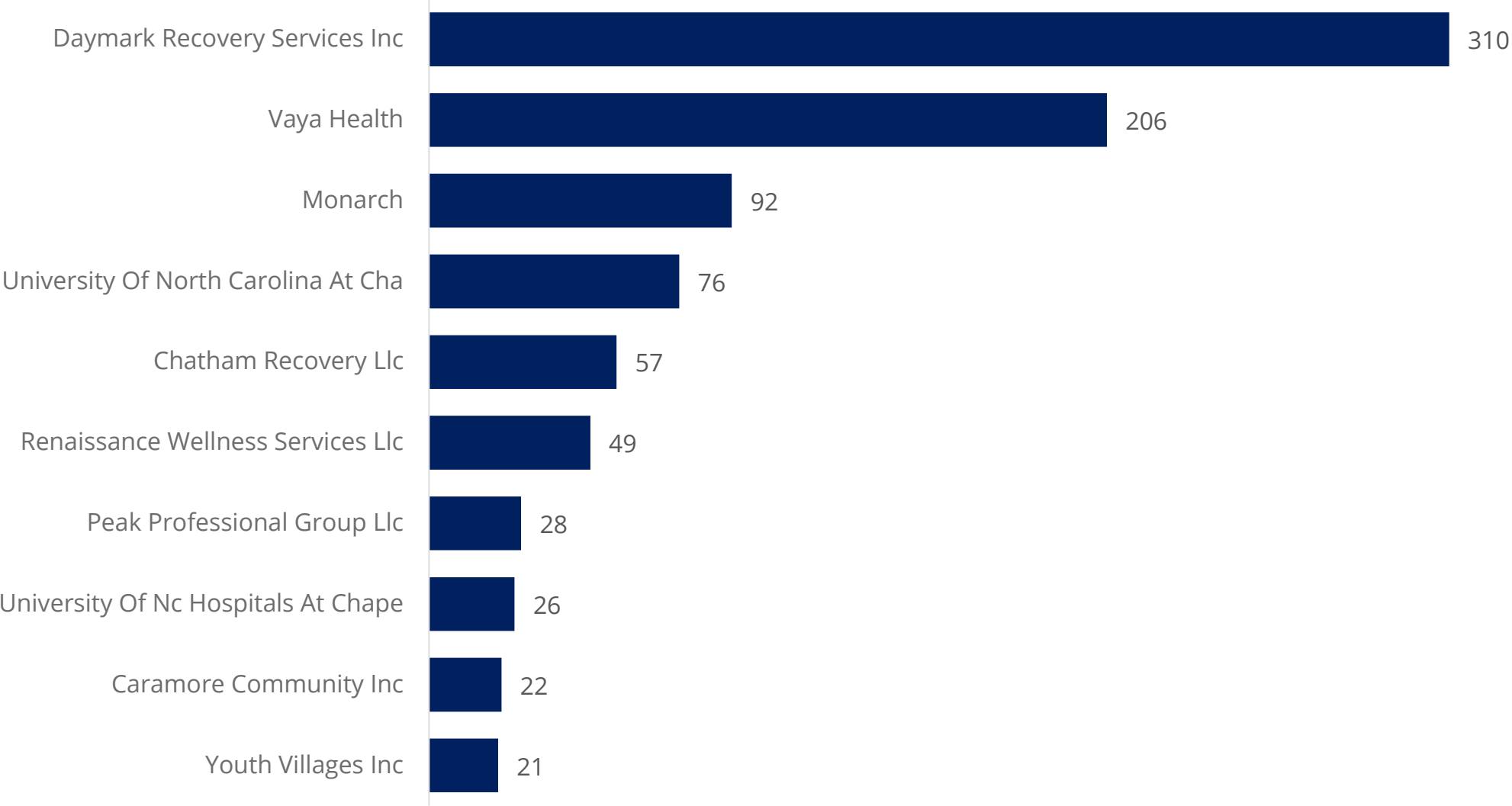




## Highest Volume Behavioral Health Services by Distinct Members Served

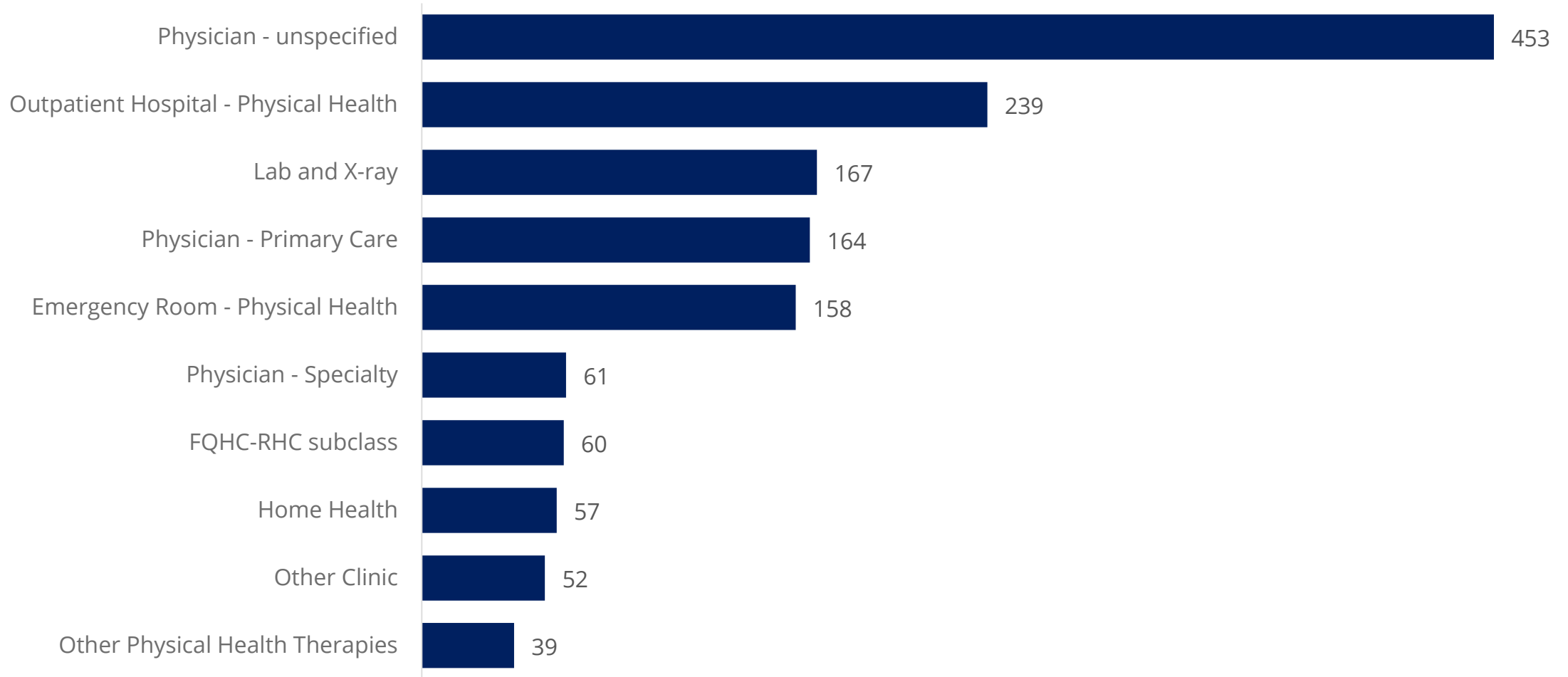


Highest Volume Behavioral Health Providers by Distinct Members Served



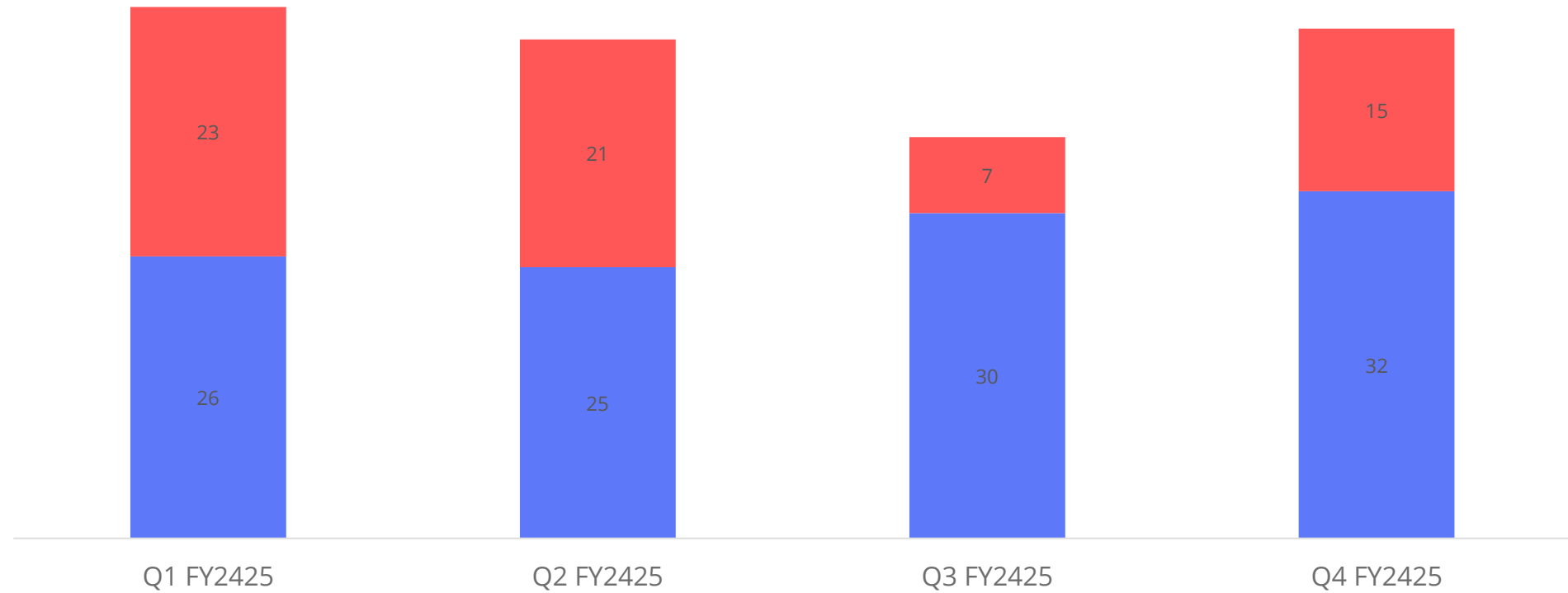


## Highest Volume Physical Health Services by Distinct Members Served



## Behaviroal Health ED Single Admissions and Readmissions in 30 Days

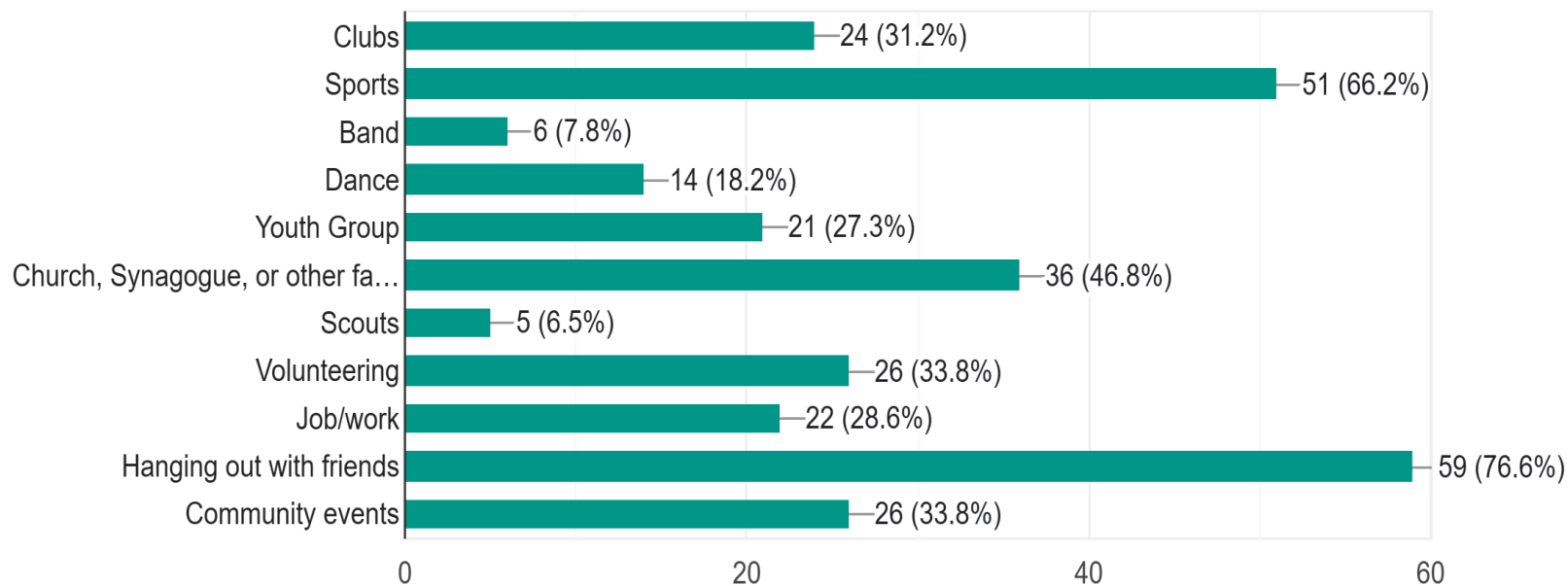
■ Single Admissions    ■ Readmissions in 30 Days



# Teen Mental Health Findings

Please select any activities you participate in: (select all that apply)

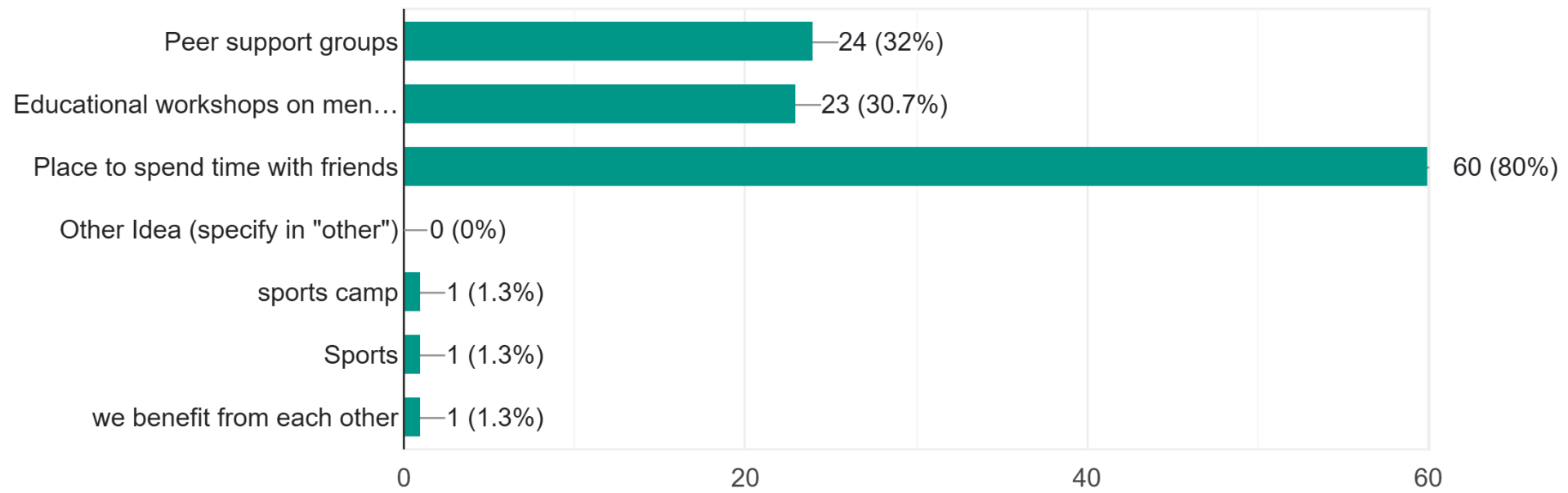
77 responses



# Teen Mental Health Findings

Would you or your friends benefit from these? (Select all that apply)

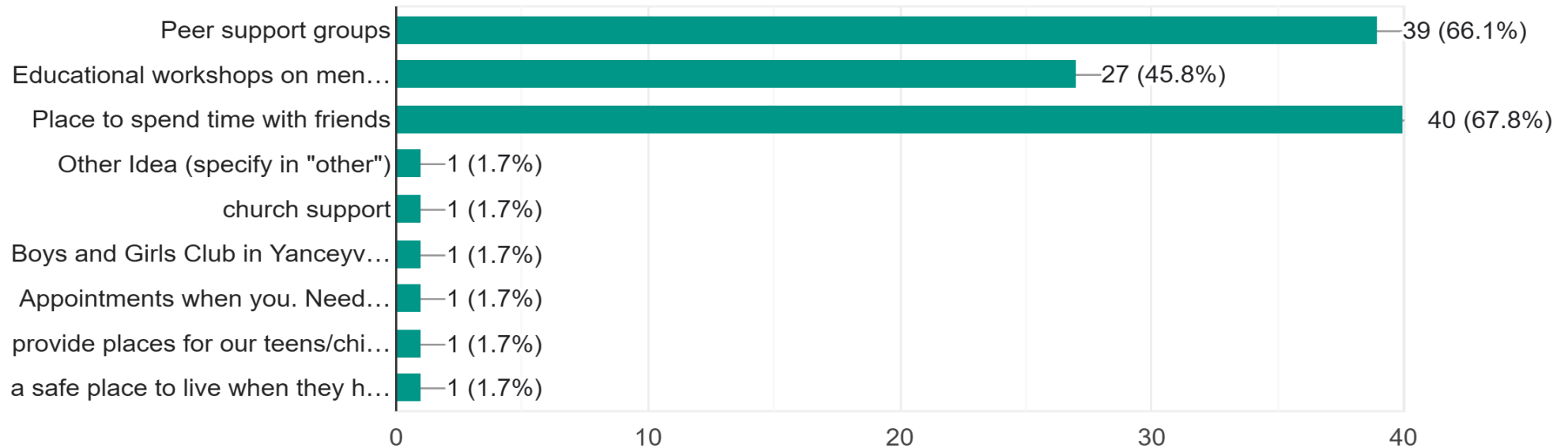
75 responses



# Caregiver Perspectives

In your opinion, what additional resources or supports would benefit teenagers or yourself/other caregivers in our community the most?

59 responses



# Youth Supporting Youth

## Changing Systems Through Youth and Family Leadership

There's good news for youth experiencing or at risk of experiencing mental, behavioral, or emotional issues. Vaya Health (Vaya) has been awarded a four-year Children's Mental Health Initiative grant from the U.S. Substance Abuse and Mental Health Services Administration (SAMHSA) to give youth and family more voice and expand services and access to care. This program is available to eligible youth and families in Alamance, Caswell, Chatham, Person, Rockingham, and Stokes counties.

Vaya believes youth and their families know themselves—and their needs—best. Youth are more likely to succeed when they work with their families to identify their goals, guide the work, and commit to the results.

Likewise, services and systems are most effective when they are responsive to the ideas that youth and families bring to the table.

Through this grant, Vaya provides Youth Partners to work alongside our Family Partners to help youth and families identify and achieve goals for their own well-being.

They do this by:

- Meeting with youth and their families to build relationships and identify strengths, interests, and goals
- Providing one-to-one youth support to guide youth toward their goals
- Connecting youth with community resources
- Exploring opportunities for positive experiences
- Supporting youth and families with advocacy skills
- Preparing youth to participate in leadership opportunities

### Who Can Participate?

This non-clinical peer support service is free to youth and families, regardless of insurance status. Youth may be eligible if they meet all the requirements below:

- Are age 21 or younger
- Have or are at risk for having a mental, behavioral, or emotional health challenge
- Would benefit from program support

### What is System of Care?

Youth Partners and Family Partners work as part of Vaya's System of Care Team. System of Care is an approach to working with youth and families based on a set of values that have been shown to improve mental health outcomes.

System of Care values are woven into all the work of this grant:

- Child and family partnership
- Individualized, strength-based care
- Cultural and linguistic competence
- Home- and community-based services and supports
- Interagency collaboration
- Shared responsibility and accountability to results

### How Can I Learn More?

To make a Youth Partner referral or get more information, email [YPR referrals@vayahealth.com](mailto:YPR referrals@vayahealth.com) or call our Member and Recipient Service Line at 1-800-962-9003.



Vaya Health

## Youth Partner Referral Form

To refer a child or adolescent to the Vaya Health (Vaya) Youth Partner program, enter the requested information below to the best of your knowledge. Email the completed form to [YouthPartnerReferrals@vayahealth.com](mailto:YouthPartnerReferrals@vayahealth.com).

For help, call Vaya's Member and Recipient Service Line at 1-800-962-9003, available from 7 a.m. to 6 p.m., Monday through Saturday, including holidays.

**As this is a voluntary service, please be sure the youth and their family have agreed to this referral.**

### Referral Information

Referring person/organization: \_\_\_\_\_ Referral date: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

### Youth Being Referred

Name: \_\_\_\_\_ Date of birth: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Primary language: \_\_\_\_\_ Able to text? ☐ Yes ☐ No

Best times to reach the youth: \_\_\_\_\_

Current address: \_\_\_\_\_

Permanent address: \_\_\_\_\_

Vaya ID number (if applicable): \_\_\_\_\_

### Parent/Legally Responsible Person (LRP) Information

Parent 1: \_\_\_\_\_ Parent 2: \_\_\_\_\_

Primary language: \_\_\_\_\_ LRP name: \_\_\_\_\_

Has the individual's parent agreed to this referral? ☐ Yes ☐ No

Has the LRP agreed to this referral? ☐ Yes ☐ No

Is the person you are referring an adult age 18 or older with a legal guardian? ☐ Yes ☐ No ☐ N/A

### LRP Information

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP code: \_\_\_\_\_

County: \_\_\_\_\_ Email: \_\_\_\_\_

Home phone: \_\_\_\_\_ Mobile phone: \_\_\_\_\_

Best times to reach the LRP: \_\_\_\_\_

Vaya Health | Youth Partner Referral Form  
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