



Bringing Health Care to Schools for Student Success

School-Based Health Centers (SBHCs) 101: An Overview and Framework for Building Programs

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Objectives

Participants will be able :

- *Define* the term school-based health center?
- *Explain* why school-based health centers are an effective health care delivery system for children and adolescents.
- *Answer* the question, how many school-based health centers are there in the US and where are they located?

Objectives

Participants will be able :

- *Describe* who uses school-based health centers and who sponsors them
- *List* three national school-based health care models
- *List* seven principles describing how to plan and implement a school-based health centers

What is a School-Based Health Center (SBHC)?

Definitions



School Based Health Center National Definition

- **Partnerships** created by **schools and community health organizations** to provide **on-site** medical, mental health, and/or oral health services that promote the **health and educational success** of school-aged children and adolescents
- **One of the partners**, usually a health agency (community health center, local health department, hospital, mental health agency, or 501 C3 agency).

School Based Health Center National Definition

- Services provided by the school-based health care team are ***determined locally*** through a ***collaborative process*** that includes families and students, communities, school districts, and individual and agency health care providers.
- The school-based health care team ***works in collaboration with school nurse and other service providers*** in the school and community.

School Based Health Center National Definition

- SBHCs have a ***policy*** on ***parental consent***.
- Although the model may vary based on availability of resources and community needs, SBHCs are ***typically open every school day***, and ***staffed by an interdisciplinary team*** of medical and mental health professionals that ***provide comprehensive medical, mental health and health education services***.

School Based Health Center National Definition

- SBHCs make *provisions for care beyond* the centers' *operating hours* or *scope of service*
- *Because of the unique vantage point* and *access to students*, the health center team is able to reach out to students to *emphasize prevention* and *early intervention*.

School Based Health Center National Definition

- **Services** typically offered in SBHCs **are age appropriate** and **address the most important health needs of children and youth**. These services may include but are not limited to: **primary care** for acute and chronic health conditions, **mental health services**, **substance abuse services**, **case management**, **dental health services**, **reproductive health care**, **nutrition education**, **health education and health promotion**.

School Based Health Center National Definition

- SBHCs are ***supported by*** local, state, and federal public health and primary care ***grants, community foundations, students and families,*** and ***reimbursement from*** public and private ***health insurance.***

Why School-Based Health Centers?



Why School-Based Health Centers?

- Lack of insurance among children, especially adolescents
- Geographic and financial barriers to health, mental health and dental access
- Dangerous health outcomes associated with adolescents
- Nonexistent/fragmented/singular discipline systems of care

Why School-Based Health Centers?

“Health services need to be where students can trip over them. Adolescents do not carry appointment books, and school is the only place where they are required to spend time.”

- *Philip J. Porter, M.D., early architect of the school-based health center movement.*

What Does the Literature Tell Us About *Emergency Room Use* and SBHCs?

- Reduced inappropriate emergency room use,
- Increased use of primary care, and
- Fewer hospitalizations

Santelli J, Kouzis A, et al. Journal of Adolescent Health 1996; 19:267-275

- Prevention-oriented care in SBHCs results in decreased utilization of emergency departments

Key JD, Washington EC, and Hulsey TC, Journal of Adolescent Health 2002: 30:273

What Does the Literature Tell Us About *Asthma* and SBHCs?

- > 50% reduction in asthma related emergency room visits for students enrolled in SBHCs in New York City

Webber MP et al. Archives of Pediatric and Adolescent Medicine. 2003; 157: 125-129

- \$3 million savings in asthma-related hospitalization costs for students enrolled in SBHCs in New York City

Analysis by the Empire Health Group for the NY Coalition of School-Based Primary Care, 2005

What Does the Literature Tell Us About Mental Health and SBHCs?

- Attract harder-to-reach populations, especially minorities and males, do a better job at getting them crucial services such as mental health care and high risk screens
- Adolescents were 10-21 times more likely to come to a SBHC for mental health services than a community health center network or HMO

Juszczak L, Melinkovich P, Kaplan D. Journal of Adolescent Health 2003; 32S:108-118.

Kaplan D, et al. Archives of Pediatric and Adolescent Medicine. 1998 Jan;152(1):25-33.

Efficiencies in SBHCs

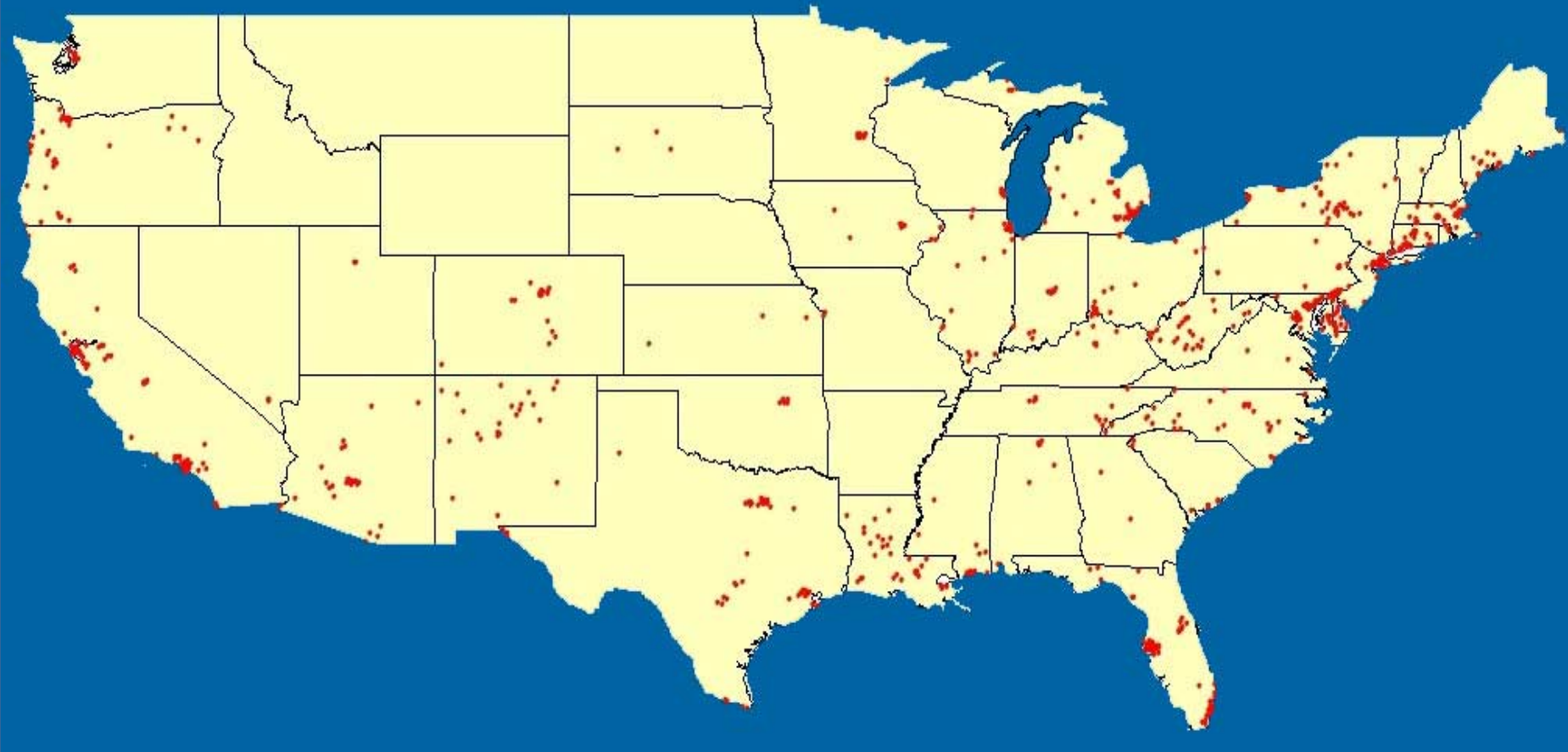
- Parents time off
- Follow-up less labor intensive
- Identifying problems earlier
- Reduction in more costly emergency room visits

National Data and Trends

NASBHC National
Assembly on
School-Based
Health Care

Census 2004-05

Where are SBHCs Located?

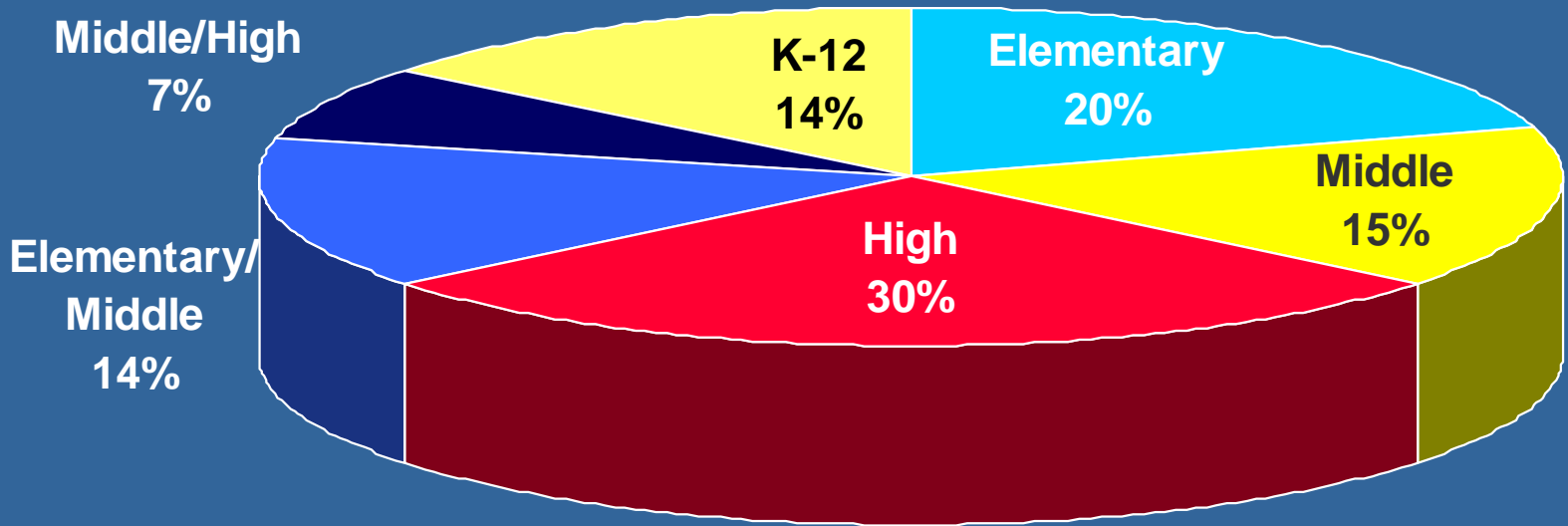


Location of Health Center (n=1234)

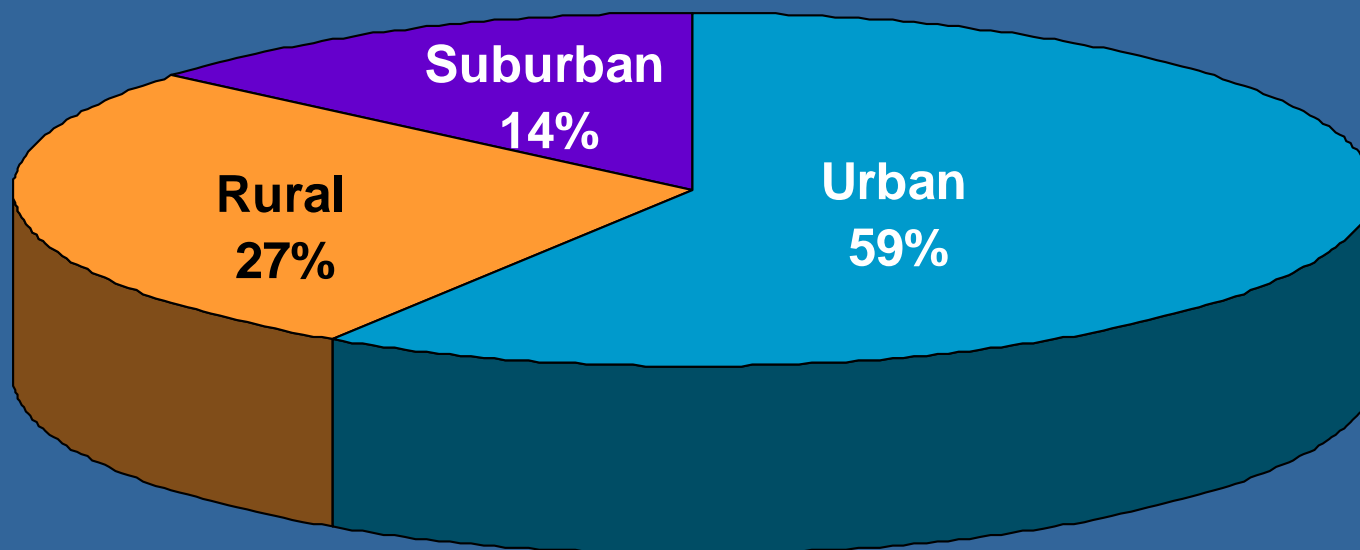
- In school building 87%
- On school property 11%
- Mobile (non-fixed) 2%

Types of Schools with Health Centers

(n=1222)

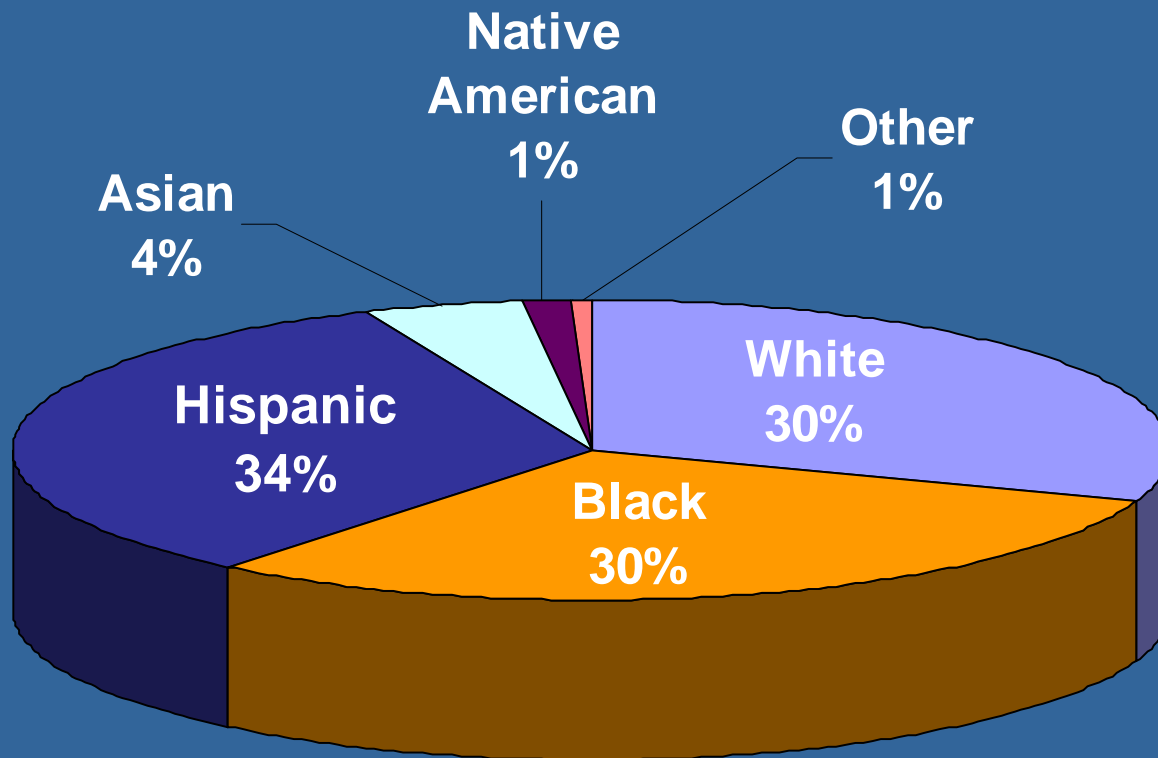


SBHCs by Community Characteristic (N=1235)



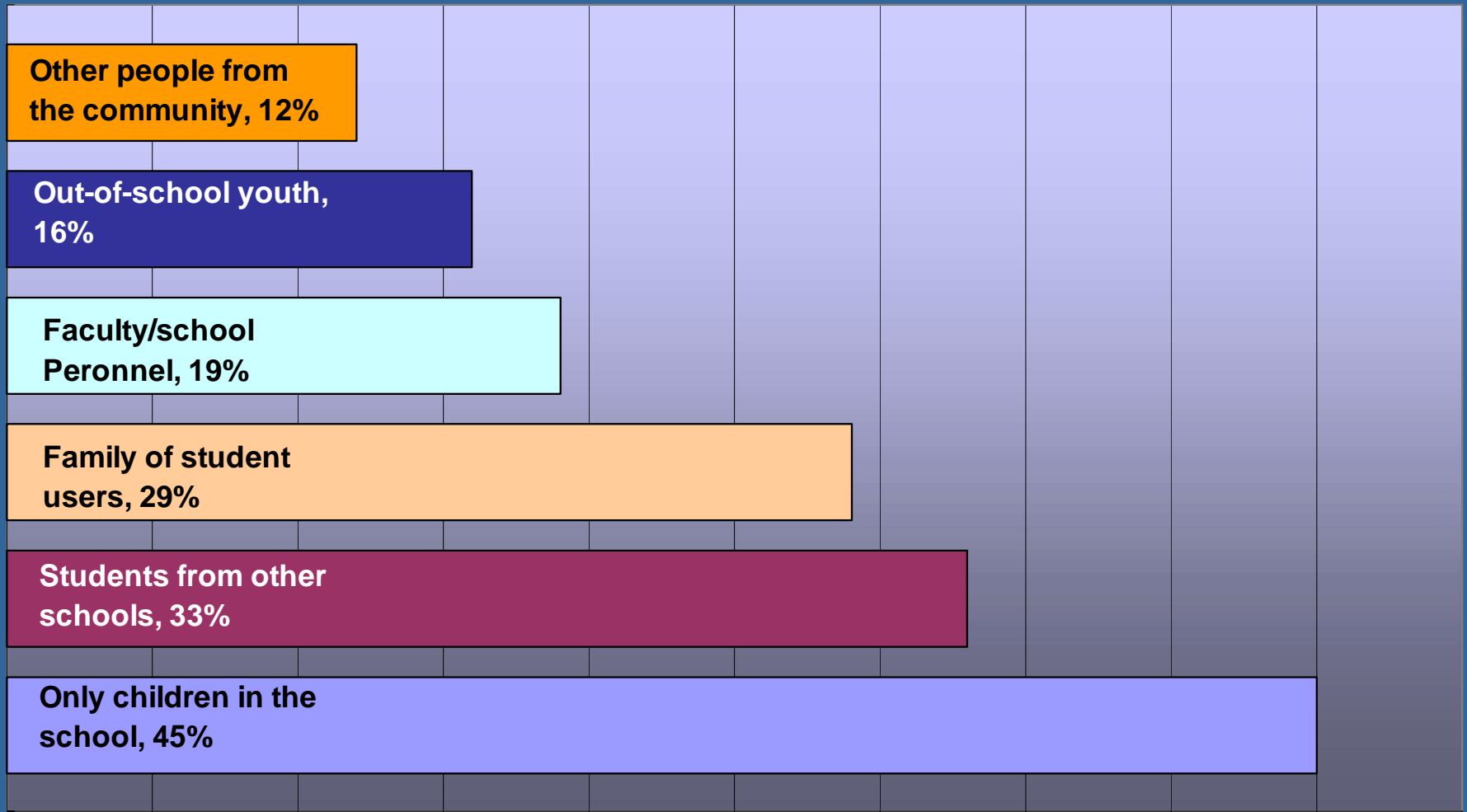
Who Uses SBHCs?

Ethnic/Racial Profile of Student Population in Schools with SBHCs (n=1235)

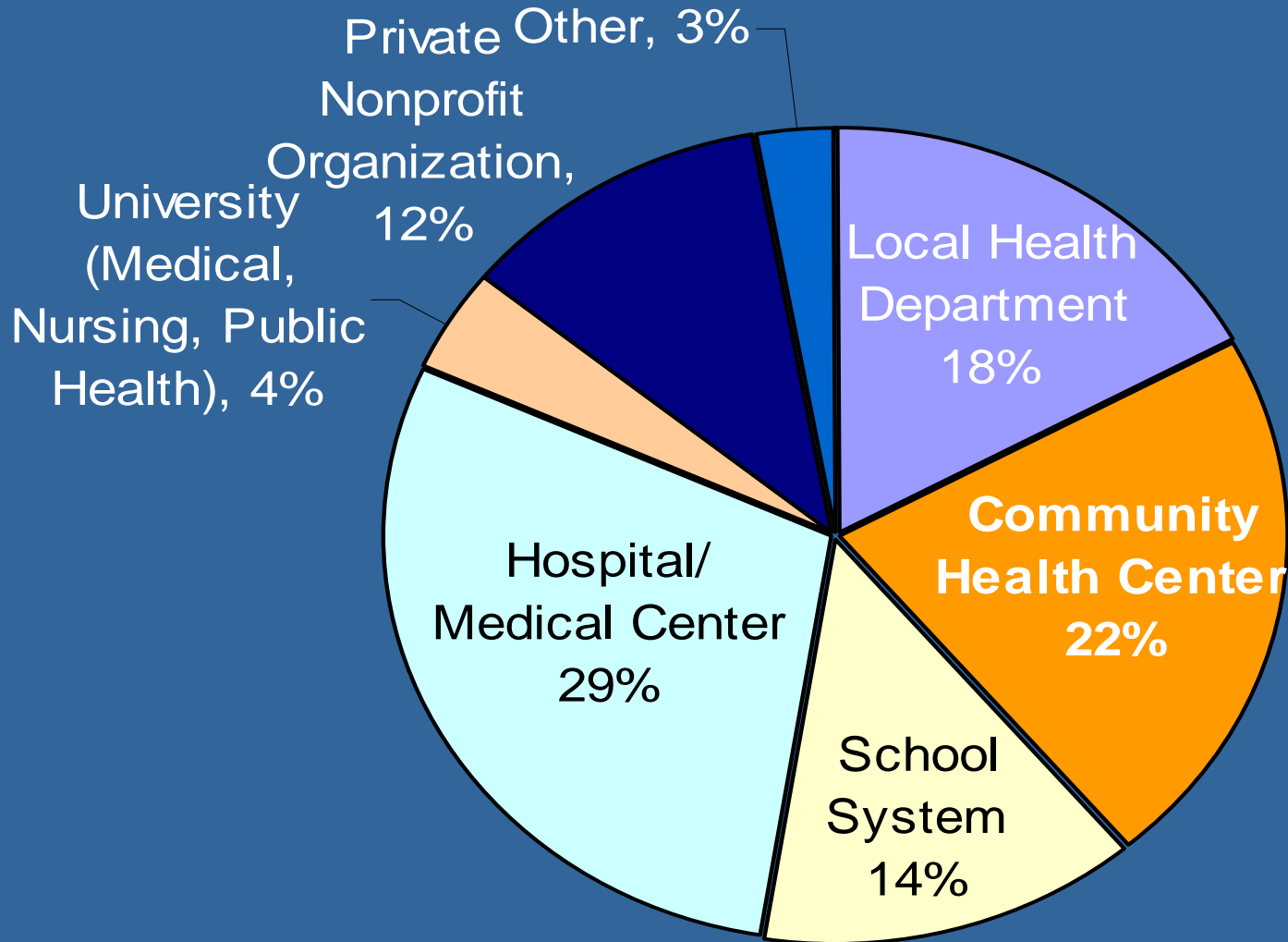


Other Populations Served by SBHCs

(n=1227)



Who Sponsors SBHCs (n=1233)



SBHC Service Delivery Models

Primary Care Only Model

- NP/PA/MD 1-5 days/week
- Full or part-time (FT/PT) coverage
- No Mental Health/Substance Abuse Services

Primary Care-Mental Health Model

- PT or FT coverage
- Full Range of Prevention/Early Intervention Physical and Behavioral Health Services (age and developmentally appropriate, e.g. reproductive health)
- Diagnosis, Treatment and Management of Minor Acute/Chronic Illnesses
- Provision for after-hours care

Staffing for Primary Care-Mental Health Model

- Medical provider (NP/PA/MD)
- School nurse (if present)
- Mental Health provider (e.g.)
 - Clinical Social Worker,
 - Psychologist/Psychiatrist,
- May include Substance Abuse Counselor if appropriate

Primary Care-Mental Health PLUS Model

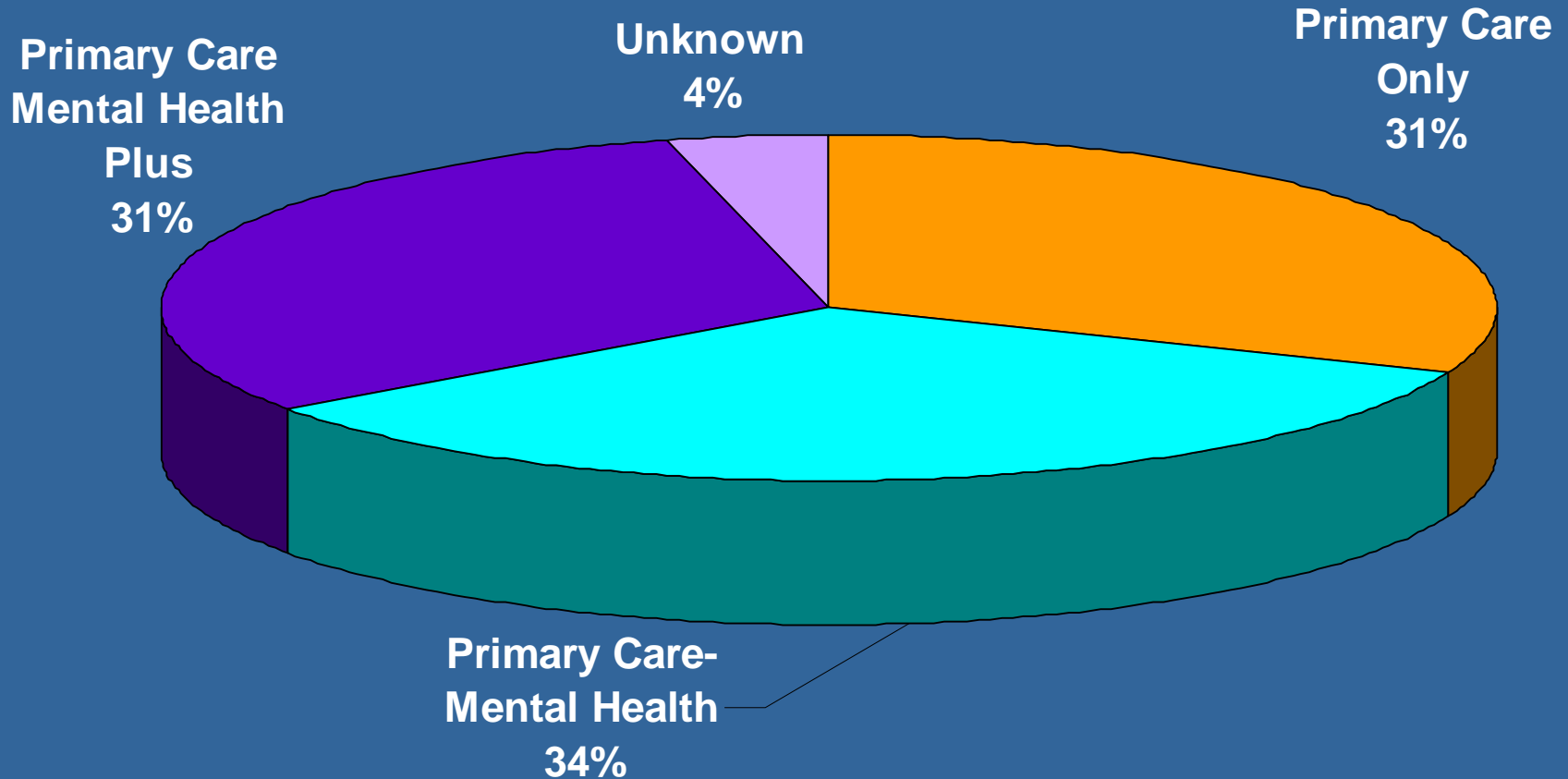
- FT coverage if possible
- *Primary care and mental health plus:*
(one or more of the following)
 - Dental Services
 - Reproductive Health Services that include contraception dispensing/prescribing
 - Nutrition Counseling
 - On-site Substance Abuse Treatment

Staffing for Primary Care-Mental Health PLUS Model

- School Nurse
- Medical provider (NP/PA/MD)
- Mental Health provider
- Dentist/Dental Hygienist
- Addictions Counselor
- Nutritionist
- Health Educator
- Social Worker

SBHC Staffing Models

(N=1235)



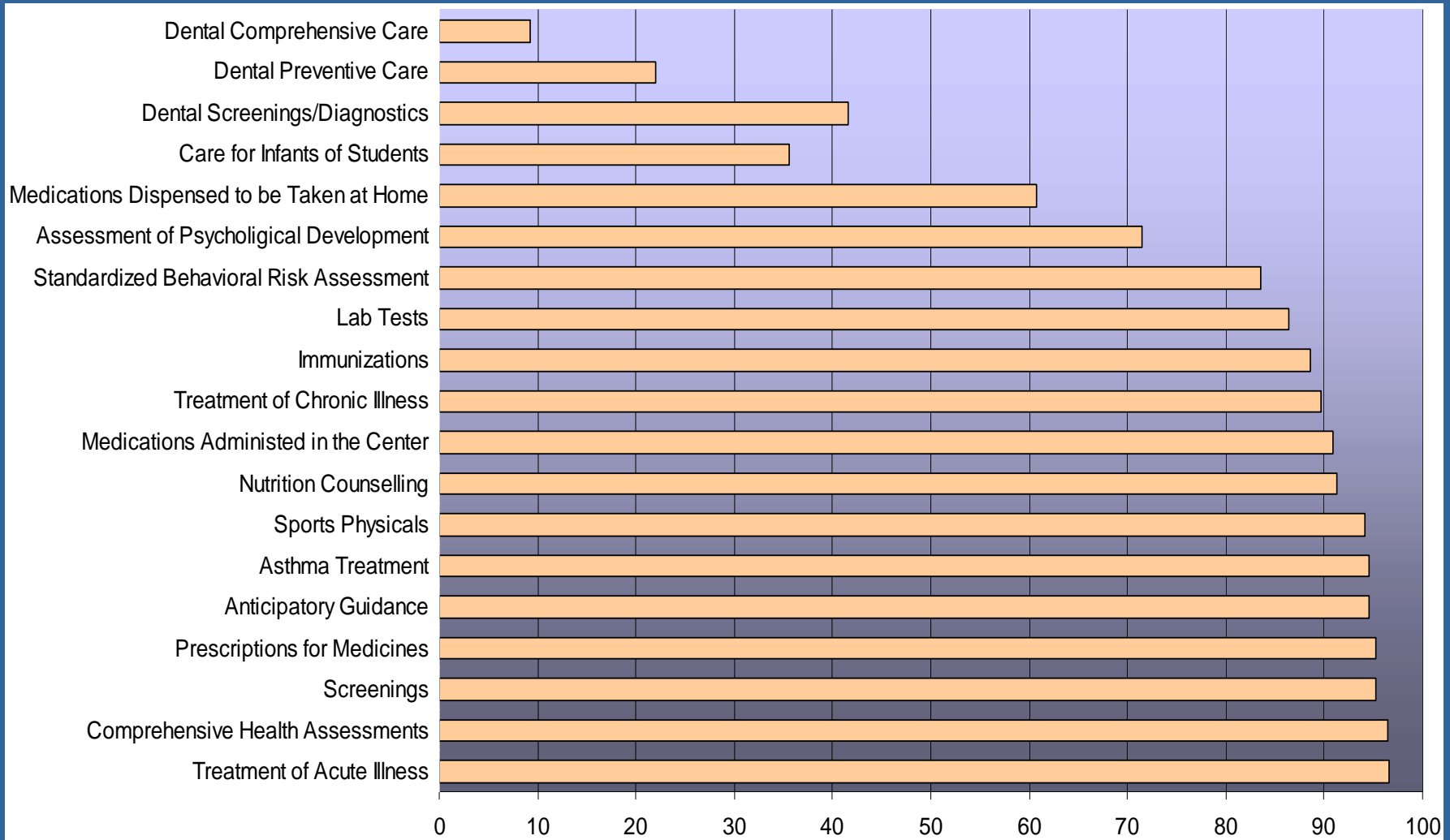
Alternative Models Services and Staffing

- School-Linked Health Centers
 - Can mirror the service and staffing patterns of primary care only, primary care-mental health, and primary care-mental health PLUS models
- Mobile Health Centers
 - Can mirror the service and staffing patterns of primary care only, primary care-mental health, and primary care-mental health PLUS models

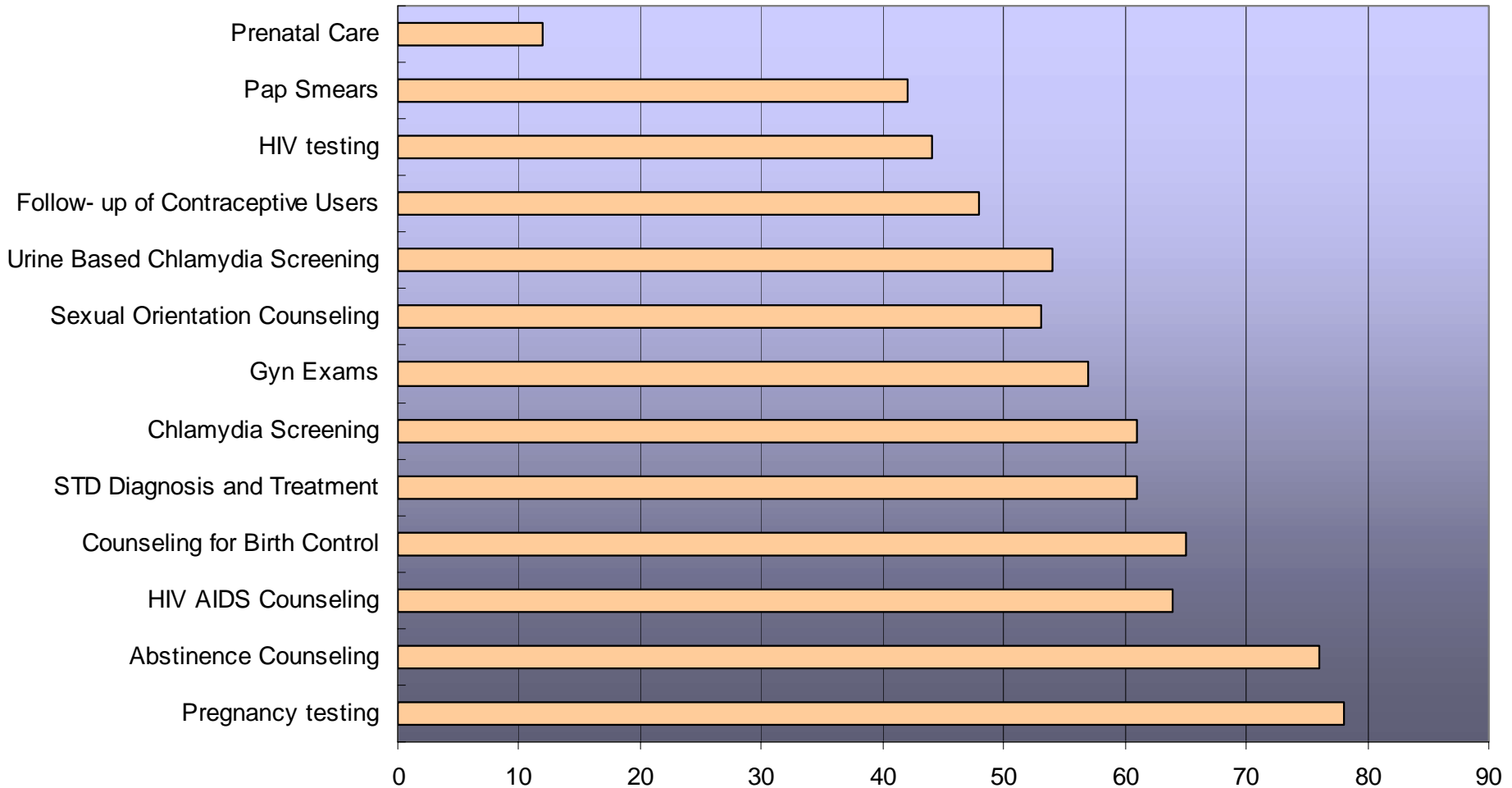
What Services Do SBHCs Offer?



Primary Care Services Provided by SBHCs (N= 1176-1259)

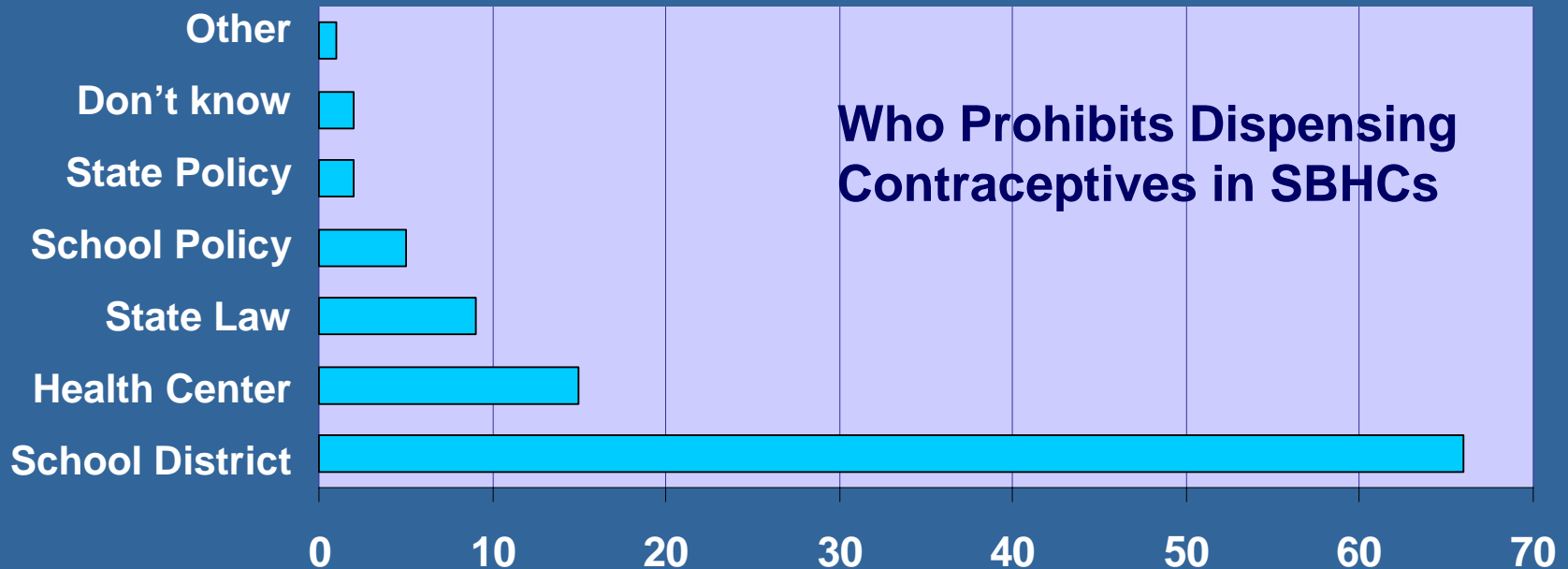
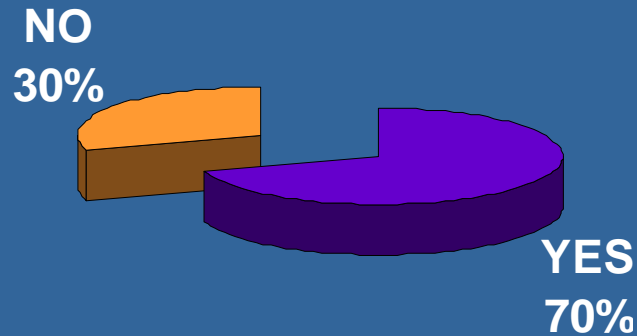


Reproductive Health Services Offered to Adolescents on Site (n= 897-931)



Contraception Prohibition

(N=853)



SBHC Fundamental Principles

[http://www.nasbhc.org/site/c.jsJPKWPFJrH/b.2743459/k.9519/NASBHC Principles and Goals for SBHCs.htm](http://www.nasbhc.org/site/c.jsJPKWPFJrH/b.2743459/k.9519/NASBHC%20Principles%20and%20Goals%20for%20SBHCs.htm)

The School-Based Health Center:

1. Supports the school
2. Focuses on the community
3. Focuses on the student
4. Provides comprehensive care
5. Advances health promotion activities
6. Implements effective systems
7. Provides leadership in adolescent and child health

Supports the School

The school-based health center is built upon mutual respect and collaboration between the school and the health provider to promote the health and educational success of school-aged children.

Responds to the Community

The school-based health center is developed and operates based on continual assessment of local assets and needs.

Focuses on the Student

Services involve students as responsible participants in their health care, encourage the role of parents and other family members, and are accessible, confidential, culturally sensitive, and developmentally appropriate.

Delivers Comprehensive Care

An interdisciplinary team provides access to high quality comprehensive physical and mental health services emphasizing prevention and early intervention.

Advances Health Promotion Activities

The school-based health center takes advantage of its location to advance effective health promotion activities to students and community.

Implements Effective Systems

Administrative and clinical systems are designed to support effective delivery of services incorporating accountability mechanisms and performance improvement practices.

Provides Leadership in Adolescent and Child Health

The school-based health center model provides unique opportunities to increase expertise in adolescent and child health, and to inform and influence policy and practice.

National Tools and Resources for Getting Started

- **NASBHC website** www.nasbhc.org
 - *Basics,*
 - *Training and Assistance,*
 - *Publications, and*
 - *Members Only Sections*
- National Association of Community Health Centers' (NACHC) CD-Rom, *How to Start a Successful School-Based Health Center* \$25 www.nachc.org