



School-Based Health Centers

TARGETED INDICATORS

STUDENT ENGAGEMENT

ATTENDANCE



DESCRIPTION OF THE STRATEGY

School-Based Health Clinics (SBHCs) have existed in Oregon since 1986. SBHCs are medical clinics that offer a full range of physical, mental and preventive health services to students, regardless of ability to pay. SBHCs locations are either within a school or on school grounds. By providing easy access to health care, SBHCs reduce barriers. These barriers include cost, transportation and concerns about confidentiality that keep parents and students from seeking the health services students need.

Healthy kids learn better. School-Based Health Centers ensure that kids can get the care they need, without missing class time. SBHCs are comfortable and accessible to encourage youth and/or parents to either make an appointment or to drop by when they need medical attention or want to learn more about health issues.

SBHCs succeed through unique public-private partnerships between the Oregon Public Health Division, schools, county public health departments, public and private practitioners, parents, students, and community members. SBHCs have proven to be a strategic investment that benefit schools, families, communities, and serve thousands of Oregon youth every year. In service year 2016-17, for every \$1 in state public health revenue, SBHC medical sponsors brought in an estimated \$2.55 from other revenue sources.

SBHCs are located on school grounds and are open and operating when kids are in school. As a result, students are back in class faster than if they had sought health care in a non-SBHC setting. Additionally, parents do not need to take time off work in order to transport a sick student to the doctor. In Oregon, during service year 2016-17, only 3% of surveyed students reported they would miss a full day of care while accessing care at the SBHC, compared to 20% who said they would miss a full day if they had to get care outside of the SBHC.

OREGON EXAMPLE

In 2013 the Oregon Legislature increased funding to support and enhance Oregon's mental health system including an opportunity for SBHCs to increase their capacity to provide mental health services on site. With this additional funding, during the 2017-18 service year, 100% of SBHCs in Oregon now have an on-site mental health provider.

The co-location of medical and mental health in the SBHC not only allows for warm hand offs, which is particularly important for the adolescent population, but also reinforces a multidisciplinary approach and collaboration between the SBHC, school and community partners to support a student's overall health and academic success.

WHY WAS THE STRATEGY CHOSEN?

There is a strong, well-established link between health and learning. Students' health impacts attendance, test scores and the ability to pay attention in class.

Oregon is seeing an increasing trend in 8th and 11th graders reporting they contemplated suicide or experienced a depressed mood in the last 12 months.



EVIDENCE THE STRATEGY IS EFFECTIVE

Studies have shown that school-based health centers decrease absences, tardiness, and school discipline or behavior problems. When students receive care at school for their health care needs, daily attendance increases which provides the school with maximum revenue. Adolescents are also 10-21 times more likely to access mental health services at SBHCs versus a community clinic or HMO, and in-school mental health services have been shown to decrease discipline referrals by as much as 65 percent.

SBHC staff routinely counsel students individually, in groups, and through school-wide education initiatives. By focusing on prevention and early intervention, SBHCs reduce expenditures throughout the state's health care systems, reduce inappropriate emergency room use, and support academic success by keeping kids healthy and in school.

FUNDING OF THE STRATEGY

Oregon's SBHC Program is supported by the Oregon Health Authority and the Oregon Legislature. An initial commitment of \$212,000 in 1985, has grown to about \$18.5 million to support both physical and mental health services in 78 certified SBHCs and a team of 8 at the SBHC State Program Office.

Each county with state-certified SBHC is eligible for state dollars through their local public health authority (LPHA). The LPHA is provided funds to support SBHCs based on the number of state certified SBHCs in the county. LPHAs are also eligible to apply for funding with the state through the SBHC Mental Health Expansion Grant.

THE STRATEGY IS WORKING IN OREGON

100% of SBHCs now have a mental health provider on site. During the 2016-17 service year, 4,890 SBHC clients received care from a mental health professional over the course of 35,328 mental health related visits. 31% of all SBHC visits were to see a mental health professional.

Recently, a SBHC mental health provider was contacted by one of the school counselors who requested immediate assistance coordinating services for a high school student who had returned to the school for the first time in four months asking for help before they lost their housing in 10 days. The student did not have transportation or health insurance and wanted access to drug and alcohol services to end drug abuse. The provider coordinated with school counselor, district homeless liaison and SBHC nurse practitioner to meet their immediate needs. Through this process they were able to access immediate food and housing needs, mental health safety planning, get a next day appointment with community-based transition aged-youth mental health and drug and alcohol services, bus passes, an appointment at the OHP office for the next week, and make a plan to finish their credits and get a high school diploma that semester. Through team collaboration this student was able to identify reasons for living and receive the positive reinforcement and encouragement to follow through with their goals.

LINKS TO RESOURCES FOR IMPLEMENTATION AND FURTHER RESEARCH

Oregon School-Based Health Centers Status Update 2018

<https://apps.state.or.us/Forms/Served/le8926.pdf>

Oregon Health Authority School-Based Health Centers web page:

<http://www.oregon.gov/OHA/PH/HealthyPeopleFamilies/Youth/HealthSchool/SchoolBasedHealthCenters/pages/index.aspx>

<https://www.thecommunityguide.org/findings/promoting-health-equity-through-education-programs-and-policies-school-based-health-centers>

<http://pediatrics.aappublications.org/content/pediatrics/129/2/387.full.pdf>

https://www.cdc.gov/mmwr/volumes/66/wr/mm6635a1.htm?s_cid=mm6635a1_w

CONTACT INFORMATION FOR QUESTIONS

Rosalyn Liu, MPH

Team Lead, School-Based Health Center Program

OREGON HEALTH AUTHORITY

Oregon Public Health Division

Desk: 971-673-0248

Fax: 971-673-0250

<http://www.oregon.gov/OHA>