How to Start an SBHC/Wellness Center: What School Districts/LEAs Need to Know

CSHA Annual Conference
Monday, April 17, 2023
Sacramento
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
Presenters

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- Tools & resources
- Technical assistance

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WORKSHOP OBJECTIVE

1. Identify key planning steps on development of a SBHC/Wellness Center.

1. Describe the developmental process and 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
Historical context of school-based services

- Healthy Start sites
- Wellness Centers
- Well-being Centers
- School-based health center
- School-linked health center
WHAT IS A SCHOOL-BASED HEALTH CENTER?

A student-focused health center or clinic:

• Located on or near a K-12 school campus

• Organized through school, community, and health provider relationships

• That provides age-appropriate, clinical health care services

SBHCs may provide primary medical care, behavioral health services, or dental care onsite or through mobile or telehealth
SBHCs & Wellness Centers

Wellness Centers

**Calming Rooms**
Welcoming, safe drop-in spaces without any clinical services, staffed by some caring adult

**Mental Health only**
Calming rooms plus some on-site clinical behavioral health services, provided by school-employed staff and/or co-located CBOs

**Mental Health+**
Centers with mostly clinical behavioral health plus some other services, like a school nurse and/or sexual/reproductive health

**Comprehensive**
Clinics with full-scope of health services, including physical medical care, behavioral health, and oral health

School-based health centers!
346 SCHOOL-BASED HEALTH & WELLNESS CENTERS
<table>
<thead>
<tr>
<th>Services Provided by SBHCs</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Mental Health</td>
<td>77%</td>
</tr>
<tr>
<td>Medical</td>
<td>67%</td>
</tr>
<tr>
<td>Youth Engagement</td>
<td>62%</td>
</tr>
<tr>
<td>Dental Prevention</td>
<td>49%</td>
</tr>
<tr>
<td>Reproductive Health</td>
<td>48%</td>
</tr>
<tr>
<td>Dental Treatment</td>
<td>29%</td>
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</tbody>
</table>
WHO IS SERVED?

53% of SBHCs serve broader community

School Levels Served
- High School: 45%
- Elementary School: 19%
- Middle School: 14%
- Mobile/School-linked: 12%
- Multiple grade levels served: 10%
WHO RUNS SCHOOL-BASED HEALTH CENTERS?

- Federally Qualified Health Centers: 50%
- School Districts: 28%
- Other (e.g. Hospital, Health Dept.): 22%
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
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**
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
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, startup, outreach and more

Become a member of CSHA
Sierra High School (Continuation)
16 years and older, 10th - 12th, 5th year seniors
Located in the city of San Bernardino
San Bernardino City Unified School District (SBCUSD)
CA Median Income: $78,672, San Bernardino $49,287
CA Poverty Rate: 2020 was 11.4 percent, San Bernardino 23.7
Crime index: 6 (safer than 6% of US cities)
In the process of establishing wellness services on school campuses, schools may inadvertently be overlooking a vital source of successful school-based health center implementation.

Through the collaborative efforts of school administration, school counseling, and wellness, school-based health centers can enhance students' access and use of services by working together to provide early identification and systematic resource provision as well as an integration of services into the school culture.

This approach can be effective in decreasing stigmas associated with mental and physical health issues for our most vulnerable populations.
2016-2017
Planning

District
- Needs assessment
- SBHA contact, partners contacted
- Wellness symposium
- Gathering of district and community partners

Sierra High School
- Transformational leader = positive change
- Sierra HS: Discussion of increasing student distress
- Contracted Dr. Michael McRae for needs assessment, focus groups
- Movement of staff and classrooms

2017-2018
Groundwork Begins

- Examined findings from study
- California School Health Alliance consultation
- CSHBA: From Vision to Reality
- Screener created
- Examining School Counseling Practices
2018-2019 Collaborative Systems of Support

- MOUs & Reefs
- Connecting with community Organizations & piloting of programs
- Holistic approach inclusive of school counseling and wellness support

2019-2020 Official Opening & Tiered Interventions

- Tiered Interventions
- RAMP
- Added Systems of Support:
  Wellness Team: Support and referrals for Tier 3 students
- Request for Intervention Staff referral system
  Social Work Interns: Case management and check ins
2020 -2021
Mental Health and Self Care
interconnected across four
domains of wellbeing

- Wellness Class: Mental health
  and Self Care interconnected
  across four domains of wellbeing
- RAMP Recognition

2021-2022
Expanding Efforts

- Counseling increased work with
  special populations, on campus
  partnerships and attended new
  student intake meetings
- Collaboration with Inland Career
  Education Center (ICEC):
  - Haircuts for students
  - Discussion: Community Resource
    Center

2022-2023
Moving Towards a Community Based School

- Addition of AMFT
- Olive Branch grand opening
- Community Health Fair
- Monthly food distribution
- Food garden
Sierra High School

Health & Wellness Services

**Mental Health**

**Teachers/Staff**
1 Associate Professional Clinical Counselor
1 Associate Marriage & Family Therapist

**Partners**
Loma Linda University Child Psychology Doctoral Students (therapy & groups)
Partners Against Violence (sexual assault survivor services-counseling)
School Social Work Interns: Case Management
*SAC Health System: Psychiatry Referral

**Physical Health**

**Teachers/Staff**
Mental Health: Stigma Reduction & Education
Sexual Health & Pregnancy Prevention
Wellness Campaigns
Substance Use Prevention

**Partners**
Hazel Health: Telemedicine
Healthy Teeth 4 Kids: Dental preventive care
IEHP Navigator: Insurance, Dr Appointments
Healthcare Liaison *Vision To Learn: Exams & Glasses

**Health & Wellness Class**

**Guest Presenters/Partners**
Loma Linda U Medical Students/Residency: Adolescent Depression Awareness Program, Substance Use Prevention, STI Prevention, Narcotics Anonymous Panel
SBCSS: Nutrition Education
Friday Night Live (FNL): Wellness Campaigns

**Olive Branch Resource Center**

**Staff**
Parent Worker
Parent Liaison
Resource Center: Food & Clothing

**Partners**
CHEWS (Community Health Education Workers): Health Promotion & Advocacy
Inland Career Education Center Barber program: Haircuts 4x yearly
SBCSS Nutrition ed.
IERCD: *Vegetable & Fruit Garden

**Community Supports**

**Staff**
Teacher/Staff

**Partners**
CHEWS (Community Health Education Workers): Health Promotion & Advocacy
Inland Career Education Center Barber program: Haircuts 4x yearly
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*New 2023*
124 of 446: 28% Sierra Students Received Mental Health Services 2021-2022

- LLU & DBT: 7.3%
- LLU individual: 28.2%
- L Padilla check in & MFT intern: 0.8%
- LLU DBT: 40.3%
Graduates and Credit Completion of Students that Received Mental Health Services

- No Change: 1.0%
- Decrease 25-50: 0.8%
- Decrease 55-75: 0.5%
- Decrease 5-20: 6.3%
- Increase 5-20 credits: 9.7%
- Increase 25-50 credits: 19.4%
- Increase 55-75 credits: 12.1%
- Increase 80-120 credits: 6.5%

GRADUATE: 41.9%
**Tier 1**
- Individual Counseling
- Class Instruction: Highlighting wellness services

**Tier 2**
- Progress Reviews: Students who failed two or more classes
- School Counseling Groups: Anxiety, Career Support Groups
- Groups: Dialectical Behavioral Therapy

**Tier 3**
- Individual Therapy
- IEHP Navigator, Partners Against Violence, Hazel Health, Crisis Care

**Individualized Services**
Recognized ASCA Model Program (RAMP)

Why RAMP up your program?

- Helps you evaluate your program and areas for improvement.
- Increases counseling skills and knowledge.
- Enhances your program’s efforts toward academic achievement and student success.
- Allows schools counselors to showcase a comprehensive, data driven school counseling program to all stakeholders.
- Your school will be recognized as an exemplary educational environment.
Sierra Receives RAMP Recognition
Mental Health

- Stigma of Mental Illness
- Universal Dialectical Behavioral Therapy
- Adolescent Depression Awareness Program (ADAP)
- Healthy Relationships
- Sexual Health and Pregnancy Prevention

Substance Use Prevention

- Substance Use Prevention Program (SUP)
- Youth Alternative Solutions, LLU
- Narcotics Anonymous Panel

Wellness Campaigns

- National Suicide Prevention Lifeline
- National Substance Abuse Prevention Month
- The Great Kindness Challenge
- SAFE&SOBER

20/21
The Olive Branch

SIERRA HIGH SCHOOL & IICEC