

Jefferson School Based Health Centers



Jefferson County



School Districts

- Port Townsend School District
 - Port Townsend High School

- Chimacum School District
 - Chimacum High School
 - Chimacum Middle School

Increased Need-Decreased Resources

- Decreased community resources
- Inconsistent funding for counseling/mental health support
- Increased number of students with mental health concerns
- Decreased school resources
 - Limited school nursing services
 - Limited counseling services and support

2008 Planning Opportunities

- Washington Department of Health Planning Grant for School Based Health Centers
 - Awarded to Jefferson County Public Health
- Allocation of Jefferson County One-tenth of One-percent Sales Tax for mental health and substance abuse prevention to fund mental health counseling in schools

Partnerships

- Jefferson County Public Health
- Jefferson Healthcare
- Port Townsend School District
- Chimacum School District



Partnerships

- School Administration
- Teachers
- Counselors
- School Nurse
- Parents
- Students
- Community Members and Businesses



School District and High School Administration and Staff Partnership

- School Board approval
- Memorandum of Understanding with partners
- District support
- Administration/Staff support
 - Referrals
 - Communication within school and to families

Students Partnership

- Associated student body support
- Senior projects
- Participation on School Based Health Center Advisory Board
- Student referrals

Community Partnership

- School Based Health Center Advisory Board
- Parent/Community survey and outreach
- Donation of services- Individual and Businesses
 - Boeing Bluebills, remodeling
 - Flooring replacement
 - Painting
- Donation of goods– Individual and Businesses
 - Materials

What is a School Based Health Center?

- History
 - Started in 1980's
 - 17 , now 19, school-based health centers in Washington
 - Offers comprehensive physical and mental health care on-site
 - Provides effective, efficient and appropriate health services to teens

Why Do We Need a School Based Health Center?

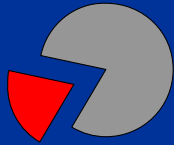
- Unmet health needs
 - Health and economic disparities
 - Mental health indicators



Mental Health Needs

- Teens with mental health concerns in U.S.

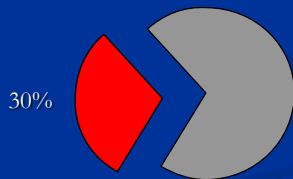
One in Five



From 2006 Jefferson County Healthy Youth Survey, 8th and 10th Grade Students reported being

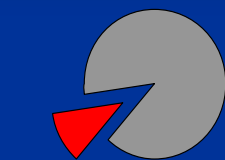
Sad or hopeless every day

For 2 weeks in a row in the past year that they stopped some usual activities

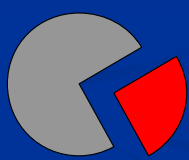


From 2006 Jefferson County Healthy Youth Survey:

Seriously considered suicide:



8th grade



10th grade

The research tells us:

- Academic performance is negatively affected by:
 - Emotional problems
 - Intentional injuries
 - Physical illness
 - Low self-esteem
 - Alcohol and drug use
 - Risky sexual behavior
 - Lack of access to health care

- Academic performance is positively affected by:
 - High levels of resiliency
 - Developmental assets
 - School connectedness

Services Provided

- Mental Health Counseling
 - Contract with Kitsap Mental Health
 - Funded by 1/10 of 1% sales tax
 - Services provided by mental health counselor with adolescent mental health expertise
 - Counseling services funded two days/week each at Port Townsend and Chimacum High Schools and one day/week at Quilcene High School
 - Services started October -November, 2008

Services Provided

- Comprehensive Medical Services
 - Services provided by Advanced Registered Nurse Practitioners with adolescent health care expertise
 - Practitioners funded by Jefferson Public Health and Jefferson Healthcare
 - Insurance and Medicaid billed when appropriate
 - Sliding Scale Fee when appropriate
 - NO STUDENT DENIED SERVICES BECAUSE OF INABILITY TO PAY
 - Services started February 2008 in Port Townsend, April 2008 in Chimacum

2009 SBHC Service Summary

Chimacum April-June Port Townsend Feb-June

- | | | | |
|---------------------|-----|---------------------|-----|
| ■ Total Visits | 93 | ■ Total Visits | 140 |
| ■ % Students | 10% | ■ % Students | 17% |
| ■ Uninsured | 56% | ■ Uninsured | 36% |
| ■ No Medical home | 56% | ■ No Medical Home | 39% |
| ■ No Dental Home | 56% | ■ No Dental Home | 71% |
| ■ MH Home | 11% | ■ MH home | 3% |
| ■ No Visits in 2008 | 58% | ■ No visits in 2008 | 47% |

2009 SBHC Service Summary

- Medical Services Provided:
 - Sports physicals
 - Immunizations
 - Reproductive health care
 - First aid/injury

SBHC 2009 Service Summary

- Mental/Emotional Health
 - Depression
 - Stress
 - Family involvement
 - Relationships
 - School performance
 - Anger management

2009 SBHC Service Summary

- Health Education Topics
 - Reproductive health care topics, pregnancy and STI prevention
 - Substance use/abuse prevention
 - Nutrition
 - Tobacco use

School Based Health Centers

- Identify need
- Elicit support
- Form partnerships
- Involve community
- Obtain clinical expertise
- Data Collection
- Review and Revise



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