



2026-2027

Cartwheel Care Programs

An expanded way to get students and families the right support, sooner

Care Programs are organized around the challenges schools and families are already navigating — school avoidance, screen time conflicts, social media stress, emotional overwhelm, outbursts, and behavior struggles — making it easier to identify when a student or family may need support and connect them to care.



Available Now

School Avoidance Program

For students who are struggling to get to school and families who need support getting them there.

The program is designed for students struggling to get to school consistently or experiencing chronic school avoidance. It brings together students, caregivers, and school teams to understand what's getting in the way and help students reconnect with school and daily routines.

Program highlights:

- Targeted screening and assessment tools to better understand barriers to getting to school
- Optional caregiver groups focused on reducing distress and improving consistency across home and school
- Collaboration with school teams to support consistent strategies across settings



Launching Fall 2026

Screens & Social Media Program

For students and families caught in the pull of screens, social media, and digital stress.

The program is for students whose relationship with technology is getting in the way of sleep, focus, emotional well-being, relationships, or engagement at school. Students receive Cartwheel's core care, with added structure and support for both students and caregivers around this specific challenge.

Program highlights:

- Targeted screening and assessment tools tied to screen use and digital stress
- Optional caregiver groups with practical strategies for reducing conflict, setting limits, and building healthier digital routines
- Support focused on improving balance, relationships, and daily functioning



Launching Fall 2026

Big Behaviors, Big Feelings Program

For students experiencing intense emotions, emotional overwhelm, or behavior challenges affecting daily life at school and/or home.

The program is for students struggling with big emotional reactions, shutdowns, frustration, conflict, or behavior challenges that may be impacting learning, relationships, or daily routines. Students receive Cartwheel's core care, with added structure around understanding what may be contributing to these challenges.

Program highlights:

- Targeted screening and assessment tools to better understand emotional and behavioral patterns
- Optional caregiver groups focused on reducing escalation and responding effectively in the moment
- Support focused on improving emotional regulation, relationships, and daily functioning

Every Care Program Includes:



Evidence-based therapy and parent guidance and access to family therapy and psychiatry based on each student's needs



Optional caregiver education sessions — no-cost, virtual, and available regardless of insurance



Targeted screening and assessment tools tied to the presenting concern, with progress tracking over time



HIPAA-compliant school collaboration and updates on engagement and progress

Care Programs are included in your current partnership and will follow a similar referral process.

Care Programs are available across grade levels. For younger students, support may place greater emphasis on parent guidance and caregiver involvement.



Questions? Contact your dedicated Program Manager.

cartwheel.org