

# SBHCs

## (School-Based Health Centers)

# 101



**CALIFORNIA**  
**SCHOOL-BASED**  
**HEALTH ALLIANCE**

Putting Health Care Where Kids Are

# Putting Health Care in Schools

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

## **Sang Leng Trieu**

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California School Based Health Alliance

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Wellness Counselor  
Sierra High School





# Become a member, get exclusive benefits

- Conference registration discount
- Tools & resources
- Technical assistance

Sign up today:  
[bit.ly/CSHAMembership](https://bit.ly/CSHAMembership)



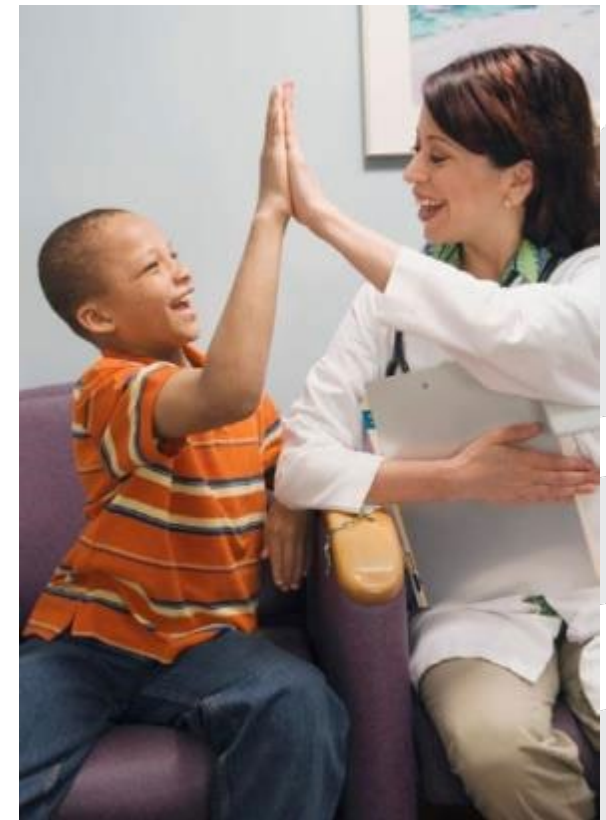
# WORKSHOP OBJECTIVES

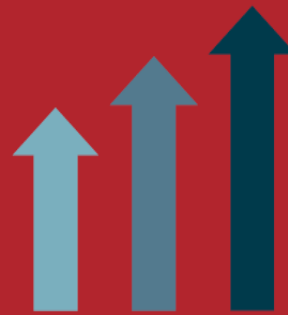
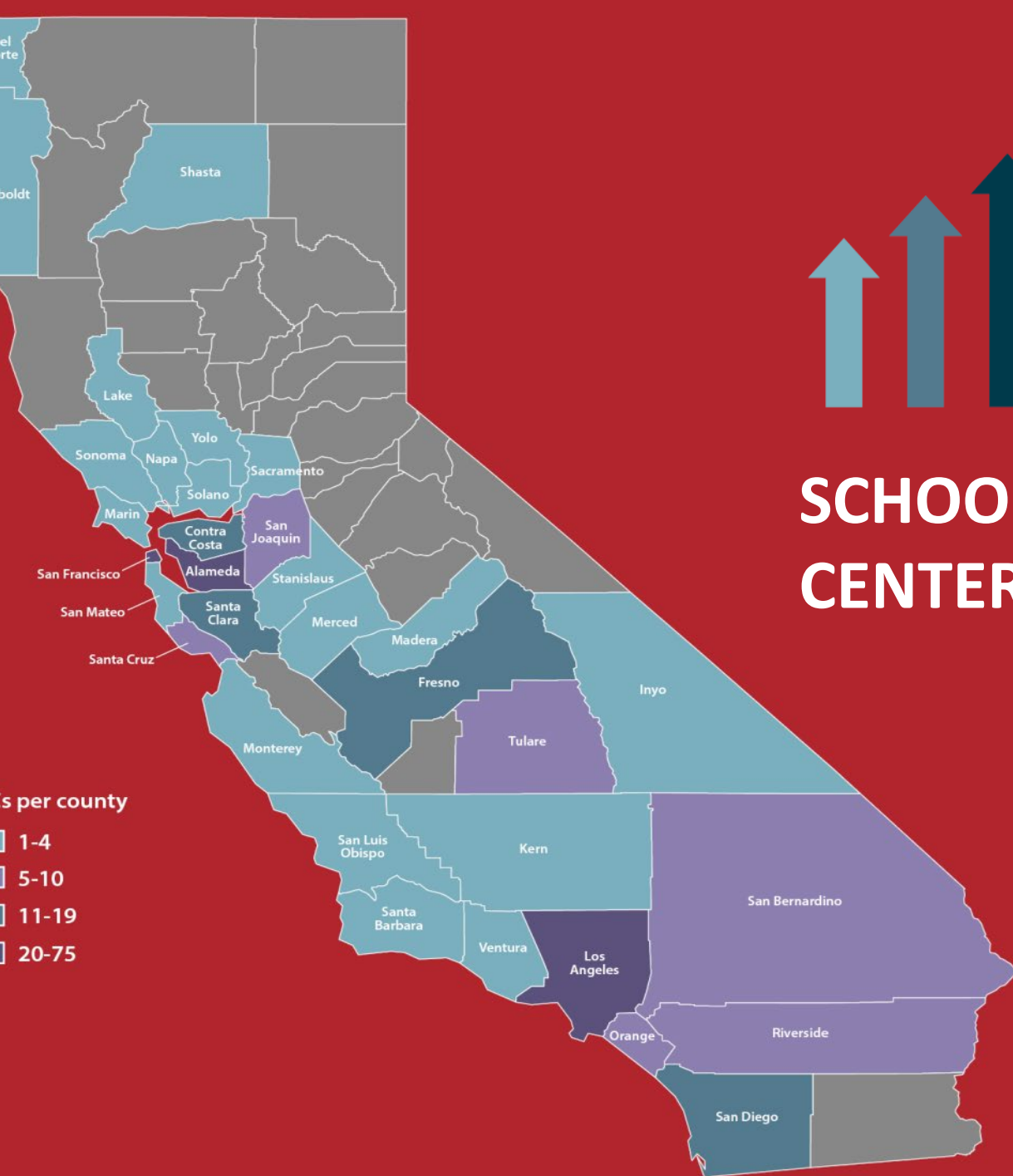
Provide attendees with the tools to launch the first steps in SBHC planning process

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**





293

**SCHOOL-BASED HEALTH  
CENTERS AND GROWING**



# WHAT SERVICES ARE PROVIDED?

**Medical** 85%

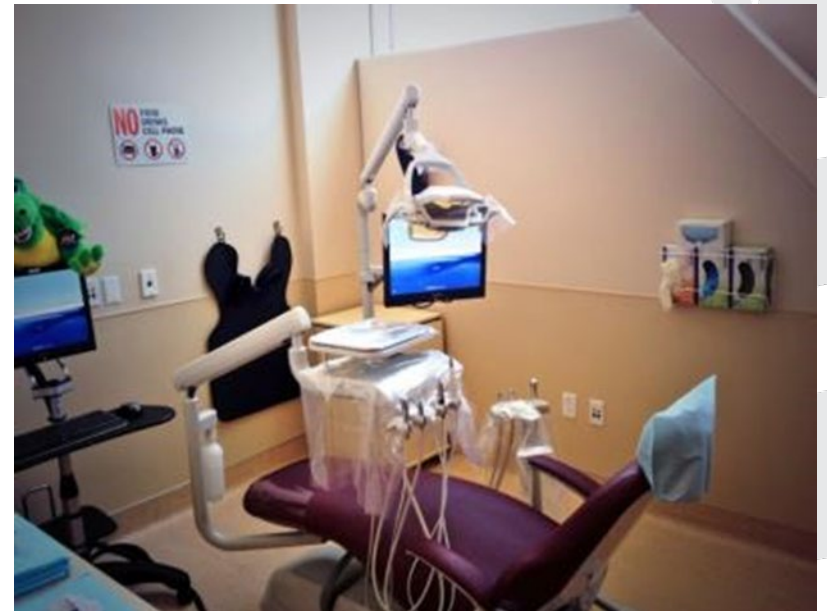
**Mental Health** 70%

**Dental Prevention** 65%

**Reproductive Health** 60%

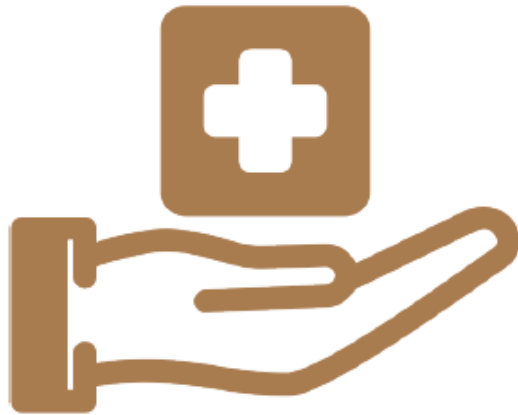
**Youth Engagement** 51%

**Dental Treatment** 35%





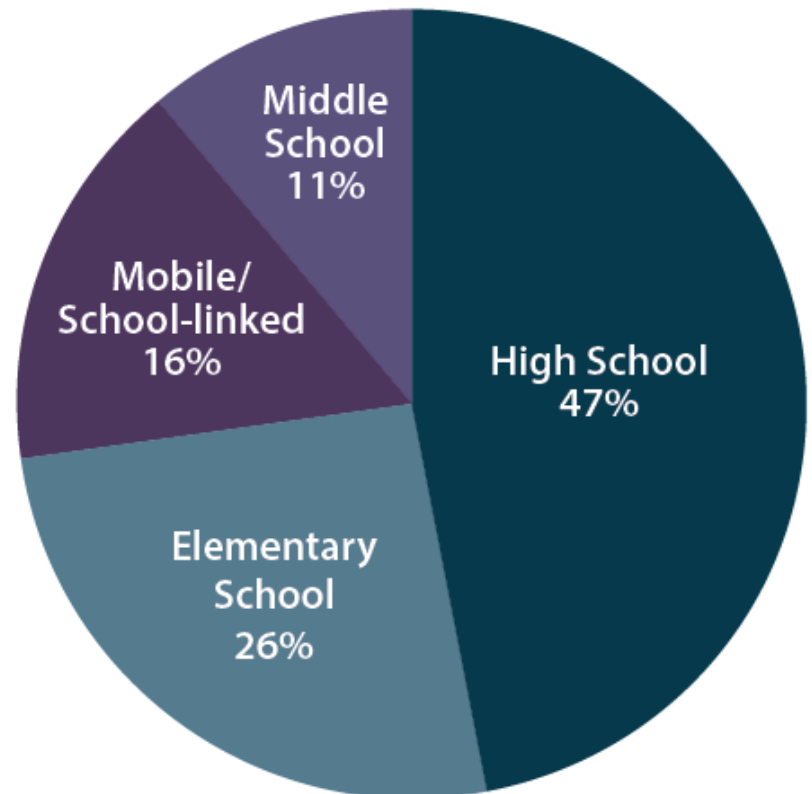
# WHO IS SERVED?



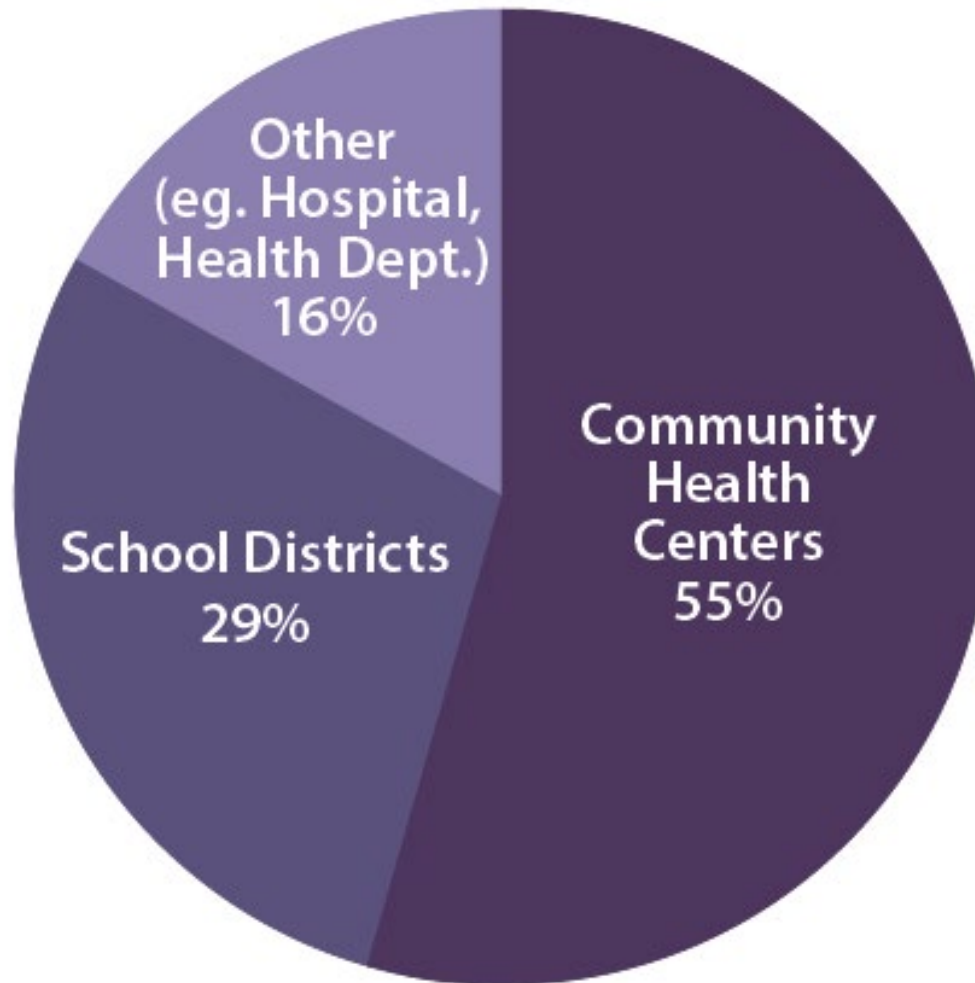
**83%** of SBHCs serve broader community

**17%** of SBHCs serve students only

## School Levels Served



# WHO RUNS SCHOOL-BASED HEALTH CENTERS?



# 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 <sup>1,2</sup>
- Increased access to health care <sup>3,4,5,6,7,8</sup>
- 10-21x more likely to use MH services at SBHC<sup>2</sup>
- Reduced ED utilization for asthma <sup>9</sup>
- Increased school connectedness <sup>10,11,12</sup>
- Reduced risky behaviors esp. LGBTQ youth<sup>13,14</sup>



# 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



# Youth Engagement Models

- Peer Health Educators
- Youth Advocacy Projects
- Research Teams (CBPR)
- Youth Advisory Boards
- Health Career Pipeline Projects



# SBHCS THRIVE ON PARTNERSHIPS

- 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



# STAY CONNECTED



[schoolhealthcenters.org](https://schoolhealthcenters.org)



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[schoolhealthcenters](https://www.facebook.com/schoolhealthcenters)



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Gracias

謝謝

Thank you

Cảm ơn

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# Citations

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# Sierra High School

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),

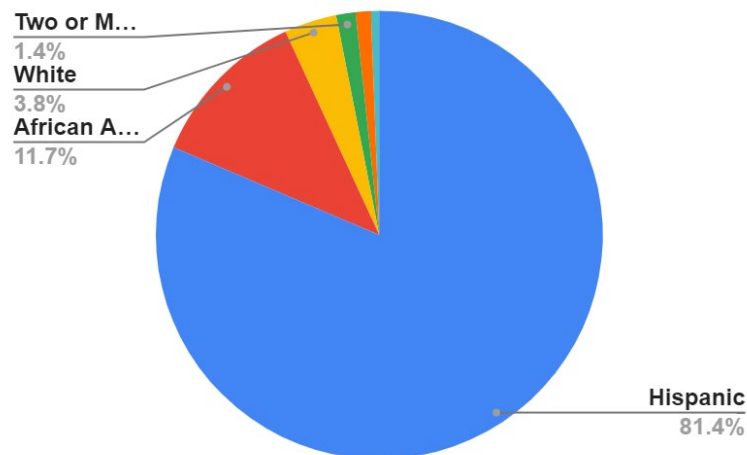
997

**Median Income: National \$67,521 San Bernardino \$49,**

## Current Enrollment 461 (as of October 1, 2021)

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

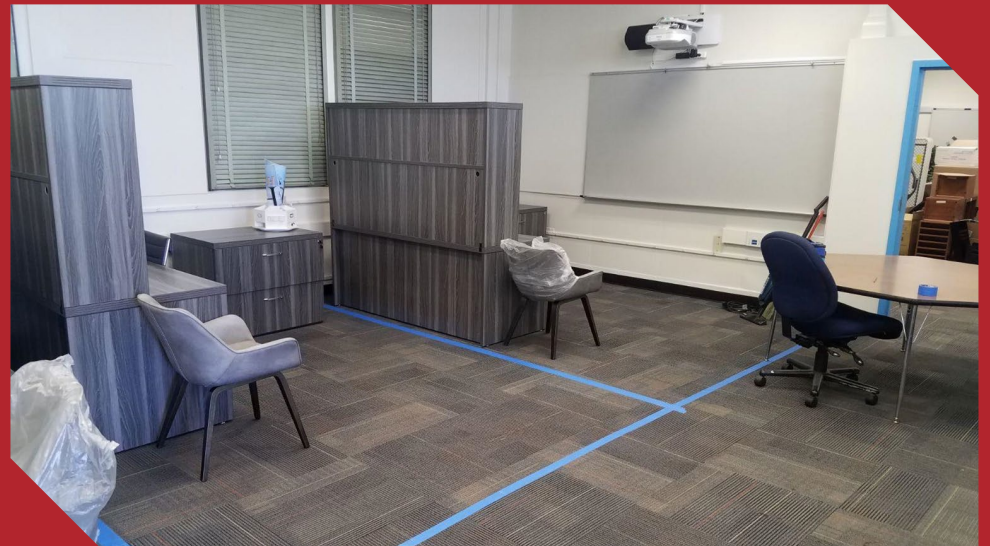
## Student Ethnicity



# How it started...



# How it started...





# How its going...





# Mental Health

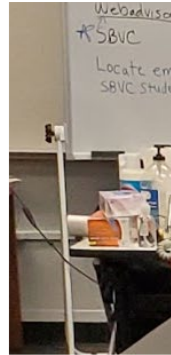


# Medical





# Dental



# Counseling Office





# The Trajectory

April 2016	April 2018	July 2018	August 2018	February 2019	August 2018	February 2022
<b>District Planning Began</b>  Needs assessment, SBHA contact, partners contacted	<b>District Wellness Symposium</b>  Gathering of district and community partners	<b>Sierra HS Planning</b>  <ul style="list-style-type: none"> <li>• Discussion for need</li> <li>• Reorganization of staff &amp; classrooms</li> </ul>	<b>Community Outreach</b>  <ul style="list-style-type: none"> <li>• Outreach to community organizations</li> <li>• Loma Linda University Med students: Adolescent Depression Awareness Program (ADAP)</li> </ul>	<b>Piloting Begins</b>  <ul style="list-style-type: none"> <li>• Pilot schools symposium</li> <li>• Loma Linda University Child Psychology Practicum Students: Pilot 5 Sierra students</li> <li>• Partners Against Violence Hazel Health</li> </ul>	<b>Official Opening</b>  <ul style="list-style-type: none"> <li>• Building of space</li> <li>• Social work interns</li> <li>• IEHP Navigator</li> <li>• Healthy Teeth for Kids</li> </ul>	<b>Expansion</b>  <ul style="list-style-type: none"> <li>• Inland Career Education Center partnership resource center and hair cuts</li> <li>• Community Action Partners: Mobile shower units, vision exams &amp; glasses, job assistance</li> </ul>

# 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 Preventio



- 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

