SBHCs
(School-Based Health Centers)
101
The California School-Based Health Alliance is the statewide non-profit organization dedicated to **improving the health & academic success** of children & youth by **advancing health services in schools**.

Learn more: [schoolhealthcenters.org](http://schoolhealthcenters.org)
Presenters

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California School Based Health Alliance

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Sierra High School
Become a member, get exclusive benefits

- Conference registration discount
- Tools & resources
- Technical assistance

Sign up today: bit.ly/CSHAmembership
WORKSHOP OBJECTIVES

Provide attendees with the tools to launch the first steps in SBHC planning process

Provide attendees with inspiration from the development of an Inland Empire wellness center
WHAT IS A SCHOOL-BASED HEALTH CENTER?

- Delivers primary medical care PLUS other services
- Located on or near a school campus
- Serves students and sometimes siblings, family members, and the community
- Promotes school-wide health
SCHOOL-BASED HEALTH CENTERS AND GROWING
WHAT SERVICES ARE PROVIDED?

- Medical: 85%
- Mental Health: 70%
- Dental Prevention: 65%
- Reproductive Health: 60%
- Youth Engagement: 51%
- Dental Treatment: 35%
WHO IS SERVED?

83% of SBHCs serve broader community

17% of SBHCs serve students only

School Levels Served:
- High School: 47%
- Elementary School: 26%
- Mobile/School-linked: 16%
- Middle School: 11%
WHO RUNS SCHOOL-BASED HEALTH CENTERS?

- Community Health Centers: 55%
- School Districts: 29%
- Other (e.g., Hospital, Health Dept.): 16%
School-Based Health Centers Are a Proven Approach to Health & Education Equity

- **Easy & Safe Access**: Meet students where they are—in school
- **Integrated Health Care**: Coordination between school and community health care providers
- **Whole Child Approach**: Physical + Mental + Social Emotional Health
SBHC IMPACT

- Increased seat time, decreased absenteeism $^{1,2}$
- Increased access to health care $^{3,4,5,6,7,8}$
- 10-21x more likely to use MH services at SBHC$^2$
- Reduced ED utilization for asthma $^9$
- Increased school connectedness $^{10,11,12}$
- Reduced risky behaviors esp. LGBTQ youth$^{13,14}$
An example of SBHCs in action
MORE THAN HEALTH CARE – ITS PUBLIC HEALTH

SBHCs can sometimes see 90%+ of the student body
Ongoing & Mass Screening for medical home, insurance, vaccines, legal needs, STIs etc.

Holiday Food, Clothing & School Supply Giveaways
Health Fairs & Wellness Campaigns
Staff Wellness Activities
PBIS & COST Support
PD For Staff & Teachers
• Peer Health Educators

• Youth Advocacy Projects

• Research Teams (CBPR)

• Youth Advisory Boards

• Health Career Pipeline Projects
The best SBHCs are a result of a strong link between the school district and clinic provider. Other beneficial partners can include:

- Community-based organizations
- Municipalities
- County public health departments
- Mental health providers

SBHCs work best when well integrated into the school environment.
Best Practices in Coordination

Communication:
• Have a strong MOU!
• Monthly partner meeting
• Weekly Coordination of Services Team (COST) meetings
• Teacher/staff outreach & PD

Student Access:
• Get consents at registration!
• Plan on how students access services

Plus Tb tests for teachers/staff
How SBHCs Are Financed

- **Reimbursement** through Medi-Cal, health plans, Family PACT, Child Health and Disability Prevention Program (CHDP), and contracts for mental health services
- **School district contributions** and in-kind support of space, nurses, utilities, and custodial services
- **Sponsoring agency contributions** or subsidies
- **Government and private grants**
HOW ARE FACILITIES FINANCED?

While some facilities require substantial investment, some are more affordable. Services can be housed in:

- converted classrooms
- on-site portables
- mobile vans

Facility funding options:

- school modernization or construction grants
- local bond measures
- federal & foundation grants
Opportunities to Leverage New State Funding for SBHCs

Student Behavioral Health Incentive Program
- $400 million
- Incentive program through health plans

Community Schools Partnership Program
- $2.6 billion
- to start and expand community Schools

Behavioral Health Infrastructure Grants
- $310 million
- capital projects to address child and youth BH infrastructure

School-Linked Behavioral Health Partnerships
- $500 million
- competitive grants to build partnerships and network for providers
First Steps

Use the Student Health Index to identify schools in your region

Download Vision to Reality - updated version coming soon

Start planning your SBHC
  - Form a planning committee
  - Conduct a needs assessment
  - Identify potential partners
  - Brainstorm facility funding sources
CSHA is here for you!

Tour a SBHC in your region
(Or watch virtual tours from across the state)

Explore our resources on funding, sustainability, start-up, outreach and more

Become a member of CSHA
Citations

Sierra High School is located in the city of San Bernardino and is a part of the San Bernardino City Unified School District (SBCUSD).
Sierra is an alternative education high school that services students that are sixteen or more years of age and in grades 10 through 12 (including fifth-year high school students) who need an alternative to the traditional high school setting.
It is one of nine high schools (including two alternative education schools),

Median Income: National $67,521 San Bernardino $49,997

Current Enrollment 461 (as of October 1, 2021)

- Grade level enrollment as of October 1, 2021
  - Grade 11 - 139 students (30.1%)
  - Grade 12 - 322 students (69.9%)
- Gender
  - Males - 66.6%
  - Females - 33.4%

Student Ethnicity

- Hispanic 81.4%
- White 11.7%
- African American 3.8%
- Two or More Races 1.4%
How it started...
How it started...
How it's going...
Mental Health
Medical
Dental
Counseling Office
# The Trajectory

<table>
<thead>
<tr>
<th>April 2016</th>
<th>April 2018</th>
<th>July 2018</th>
<th>August 2018</th>
<th>February 2019</th>
<th>August 2018</th>
<th>February 2022</th>
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<tbody>
<tr>
<td>District Planning Began</td>
<td>District Wellness Symposium</td>
<td>Sierra HS Planning</td>
<td>Community Outreach</td>
<td>Piloting Begins</td>
<td>Official Opening</td>
<td>Expansion</td>
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</tbody>
</table>
| Needs assessment, SBHA contact, partners contacted | Gathering of district and community partners | • Discussion for need  
• Reorganization of staff & classrooms | • Outreach to community organizations  
• Loma Linda University Med students: Adolescent Depression Awareness Program (ADAP) | • Pilot schools symposium  
• Loma Linda University Child Psychology Practicum Students: Pilot 5 Sierra students  
• Partners Against Violence  
• Hazel Health | • Building of space  
• Social work interns  
• IEHP Navigator  
• Healthy Teeth for Kids | • Inland Career Education Center partnership resource center and hair cuts  
• Community Action Partners: Mobile shower units, vision exams & glasses, job assistance |
Systems of Support

01 Referral Systems
- Universal Screener: New students, yearly
- Request for Intervention: staff submissions, year round
- Hazel Health: Weekly health screenings
- Wellness Team

02 Mental Health
- APCC: Triage, Individual therapy, crisis care, case management
- Loma Linda University Child Clinical Psychology: Individual therapy, group Dialectical Behavioral Therapy (DBT)
- Two MFT Interns: Individual and group therapy
- Partners Against Violence (PAV): Sexual Assault Survivor Services
- Social Work Interns: Case management, check ins

03 Physical Health
- IEHP Navigator: Assists with navigating the IEHP health system (insurance acquisition, making Dr. appts, behavioral health, vision, transportation..)
- Hazel Health: Telehealth, on demand healthcare, on site and at home and weekly health screenings
- Healthy Teeth for Kids: Oral exams, dental cleaning, fluoride, varnish and sealants
- Community Health Education Workers (CHEWS): Community resource referrals (medical, basic needs)
Health and Wellness Class

**Mental Health**
- Universal Dialectical Behavior Therapy
- Stigma of mental illness, understanding mental health & seeking help
- Adolescent Depression Awareness Program (ADAP)

**Substance Use Prevention**
- SBHA: Substance Use Prevention Program (SUP)
- Youth Alternative Solutions Program (YASP)
- Narcotics Anonymous Panel (NA)

**Sexual Health & Pregnancy Prevention**
- Love intimacy & healthy relationships
- Human trafficking
- Relationship abuse
- Preventing pregnancy & transmitted infections

**Wellness Campaigns**
- Student led campaigns embedded with spirit week activities every 6 weeks
- Suicide Prevention, Drug Facts, Physical Health, Kindness Challenge, Safe & Sober, Mental Health Awareness
Student Testimonials