



CSHC ENewsletter - September 2008

News from the Field

June NASBHC Conference Overview

The 2008 Annual National Assembly on School-Based Health Care Convention was unarguably a success. NASBHC had multitudes of positive feedback from the 659 attendees including a number who said this year was the “best NASBHC convention I’ve ever attended.” The theme *Taking Action Against Health Inequities* was carried through two engaging plenary sessions and more than 60 workshops in six tracks. The convention kicked off with *A Right to Care*, a one-woman performance written and performed by Tony Award-winning playwright Sarah Jones. The piece illuminated a variety of issues ranging from chronic disease to cultural barriers; to care from immigrant health concerns to the impact of economic obstacles on the health of Americans of every background. The keynote speaker, Dr. Anthony Iton of the Alameda County Health Department, gave a moving multimedia presentation, combining health inequities data with clips from the documentary *Unnatural Causes: Is Inequality Making Us Sick?*

Other highlights included:

- Visiting the Sun Valley Health Center, which operates as a school-based FQHC, and a tour of LAUSD’s asthma and dental mobile vans.
- A true youth presence at the convention. (Read more in the related article about the Youth Board.)
- *Reduce Health Inequality in Your Community!*, a panel conversation with Dr. Margarita Alegria, Director of the Center for Multicultural Mental Health Research; Dr. Michael Trujillo, Executive Director at the Translational Genomic Research Institute; and Terri Wright, Program Director at the W.K. Kellogg Foundation.

Keep your calendar clear for June 2009 when NASBHC will be in Hollywood, Florida!



CSHC Youth Board members with Tony Award-winning actress Sarah Jones (in red shirt). Board members (L to R): Bertrand Perdomo, Denise Felix, Alison Wu, George Chacon, and Katie Kaplow.

CSHC Youth Board at NASBHC Conference

Members of CSHC’s Youth Board participated in the first ever youth-focused training sessions at the annual NASBHC Conference in June in Los Angeles. The Youth Board served as mentors to nearly 50 other youth who came from more than seven different states. They also presented a workshop—attended by more than 60 youth and adult attendees—on their experiences during their first year on CSHC’s state youth board. In addition, Youth Board members Alison Wu and George Chacon supported Tiffany Clarke of NASBHC in delivering leadership training for the visiting youth. Our Youth Board members are

now gearing up for their second year on the board, and are preparing to welcome five new members, who will represent various universities and different regions of California.



Members of Berkeley High School Health Center’s Youth Advisory Board

Berkeley High School Health Center Wins 2008 Outstanding Reproductive Health Youth Development Program Award

This issue’s *CSHC Spotlight* is on the Berkeley High School Health Center, a clinic that has been extremely successful providing integrated services (medical, mental health and health education) to students through a one-stop experience with immediate referrals for additional services when needed. The center takes a holistic approach to student health, making certain each client is assessed on nine areas of their lives, including home environment, work issues, drug or alcohol use, sexuality, and safety. The center also extensively promotes

youth development, providing leadership opportunities for students, as well as helping them develop life skills. Hip-hop therapy, a writing group, and ten support groups dealing with various issues are some of the programs available to all BHS students. The clinic serves more than 1,600 clients during 7,000+ visits. Fifty-two percent the 3,100-member student body visit the clinic at least once a year. Lisa Sterner, Health Center Director, accepted the award presented at the state association meeting of the NASBHC convention in June. CSHC congratulates Lisa and the entire staff of the BSHHC! To read the entire *Spotlight*, please go to <http://www.schoolhealthcenters.org/docs/BSHHC%20spotlight.pdf>.

School Health Center Client Testifies to Congress on Losing 137 Pounds

Jonathan Miller, a former student at Stone High School in Ann Arbor, Michigan, testified before Congress about how he shed 137 pounds due to the support he received from his high school's health center. Jonathan started exercising twice a week, took yoga classes and participated in group health sessions that were all part of his school day. Jonathan, along with the school health center's dietician, journeyed to Washington, D.C., and shared their story on Capitol Hill in front of a packed audience, including Congressional staffers and local media. At the beginning of the hearing, Sen. Christopher Dodd (D-Conn.) announced the introduction of the Federal Childhood Obesity Prevention Act. Discussion on this bill will likely occur in 2009. To read the ABC News story, go to: <http://abcnews.go.com/Health/story?id=5427238&page=1>.

Delhi School Board Votes to Support New School Health Center

The Delhi school board voted to approve Livingston Medical Group's proposal to open a new school health center on the Delhi High School campus in 2009. This vote is the culmination of a ten-month process that included community needs assessment, surveys, focus groups, discussions with the school district, tours of school health centers, and numerous school board meetings. Plans for the new school health center call for health services focused on primary care, behavioral health, and oral health care services. Livingston will now pursue funding options with the goal of opening the new center by August 2009. During September, Livingston officials will be soliciting community comment in order to ensure that specific needs of residents are taken into consideration.

CSHC News

Join the CSHC Conference Planning Committee

Here's an exciting opportunity to help develop workshop content, outreach strategies, and networking activities for our upcoming annual conference. Commitment includes three committee conference calls and minimal homework. The CSHC conference will be held in Sacramento on March 3-4, 2009. If interested, please contact Samantha Blackburn at 510-868-8066 or sblackburn@schoolhealthcenters.org.

Staff Changes



Dara Tom (left) has joined us as our new Communications Director. She will develop the overall strategic communications plan, which includes everything from the Web site to printed materials to leveraging our message with other stakeholders. Contact her with ideas and inquiries at dtom@schoolhealthcenters.org or 510-808-4079. UC Berkeley graduate student **Teresa Chin** recently completed a summer internship with us and began development of a new parent engagement tool and a nutrition and physical activity program policy report. Teresa will continue to work

with us to complete these and other school health resources. **Hector Lara**, Central Valley Field Coordinator, left CSHC at the end of August to attend film school in Spain and to continue his studies abroad. **Cathy Martin**, Finance Director, has left CSHC to pursue a new opportunity with the California Hospital Association.

New Board Member

We'd like to give a big welcome to **Elizabeth Miller**, who has joined CSHC's Board of Directors. Liz brings a wealth of knowledge in pediatrics and adolescent health. She is an assistant professor in pediatrics at the UC Davis School of Medicine, as well as the director of the residency clinic in the UC Davis Department of Pediatrics.

Online Donation Option

It's now easier than ever to join or support CSHC! An online donation option has been added to our Web site at: <http://www.schoolhealthcenters.org/membership.asp>. From the main page, click on the "Join or Support CSHC" button to be directed to a credit card donation option. All donations to CSHC are fully tax deductible.

New CSHC Brochure Ready for Prime Time

Our latest four-page brochure is a great way to spread the word about the benefits of school health centers. A great balance of real stories, photos, testimonials, and a general description of a school health center, our brochure is perfect for any audience and works well as a stand-alone (printed on slick card stock) or as a complement to an information packet. To request copies, please call (510) 268-1260 or go to our Web site for PDF version at: <http://www.schoolhealthcenters.org/docs/Taproot%20Brochure.pdf>

Policy Updates

SB 564 Awaits Governor's Signature

SB 564 has made significant progress with the California Assembly passing it 46-31 (on August 22) and the Senate passing it 24-14 (on August 29). It now awaits Governor Schwarzenegger's signature. However, the Governor has stated that he will not sign any bills until a budget deal is reached and he is unlikely to sign any bills that would create "cost pressures." Last year, in response to the unfavorable budget climate, SB 564 (Ridley-Thomas), which would create a state grant program for school health centers, was placed in the inactive file and became a two-year bill. While the state budget situation has declined even further, Senator Ridley-Thomas, along with CSHC and our bill co-sponsors, the California Primary Care Association and the Latino Coalition for a Healthy California, decided to move forward with the bill. Whatever the outcome of SB 564, CSHC will continue to work with the Legislature and the Governor's office to increase resources for school health centers. To read Senator Ridley-Thomas' Press Release, please go here: <http://www.schoolhealthcenters.org/docs/08.29.08%20Sb%20564%20to%20Gov.pdf> Please contact Kristin Curran at kcurran@schoolhealthcenters.org with any questions, comments or concerns.

MHSA Student Mental Health Initiative Moves Forward

In June 2007, the Mental Health Services Oversight and Accountability Commission (MHSOAC) voted to approve \$60 million in statewide initiative funds for a Student Mental Health Initiative (SMHI) in response to the tragedy at Virginia Tech. This funding is separate from the county-specific streams of funding. While some administrative hurdles have delayed implementation of the initiative, it appears these barriers have been overcome and that a Request for Applications (RFA) will be released sometime toward the end of 2008 and/or beginning of 2009. Twenty grants ranging from \$100,000 to \$350,000 will be awarded to K-12 applicants. To download additional information on the Student Mental Health Initiative, please go to:

http://www.schoolhealthcenters.org/docs/StudentMentalHealthInitiative_091807.pdf

CSHC will be following any developments related to the SMHI and will send an update once the RFA is released.

State Budget Impasse Hurts School Health Centers, Families and Stakeholders

Governor Schwarzenegger and legislators have been unable to reach a compromise on the budget for the current fiscal year, which began July 1. Negotiations have stalled with the Governor proposing a temporary sales tax increase, and Republican legislators refusing to accept any tax hikes. As a result, California's most at-risk populations are suffering, including those who are served by, and work in, school health centers. For example, legislative budget negotiators have decided to increase premiums for the state's Healthy Families program, which pays for medical care for more than 850,000 children of low-income workers. As a result, it is estimated that at least 30,000 children will lose coverage. Moreover, legislators have created a new requirement that Medi-Cal health coverage be renewed every six months. If included in the final 2008-09 state budget, semi-annual reporting for children in Medi-Cal would lead to more than 250,000 children losing their health insurance over the next three years. Meanwhile, payments to safety net providers, including community clinics, who provide medical services to many of California's school health centers, have been delayed, or stopped completely, causing providers to reduce services and lay off staff. To stay up to date on budget negotiations, go to:

<http://www.sacbee.com/780/>. For more information on children's coverage and the budget, go to: <http://www.100percentcampaign.org/>

Conferences & Workshops

California Mental Health Policy Forum

Sponsor: California Institute for Mental Health (CIMH)

Date: 11 September 2008

Place: Palo Alto, CA

One-day registration:

<http://elearning.networkofcare.org/CiMH/PackageOverview.asp?id=167935>

Cost: \$190 (to request a waiver of the fee, contact Alice Washington at

awashington@cimh.org or at 916-556-3480, ext. 139

Contact: James Hernandez at jhernandez@cimh.org

CSHC has been working with CIMH on their policy forum, “Mental Health and Education: A Partnership for Creating Healthy School Communities.” Public mental health leaders are very interested in having a dialogue to explore how the two systems can better partner to improve the mental health of our children and youth (K-12) through the opportunity presented by the California Mental Health Services Act (Proposition 63). CIMH would like to extend an invitation to school personnel, school health centers, and community organizations working in school mental health to this one-day event (part of the 3-day California Mental Health Policy Forum).

2008 Adolescent Health Conference



Sponsor: California Adolescent Health Collaborative

Date: 18-19 September 2008

Place: Los Angeles, CA

Contact: Sharon Kosch, conference@californiateenhealth.org

Link: www.californiateenhealth.org/conference_2008_home.asp

Designed for those who work with and support youth and are ready for action on adolescent health issues. A Youth Track for youth peer educators is a special part of this conference. Featured sessions include teen dating violence; reproductive justice; and school health centers. Among the sessions to be offered are: building partnerships, addiction, minor consent, pre-parent education, homeless youth, pregnancy prevention, and suicide.

13th Annual Conference on Advancing School Mental Health

Sponsor: Center for School Mental Health

Date: 25-27 September 2008

Place: Hyatt Regency, Phoenix, AZ

Register: <http://cf.umaryland.edu/csmha/confreg2/>

The theme for the conference is “Building a Shared Agenda for Youth, Families, Schools, and Communities.” The meeting will offer numerous opportunities to network and learn more about best practices in school mental health.

Dimensions X Conference

Sponsor: Dimensions Clinic

Date: 26 September 2008

Place: LGBT Center, San Francisco, CA

Register: www.dimensionsclinic.org/conference.html

Learn about Dimensions’ unique and effective model serving LGBT adolescents and current practices for providing culturally competent care to this population.

Obesity Prevention

Sponsor: California Medical Association Foundation

Date: 27 September 2008

Time: 9 a.m. to Noon

Place: Airport Hilton, Oakland, CA

Contact: Jennifer Caulfield at jcaulfield@thecmafoundation.org

Link: www.thecmafoundation.org

The Foundation's Obesity Prevention Project will hold its Cultural Competency Training Symposium to provide physicians and healthcare providers with comprehensive tools, resources and tips to provide culturally competent obesity prevention education and services for their patients.

Building Strong Nonprofits: 17th Annual CAN Conference

Sponsor: California Association of Nonprofits

Date: 22-23 October 2008

Place: Los Angeles, CA.

Link: www.canonprofits.org/events/building-strong-nonprofits/

Keynote speaker will be Torie Osborn.

Parent Leaders: An Untapped Resource in Education



Sponsored by: Center for Parent Leadership

Date: 6-7 November 2008

Place: Lexington, KY

Contact: Molly Toney 859-233-9849 ext. 226;

mtoney@prichardcommittee.org

Link: www.prichardcommittee.org

Come see how the Center for Parent Leadership is creating a lasting impact all over the United States with parents who want to make a difference in their child's education.

Quarterly Meeting of the LA Coalition of School Health Centers

Sponsor: LA Coalition of School Health Centers

Date: 20 November 2008

Time: 1:30 p.m. - 3:30 p.m.

Place: Los Angeles, CA

Contact: Sang Leng Trieu at 213-694-1250, ext. 4467

The LA Coalition unites stakeholders in advocating for public policies that support school health centers by building partnerships, fostering networking and sharing of resources, and serving as a channel of communication about school-based health care in Los Angeles County.

Rural Minority and Multicultural Health Conference

Sponsor: National Rural Health Association

Date: 9-12 December 2008

Place: Hilton Hotel, Albuquerque, NM

Contact: rmckenzie@nrharural.org

Link: www.ruralhealthweb.org/

One of the only meetings in the nation focusing on rural minority and multicultural health issues, this event is designed to benefit those who are dedicated to bringing quality health care services to this underserved and often under-represented portion of the rural population.

CSHC Annual Conference

Sponsor: California School Health Centers Association

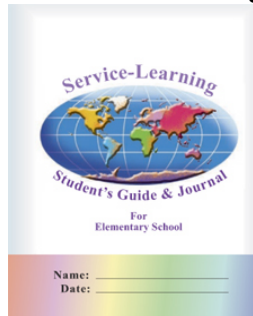
Date: 3-4 March 2009

Place: Sacramento, CA

Save the date for next year's CSHC conference at the Sacramento Convention Center.

Tools & Resources

Service Learning: Student's Guide & Journal



This book will help your students improve their thinking, writing, research, collaboration, leadership, and communication skills as well as inspire them to enthusiastically engage in meaningful community service. Students who are involved in meaningful Service-Learning do better on tests, are more connected to the community, are less likely to be involved in negative behaviors, and are more likely to graduate. This book uses extensive journals, charts, graphs, and directed questions to elicit personal reflection. Elementary, middle/high school, higher education editions are available for \$4.50-\$5.50 each. For more

information, please visit: www.ServiceLearn.com, or contact Robert Schoenfeld at 206-722-1988

Expanding Access to Dental Care

The California HealthCare Foundation has released its latest report on access to oral health care, *Expanding Access to Dental Care through California's Community Health Centers*. The report focuses on specific barriers faced by California's federally qualified health centers in expanding dental services, and is based on in-depth interviews at clinics and other supporting organizations. Included are a set of recommendations to help community providers overcome impediments, improve productivity, and increase capacity. A companion report, *The Good Practice: Treating Underserved Dental Patients While Staying Afloat*, outlines: creating a strategic plan; the reimbursement process and payer mix; patient flow; staffing patterns; business systems; and new technologies and clinical programs. Both reports are available on the CHCF Web site, <http://www.chcf.org/topics/view.cfm?itemID=133706>.

Compensation & Benefits Survey

The *2008 Compensation & Benefits Survey* is now available with specific reports on Northern and Southern/Central California regions. Cost to nonprofits depends on budget size, but access to single job titles is available for \$10-\$30 each. For more information, go to www.cnmsocal.org/salarysurvey.html.

School Suicide Prevention Accreditation Program

Suicide is the third leading cause of death for youth ages 10-24. One in 11 high school students has made a suicide attempt in the past 12 months. Despite these frightening statistics, few people have sufficient training to adequately intervene. For school psychologists, social workers, counselors, nurses, and all others responsible for reducing the incidence of suicide and suicidal behaviors among school-age youth, the American

Association of Suicidology has introduced its new School Suicide Prevention Accreditation Program. The program focuses on best practices, risk factors, warning signs, prevention, reintegration, and more. Visit: www.suicidology.org or call AAS at 202-237-2280 for more details.

Safe in the City Educates Youth about STD Prevention

Safe in the City is a 23-minute educational video produced by the Centers for Disease Control & Prevention. Proven effective in reducing STDs, it can be used in a waiting room setting and is targeted toward a diverse, sexually active, young adult audience. *Safe in the City* is a practical mechanism for delivering HIV/STD prevention messages at a relatively low cost and with easy implementation, and high likelihood of healthier behaviors being adopted and sustained over time. View and download the video for free at www.safeinthecity.org.

Partner with PTA to Promote Healthy Lifestyles

Partner with a local PTA on a November 2008 event promoting regular exercise, good nutrition, or other healthy habits. Then, encourage the local unit to apply for a PTA Healthy Lifestyles Award of up to \$1,000 to support those plans. In 2007, hundreds of PTAs across the country held health fairs, launched fitness programs, held recipe contests, and organized cooking demonstrations, walkathons, yoga classes, and more. Forty PTAs received PTA Healthy Lifestyles Awards. This year's award applications are due Friday, Sep. 5, 2008. For more information, visit: www.pta.org/healthylifestyles.

Job Postings

Central Valley Field Coordinator

CSHC is seeking a Field Coordinator who will be the primary contact between CSHC and school health centers in the Central Valley. The coordinator will work with school health centers to advance CSHC's state and federal policy agenda and to support local-level advocacy and capacity-building activities that support sustainable school-based health center funding. The Field Coordinator will be expected to develop knowledge of public policy issues related to children's health care and school health programming. To see a full job description, please go to:

<http://www.schoolhealthcenters.org/docs/CV%20Coord%20job%20descrip.pdf>

To apply, please send a cover letter and resume to: jobs@schoolhealthcenters.org

Oakland Program Manager

Oakland Unified School District is recruiting for a Program Manager, School-Based Health Centers, who will manage and lead the development and implementation of comprehensive health services at District new and existing school-based health centers. For more information visit, <http://www.edjoin.org/viewPosting.aspx?postingID=246171&countyID=1> or call Samantha Blackburn at 510-375-3185.

Adolescent Services Director

La Clinica de la Raza in Oakland is recruiting for a new Adolescent Services Program Director to plan, organize and direct all community-based youth health services for La Clinica de La Raza, including Clinica Alta Vista (CAV) and all school-based health centers. Please contact Natalie Rosas at nrosas@laclinica.org or 510-535-2936

School Health Services Administrator

The Alameda County Health Care Services Agency is seeking a School Health Services Administrator to oversee school health centers within the county, manage programs, as well as plan and implement major school health initiatives. Contact James Nguyen at

James.Nguyen@acgov.org