***Hallways to Health***

**Competitive RFP Opportunity**

The California School Health Centers Association (CSHC) is seeking five partner SBHCs to apply for a new project called *Hallways to Health*. This project is being led by the National Assembly on School-Based Health Care (NASBHC) as part of a national, multi-state campaign with Kaiser Permanente (KP) known as *Thriving Schools*, which aims to have students, staff, and teachers focus on making healthy choices. *Thriving Schools* is a partnership with school districts leaders, teachers, administrators, parents, students, clinicians, unions, employer groups, and community organizations working to improve health and enhance school climate. The multi-year *Hallways to Health* grant will expand the role that SBHCs play in advancing obesity prevention, social and emotional health, and school employee wellness.

# Overview

Selected SBHCs will be expected to facilitate improvements in health behavior among students, their families and school staff, in *all* of the following arenas:

* Obesity prevention
* Social and emotional health
* School employee wellness

Participating SBHCs will implement health improvement programs at *each* of the following levels:

* Clinical service delivery (e.g., BMI assessments and counseling interventions)
* School wide health education and promotion (e.g., bullying prevention)
* Policy and environmental change (e.g., improving access to healthy foods and physical activity for students and staff, adapting school discipline policies to include therapeutic responses to student misbehavior)

This project will help drive an understanding of best practices in the field, and participating SBHCs will be recognized nationally for their participation.

All partners will be expected to utilize the collaborative model for breakthrough change, a conceptual framework designed by the Institute for Health Care Improvement. This approach emphasizes use of the Plan-Do-Study-Act (PDSA) cycle for rapid process improvement. More information about this approach can be found [here](http://www.ihi.org/knowledge/Pages/HowtoImprove/default.aspx). The learning collaborative will provide for peer learning, shared accountability, and leadership development. It will build the skills of participants throughout the 2-year process. All partners will participate in a series of expert-led forums featuring interactive, experiential learning techniques, and will receive resources and tools to support core competency areas and evidence-based practice.

**Funding Available**

Each SBHC partner will receive $45,000 per year for two years, starting May 1, 2013.

**-- Applications are due to CSHC on April 5, 2013 --**

# Eligibility/Selection Criteria

* We will be selecting 5 SBHCs to participate in our learning collaborative – from the Northern and Southern California Kaiser regions.
* Applicant should be SBHC sponsor/fiscal agent. Applicant may be school district/LEA, community health center/FQHC, hospital, or community-based organization.
* To be eligible, your SBHC must be located in a Kaiser Permanente Service Area. To find out if it is, check your SBHC zip code here:

[Northern California](http://info.kaiserpermanente.org/steps/zipcodes_nocal.html)

[Southern California](http://info.kaiserpermanente.org/steps/zipcodes_socal.html)

*\*Priority will be given to CSHC members*

**Your SBHC must:**

* Be school-based (not school-linked or mobile)
* Already be seeing patients or will begin to see patients by August 2013
* Be open at least 4 days per week **AND** operate at least 20 hours per school week
* Have both a primary care provider and mental health professional working within the SBHC
* Demonstrate enthusiasm for the initiative and commit to attending all required meetings/trainings
* Not be in danger of ceasing operations
* Have completed/will complete the NASBHC SBHC census

**Your school site must:**

* Demonstrate enthusiasm for participating in the initiative
* Have a significant low-income student population, which can be defined by one or more of the following metrics:
  + School receives Title I funding
  + Free/reduced lunch rate of at least 50%
* Not be in danger of closing

**It would be an *additional bonus* (but not required) if your school:**

* Has a credentialed school counselor or social worker on staff
* Has a school nurse on staff at least 50% of school hours
* Has a fulltime health and/or P.E. teacher on staff
* Requires health education in at least one grade
* Has after school programs
* Has established a wellness council
* Is a community school - Defined as both a place and a set of partnerships between the school and other community resources. Its integrated focus on academics, health and social services, youth and community development and community engagement leads to improved student learning, stronger families, and healthier communities. The school serves as a hub by bringing together many partners to offer a range of supports and opportunities to children, youth, families, and communities. (*Source: Coalition for Community Schools).*

# SBHC Responsibilities/Commitments

If selected, your SBHC will be expected to participate in a statewide learning collaborative. All SBHCs will need to:

1. Complete a variety of *assessments*, including:
   1. A baseline, mid-point and final assessment of current practices, existing resources, school community needs and skills related to improving target health behaviors
2. Participate in the *learning collaborative* which includes:
   1. Project orientation webinar in May.
   2. One person from SBHC to attend national planning meeting with NASBHC and KP partners on June 22, 2013 at NASBHC Convention in Washington DC.
   3. In-person, initial project training with CSHC (in Bay Area, early Fall 2013)
   4. Participate in *monthly phone or webinar meetings* with CSHC for progress reporting, consultation and technical assistance.
   5. Booster training sessions linked to June 2014 NASBHC convention (travel and registration paid by NASBHC)
3. Develop and implement a Program Improvement Plan including:
   1. *Identify specific activities and programs to improve student, family, and staff wellness*. The Program Improvement Plan might include activities such as establishing a school wellness committee, incorporating healthy snacks and drinks into staff meetings and lunchrooms, conducting school wide BMI screenings, or expanding the school safety plan to include new policies and procedures for responding to bullying, violence, or dating abuse among students.
   2. *Plan, implement and continuously revise PDSA cycles* according to experience.
   3. *Create an ongoing “storyboard” demonstrating progress toward implementing your program.* The storyboard is a graphical representation of your program progress and successes, and may be digital or “hardcopy.”
4. Submit *quarterly progress reports* to CSHC.
5. Share your site’s experience and findings through at least one *workshop, webinar and/or publication.*

**Ongoing training and technical assistance will be available throughout this program, with significant support from CSHC, NASBHC and Kaiser Permanente.**

**Questions? Please contact Samantha Blackburn at** [**sblackburn@schoolhealthcenters.org**](mailto:sblackburn@schoolhealthcenters.org)

**Application**

**Please answer the following questions and return to Samantha Blackburn (**[**sblackburn@schoolhealthcenters.org**](mailto:sblackburn@schoolhealthcenters.org)**) electronically by April 5, 2013 no later than 5:00 pm.**

1. **Background Information/Qualifications**

**A. About the Applicant Organization (SBHC sponsor/fiscal agent)**

|  |  |  |
| --- | --- | --- |
| Agency: |  | |
| Type of organization (check only one): | Community health center/FQHC  School district  Hospital | Non-profit organization  Other: |
| Total Annual Budget: |  | |
| Contact Name: |  | |
| Contact Title: |  | |
| Contact Email: |  | |
| Contact Phone #: |  | |
| Contact Address: |  | |

**B. About the SBHC You Are Applying For**

|  |  |  |
| --- | --- | --- |
| Name of SBHC: |  | |
| Date SBHC established: |  | |
| Address: |  | |
| Name of School:  Is this a Title I school? | YES  NO | |
| School where SBHC is based is (check all that apply): | Elementary school  Middle school  High school | All ages (K-12)  Other: |
| Enrollment at host school (#): |  | |
| # SBHC patients: *(This # should include all unique patients within a 1-year period)* |  | |
| SBHC operating hours: |  | |
| Current SBHC staff titles and % FTE for each staff:  *Please include all SBHC staff, even if employed by a partner agency.* |  | |

**B. Student demographics**

|  |  |  |
| --- | --- | --- |
| Racial/ethnic composition of student body (%):  (TO FIND THIS INFORMATION, GO TO [Ed-Data Website](http://www.ed-data.k12.ca.us/App_Resx/EdDataClassic/fsTwoPanel.aspx?)) | American Indian/ Alaska Native  Asian  Native Hawaiian/ Pacific Islander  Filipino | Hispanic/Latino  Black/African American  White  Two or more races  Not reported |
| Free/reduced price enrollment: (TO FIND THIS INFORMATION, GO TO <http://www.cde.ca.gov/ds/sh/cw/filesafdc.asp>. Download the top file on the left called frpm2010. This is an excel file that lists all schools in California. Use the “find” button to find your school.) | % of students eligible for free or reduced price meals | |
| Please address the bonus selection criteria by indicating whether your school has the following: | A credentialed school counselor or social worker on staff  A school nurse on staff at least 50% of school hours  A fulltime health and/or P.E. teacher on staff  Requires health education in at least one grade  After school program  A wellness council  Is a community school | |

1. **Project Narrative**

Your total project narrative should not exceed 3 pages (single-spaced).

1. **How is your SBHC engaged in health promotion and wellness programs?** (Please be as specific as possible.)
   * 1. Highlight any experience targeting obesity prevention, social and emotional health, and school staff wellness.
     2. Please provide one or more concrete examples of how your wellness programs have improved health behaviors or the school environment.
2. **Has your SBHC been involved in influencing policy at the school or community level?**  If yes, please describe.
3. **How would this project support work your SBHC is already doing, or wanting to do?** Please specifically address the goals of the initiative: advancing obesity prevention, social and emotional health, and school employee wellness through 1) clinical service delivery, 2) education, and 3) policy and environmental change.
4. **Please describe your SBHC’s relationship with:** 
   * 1. **School staff**
     2. **Families**
     3. **Community groups/members**
5. **Part of this project involves participating in a learning collaborative. What are some of the challenges you’ve encountered in this work that could be addressed through this learning collaborative?**
6. **What other resources and partnerships would you bring to support your work on this project?**
7. **How would your SBHC sustain the efforts of this project?**

|  |  |  |  |
| --- | --- | --- | --- |
| **Thriving Schools Budget** | | | |
| SBHC Name: | | | |
|  | Year 1 | Year 2 | TOTAL |
| **PERSONNEL** (list title, FTE on project, and role in project): |  |  |  |
|  |  |  | $ - |
|  |  |  | $ - |
|  |  |  | $ - |
|  |  |  | $ - |
| **Supplies** |  |  | $ - |
|  |  |  | $ - |
| **Travel:** |  |  | $ - |
| One SBHC staff to national meeting at NASBHC convention: June 22nd, 2013 in Washington DC (2 nights hotel and flight) |  |  |  |
| Two SBHC/school staff to a one-day statewide kick-off workshop in the Bay Area: |  |  | $ - |
|  |  |  | $ - |
| **Indirect** (cannot exceed 15% of direct costs) |  |  | $ - |
|  |  |  | $ - |
|  |  |  | $ - |
|  |  |  | $ - |
|  |  |  |  |
|  | $45,000 | $45,000 | $90,000 |