

SBHC Coordinators Meeting

October 10, 2019



Adolescent and School Health Unit

- Our Vision: Oregon is the very best place for all youth to learn, grow, and thrive.
- Our **Mission**: To support the health of all youth in Oregon through evidence-based and data driven policies, practices, and programs.
- Our Program Areas:
 - Adolescent Health Policy and Assessment
 - School-Based Health Centers
 - School Nursing
 - Youth Sexual Health







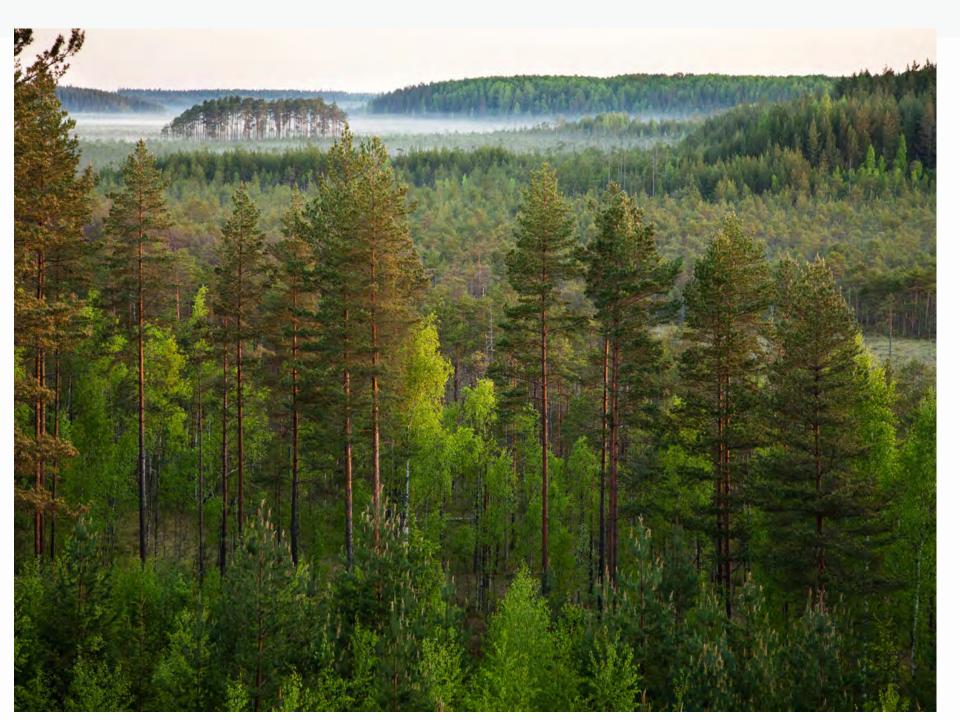
teenhealth.or

Be sure to follow us!









Building a Community of Collective Care: True radical healing

PRESENTED BY: FELISCIANA PERALTA

"Activists can only lead the resistance if we take care of ourselves and each other. Part of taking care of the world around is taking care of yourself."

Self Care to Collective Care



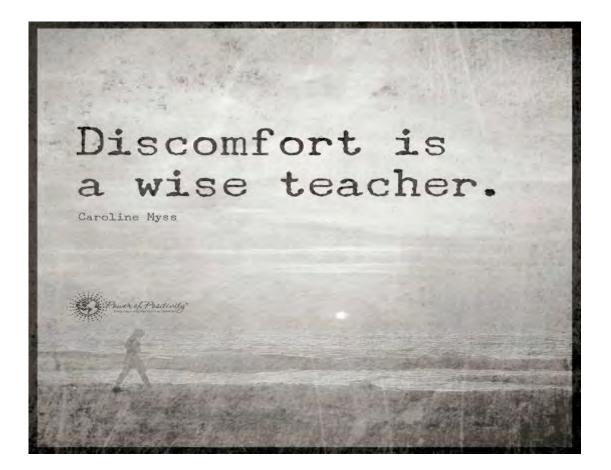


I am a powerful being capable of changing anything in my life. I welcome and embrace healthy changes into my life and I let go of old habits and practices that no longer serve me.

I accept the necessary changes that need to take place in my life and I let go of fear and worry. Everyday I grow more beautiful and strong in this life and I am as free as a butterfly.

My life is unfolding perfectly.

carlzmarie



hey, listen to your emotions...

Bitterness shows you where you need to heal, where you're still holding judgments on others and yourself.

Resentment shows you where you're living in the past and not allowing the present to be as it is.

Discomfort shows you that you need to pay attention right now to what is happening, because you're being given the opportunity to change, to do something different than you typically do it.

Anger shows you what you're passionate about, where your boundaries are, and what you believe needs to change about the world.

Disappointment shows you that you tried for something, that you did not give in to apathy, that you still care.

Guilt shows you that you're still living life in other people's expectations of what you should do.

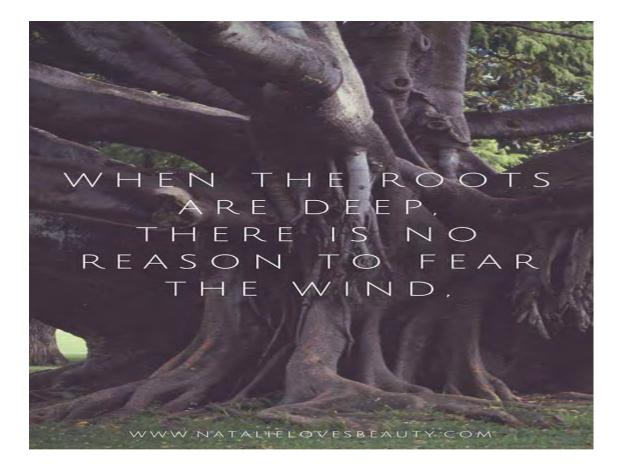
Shame shows you that you're internalizing other people's beliefs about who you should be (or who you are) and that you need to reconnect with yourself.

Anxiety shows you that you need to wake up, right now, and that you need to be present, that you're stuck in the past and living in fear of the future.

Sadness shows you the depth of your feeling, the depth of your care for others and this world.

Who are your people?





Ways We Violate Our Own Boundaries

Spending time with people to the point of emotional exhaustion

Not speaking up about something that is important to us

Overgiving without asking to have our needs reciprocated back

Not making our opinions or our emotions a priority

Not letting people know when we hit our emotional or physical "limits"

@silvykhoucasian

Build a plan

Collective Care

- Play
 - Color, build stuff, puzzles
- Streaming
 - Watch movies or videos that fill your soul
 - Listen to music that empowers you
- Take care of the mind
 - Books, magazines, podcasts, audios, journal
- ❖Talk to people

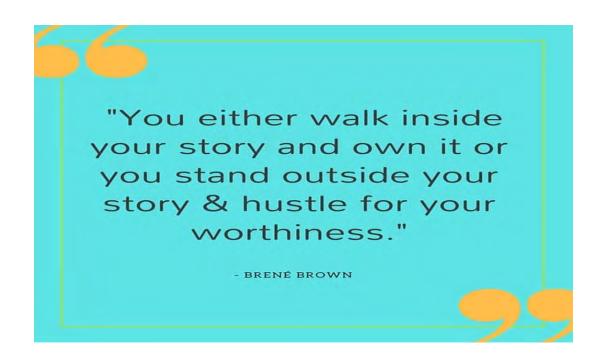
Collective Care

- ❖Take care of the body
 - Drink water, dance it out, workout, nap
- ❖ Nature
 - Get some sun, get the body moving
- Unplug
 - Don't read the comments
- Own your story

The very act of saying yes is not just life-changing, it is lifesaving. Shonda Rhimes' Year of Yes

PAUSE

Making the choice to be authentic in your own story



Practice

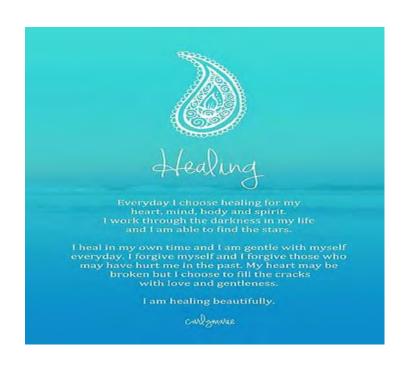
People often say that motivation doesnt last.

Well, neither does bathing. That's why we recommend it daily.

TO SAY YES
TO REST AND PLAY
IN A CULTURE
WHERE EXHAUSTION
IS SEEN AS A
STATUS SYMBOL.

Brené Brown

When we practice collective care, we start to heal



"My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style"

— Maya Angelou







GOALS



- ✓ Share knowledge.
- ✓ Learn ideas and strategies.
- ✓ Development supportive connections with each other and the Subject Matter Experts (SMEs).





SBHC World Café - PROCESS

- Each table has Table Host (TH) and a Subject Matter Expert (SME)
- 4 rotations, 20 minutes each round.
- Attendees will be asked to choose a table.
- After 20 minutes, attendees will rotate to a new table.
- At the beginning of each round, the TH will summarize from the last group, so the current group can build off that.
- A summary of the notes will be shared with all attendees.





SBHC World Café- TABLE TOPICS

- 1. Oregon Immunizations Program: improving HPV vaccination rates in your clinic
- 2. <u>Oregon State Public Health Lab Compliance Program</u>: *CLIA certificates and how to have a compliant lab program*
- 3. <u>Oregon STD Program</u>: best practice in STI testing for adolescents and taking a sexual history inclusive of all sexual orientations and gender identities.
- 4. <u>Oregon Suicide Prevention Program</u>: *implementing suicide prevention, intervention and postvention efforts in schools and SBHCs*
- 5. <u>Community Partner Outreach Program</u>: fostering strategic partnerships between *OHP-certified community partners, schools and safety net clinics.*
- 6. <u>Student Success Act</u>: engaging your school in their planning process for the Student Success funds to address student's health and safety needs.
- 7. <u>Oregon School-Based Health Alliance</u>: *effectively partnering with youth*
- 8. <u>Youth Sexual Health Program</u>: *sexuality education is a solution to multiple public health issues: improving implementation of Oregon policy through the Mapping Project*
- 9. <u>Health Systems Division- Policy and Provider Services</u>: *Medicaid billing in SBHCs*





ROUND 1 and 2

What are some successful strategies SBHCs have used to support this work?





Round 3 and 4

What support do SBHCs need to advance this work?











SBHC State Program Office





State Program Office Staff Updates







State Program Office Budget











SBHC Certification Updates





2019 – 2020 Site Verification Visits

- Brookings Harbor HS
- Butte Falls Charter
- Century HS
- NEW Chemawa School
- Cleveland HS
- NEW Grants Pass HS
- Illinois Valley HS
- Ione School
- Jefferson HS
- La Grande HS
- Lincoln ES
- Lorna Byrne MS
- Lynch ES
- Madison HS
- Marshfield HS
- NEW Mazama HS
- NEW McMinnville HS
- Mitchell School
- Newport HS
- North Eugene HS
- Parkrose HS



- Pendleton HS
- Rainier Jr/Sr
- Redmond HS
- NEW Reynolds HS
- Springfield HS
- Sunridge MS
- Table Rock ES
- Tigard HS
- Waldport HS
- White Mountain MS
- Willamina HS





Certification Verification Review Tool

- GOAL OF SITE VISIT
 - #1 Verify compliance with Standards
 - Offer technical assistance
- Self-assessment of your SBHC prior to a scheduled site visit
- Encourage use of the tool on regular intervals to ensure continued compliance.







New Additions to Review Tool

- NEW Inventory of adolescent vaccines
- NEW Ask if staff know how to order meningococcal B vaccine
- NEW Review with staff they know how and are resetting the data logger daily associated with vaccine monitoring
- NEW More examples of what we assess for in a youthfriendly clinic





CLIA-waived Quality Control Review

Test Type	Product Name	Package Insert Available	QC being done	Frequency matches package insert	Form has facility name	Form has lab test name	Form has test date	Form has test lot number	Form has test exp date	Form has QC material lot number	Form has QC material exp date	Form has tester's initials	Form has results in same format as package insert	Notes
Urinalysis														
Hematocrit or Hemoglobin														
Blood glucose					T									
Strep throat (rapid)			Ī											
Pregnancy testing (urine)														
Other														

▲ On-sife These five CLIA-waived tests above are laboratory testing that must be available on-site as point-of-care testing

Most Frequent Action Items 2014-2019

STANDARD	EXAMPLES OF MOST FREQUENT ACTION ITEMS	% OF 1,430 ACTION ITEMS
Laboratory	 Not performing quality control at all Not performing or documenting quality control correctly No quality control log No current package insert 	33%
Operations/Staffing	 SBHC policy needs revised for content Inaccurate info for SBHC services and hours No SBHC policy (not provided, not finalized or exists, what was submitted doesn't cover it) SBHC policy not reviewed and approved in last 2 years 	27%
Immunizations	 Vaccine storage and handling issues Immunization standing orders not current (public clinics) VFC vaccine not available (e.g. missed opportunities, no freezer, not VFC certified) Vaccine Management Guide not current 	13%

Send to SPO Before Site Visit

- Ten required SBHC policies
- ALERT reports
- NEW Documentation of annual blood borne pathogen training for each employee with occupational exposure
- NEW Documentation of privacy training for all SBHC workforce (physical, mental health, dental health)





Questions?

Contact your SBHC PH Nurse anytime!!

We love to hear from you, tell us about all the great things you are doing so we can share with others looking for ideas.

We are happy to provide assistance prior to the site visits to make sure the visit is as smooth as possible.





SBHC Data





SBHC Utilization Snapshot: 2017-19



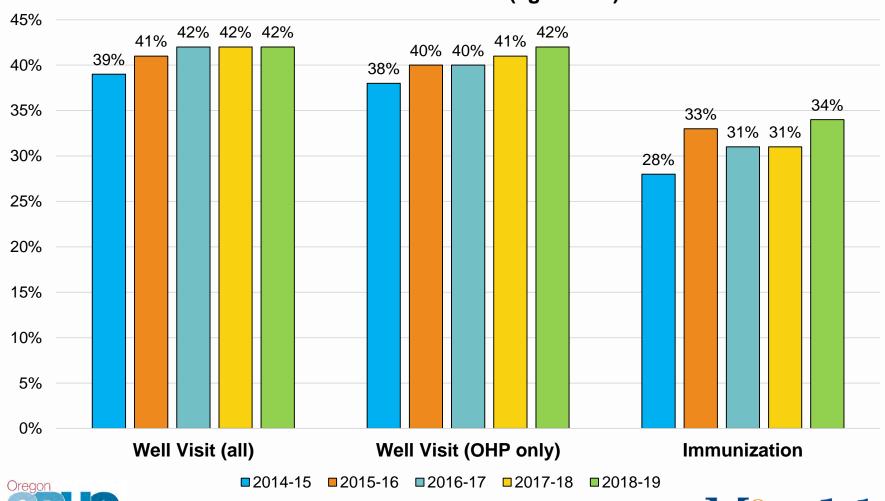
- Packet Handouts
- Two year changes in:
 - Total well care visits
 - Well care visits(OHP)
 - Immunizations





Statewide Trends in Utilization

SBHC UtilizationTrends (ages 5-21): 2014-2019

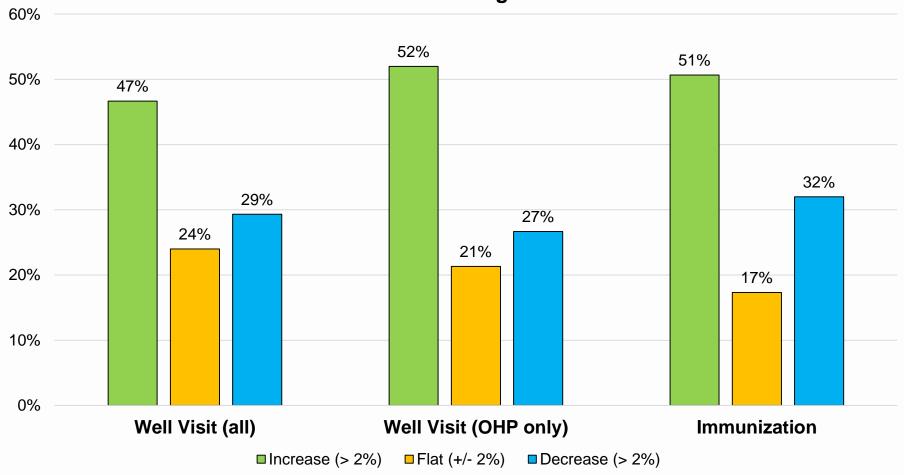






Site-level Trends

SBHC Utilization Changes: 2017-18 to 2018-19







2017-18 SBHC Primary Care Revenue

- Everyone gets primary care revenue reports
- Some systems get mental health revenue reports (depending on data quality)
- Revenue entries streamlined for 18-19







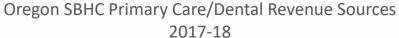
2017-18 SBHC Primary Care/Dental Revenue Overview*

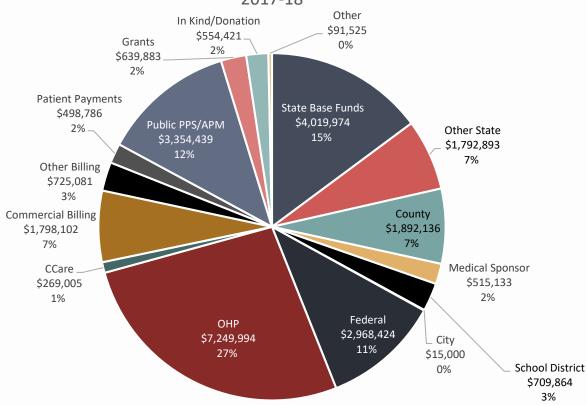
- # of SBHCs in analysis: 76
- Total primary care/dental visits: 80,419
- Total primary care/dental clients: 33,096
- Total estimated revenue: \$27,094,660
- Average revenue per SBHC: \$356,509
- For every \$1 in State public health revenue, SBHC medical sponsors brought in \$3.66 in other sources to support primary care and dental SBHC services.
- This is **up \$0.54** from 2016-17
- For FQHCs, \$1 → \$3.85; For Non-FQHCs, \$1 → \$2.74





2017-18 SBHC Primary Care/Dental Revenue









A Note on 2020 CCO Metrics

- Recent changes voted in for CCO Incentive Metrics (eff. Jan 2020)
- Too many metrics, want real opportunities for change that are aligned with OHA & CCO 2.0 priorities
- Result:
 - 10 metrics eliminated
 - 4 new metrics added
 - Went from $19 \rightarrow 13$
- Adolescent well visit and effective contraceptive use eliminated
- Adolescent immunizations (incl. HPV) added
- Well visits for 3-6 year-olds added
- Handout











Assessing Student Health and the Systems that Shape It

SNAPSHOT ON ADOLESCENT HEALTH 2019 -- PREVIEW

PUBLIC HEALTH DIVISION
Adolescent and School Health





Goals of the Snapshot

- Generate a set of health metrics that is meaningful to youth and stakeholders who serve youth
 - Physical health and well-being
 - Mental and emotional health and suicide
 - School climate
 - Sexual health
- Develop socioeconomic and policy context for health of adolescents
 - Identify social determinants
 - Track major policy changes





Goals of the Snapshot cont.

Build a framework that attempts to acknowledge fundamental drivers of youth health (3 S's):

• Strengths

- Positive Youth Development
- Informed decision making
- Empowerment

• Systems

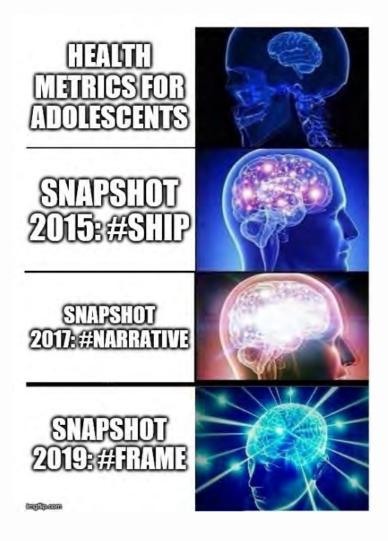
- Public Policy
- Systems of Oppression (Racism, Transphobia & Homophobia)
- Economics

• <u>Surviving</u>

- Coping Behavior
- Mental Health Outcomes (Depression, Suicide Contemplation)
- Academic Performance











Oregon Healthy Teens Survey

- Representative sample of Oregon's 8th and 11th graders
- Survey takes place biennially in odd years (most recent 2019)
- ~28,000 students, 227 schools surveyed, 77 districts
- Provides state and county level estimates
- Questions cover: general, oral, and mental health topics, resilience, behavior, and perceptions of peer and parental attitudes.
- Will be replaced in 2020 by the Student Health Survey

For more on the Survey:

https://public.health.oregon.gov/BirthDeathCertificates/Surveys/Oregon HealthyTeens/Pages/index.aspx





PREVIEW: STUDENT MENTAL HEALTH





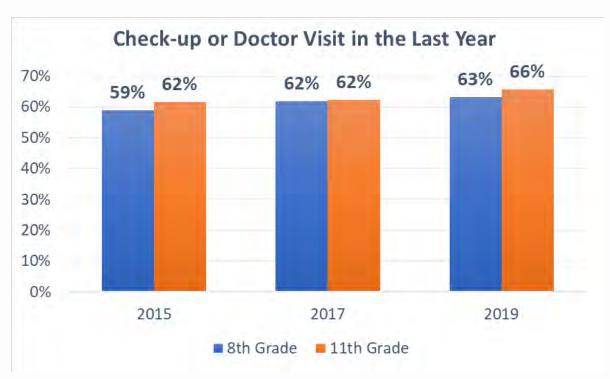
Student Mental and Emotional Health

STRENGTHS





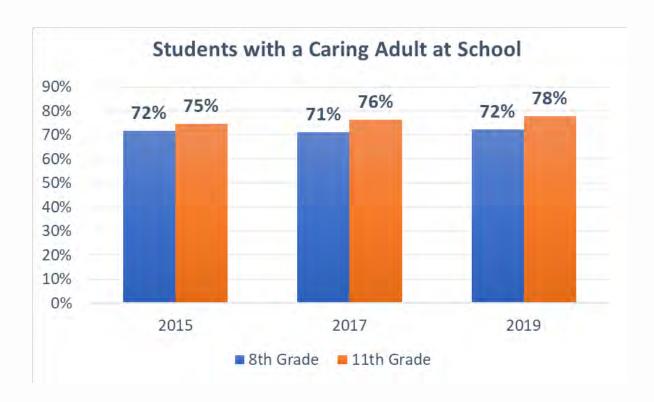
Strengths: Parents/Students Seeking Out Preventive Care







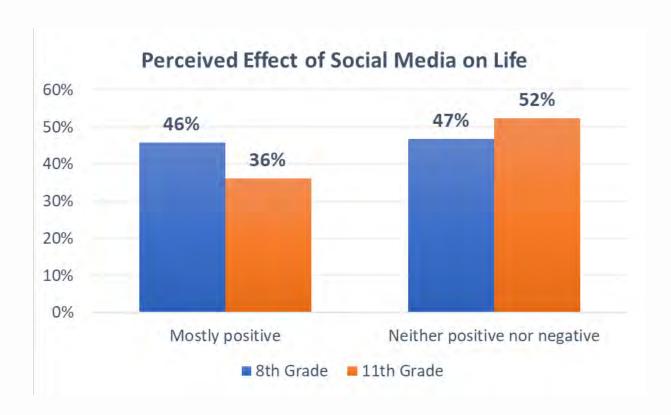
Strengths: Caring and Trusted Adult Relationships







Strengths: Social Media







Student Mental and Emotional Health

SYSTEMS





Systems: Public Policy – Student Success Act

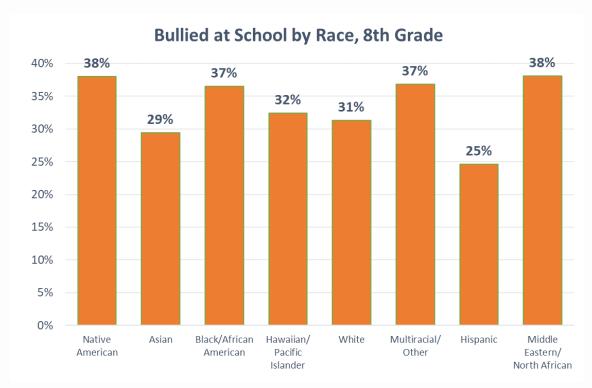
SECTION 9. Allowed uses of grants from Student Investment Account.

- (2) The purposes of grants distributed under section 13 of this 2019 Act shall be to:
- (a) Meet students' mental or behavioral health needs; and
- (b) Increase academic achievement for students, including reducing academic disparities for:
 - (A) Economically disadvantaged students, as determined based on eligibility for free or
- (3) Grant moneys received under section 13 of this 2019 Act may be used by a grant recipient only for:
 - (b) Addressing students' health or safety needs, which may include:
 - (A) Social-emotional learning and development;
 - (B) Student mental and behavioral health;
 - (C) Improvements to teaching and learning practices or organizational structures that
 - d to better interpersonal relationships at the school;
 - (D) Student health and wellness;
 - (E) Trauma-informed practices;
 - (F) School health professionals and assistants; or
 - (G) Facility improvements directly related to improving student health or safety.





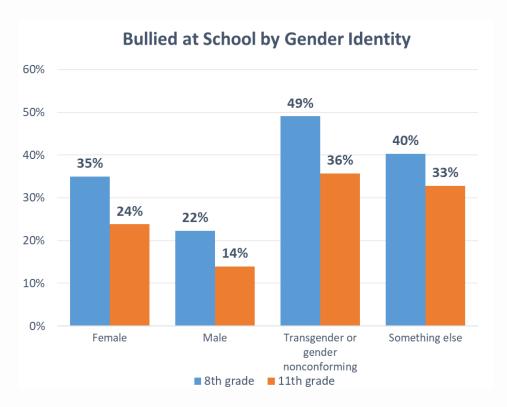
Systems: Racism, Transphobia, and Oppression







Systems: Racism, Transphobia, and Oppression







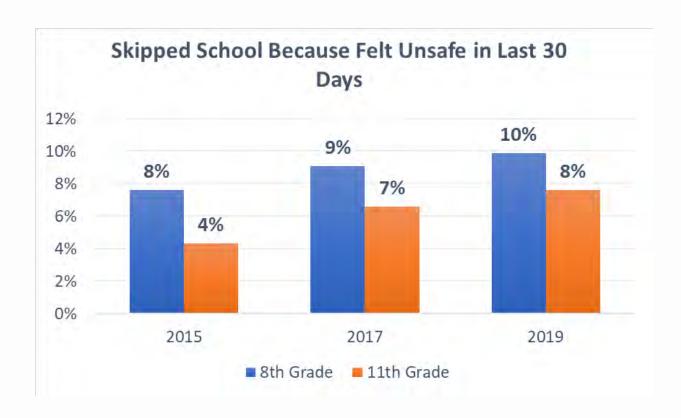
Student Mental and Emotional Health

SURVIVING





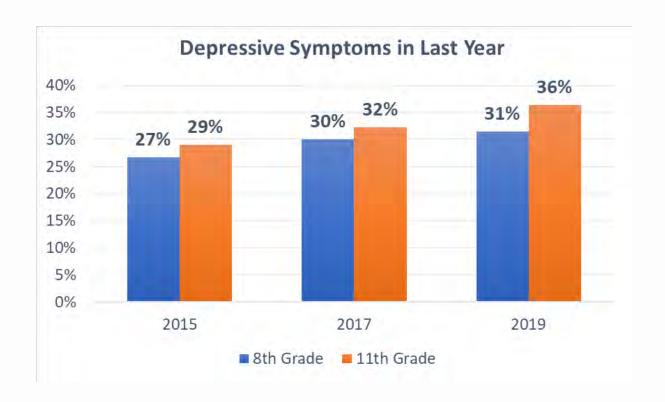
Surviving: Absenteeism







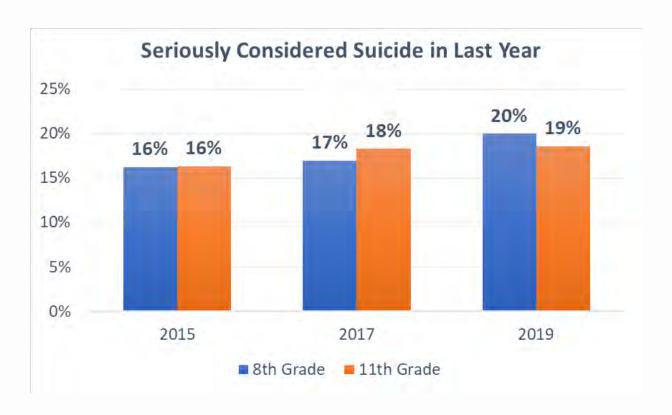
Surviving: Depression







Surviving: Suicide Ideation







Thank you!

Wes Rivers

Policy & Assessment Specialist Adolescent & School Health Program OHA Public Health Division wesley.r.rivers@state.or.us





Finding Meaning Behind the Numbers: An SBHC Data Activity

- What?
 - Chance to look at data interactively
 - Observe & ask questions in small groups
- Why?
 - New perspective on important trends
 - SPO is interested in your feedback





Finding Meaning Behind the Numbers: An SBHC Data Activity

- 5 topics:
 - Evolving Population of SBHCs
 - Satisfaction & Quality
 - Mental Health
 - Reproductive Health
 - Immunizations





Finding Meaning Behind the Numbers: An SBHC Data Activity

Choose 3 Topics

For Each Topic:

- 3 Data Points
- 3 Observations
- 3 Questions











SBHC Panel

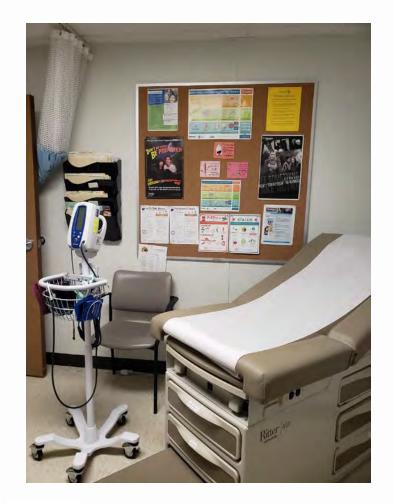
Schools, Mental Health, and SBHCs: What's so great about integration?

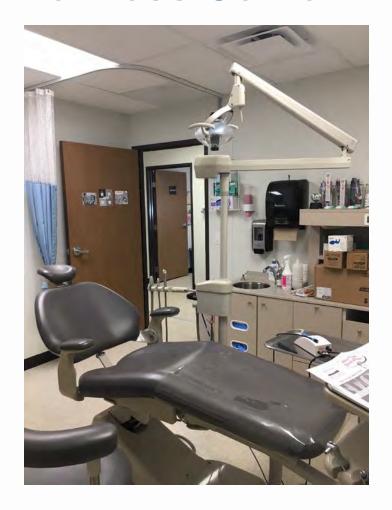


















The Milwaukie High School Health & Wellness Center is a full service health clinic that provides physical, dental, and mental health care to students regardless of Insurance.

Services Include:

- *Physical exams and sports physicals
- *Diagnosis and treatment of illness and injury
- *Vision and blood pressure screenings
- *Age appropriate reproductive health
- *Dental screenings, cleanings, fluoride, and sealants
- *Immunizations
- *Prescription medications
- *Mental health services
- *Health education, counseling and wellness promotion
- *Referrals for healthcare services not provided at the health center



real help. right here.

milwaukie high school health & wellness center

2301 SE Willard St Milwaukie, OR 97222.

503-353-5847



Do you want to know more about your school based health center?

How to make an appointment:

A student or parent can stop by the clinic or call the clinic at 503-353-5847 to make an appointment.

Location:

The wellness center is located right on campus in modular 6A. Keep your eyes out for signs.

Hours:

The clinic is open Monday-Thursday from 8:30am to 3:30pm and Friday 8:30am to noon. Why do we have a school-based health center?

Healthy youth learn better.

School-based health centers help parents miss less work, students miss less class, and families save money. We believe they help students improve their physical and emotional health so they do better in school and in their lives.





Who works there?

The school-based health center is operated and staffed by the nonprofit Outside In.

The staff includes:

- -A pediatrician
- -A nurse practitioner
- -A medical assistant
- A behavioral health counselor
- -A clinic coordinator
- -A front desk receptionist

How much does it cost?

Services are free for students. If a student has insurance we will try to bill the insurance to help fund our efforts, but we will not charge for copays.

> 2301 SE Willard St. Milwaukie, OR 97222

503-353-5847











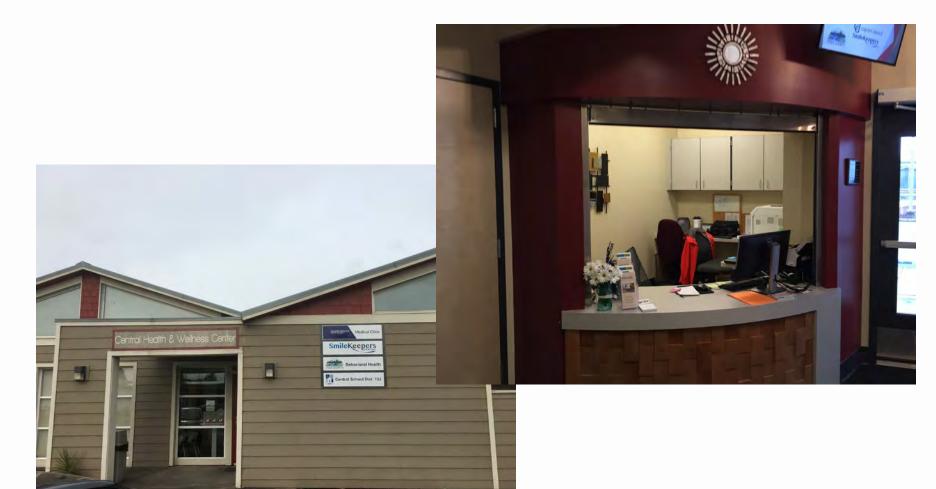








Central Health & Wellness Center





School-Based Health Centers

Central Health & Wellness Center









CENTRAL HEALTH

AND WELLNESS CENTER

Offering Medical, Dental & Behavioral Health Services

to the Central School District and broader community

PHONE

503-838-0045

EMAIL

infochwc@gmail.com

ADDRESS

1601 Monmouth St Independence, OR 97351

HOME ESPAÑOL ABOUT US SERVICES CONTACT DONATE NEWS / EVENTS



CENTRAL HEALTH AND WELLNESS CENTER

Offering Medical, Dental & Behavioral Health Services to the Central School District and broader community

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¿Qué es el Centro Central de Salud Y Bienestar?

El Centro Central de Salud y Bienestar es un centro certificado de salud escolar que sirva la comunidad entera, con estudiantes K-12 como la prioridad del centro.

¿Qué son los beneficios de la comunidad?

- · Mejorar acceso a la calidad de servicios primarios y preventativos de salud
- Dar cuidado para niños y adolescentes sin tener en cuenta su capacidad de pago
- · Reducir alto costos asociados con el uso de emergencias inapropiadas y

DIRECCIÓN

1601 Monmouth St Independence, OR 97351

CORREO ELECTRÓNICO

infochwc@gmail.com

TELÉFONO

503-838-0045

FAX

503-838-4494

Central Health & Wellness Center







Central Health & Wellness Center

POWER Peers video:

https://www.youtube.com/watch?v=pXI-wo4EyVo#action=share











Youth Panel

How to support youth in promoting social change in your school.











Contact Us

School-Based Health Center Program

Oregon Public Health Division

800 NE Oregon St., Ste. 805

Portland, OR 97232

P: 971-673-0249

F: 971-673-0250

sbhc.program@state.or.us

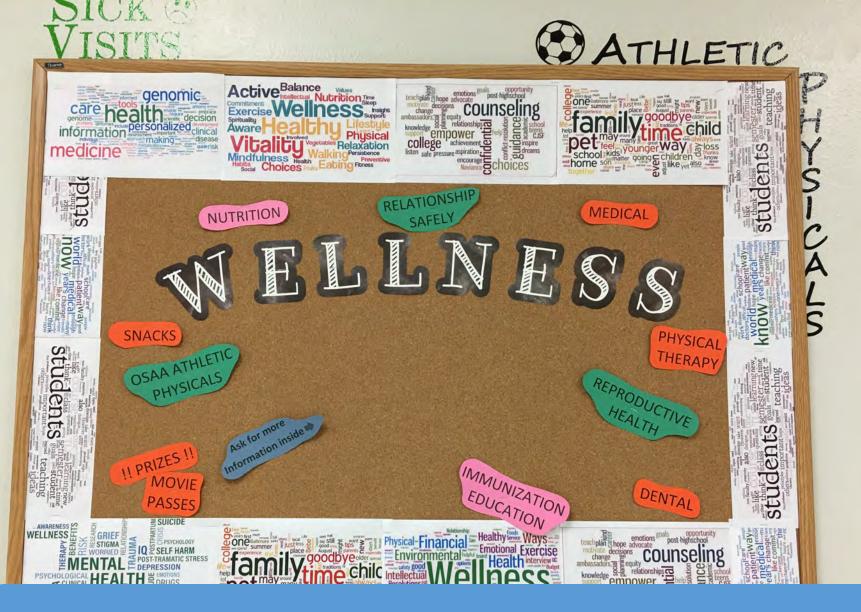
www.healthoregon.org/sbhc





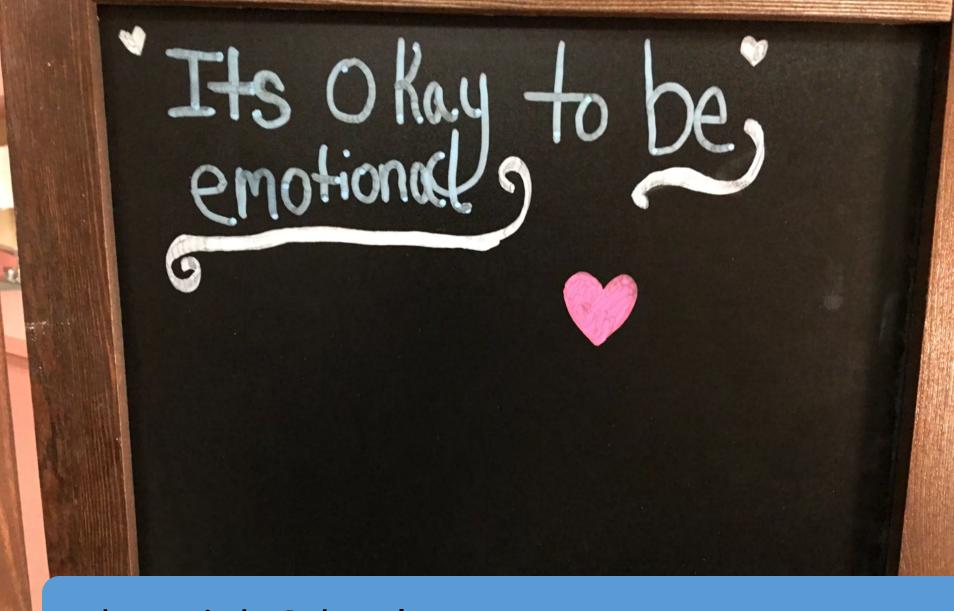


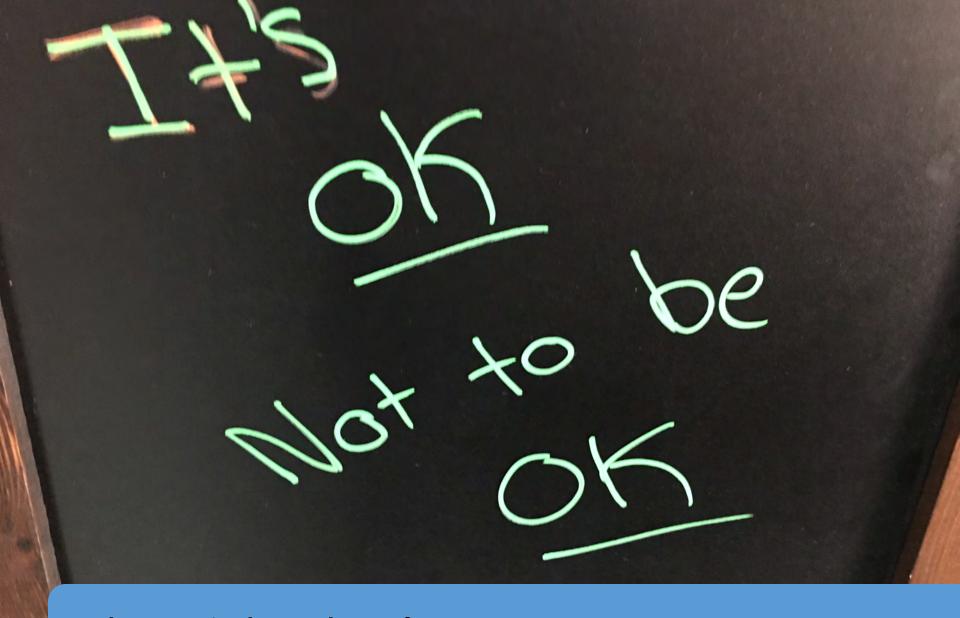


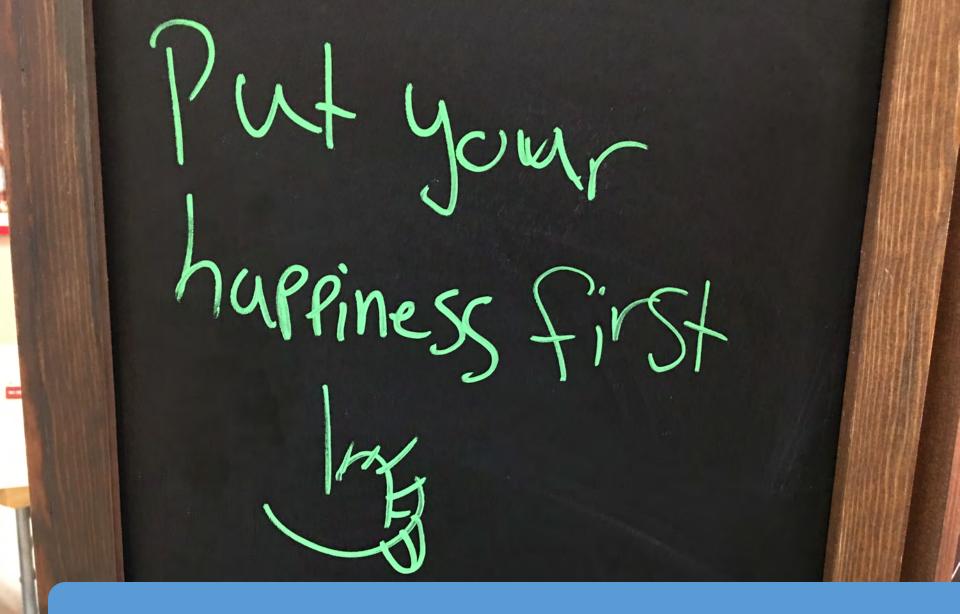


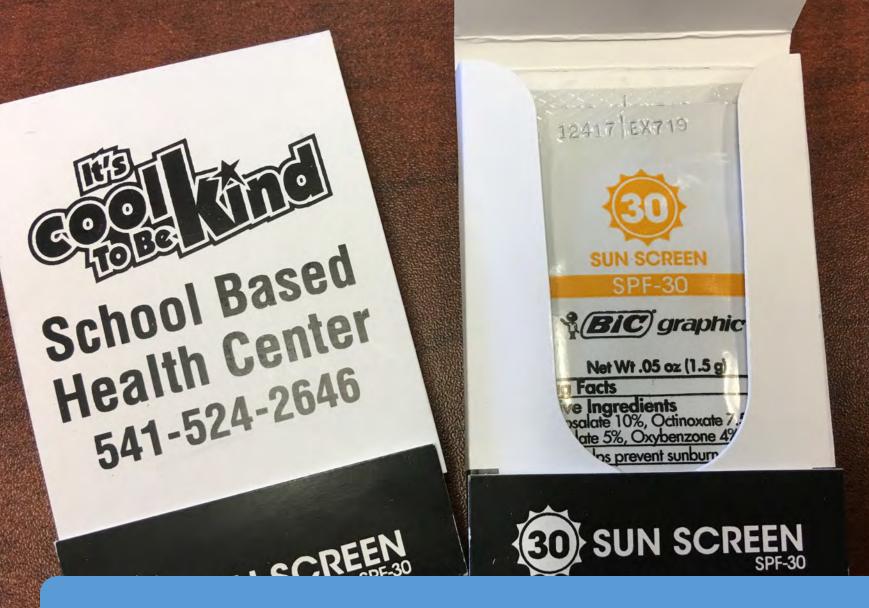
I ICALIII QUESTIONS



















HEALTH CAN IMPACT THE REST OF YOUR BODY?

¿SABE CÓMO SU SALUD BUCAL PUEDE AFECTAR EL RESTO DE SU CUERPO?







Benson Polytechnic High School

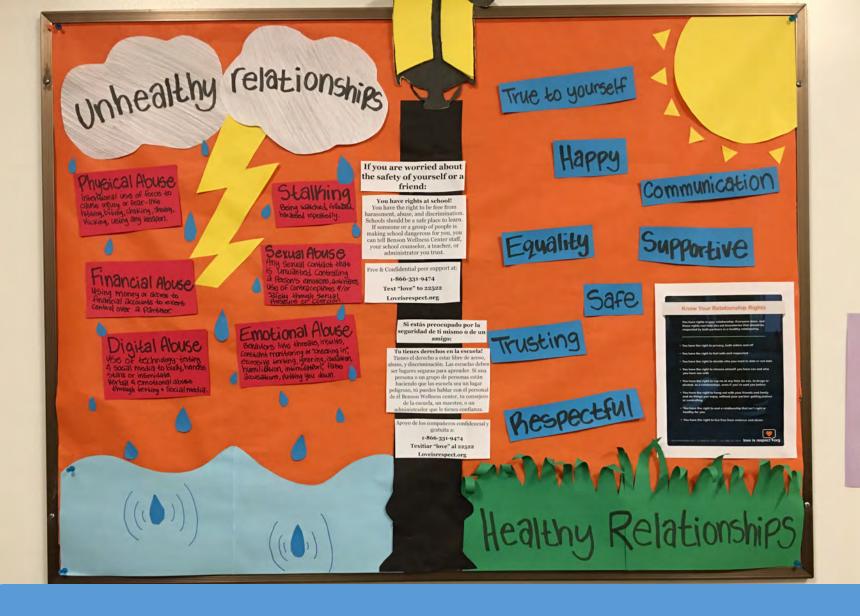




Benson Polytechnic High School



Benson Polytechnic High School



Benson Polytechnic High School



Benson Polytechnic High School





Cascade Middle School









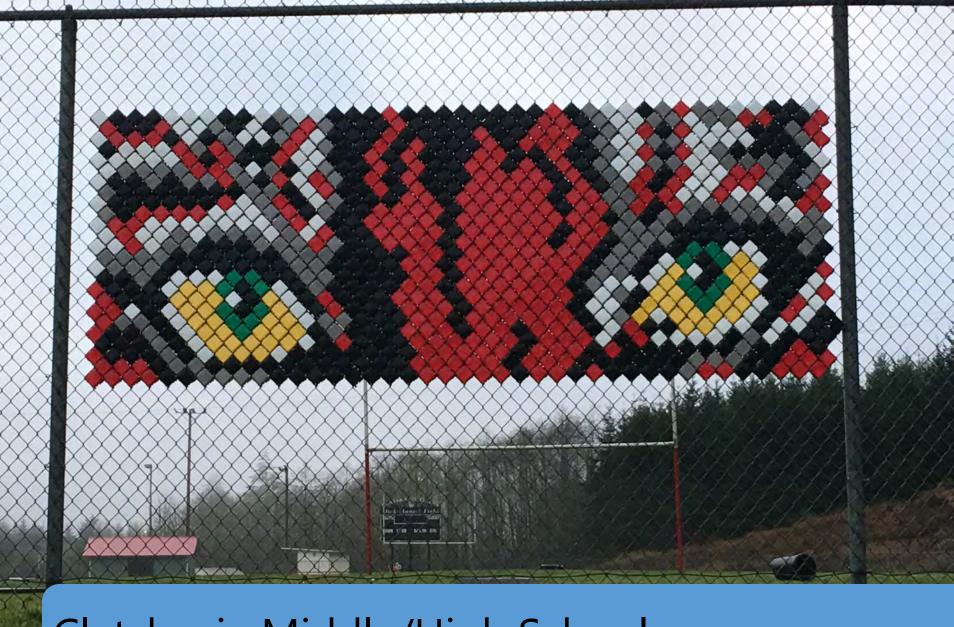
Central High School



Central High School



Clatskanie Middle/High School



Clatskanie Middle/High School





Claim your dating rights!

Does your girlfriend or boyfriend:

- spread rumors or share private pictures of you on the web?
- harass you via cell phone or text messaging?
- embarrass you in front of others?
- act in ways that frighten you?
- try to control who you see, what you do, or what you wear?
- monitor your computer or cell phone use?
- get angry at you often or quickly?
- shove, kick or slap you?
- force you to have sex?
- pressure you to use alcohol or drugs?

You have the right to:

- make decisions about your own body
- choose your own friends
- be treated with respect
- express your own thoughts and opinions
- live without fear or intimidation
- feel good about yourself
- choose what to wear
- change your mind
- spend time with your family
- private use of your cell phone or computer
- spend time doing things of interest to you

If you think you may be in an abusive relationship, you can get help!



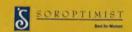
Call the National Teen Dating Abuse Hotline toll free: 1-866-331-9474 or TTY 1-866-331-8453. Or visit LovelsRespect.org.



Visit LovelsNotAbuse.com for teen dating information and resources.

Provided compliments of:







Hanging Out or Hooking Up?







Anyone you're with—if you are talking, hanging out, or hooking up—should:

- √ Make you feel safe and comfortable
- √ Not pressure you to get drunk or high because they want to have sex with you
- ✓ Respect your boundaries and ask if it's OK to touch or kiss you (or whatever else)
- √ Give you space to hang out with your friends

But sometimes there is drama in relationships. How often does the person you are seeing:

- x Shame you or make you feel stupid?
- x Pressure you to go to the next step when you are not ready?
- x Control you, or make you feel atraid if you don't do
- x Send lots of texts, ask for your online passwords, or make you send them naked pictures?

How would you want your best friend, sister or brother to be treated by someone they were going out with? Ask yourself if the person you are seeing treats you with respect, and if you treat them with respect.

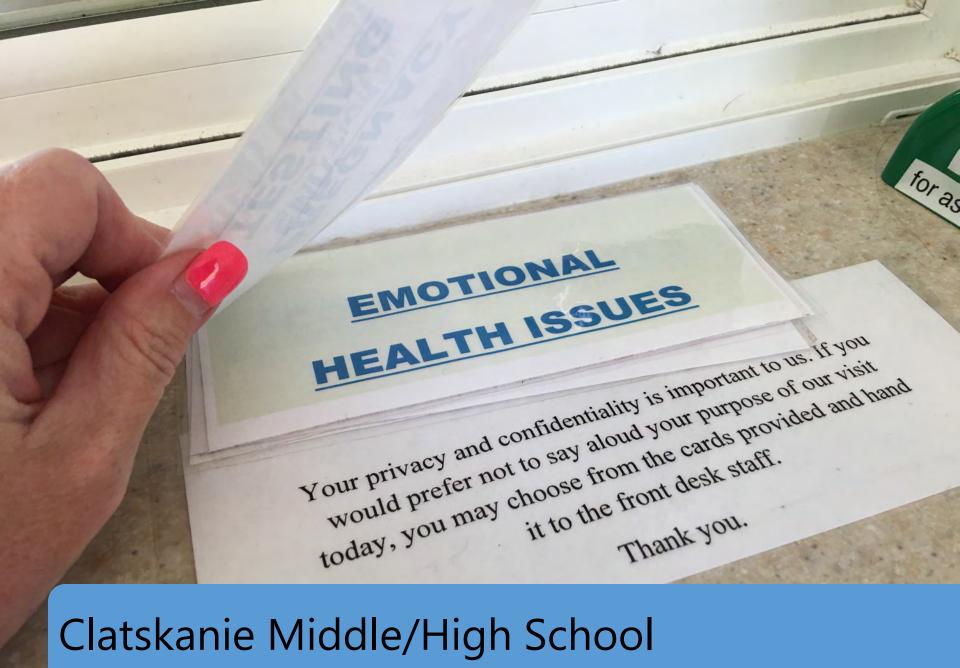


We are here to help. You or a friend can talk to us about how things are going. Or you can make a call to one of these confidential National Teen Dating Abuse Hotline 1-866-331-9474 or online chat www.loveisrespect.org

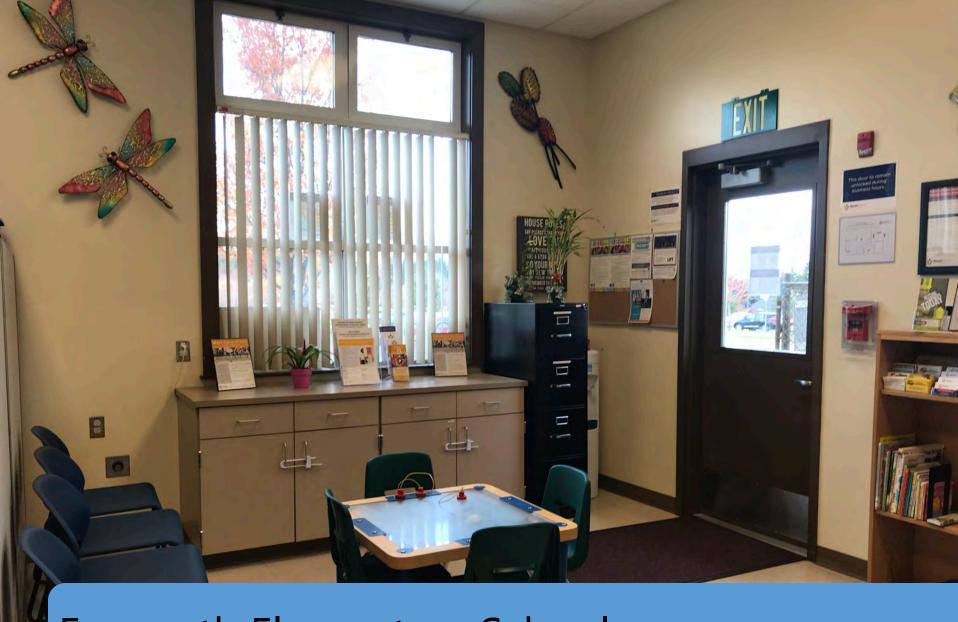
things are going. Or you can make a call to one of these confidential Suicide Prevention Hotline 1-800-273-8255
Teen Runaway Hotline 1-800-621-4000

Clatskanie Middle/High School









Teen Well Care Visits include:

- Physical health screening
- Dental health screening
- Vision screening

- Discussing teen concerns
- Completing sports physical forms
- Review of health habits







Parents, you'll get one too as thanks for prioritizing your child's health!



*Gift cards available while supplies !ast







Estacada High School



Free Healthcare for Students, Right Here in Estacada

Quality care from age 0 to 100. We're ready to help with:

- All questions you have related to your and/or your family's health
- Emotional and behavioral health and wellness
- Wellness exams and sports physicals
- Treatment for injuries, illnesses and infections
- Vision exams and hearing screenings
- Immunizations and vaccines

Billing & Insurance

Estacada High School





Estacada High School





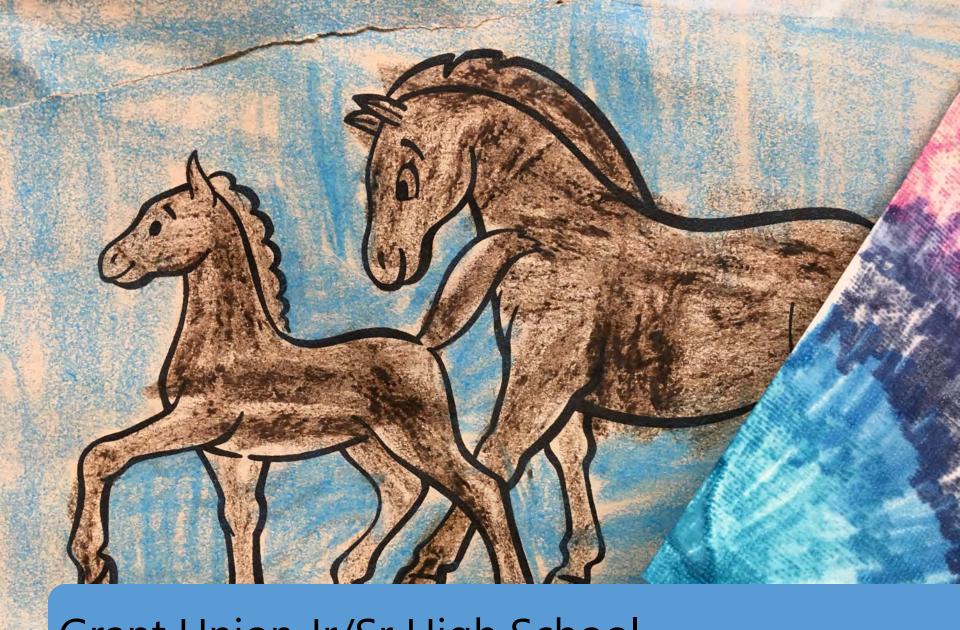




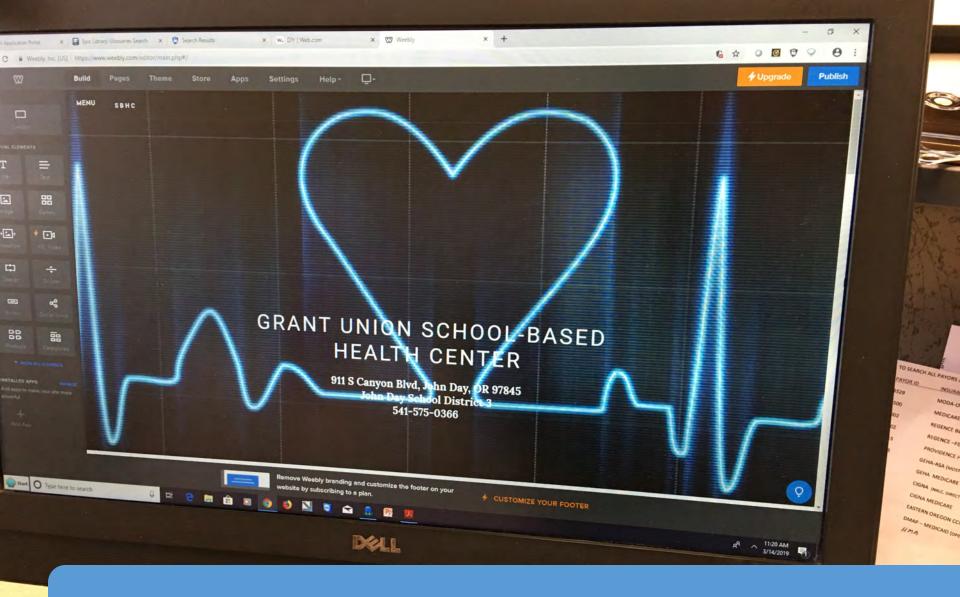


Backpacks & Hygiene Lessons

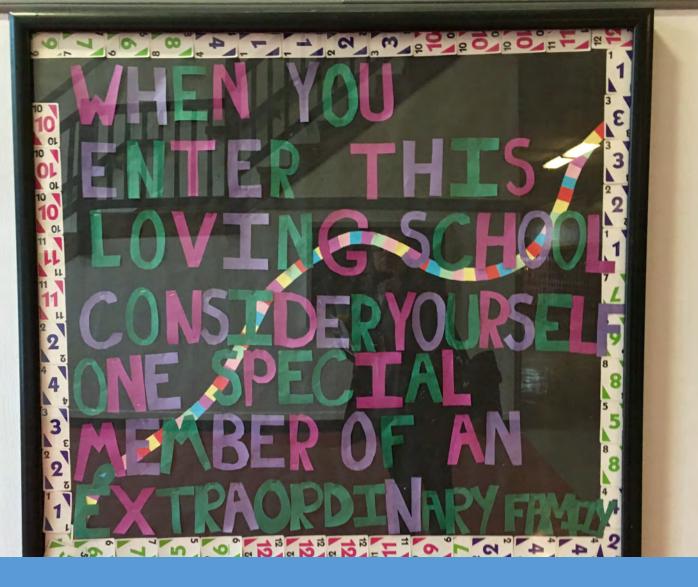




Grant Union Jr/Sr High School



Grant Union Jr/Sr High School

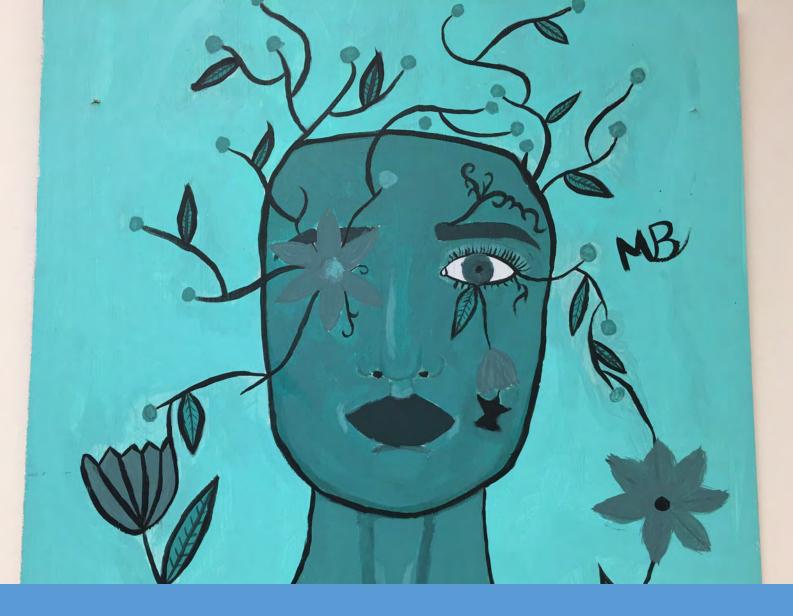


Grant Union Jr/Sr High School











Hood River High School



Hood River High School



Jackson Elementary School





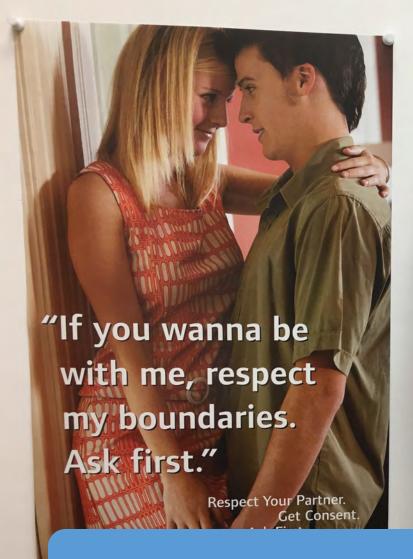


Jackson Elementary School



Lewis and Clark Elementary School







Lewis and Clark Elementary School





Madras High School



Madras High School



Madras High School









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Merlo Station High School



MERLO STATION SCHOOL BASED HEALTH CENTER 503.941.3210

WALK-INS WELCOME

WWW.NHCOREGON.ORG



Merlo Station High School



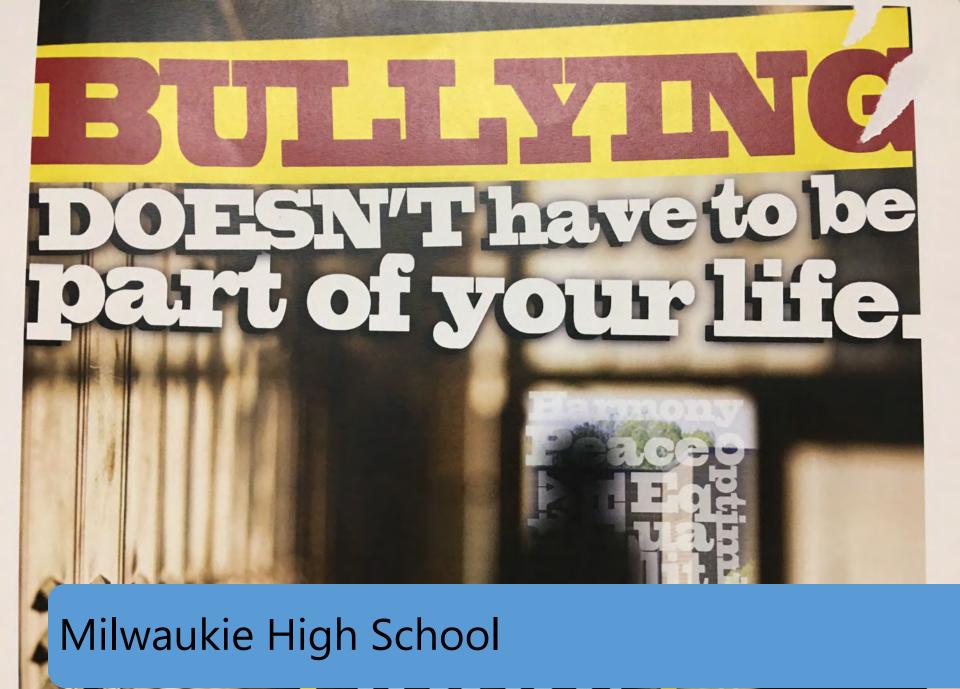
Merlo Station High School





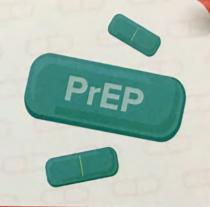
Milwaukie High School







PrEPare



YOURSELF

Prep, or Pre-Exposure Prophylaxis, can keep you and your sexual partners safe from HIV, so that you can love without fear.

WHAT IS PREP?



A daily pill that's up to

92%

EFFECTIVE

at preventing HIV

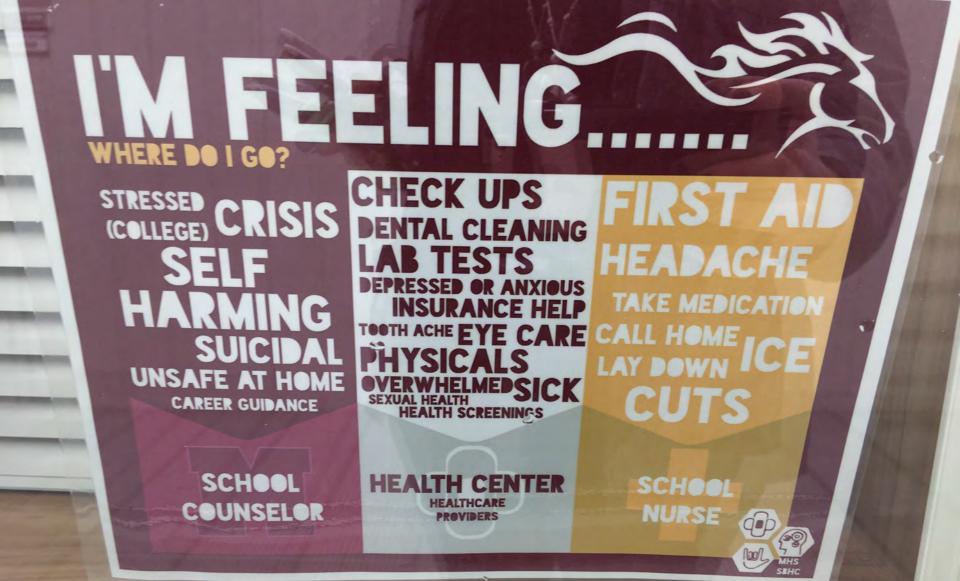
Among people who inject drugs, it reduces HIV risk by



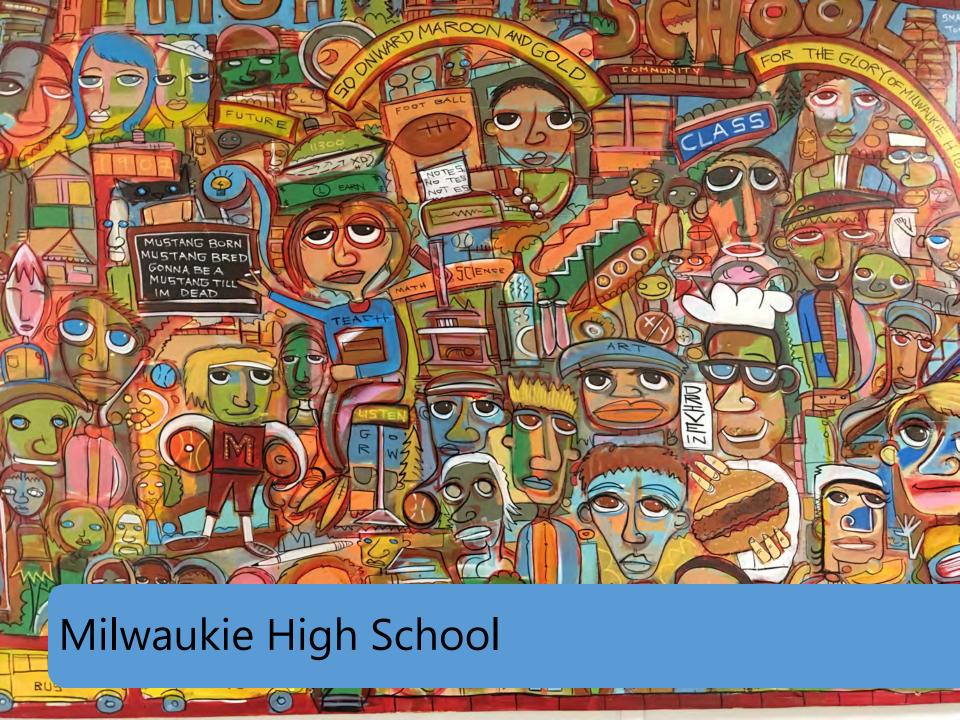


Milwaukie High School

TIOW DO I GET PREP?



Milwaukie High School





WHAT ARE YOUR SOURCES OF STRENGTH?



Milwaukie High School



Monroe Grade School



Monroe Grade School

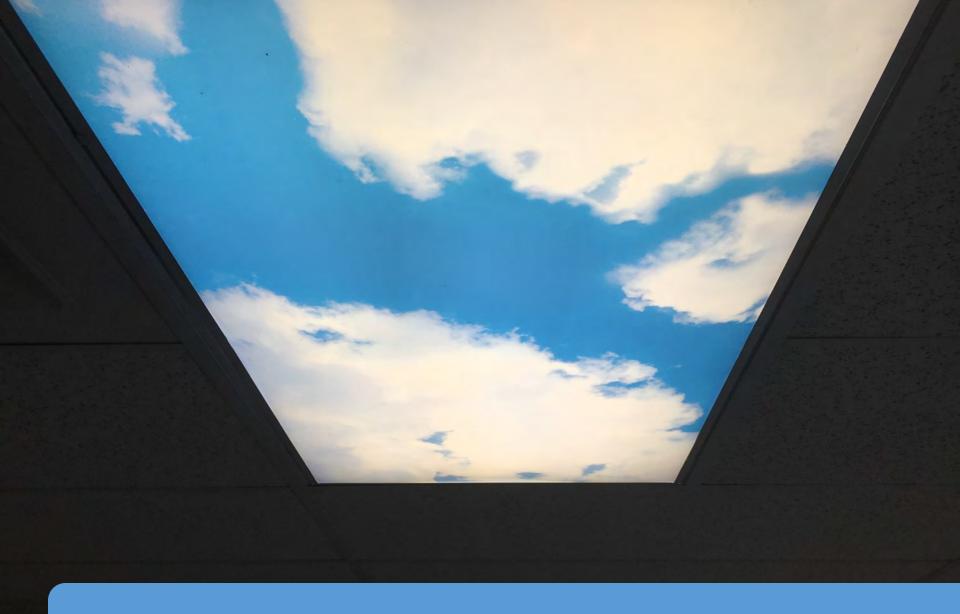


Monroe Grade School





Oak Grove Elementary School



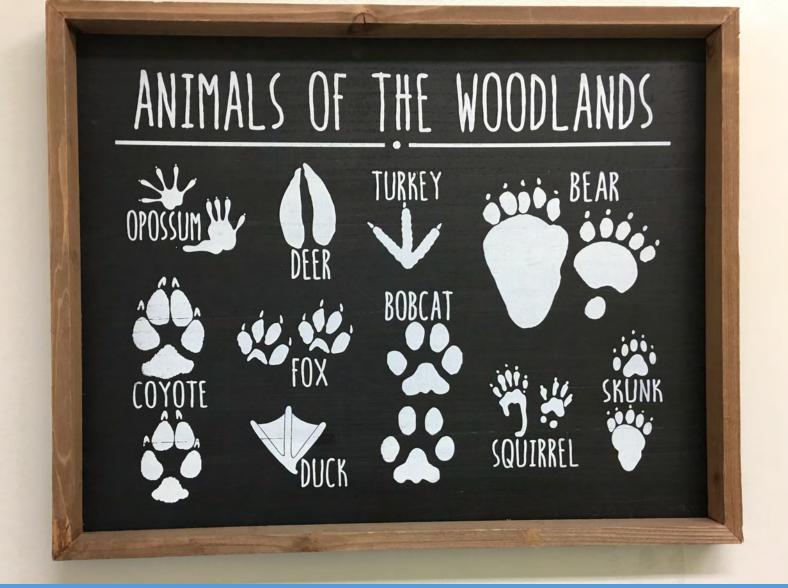
Oak Grove Elementary School

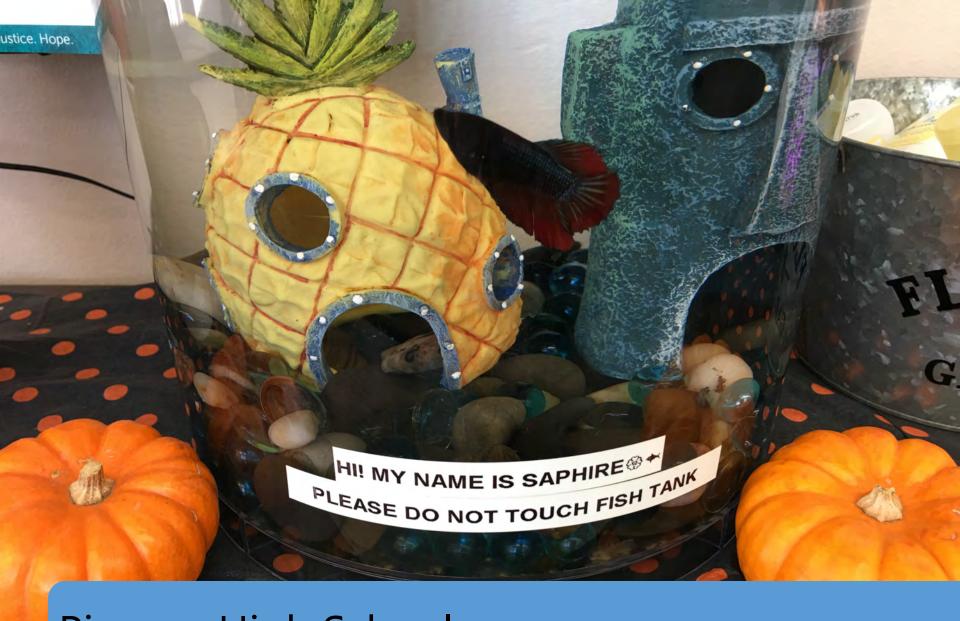


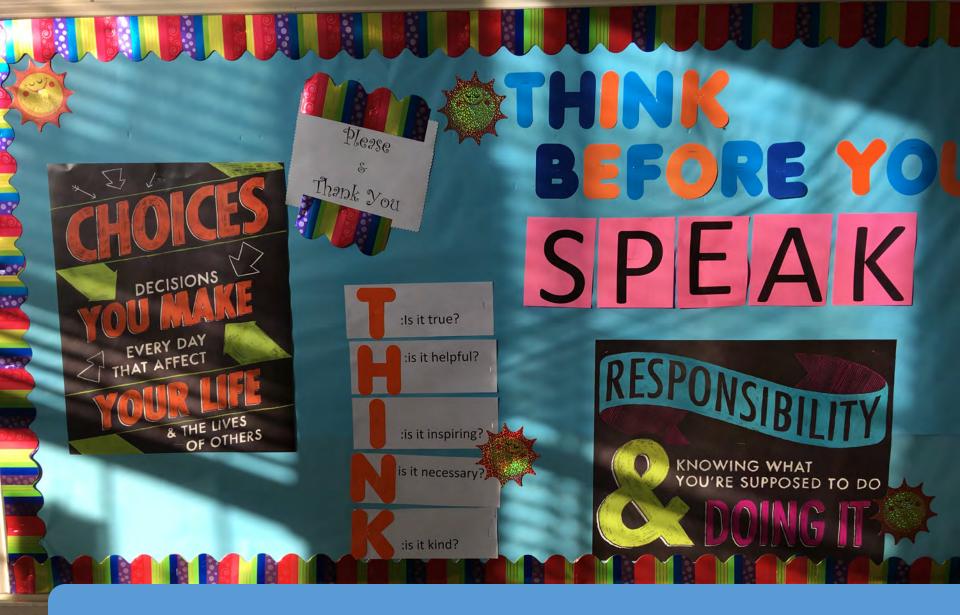








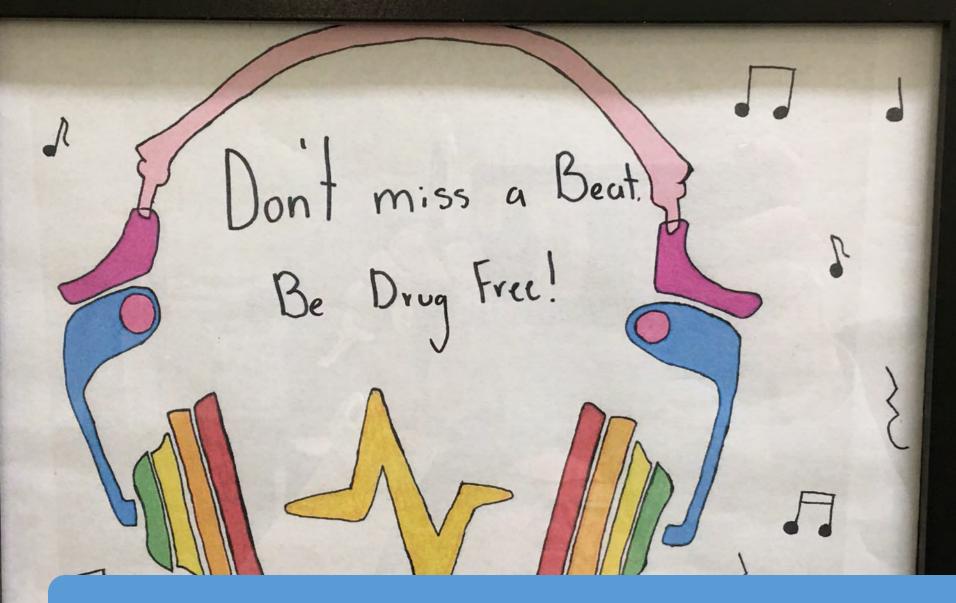


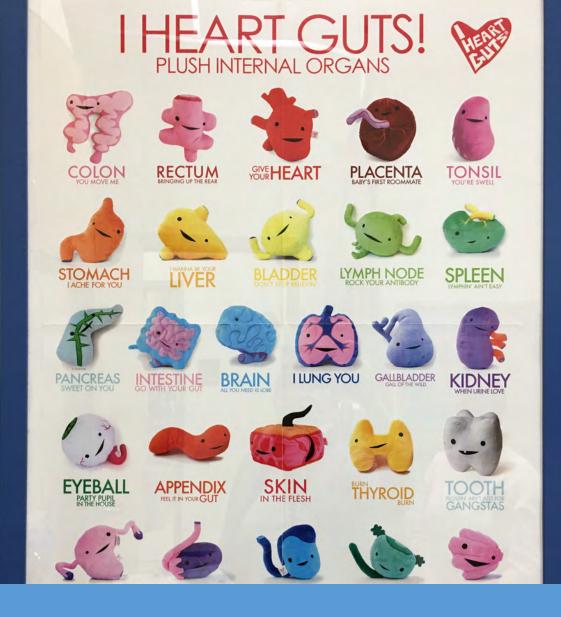




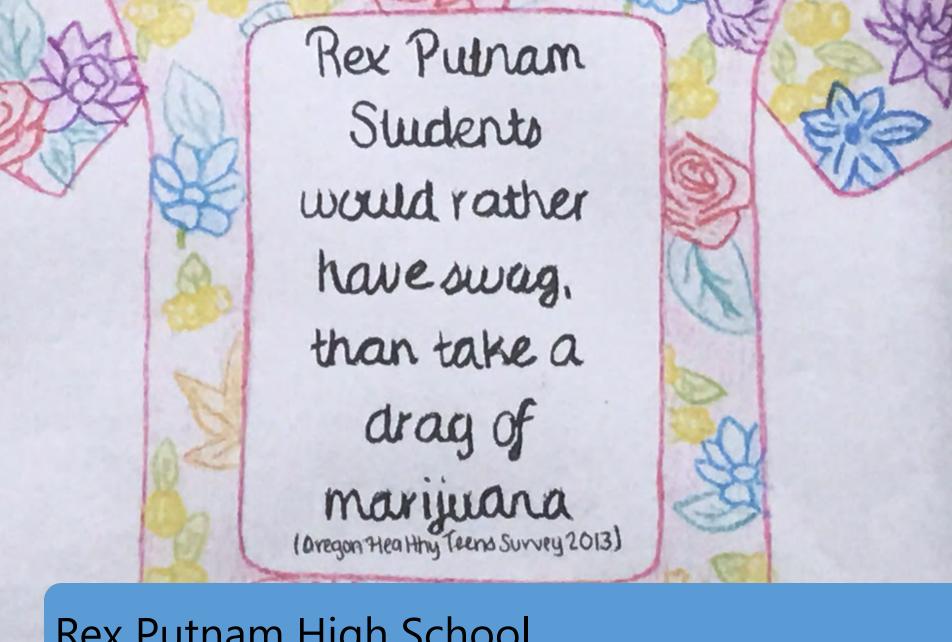






















Sandy High School



Sandy High School

You are invited to participate in: Sandy High School

Yoga and Mindfulness for Mental Health

Join other students in this confidential weekly group where we will learn the fundamentals of yoga, mindfulness techniques, and develop strategies to cope with the stressors of daily life. Contact Batinah at the School-Based Health Center with questions at x7902, or stop by to inquire. This group may be for you if you experience anxiety, panic, depression, low self-esteem, difficulty focusing, test or performance anxiety, and/or many other common daily challenges. Free to SHS students. All body types and genders welcome. No prior experience required.

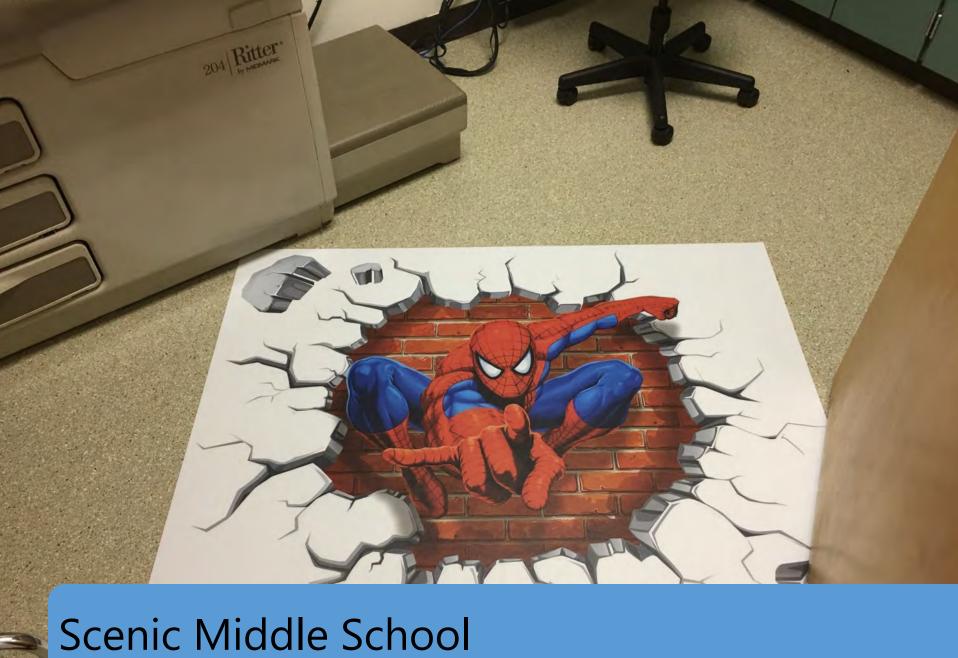
Time and specific location TBD.

Sandy High School



Scenic Middle School







Scenic Middle School

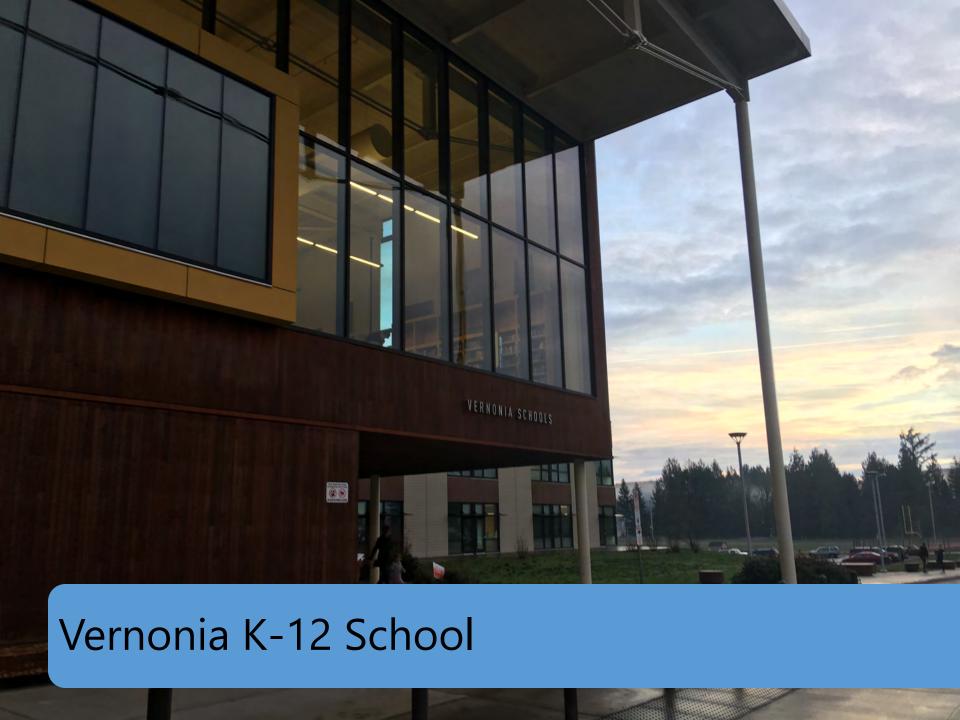


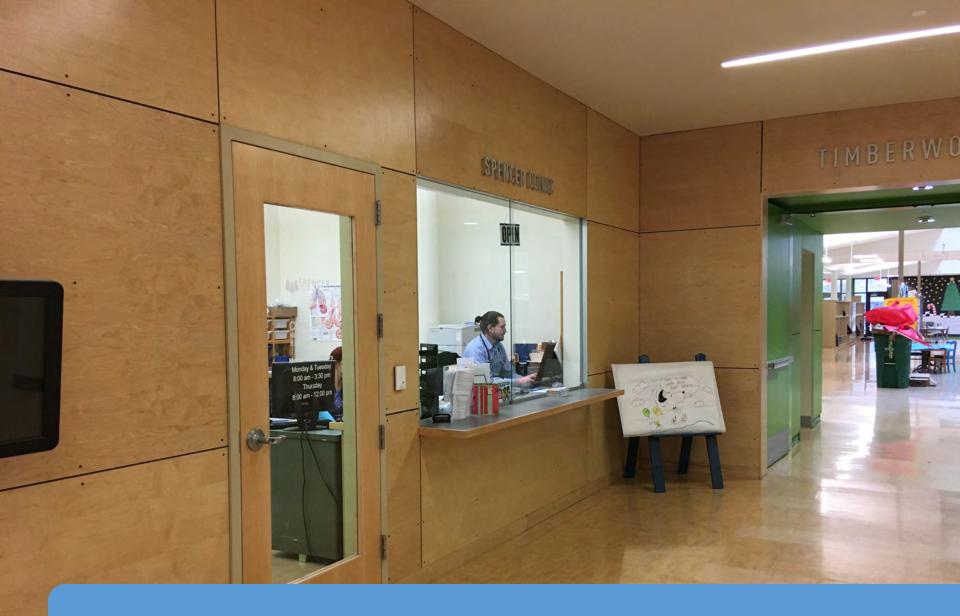








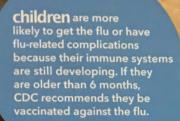




Vernonia K-12 School



Vernonia K-12 School



Seniors are more likely

to get the flu because the

vaccination: the regular flu

those 65 and older.

shot, or a high-dose version designed specifically for

immune system weakens with

age. There are two options for

everyone 6 months of age and older should get the annual seasonal flu vaccine as soon as it becomes available-to protect themselves and the ones they love.

flu bug

Protect yourself and your loved ones...

Get Vaccinated Today!

PH: 800-843-7477



share a

MyFluVaccine.com

CLINIC LOCATION(S)

CLINIC DATE(S)

CLINIC TIME(S)

Vernonia K-12 School



Washington Elementary School





Washington Elementary School



Washington Elementary School