

Alameda County School Health Services Coalition



An Overview of School-Based Health Center Planning

Presentation to COR

Alameda County
Health Care Services Agency



Objectives

- A. History of SBHCs in Alameda County**
- B. Core Components of SBHC model**
- C. How a SBHC works**
- D. Integrated Framework**
- E. SBHC Outcomes**
- F. County Coalition Infrastructure**
- G. Overview of SBHC Planning**





Core Components of SBHC Model

SBHC Core Services

**Medical
Services**

**Behavioral
Health
Services**

**Nutrition &
Physical
Activity**

**Health
Education**

**Community
Development
and Benefits
Advocacy**

**Dental
Health
Services**

Behavioral Health Services

- **Individual, group & family counseling**
- **Alcohol and drug abuse prevention & treatment**
- **Support groups**
- **Psycho Educational Services**
- **Reproductive Health Counseling**

Medical Services

- **Physical Exams**
- **Sports Physicals**
- **Pelvic Exams**
- **Vision & Hearing Screening**
- **Immunizations**
- **Diagnoses and treatment of STDs**
- **Assistance with chronic illnesses such as asthma & diabetes**

Health Education Services

Individual, classroom, peer, and school-wide education on:

- ▶ **Nutrition & Exercise**
- ▶ **Substance Use/Tobacco Prevention & Cessation**
- ▶ **HIV/STD Prevention & Counseling**
- ▶ **Healthy Relationships**
- ▶ **Family Planning**
- ▶ **Sexual Identity**
- ▶ **Violence Prevention**

Community Development

- **Single Stop Benefits Advocacy**
 - Calworks
 - MediCal
 - General Assistance
 - Food Stamps
- **Peer Health Educators**
- **Youth Advisory Boards**
- **Student-planned health fairs**
- **Student Research Teams**
- **Youth empowerment clubs**
- **Spoken Word Events**

Nutrition & Physical Activity

- **Cooking Clubs**
- **Dance/Martial Arts**
- **Weight Management Support Groups**

Dental

- **Dental Education**
- **Health Insurance Enrollment**
- **Screening**
- **Sealants**
- **Referral to Dental Treatment with Dental Fund**



How does a
SBHC work?

Staffing & Service Hours

Staffing

- Director
- Receptionist
- Billing & Data Entry Assistant

- Medical Provider
- Mid Level (x4)
- Medical Assistant
- Triage Nurse
- Mental Health Providers
- Single Stop Coordinator
- Health Educator

Operational Hours

- Medical Services
40 Hours

- Mental Health
20 - 80 hours per week

- Health Education
20 - 40 hours per week

Access & Hours

- **Bilingual Services**
- **Emphasis on Cultural Competence and Relevance**
- **Open to students during convenient hours**
- **Limited services during the holidays and summer**

Open Door Policy

- **Open Access**
- **Sensitive Services and California Minor Consent Laws**
- **Linkage to Primary Care Providers**
- **Health Insurance Enrollment**
- **Connectivity to Health Care Service Delivery System**



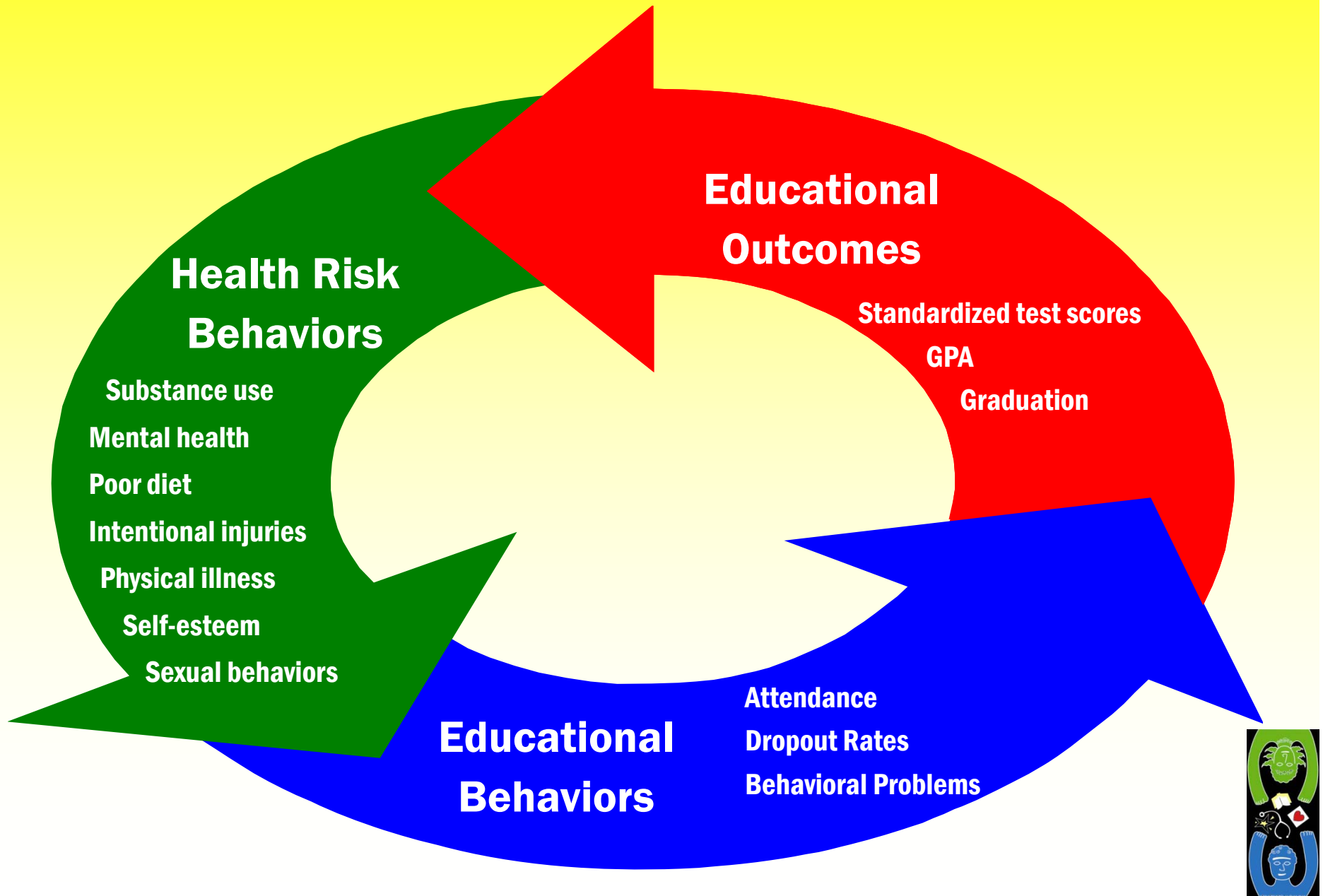
Integrated Framework

“Education and health are inextricably related. Good health facilitates learning, while poor health hinders it, each with lifelong effects. Commensurately, a positive educational experience promotes the formation of good health habits, while academic failure discourages it.”

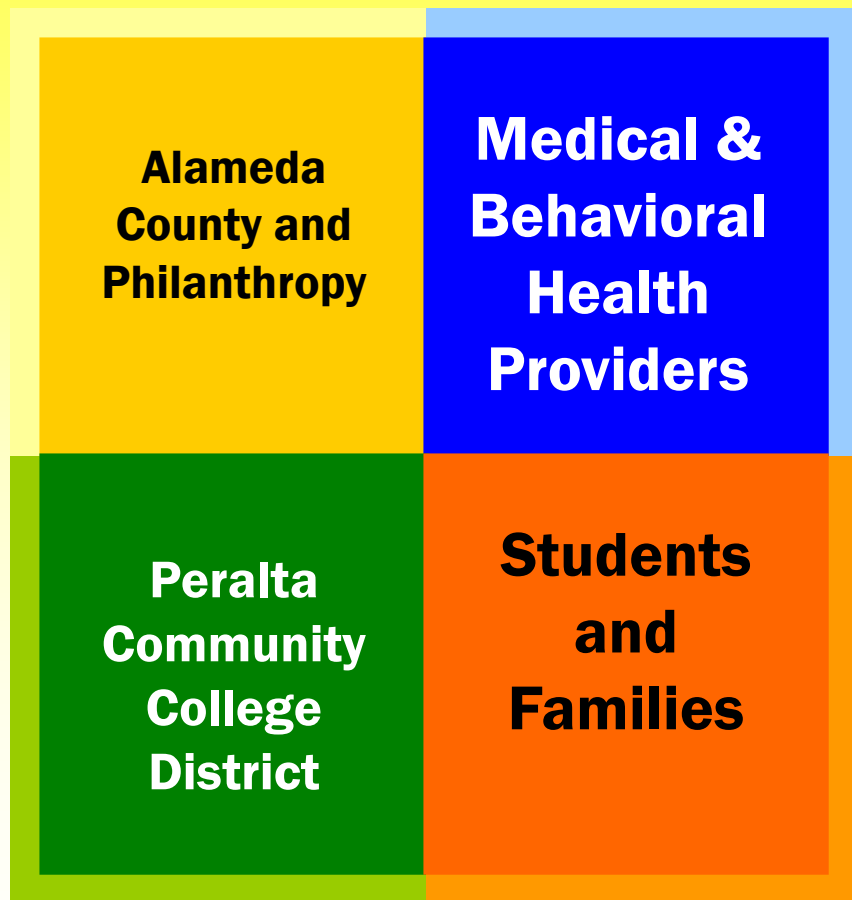
Carnegie Council on Adolescent Development



Health-Academic Outcomes Connection



Main Approach & Partners



Thriving Students

- ★ Improved student achievement
- ★ Improved health outcomes
- ★ Improved public safety
- ★ Maximize resources
- ★ Minimize service duplication
- ★ Address service gaps

Thriving Communities

Family & Community

Family Support Services

- legal
- aid programs
- finance/income
- vocational training
- housing
- parent support groups

Community Capacity Building

- Resident engagement
- Environmental improvement
- Neighborhood safety

Parents engage in health insurance enrollment, reinforce health education, and build youth resiliency

Community residents engage in neighborhood revitalization, economic development and violence prevention

Parents are visible teachers, advocates, and organizers

Communities are protective environments that support student achievement and family stability

Full-Service Community Schools & Neighborhoods

Education

- Math
- Science
- English
- Physical Education
- Language Studies
- Early Childhood Education
- After school & Summer School Programs
- Adult Education

Integration of health and wellness in schools (e.g., school garden projects, safe schools)

Health & Wellness

Primary School

- nutrition
- physical activity
- youth development
- immunizations

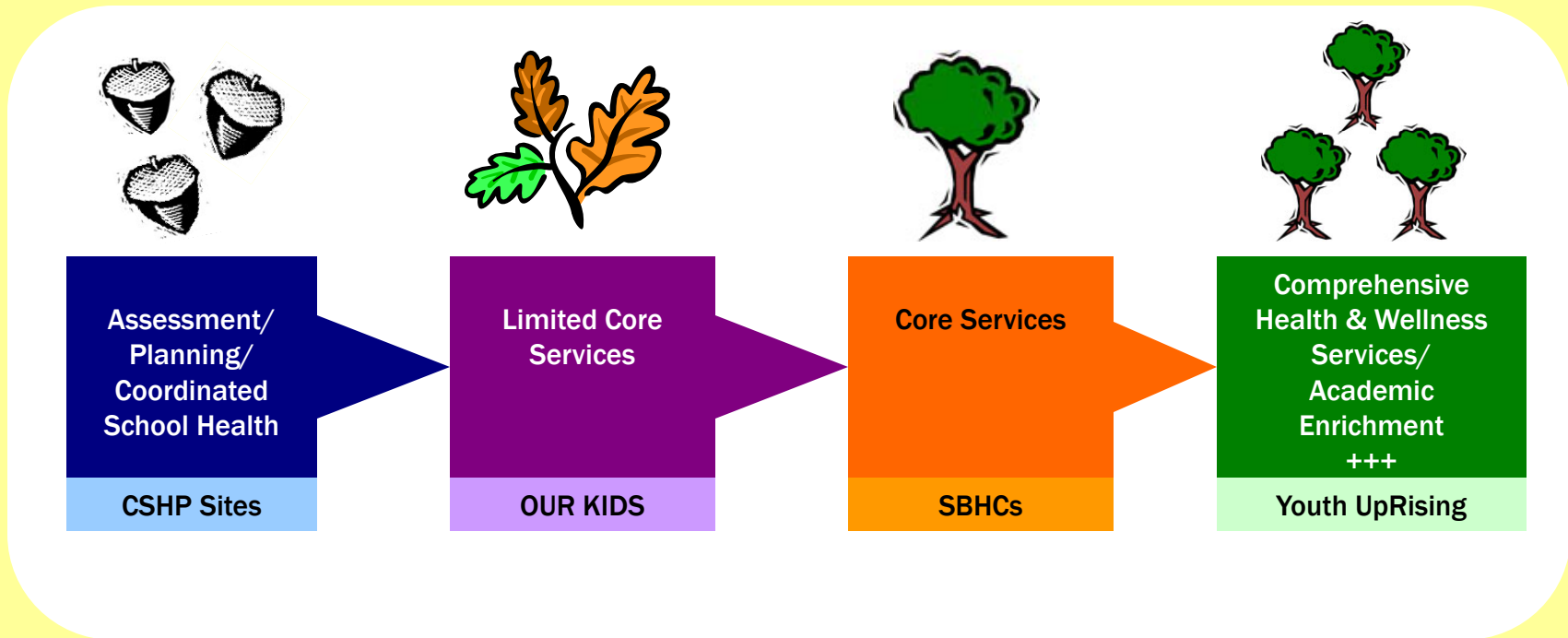
Secondary School

- medical services
- mental health
- health education
- tobacco
- alcohol & drug
- diabetes
- dental



Outcomes

Continuum of School Health Services





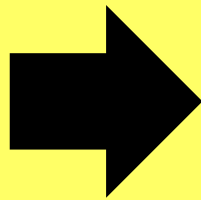
Key Accomplishments

Increased financial stability and diversity



\$1.5

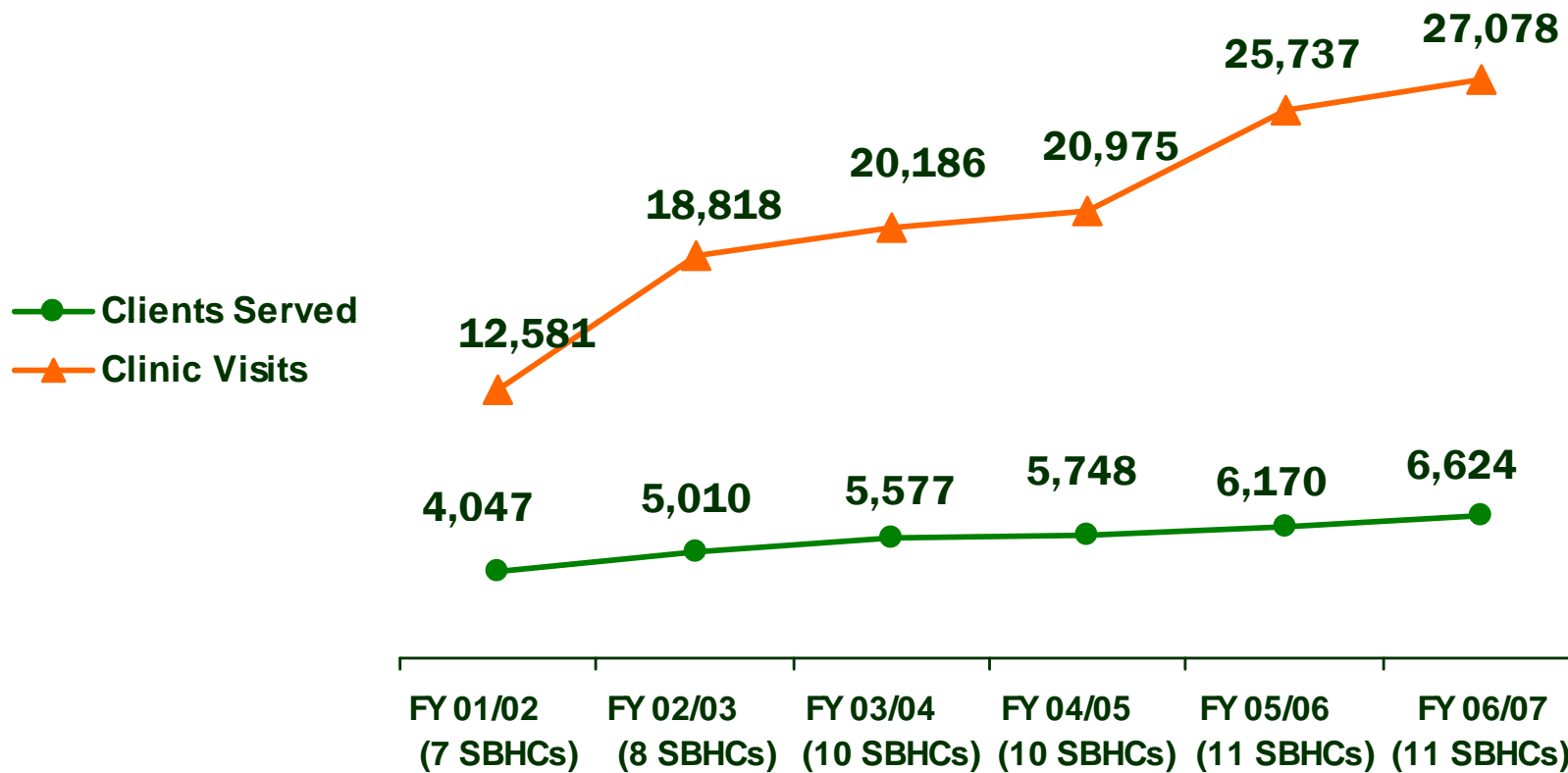
County Core Funding
(TMSF and Measure A)



\$6.5

City, State, Federal, Third-Party
Reimbursement, School District,
Foundation

Increased SBHC Services



Clinic Visits

↑ **115%**

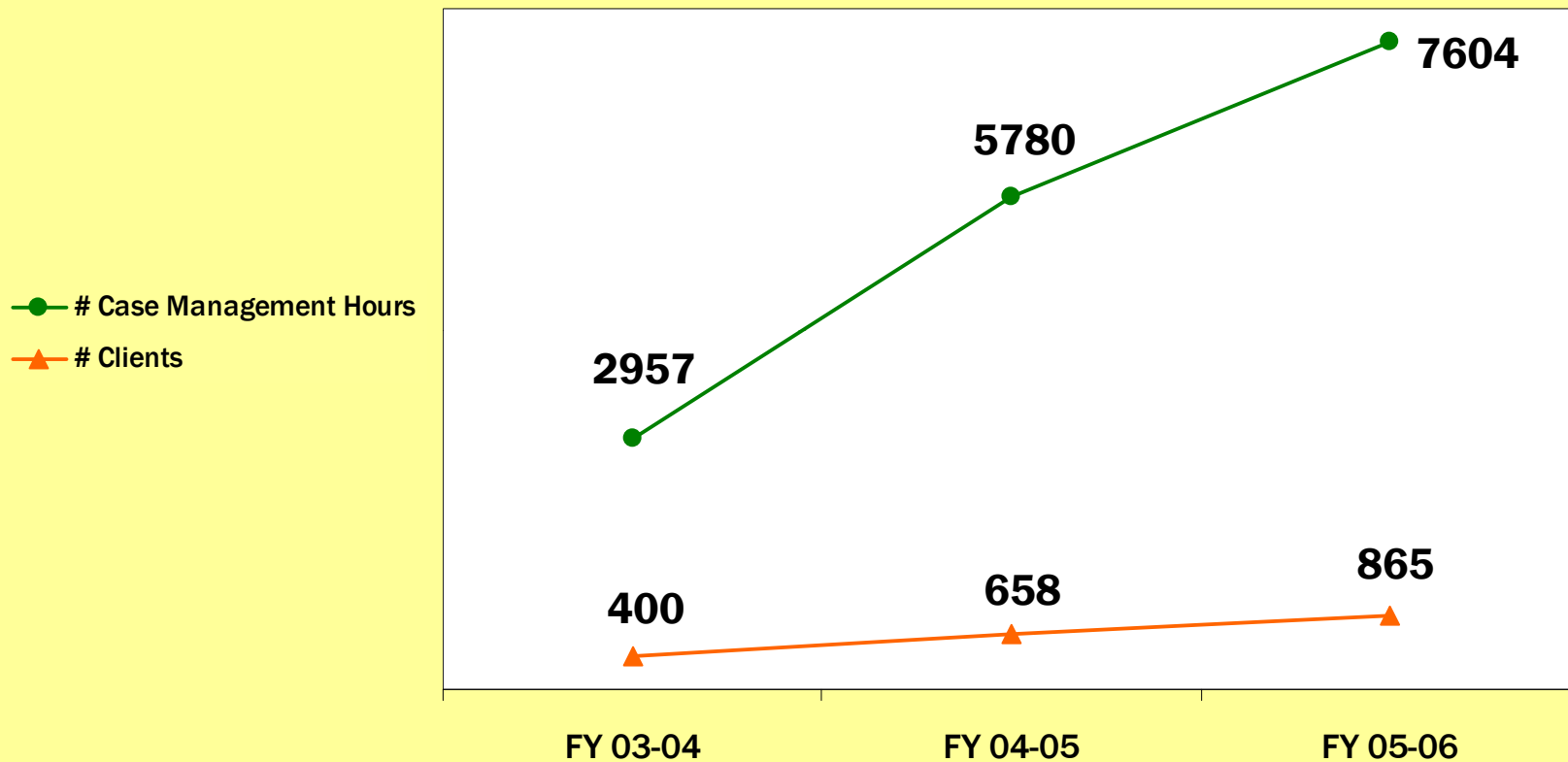
Registered Clients

↑ **64%**

Visits per Client

↑ **3.1 to 4.1**

Increased OUR KIDS Services



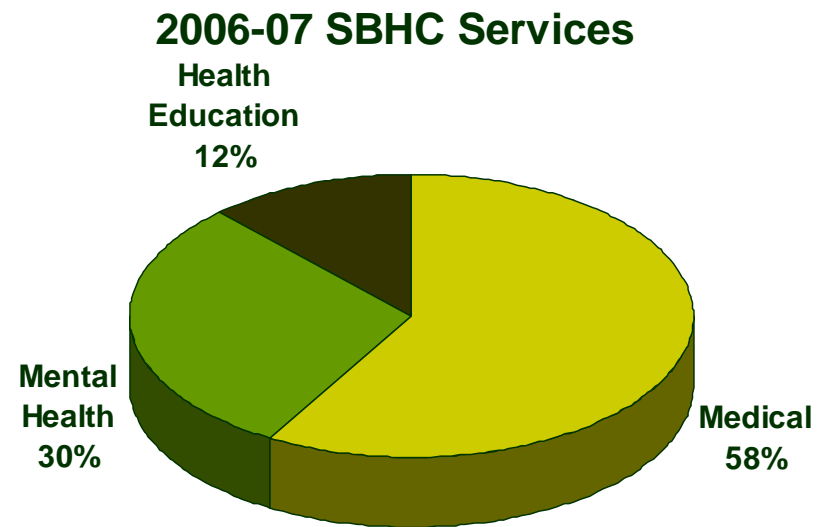
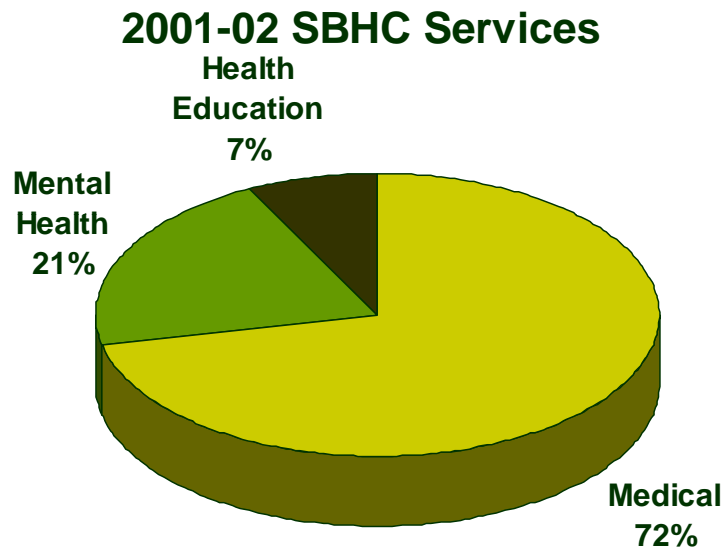
Case Management Hours

↑ 157%

Clients

↑ 116%

Increase in Mental Health Services



MH Clients

↑ 49%

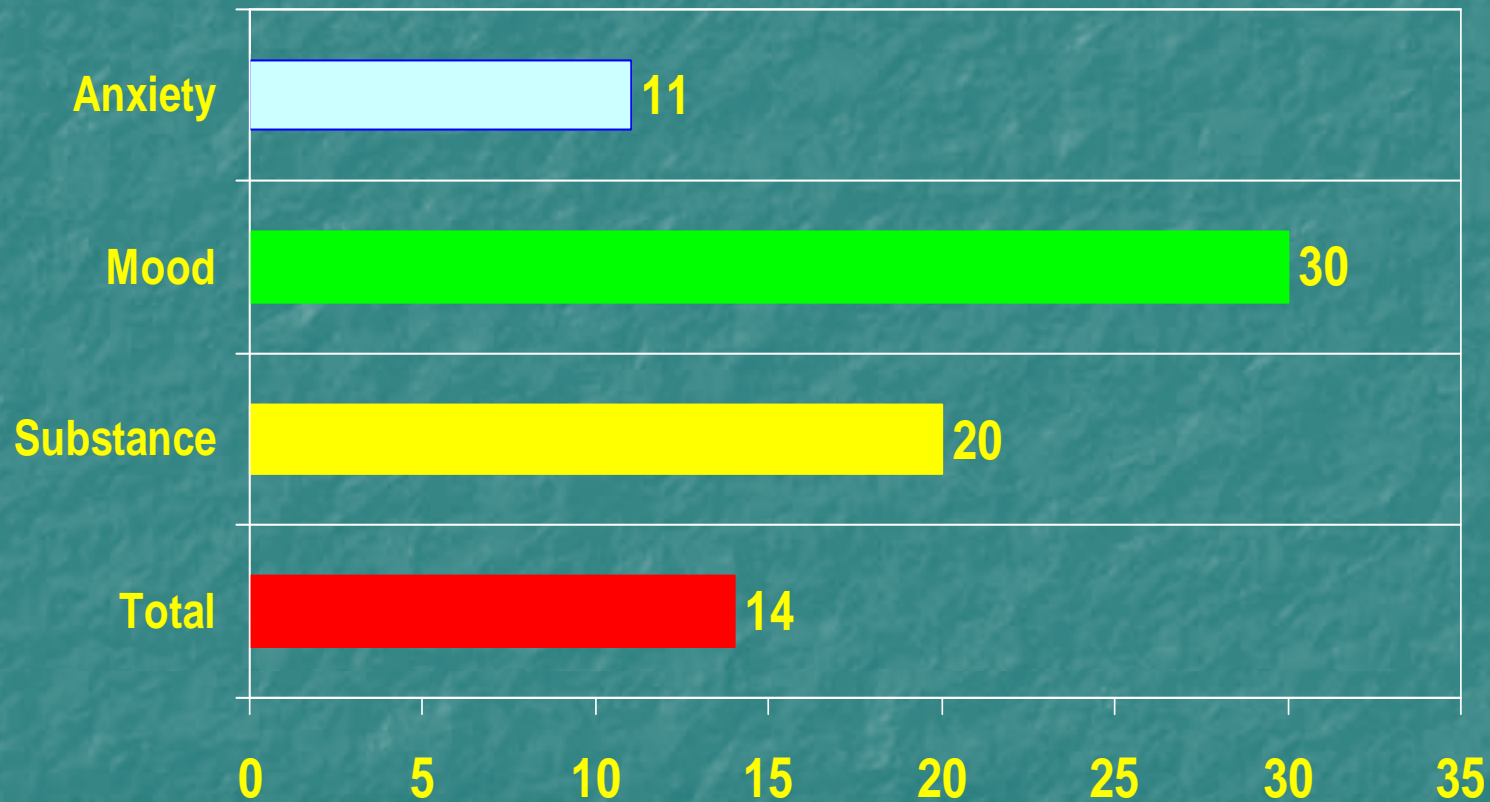
MH Visits

↑ 115%

MH Visits per Client

↑ 5.4 to 7.9

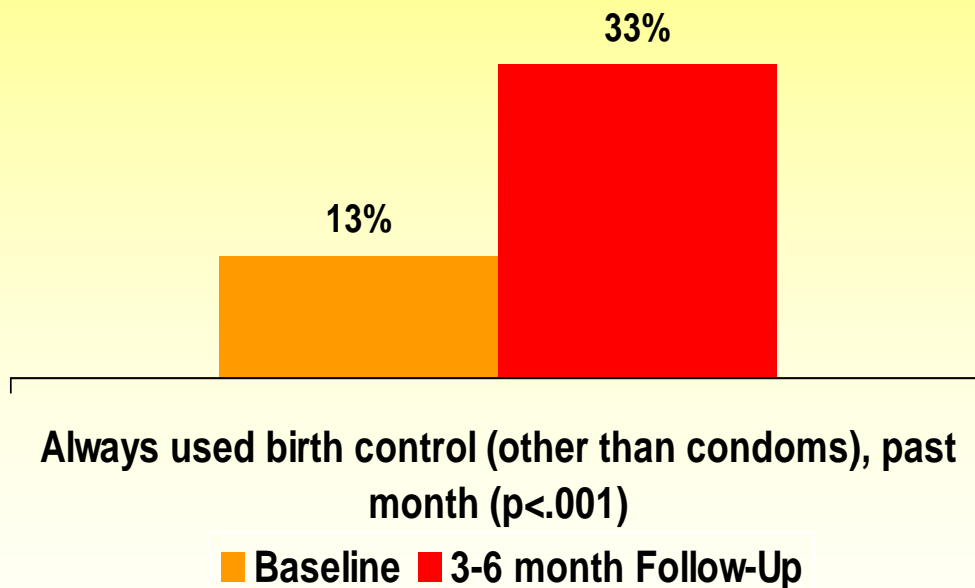
Median Age at Onset of Mental Disorders in U.S. General Population (N=9282)



75% of severe mental disorders manifest by age 24

Female Family Planning Clients Reported Improved Birth Control Use

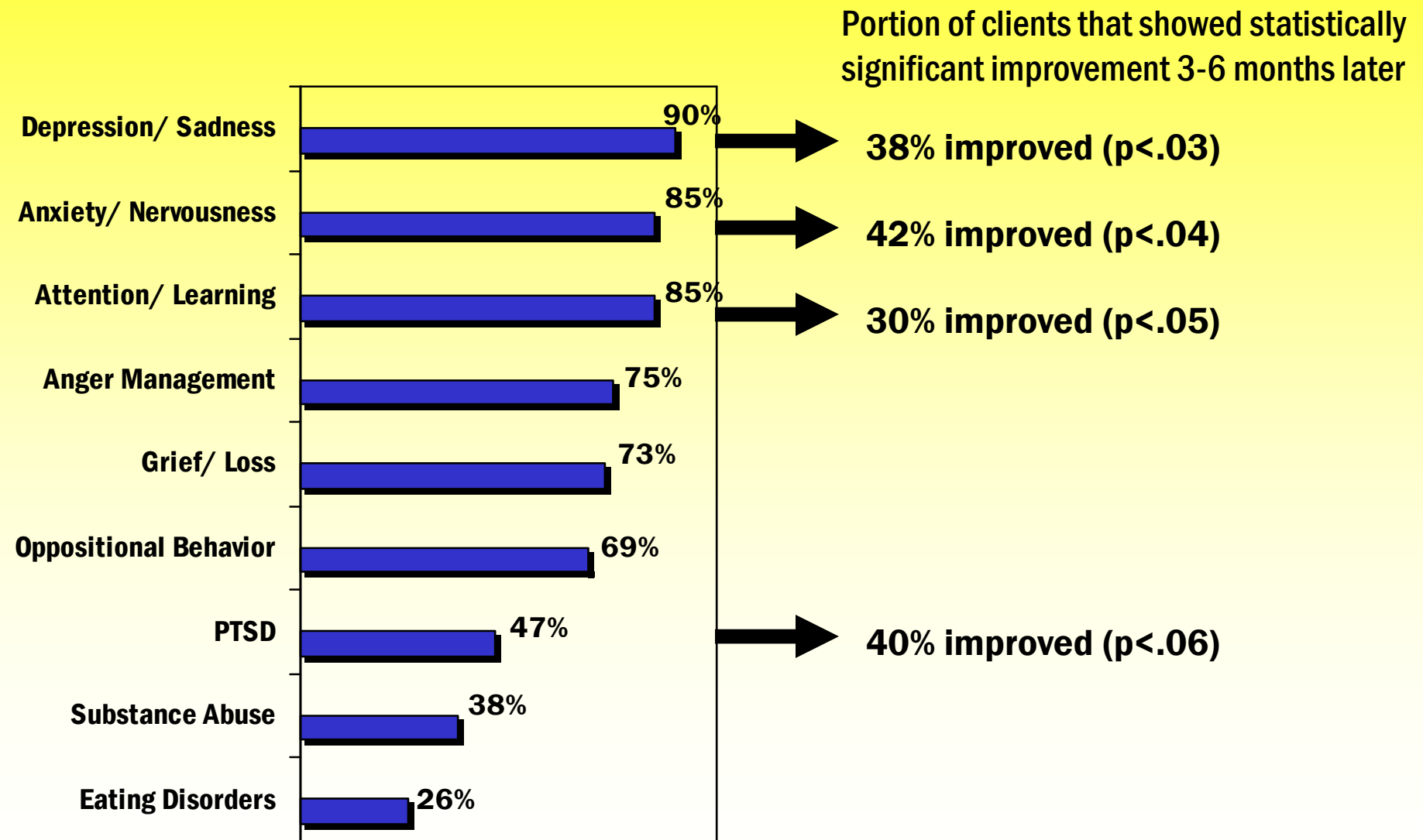
2006-07 (n=120 clients)



CHKS:

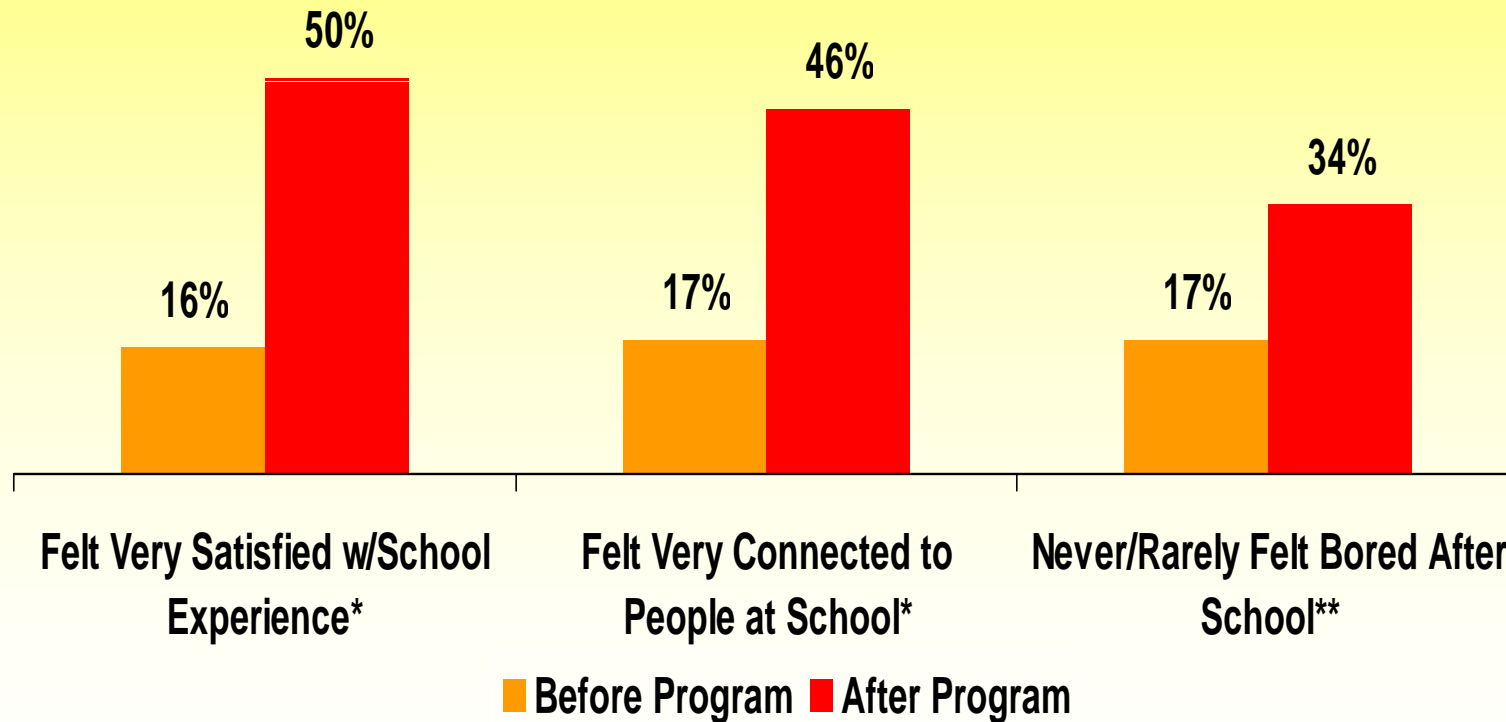
- **90% of SBHC family planning clients report that the SBHC helped them to use birth control and condoms more often.**

Issues Faced by Mental Health Clients



Data Source: *Clinical Fusion* 2006/07

Youth Participants Report Improved Academic and Personal Indicators



Data Source: Youth Development Program Post Survey 2006-07 (n=110-114)

* Statistically significant (P<.0001) ** Statistically significant (P<.004)



County Coalition Infrastructure

Alameda County, California



Population Alameda County, 2009: 1,556,657 (CA: 38,292,687)

Land area, 2009 (square miles): 738 (CA: 155,959)

Persons per square mile, 2009: 2,110 (CA: 246)

College Graduates, persons 25 and over, 2007: 46.3% (CA: 36.7%)

Housing units, 2009: 573,111 (CA: 13,530,719)

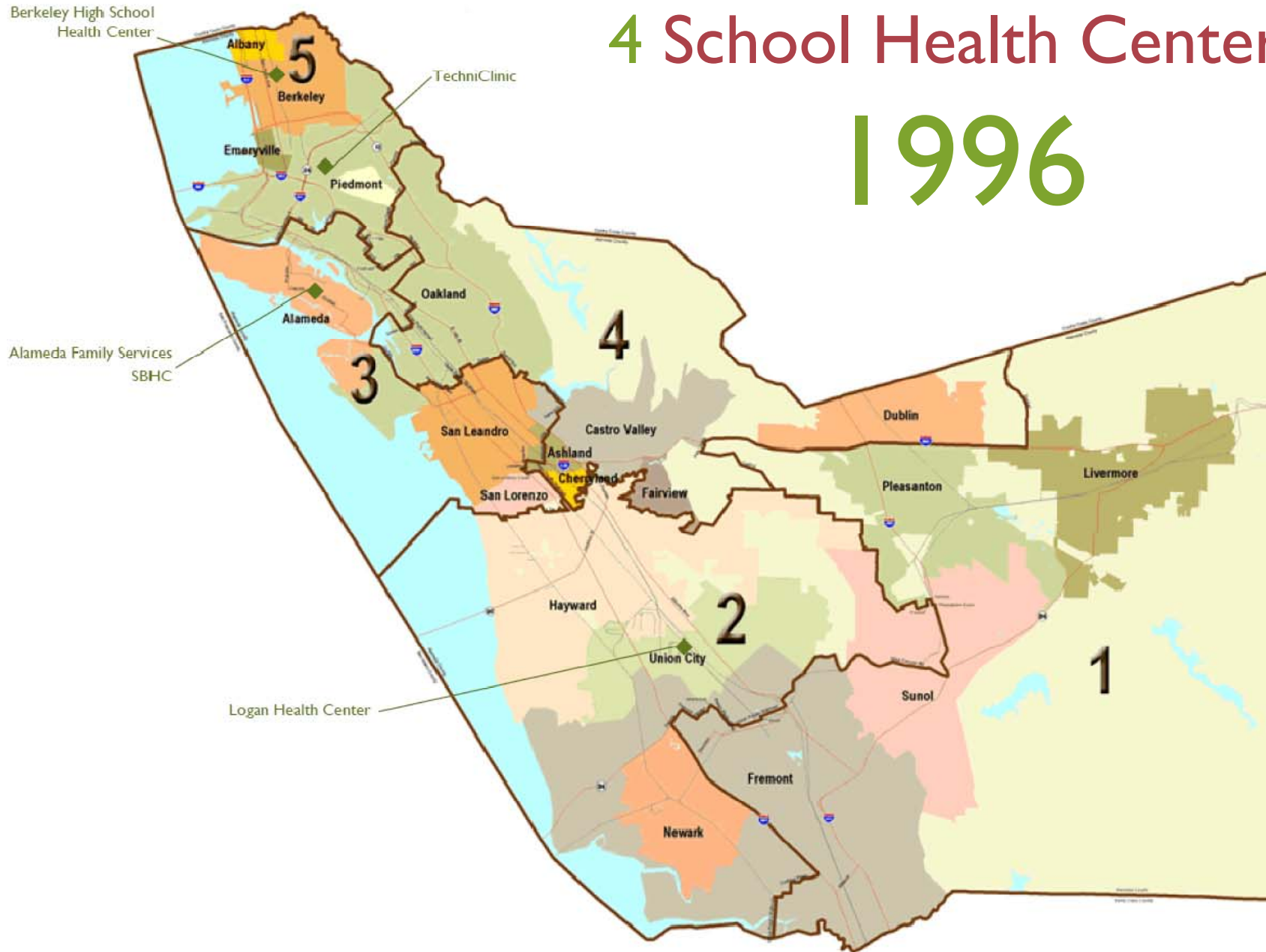
Homeownership rate, 2007: 57.3% (CA: 58.4%)

Median household income, 2007 (Adjusted 2007 dollars): \$66,430 (CA: \$58,361)

Alameda County

4 School Health Centers

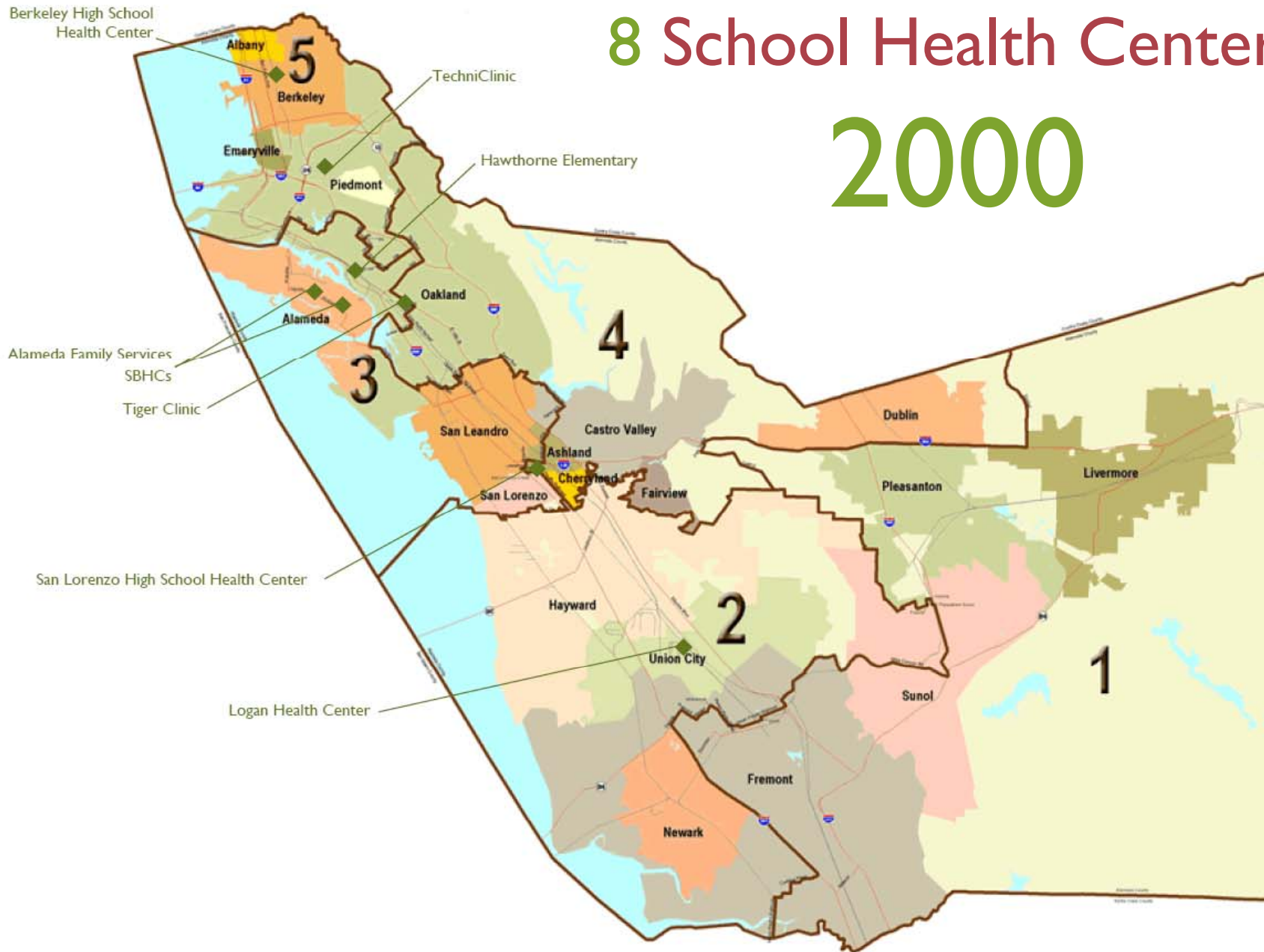
1996



Alameda County

8 School Health Centers

2000



Alameda County

12 School Health Centers

2004



Alameda County

14 School Health Centers

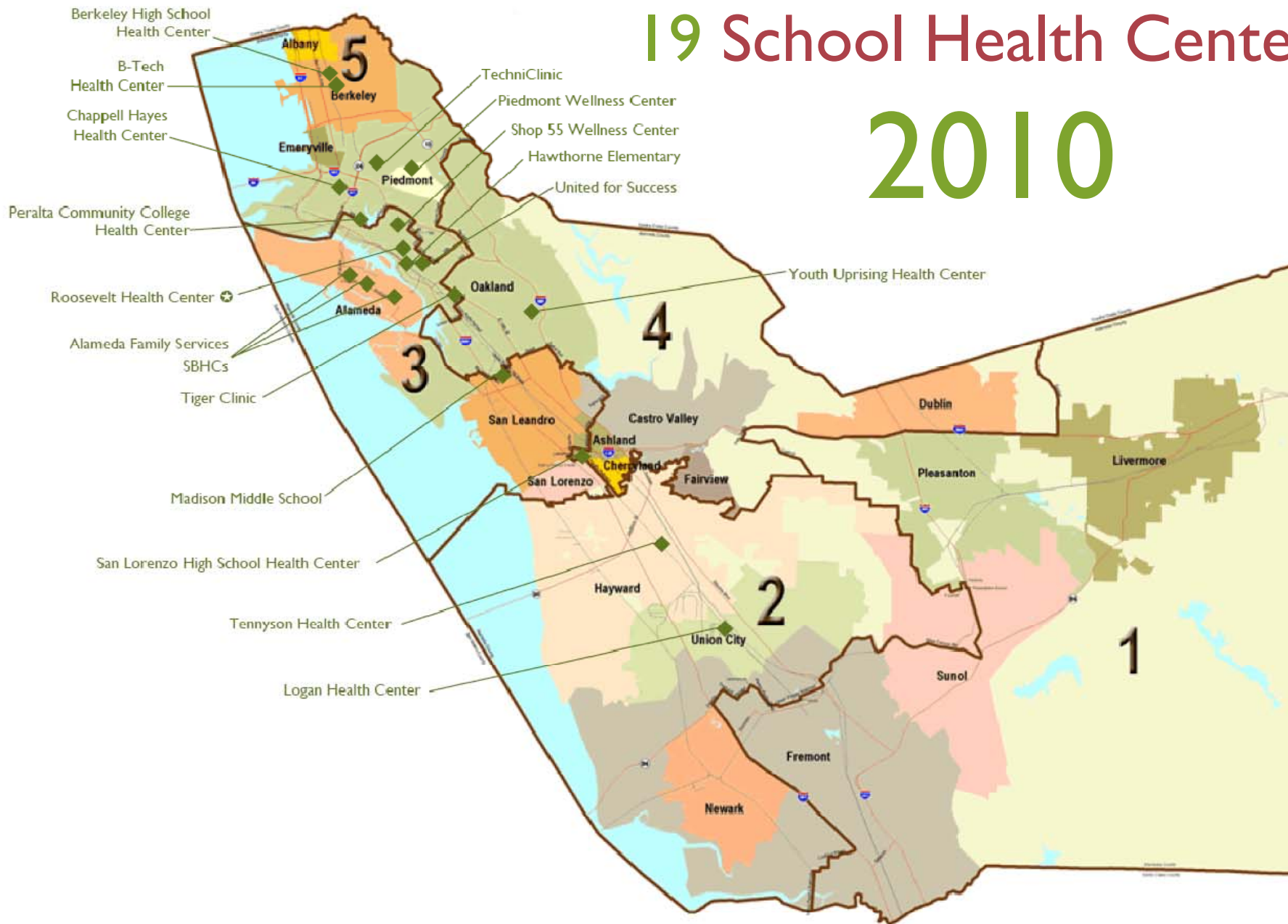
2008



Alameda County

19 School Health Centers

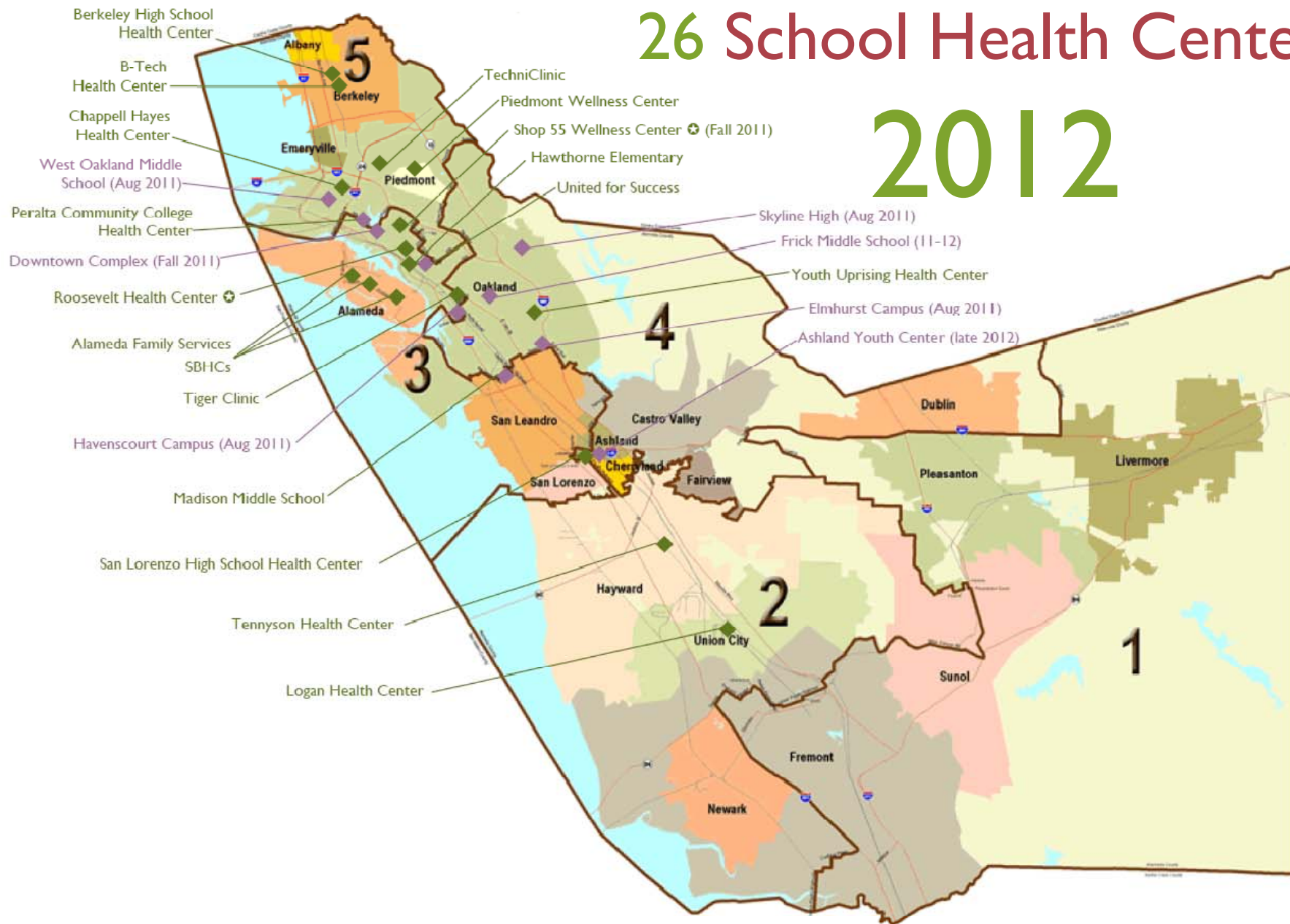
2010



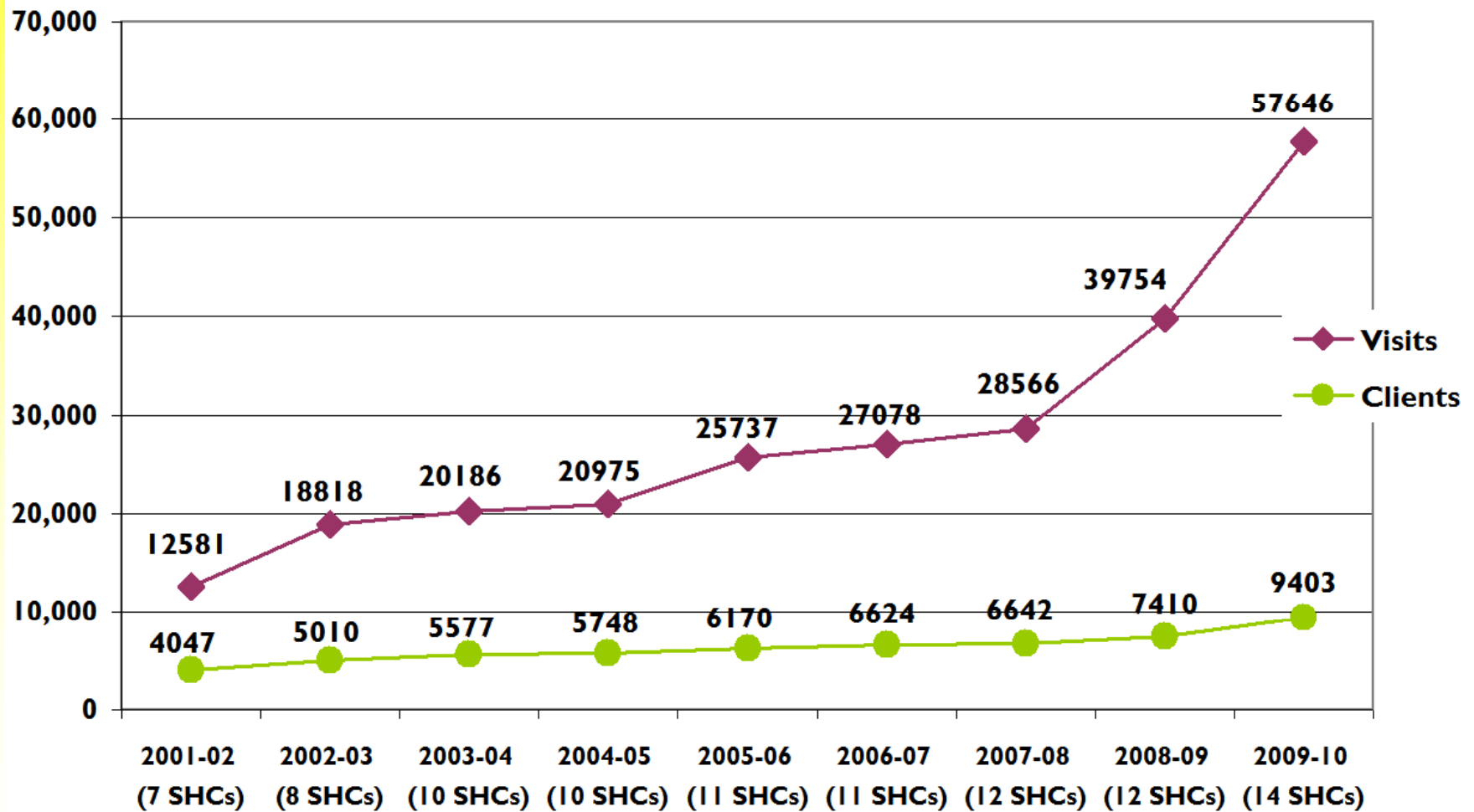
Alameda County

26 School Health Centers

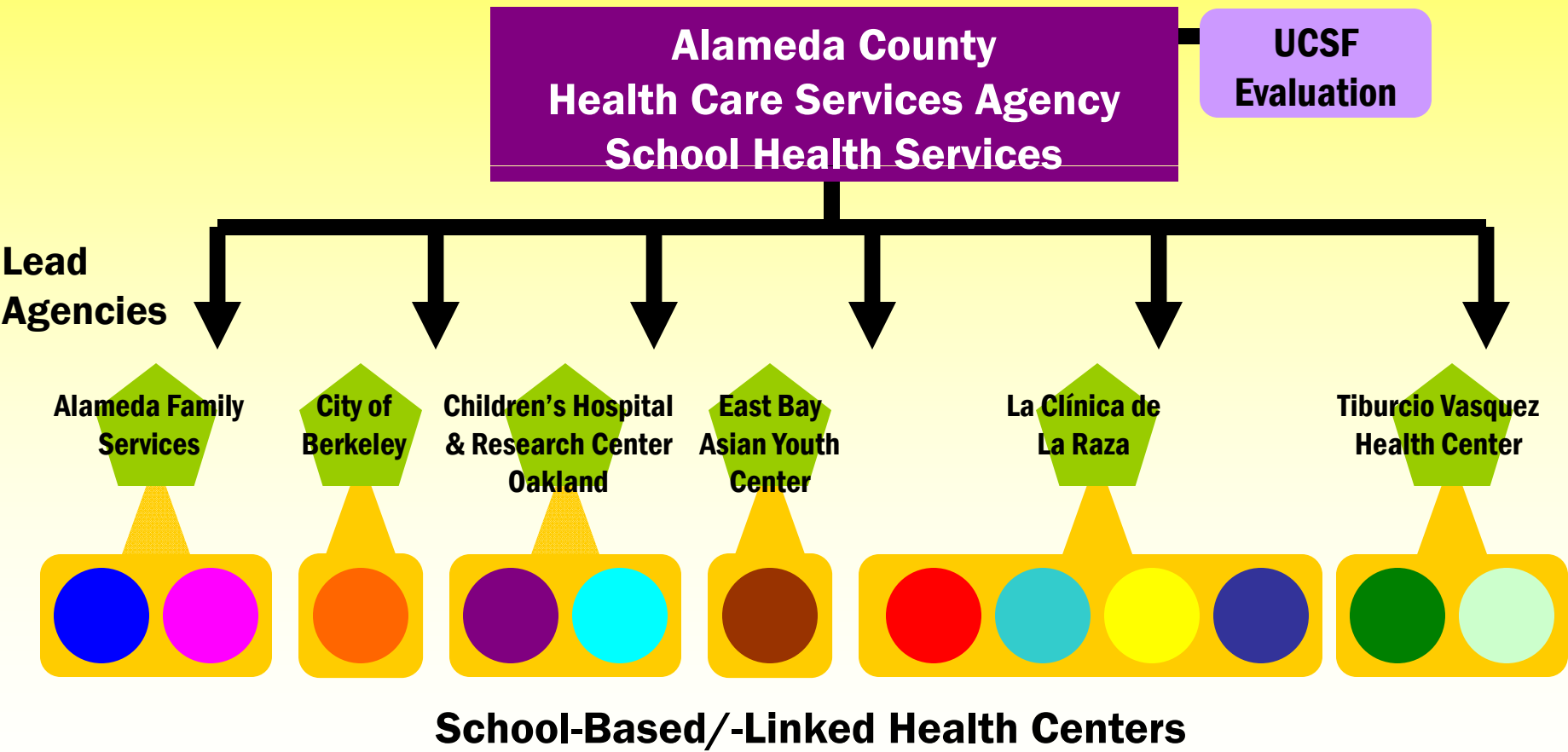
2012



School Health Center Clients & Visits



County SBHC Infrastructure



QUESTIONS?