

2020

>> Oregon School- Based Health Centers Status Update 2020



Oregon
Health
Authority
PUBLIC HEALTH DIVISION

OREGON

School-Based Health Centers

Serving students since 1986

SBHCs value parents' involvement in their children's care.

Comprehensive services

Accessible

- Located on school campus
- Youth-friendly
- Convenient and affordable
- Culturally responsive

- Well-child exams
- Sick visits
- Minor injury treatment
- Vision, dental and other health screenings
- Immunizations
- Alcohol and drug counseling
- Mental health counseling
- Reproductive health services
- Classroom presentations

High quality and effective

- Age-appropriate care
- Primary and preventive care
- Good use of state funds to attract local dollars
- Addresses health disparities

Health care a few steps away...

Healthy and ready to learn!

Developed and sustained through partnerships among

- Schools, parents and students
- Community members
- County health departments
- Medical, mental health and dental agencies
- State government

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Executive summary

The Oregon Public Health Division, School-Based Health Center (SBHC) State Program Office (SPO) is pleased to share our SBHC 2020 Status Update. It can be found on our website at <http://www.healthoregon.org/sbhc>.

SBHCs are a convenient health care access point for youth.

- As of July 1, 2019, Oregon has 79 certified SBHCs in 26 counties. Seventy-four percent of the SBHCs are federally qualified health centers (FQHCs) and 48% are recognized by Oregon as a patient-centered primary care home (PCPCH).
- During the 2018–19 service year:
 - » Oregon SBHCs provided 130,586 visits for 38,057 clients.
 - » 77% of all visits were with clients ages 5–21.
 - » For clients ages 5–21:
 - » 56% of visits were for primary care
 - » 42% for behavioral health, and
 - » 2% for dental health.
 - » In 26 SBHCs, at least half of school-age clients were youth of color.
 - » In 58 SBHCs, more than half of the school-age clients were enrolled in Medicaid.
 - » 52% of all SBHC clients were insured by Medicaid.
 - » 100% of SBHCs had a behavioral health provider on site.
- Since 2013, the number of behavioral health visits to SBHCs has increased more than 500%.
- In 2019, 62% (49 of 79) of Oregon’s certified SBHCs reported dispensing at least one type of contraceptive on site.

SBHCs value youth input.

- During the 2018–19 service year, 2,079 students completed the SBHC Student Satisfaction Survey. Survey results help identify areas of strength and areas that need improvement at the clinic level.

According to the 2018–19 SBHC Student Satisfaction Survey:

- 71% of respondents said they were always or usually able to get an appointment at the SBHC for care they needed right away, resulting in less class time missed.
- 57% of respondents reported missing less than one class while getting care at their SBHC and fewer than 3% missed a full day.
- One in five youth who took the survey estimate they would have missed a full day of school if they had to get care outside of the SBHC.

The SBHC SPO deeply appreciates the great work and dedication of the local SBHC staff and partners that help ensure Oregon is the very best place for youth to learn, grow and thrive.



SBHCs in Oregon

School-Based Health Centers (SBHCs) are medical clinics that offer a full range of physical, behavioral and preventive health services to all students, regardless of their ability to pay. SBHCs are located either within a school or on school grounds. By providing easy access to health care, SBHCs reduce barriers such as cost, transportation and concerns about confidentiality that keep parents and students from seeking the health services students need.

SBHCs have existed in Oregon since 1986. They succeed through public-private partnerships between the Oregon Public Health Division, school districts, local public health authorities, health care providers, parents, students and community members.

Unless otherwise noted, all statistics are from Oregon SBHC encounter data for the 2018–19 service year (July 1, 2018–June 30, 2019). See 2020 SBHC Data at <http://www.healthoregon.org/sbhc>.

As of July 1, 2019 Oregon has:

- 79 certified SBHCs in 26 counties. SBHCs are located in:
 - » 47 high schools
 - » 6 middle schools
 - » 11 elementary schools
 - » 15 combined-grade campuses

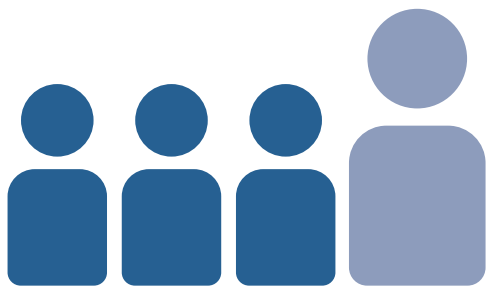


For the 2018–19 service year:

- SBHCs provided 130,586 visits for 38,057 clients.
- On average, clients accessed the SBHC about three times per year.
- There were 63,298 school-age youth (5–21 years old) with access to SBHCs in their schools. (1)
- Physical health:
 - » 33% of clients received an immunization.
 - » 42% of clients (ages 5–21) received a well visit.
- Behavioral health*:
 - » 100% of SBHCs had a behavioral health provider on site.
 - » 6,466 SBHC clients received care from a behavioral health provider over the course of 43,982 visits.
 - » 34% of all SBHC visits were to see a behavioral health provider.
- Oral health:
 - » 16 SBHCs had a dental provider on site. (2)
 - » 1,278 SBHC clients received services from a dental provider over the course of 1,941 visits.
 - » 319 clients ages 5–21 received dental sealants at an SBHC.
- Clients receiving services were:
 - » 77% white
 - » 55% white, non-Hispanic
 - » 25% Hispanic
 - » 5% Black
 - » 3% American Indian/Alaska Native
 - » 3% Asian
 - » 1% Native Hawaiian or other Pacific Islander
 - » 6% unknown race/ethnicity

* In this report, the term “behavioral health” includes mental health and substance abuse.

SBHC demographics

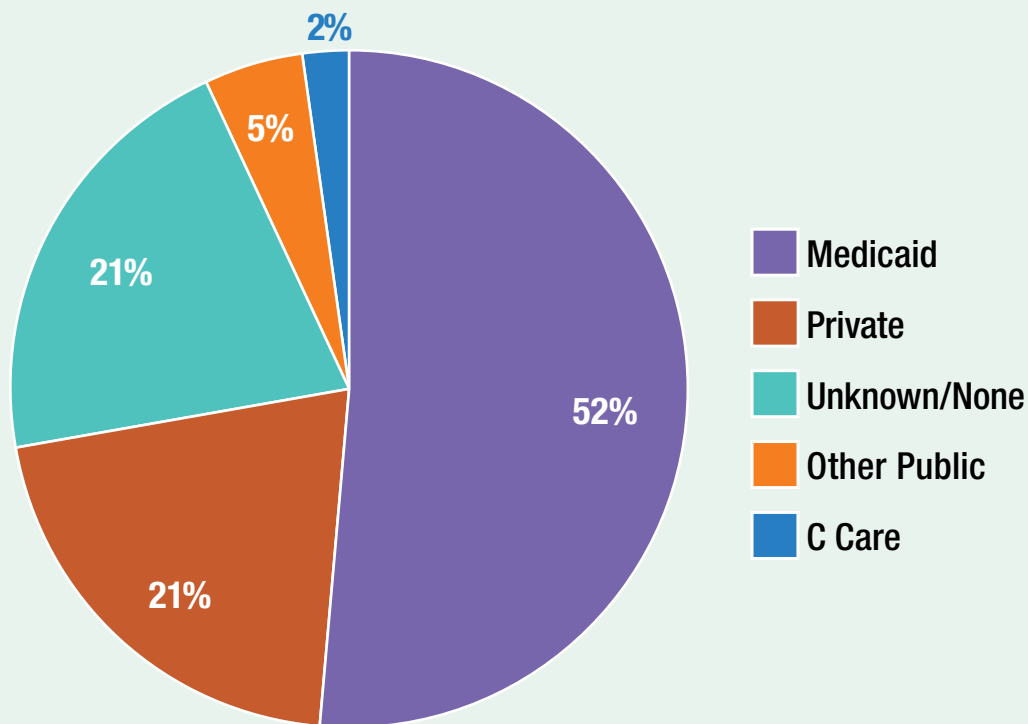


3 of 4 clients
were between ages of 5 and 21

- In 26 SBHCs, at least half of school-age clients were youth of color.
- In 58 SBHCs, more than half of the youth clients were enrolled in Medicaid.
- 52% of clients were insured by Medicaid (Figure 1).

For every state primary care dollar invested, SBHCs used about \$3.60 from grants, billing, donations and other sources to support SBHC primary care and oral health services.

Figure 1. Insurance status of SBHC clients at first visit, 2018-2019,
Oregon SBHC Encounter Data

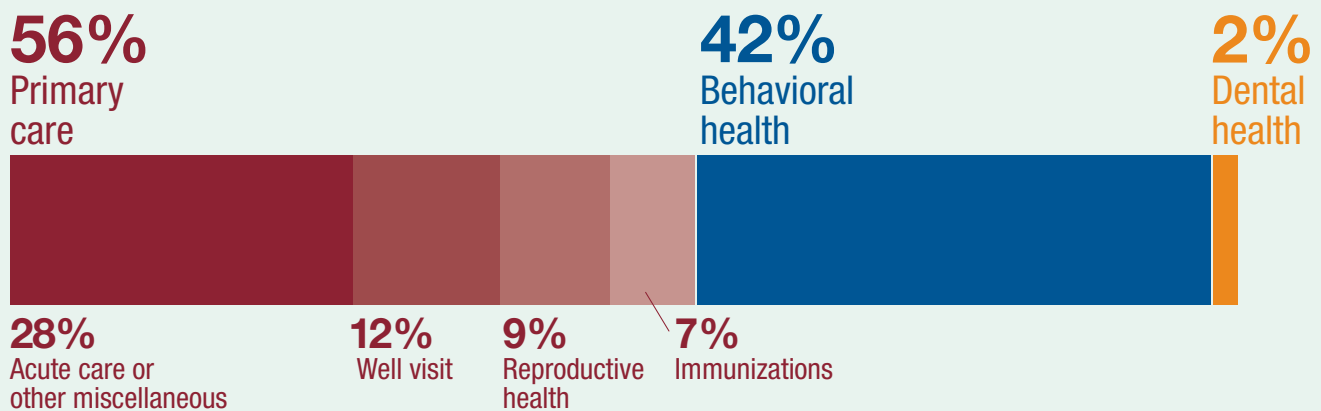


SBHC services:

- Well-child exams
- Sick visits
- Minor injury treatment
- Vision, dental and other health screenings
- Immunizations
- Substance use disorder screening and assessment
- Mental health counseling
- Reproductive health services
- Prevention and wellness messaging
- Health-related classroom presentations

Figure 2. Reasons for SBHC visits, ages 5-21

Oregon SBHC Encounter Data



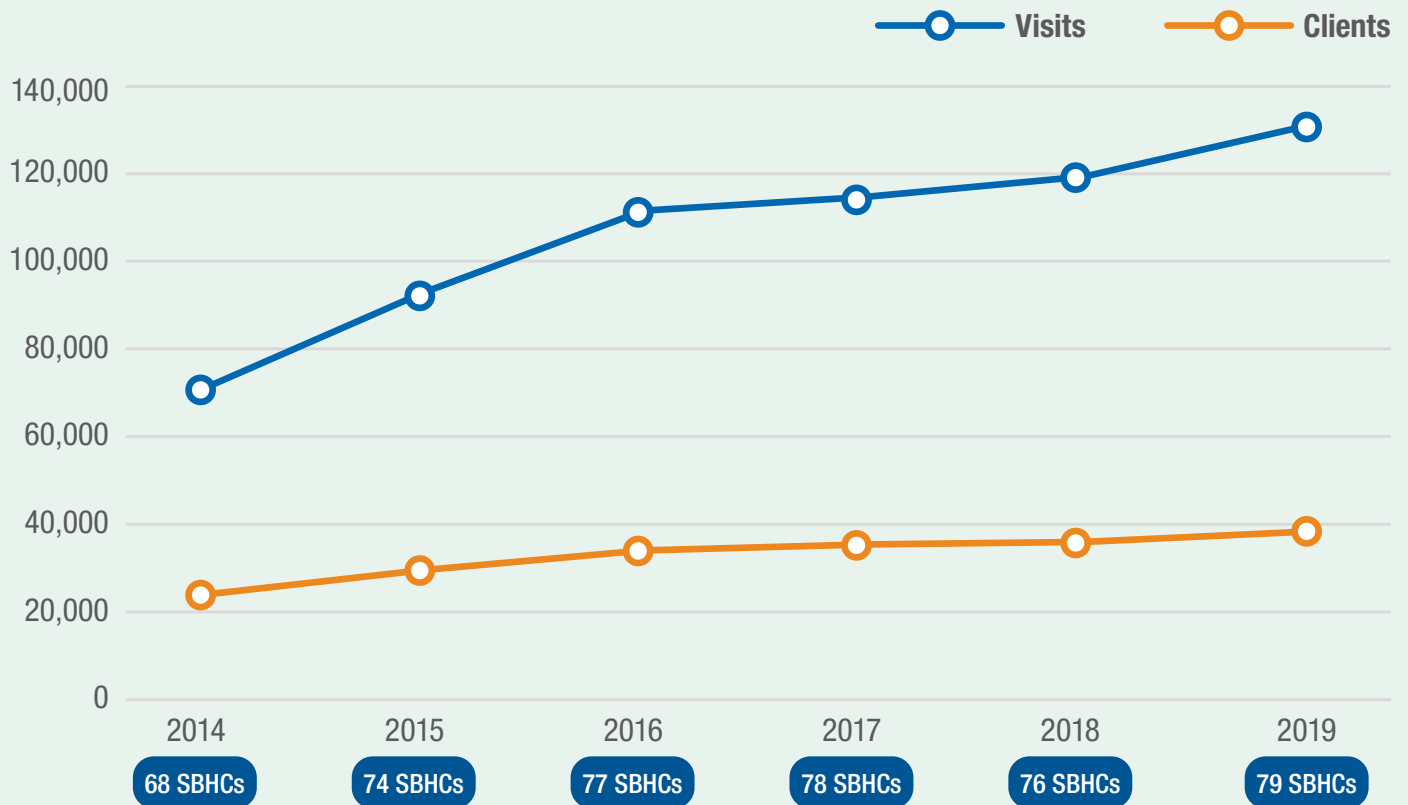
As of July 1, 2019

- 48% of SBHCs are state-recognized patient-centered primary care homes (PCPCH). (2)
- 67% of SBHCs are located in primary care health professional shortage areas (HPSAs). (3)
- 74% of SBHCs are federally qualified health centers (FQHCs). (2)

SBHC utilization rose from 119,077 visits in 2017–18 to 130,586 visits in 2018–19, a growth of nearly 10% (Figure 3).

Figure 3. Number of SBHC visits and clients, 2014–2019

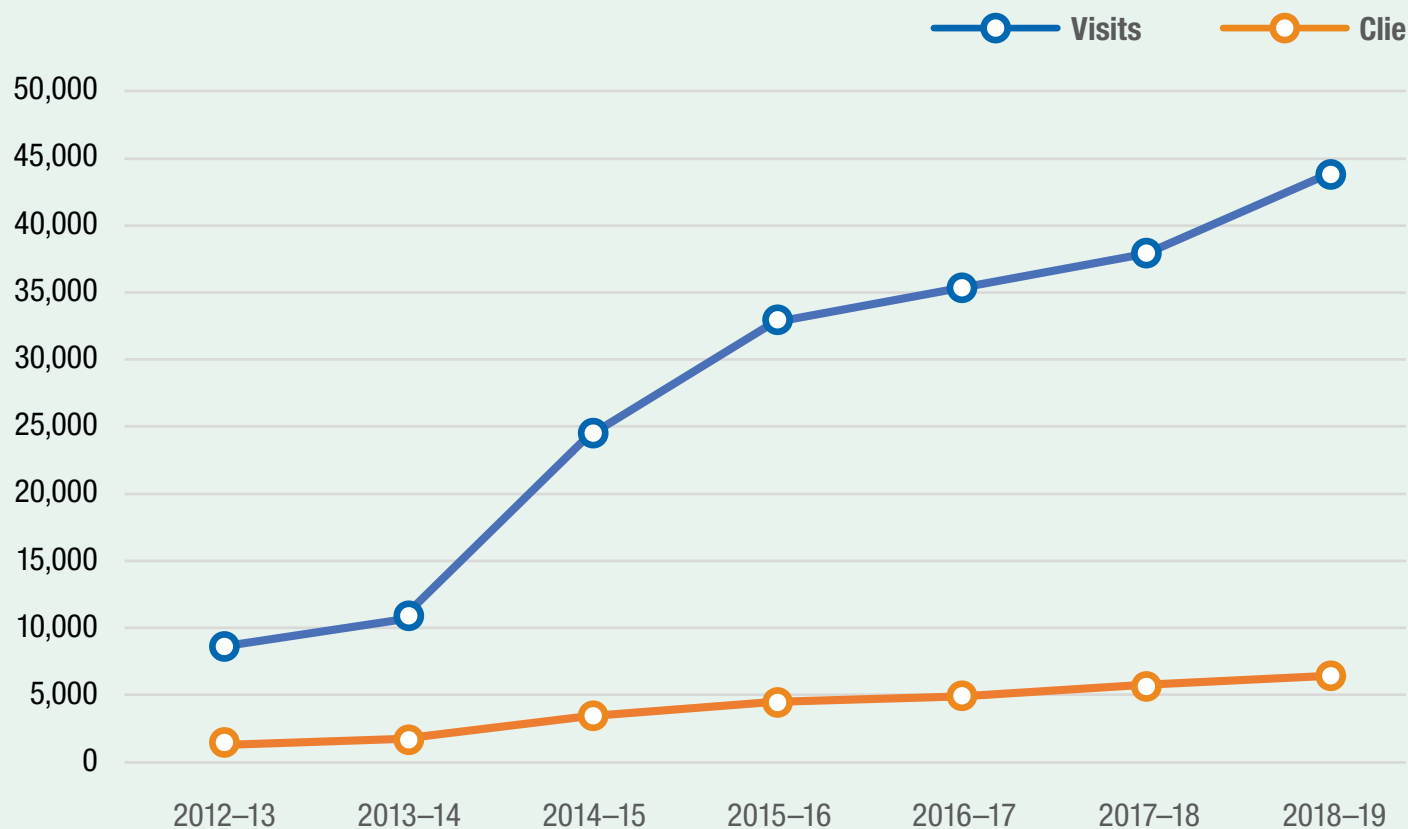
Oregon SBHC Encounter Data



Behavioral health trends:

- Since 2013, behavioral health visits to SBHCs have increased more than 500%.
- Of all SBHC visits in 2018–2019, 34% were to a behavioral health provider.
- 24% of behavioral health clients were Hispanic.
- 57% of behavioral health clients were white and non-Hispanic.
- 30% of school-age behavioral health clients also received a well visit in the SBHC.
- Top five behavioral health diagnoses*:
 - » Stress or adjustment disorders
 - » Major depressive disorder
 - » Anxiety disorders
 - » Persistent mood disorder
 - » Attention-deficit hyperactivity disorders

Figure 4: SBHC trends in number of behavioral health visits and clients, school years ending 2013–2019



* Multiple diagnoses can occur within the same visit.

Youth sexual health

Access to high-quality reproductive health information and services is important for people of all ages, including youth. SBHCs are a place where youth can learn about their physical development, sexual health and how to engage in healthy relationships.

Reproductive health services in an SBHC include:

- Age-appropriate reproductive health exams
- Prescriptions for and dispensing of contraceptives
- Condom distribution
- Pregnancy prevention education and testing

SBHCs that do not provide any contraceptive services on site (i.e. distribute condoms, prescribe contraceptives or dispense contraceptives) must refer students to other providers for those services.

Youth can also access sexually transmitted infection (STI) prevention education, screening, testing and treatment, as well as HIV counseling, screening, testing and referral to treatment services.

- During the 2019–20 school year, 18 SBHCs are focusing on increasing chlamydia screening as an SBHC state key performance measure.
- In 2019, 62% (49 of 79) of Oregon's certified SBHCs reported dispensing at least one type of contraceptive on site. Condoms and contraceptive pills are the most common forms.
- Sites that dispense are in 19 counties, in both urban and rural areas.
- 48% (38 out of 79) of SBHCs are providing long-acting reversible contraceptives on site, which is an increase of 12 SBHCs from the previous year.
- In 2018-19, SBHCs delivered reproductive health services to 5,306 school-age youth.
 - » Youth receiving reproductive health services were:
 - » 48% white, non-Hispanic
 - » 31% Hispanic
 - » 9% Black
 - » 81% female

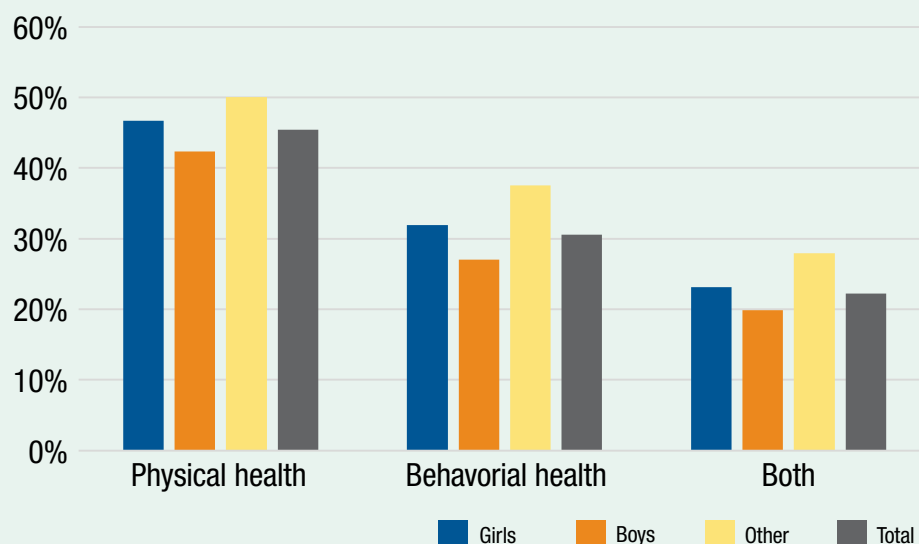
Youth voice

The annual SBHC Student Satisfaction Survey measures how well the SBHC staff build relationships with youth. During the 2018–19 school year, 2,079 students (ages 12–19) from 76 SBHCs completed the Student Satisfaction Survey. Survey participation is anonymous, voluntary and confidential. The survey is a useful source of information about the experiences and opinions of participating youth. *See complete results at 2020 SBHC Data, www.healthoregon.org/sbhc.*

- Nearly all surveyed youth had a positive SBHC experience.
 - » 81% were very satisfied with the space at the SBHC.
 - » 84% were very satisfied with the check-in process at the SBHC.
 - » 92% were very satisfied with the staff at the SBHC.
 - » 85% said the SBHC staff definitely involved them in decision making about their health care.
- 71% of 12–19-year-olds reported they were always or usually able to get an appointment for care they needed right away.
- SBHCs can be an important health home for youth.
 - » Almost one in four youth said the SBHC is their usual source of care for both physical and behavioral health (Figure 5).
 - » Gender nonconforming youth were particularly likely to say the SBHC is their usual source of care, especially for behavioral health needs.
 - » Only 18% of youth said they had another source of care they would actually use if the SBHC were not available that day.

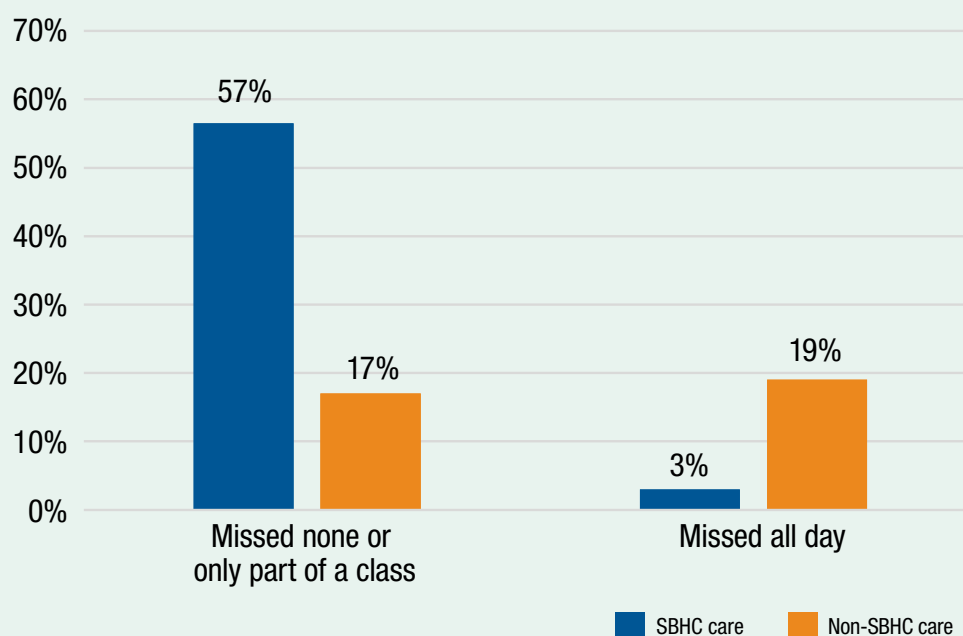


Figure 5. Percentage of youth who identify SBHCs as their usual source of care for physical health, behavioral health or both, by gender



One in five youth estimate they would have missed a full day of school if they had to get care outside of the SBHC (Figure 6).

Figure 6: Estimated class time missed by students for health care appointments, Oregon 2018–19 (4)



Endnotes

- 1 Oregon Department of Education. Student Enrollment Report 2018–2019 [Internet]. 2019. Available from: <https://www.oregon.gov/ode/reports-and-data/students/Pages/default.aspx>
- 2 State Program Office School-Based Health Centers. Oregon SBHC Operational Profile, 2018–2019
- 3 U.S. Department of Health and Human Services. Health Professional Shortage Areas [Internet]. Health Resources & Services Administration Data Warehouse. Available from: <https://datawarehouse.hrsa.gov/tools/analyzers/geo/ShortageArea.aspx>
- 4 From the 2018–19 SBHC Patient Satisfaction Survey





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