

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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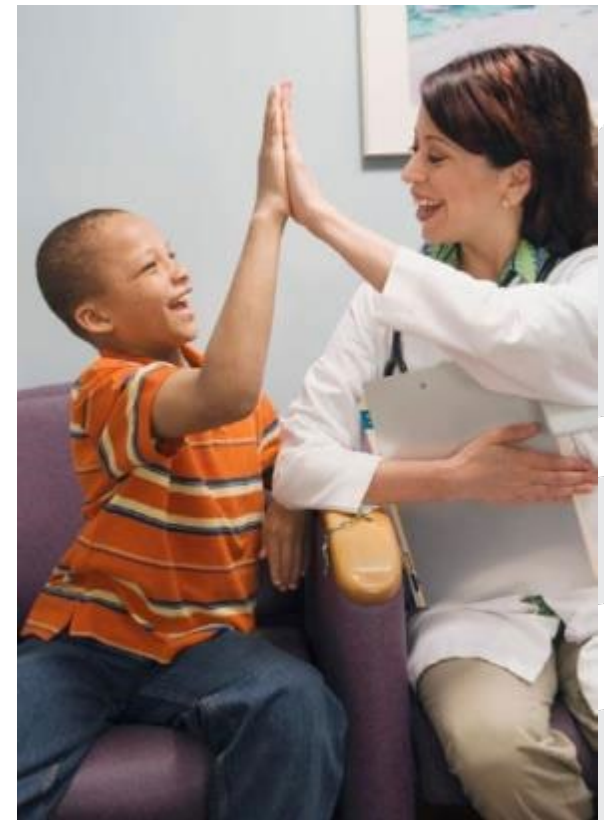


WORKSHOP OBJECTIVE

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

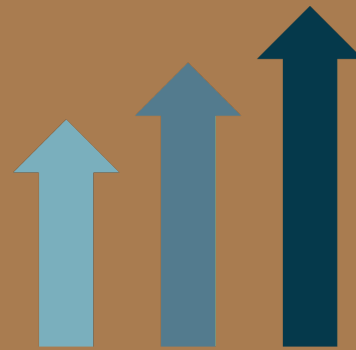
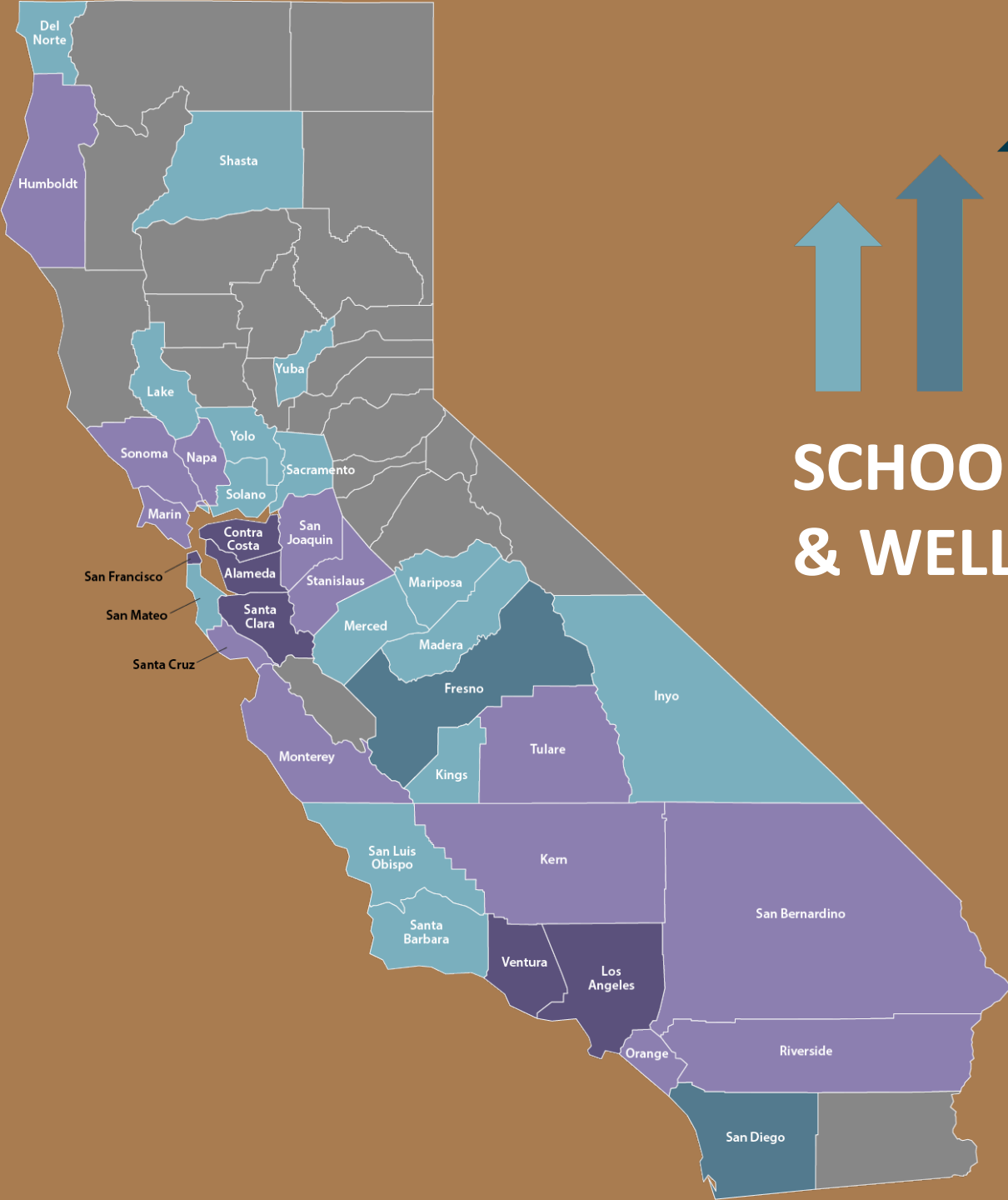
Mental Health+

Centers with mostly clinical behavioral health plus some other services, like a school nurse and/or sexual/repro health

Comprehensive

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

School-based health centers!

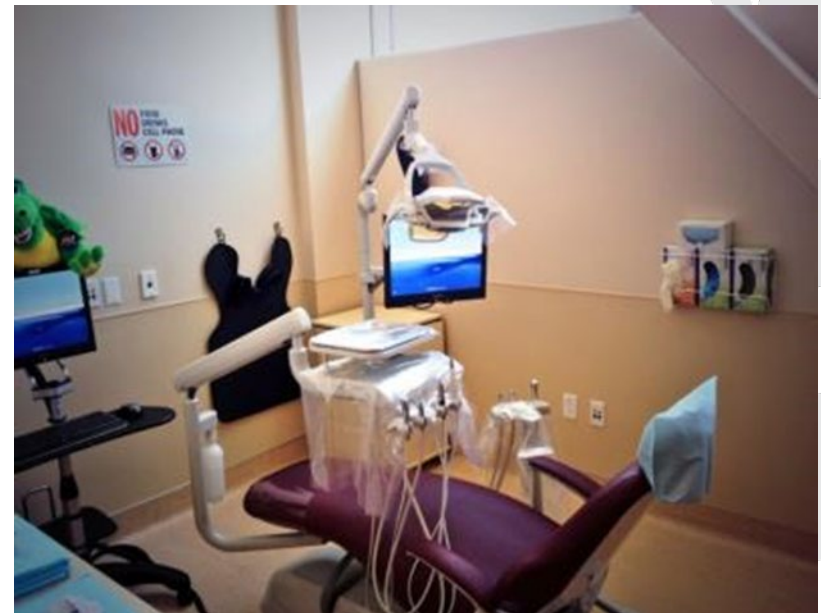
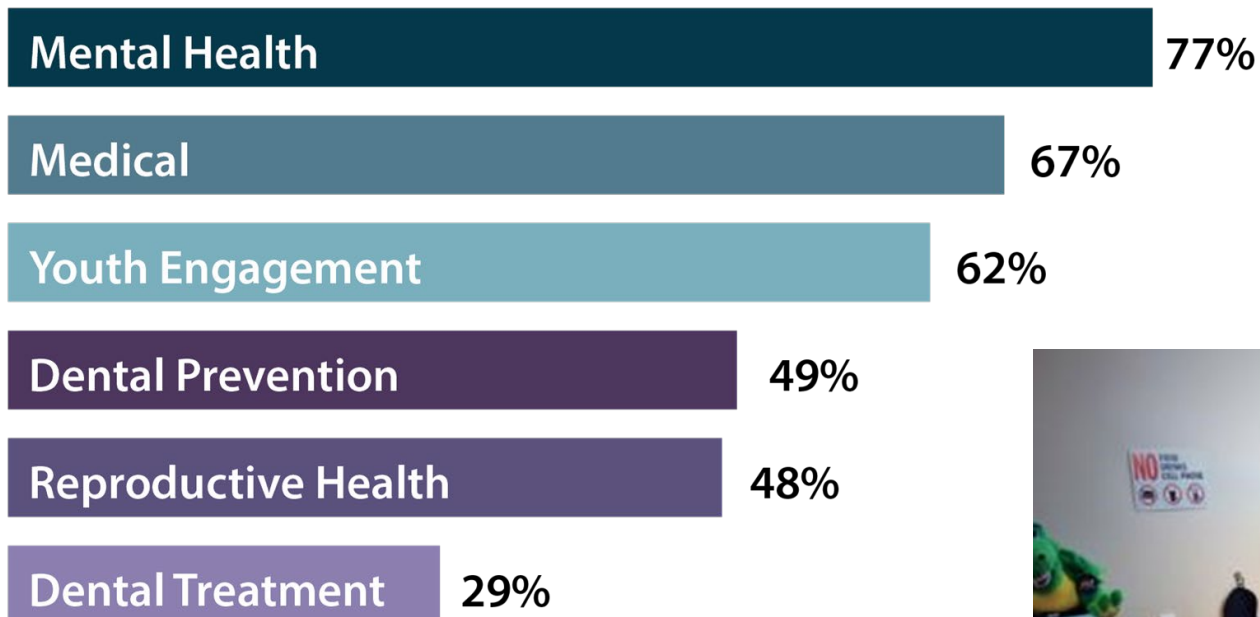


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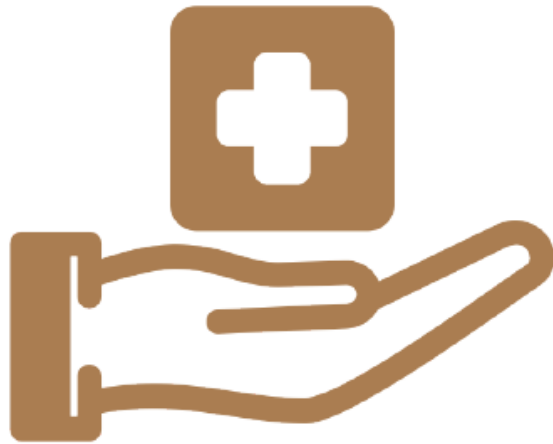
SCHOOL-BASED HEALTH & WELLNESS CENTERS

WHAT SERVICES ARE PROVIDED?

Services Provided by SBHCs

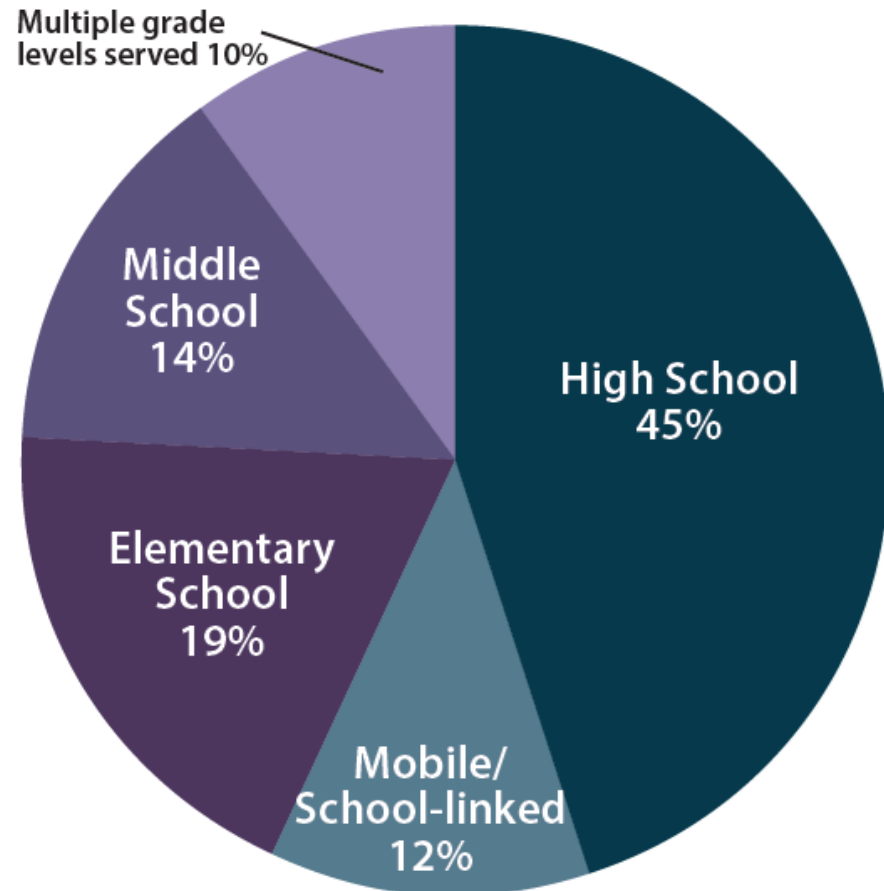


WHO IS SERVED?

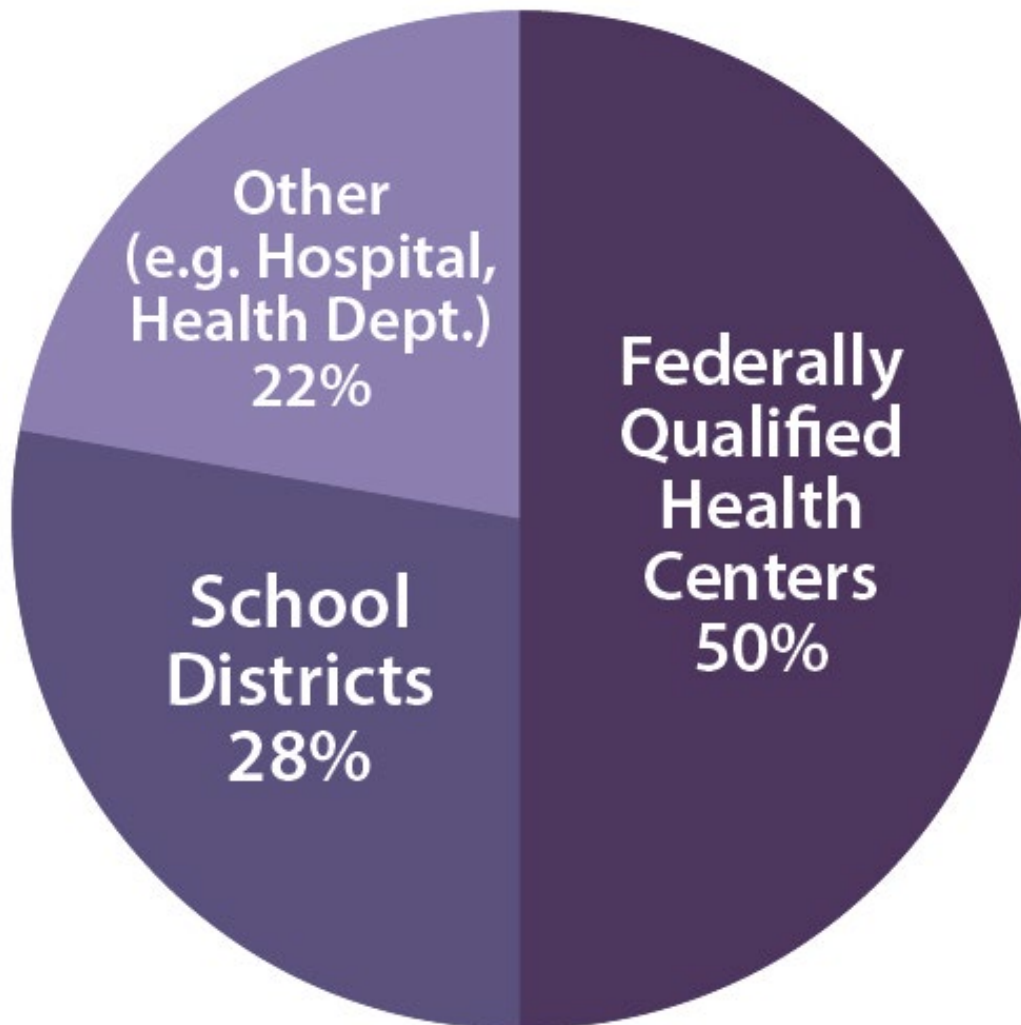


53% of SBHCs serve broader community

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

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



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



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





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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 (lower 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.



Timeline

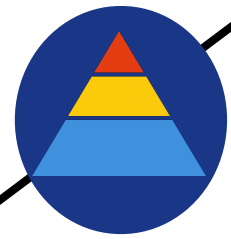
2017-2018
Groundwork
Begins



2016-2017
Planning



2019-2020
Official Opening &
Tiered Interventions



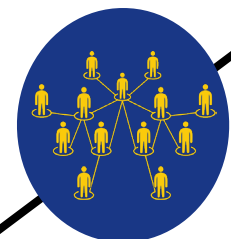
2018-2019
Collaborative
Systems of
Support



2021-2022
Expanding
Efforts



2020 -2021
Mental health and Self Care
interconnected across four
domains of wellbeing



2022 -2023
Moving Towards
a Community
Based School



2016-2017 Planning



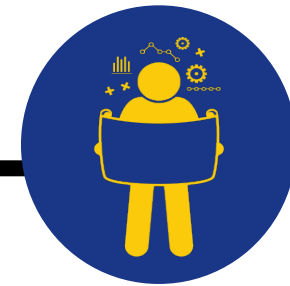
District

- 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

- Examined findings from study
- California School Health Alliance consultation
- CSHBA: From Vision to Reality
- [Screener created](#)
- Examining School Counseling Practices



2017-2018 Groundwork Begins



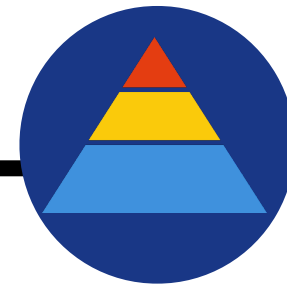
- MOUs & Reefs
- [Connecting with community Organizations & piloting of programs](#)
- Holistic approach inclusive of school counseling and wellness support



**2018-2019
Collaborative
Systems of Support**



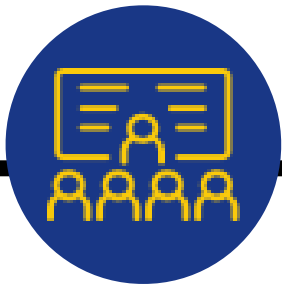
**2019-2020
Official Opening & Tiered
Interventions**



- [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

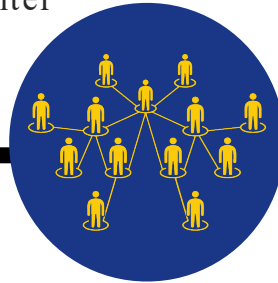
2020 -2021

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](#)

- 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



2021-2022

Expanding Efforts



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



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



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



Teacher/Staff

Mental Health: Stigma Reduction & Education
Sexual Health & Pregnancy Prevention
Wellness Campaigns
Substance Use Prevention
TUPE

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

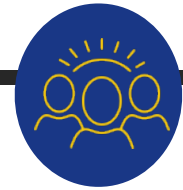
Parent Worker
Parent Liaison
Resource Center: Food & Clothing

Partners

Food Boxes:
Community Action Partnerships (CAPS)
IEHP: Washer & Dryers



Community Supports

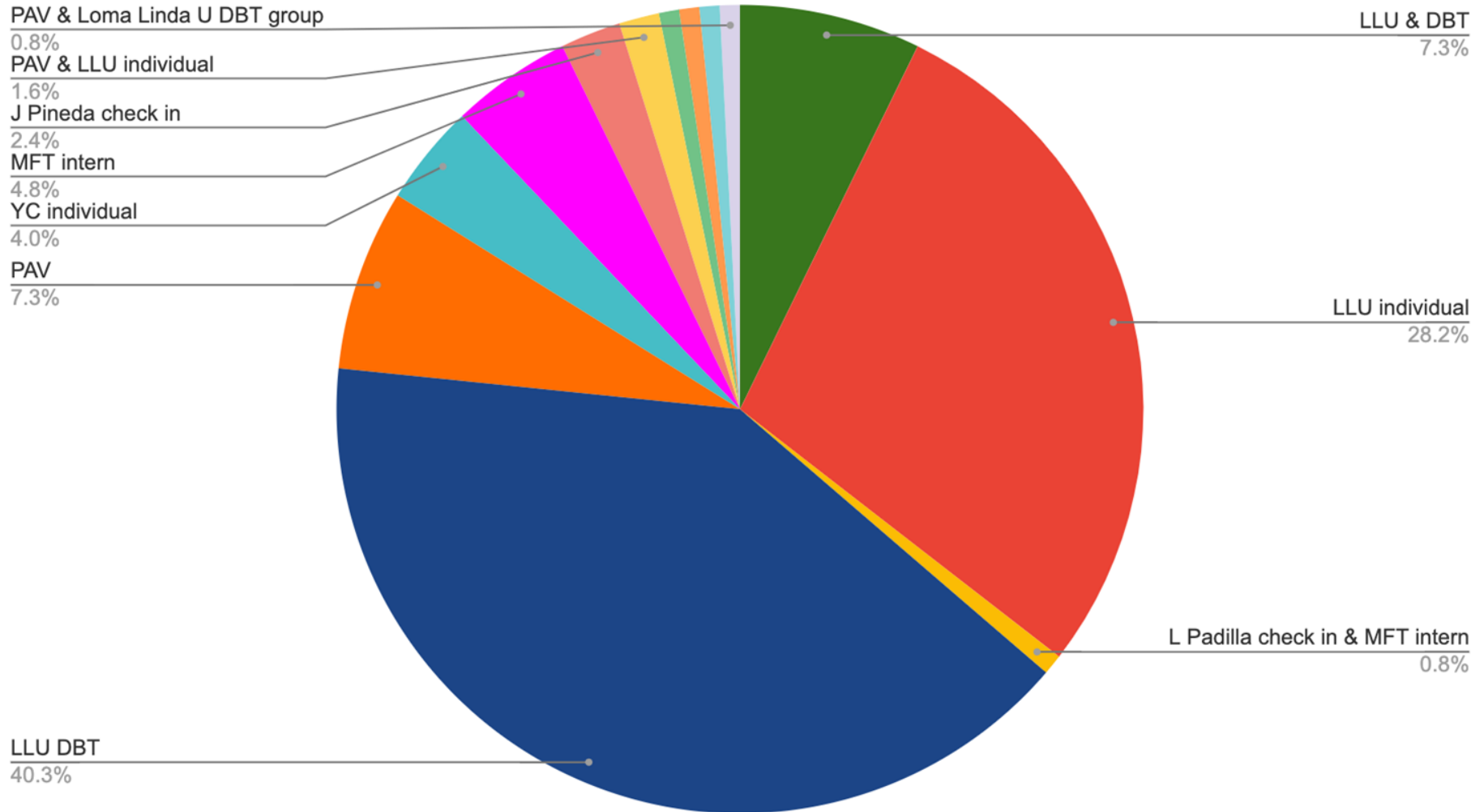


Partners

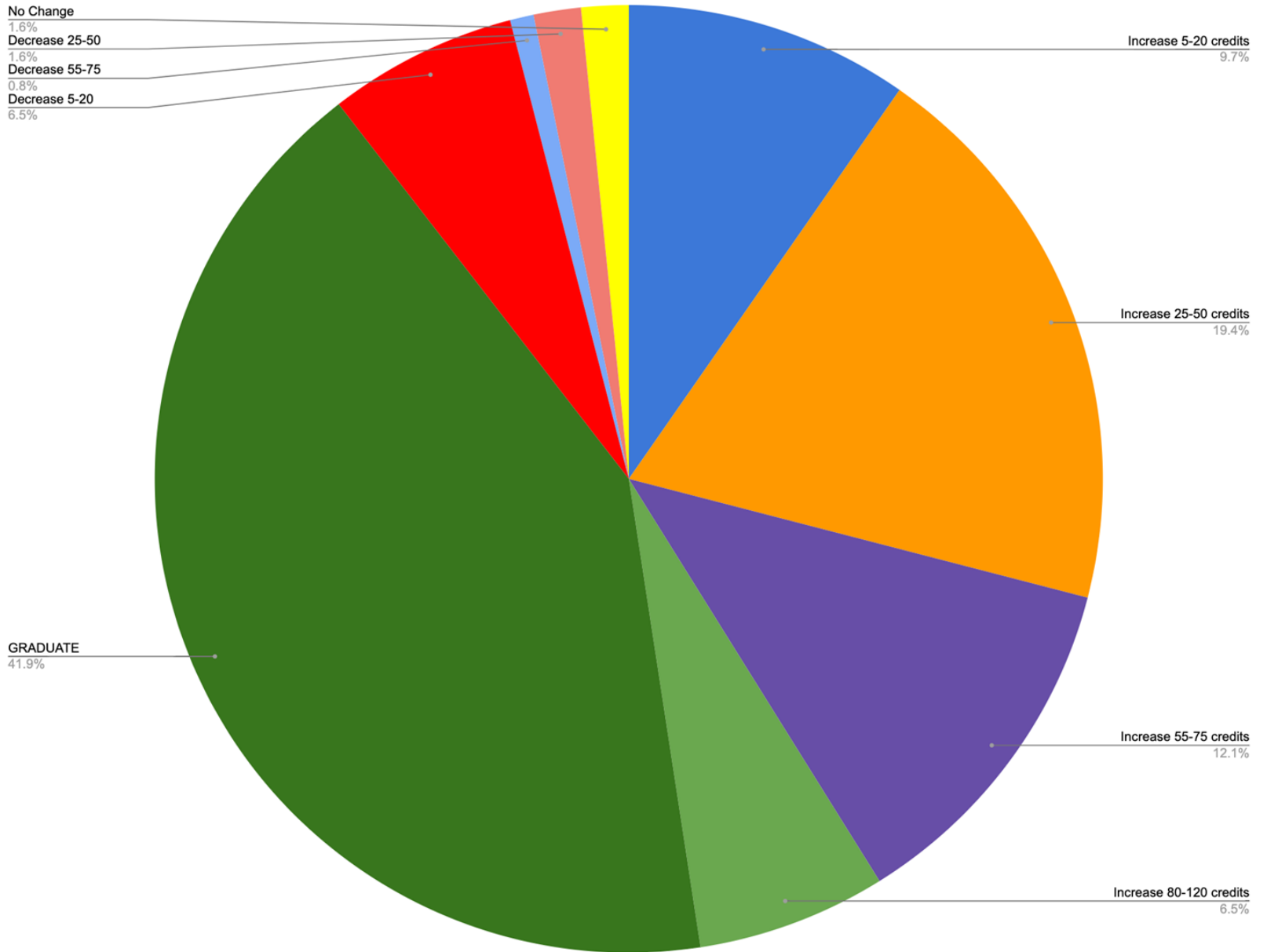
CHEWS (Community Health Education Workers): Health Promotion & Advocacy
Inland Career Education Center
Barber program: Haircuts 4x yearly
SBCSS Nutrition ed.
IERCD: *Vegetable & Fruit Garden



124 of 446: 28% Sierra Students Received Mental Health Services 2021-2022



Graduates and Credit Completion of Students that Received Mental Health Services



Sierra Sound Bites



**Individualized
Services**

Tier 3

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

Targeted Services for Some

Tier 2

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

Beneficial for All

Tier 1

- Individual Counseling
- Class Instruction: Highlighting wellness services
- Wellness Survey
- Wellness Campaigns

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



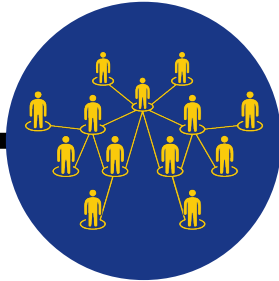
- Substance Use Prevention Program (SUP)
- Youth Alternative Solutions, LLU
- Narcotics Anonymous Panel

Wellness Campaigns



**SAFE &
SOBER**







MAZEA
 CEREA
 TEHP
 SBGSS
 PAV
 LLU
The Olive Branch
 — SIERRA HIGH SCHOOL & ICEC —
 NA
 HT #MDS
 PAL
 VERCO





IEHP
Inland Empire Health Plan
www.iehp.org
Destination > Health

LET IEHP AND YOUR SCHOOL HELP YOU!

IF YOU OR YOUR CHILDREN NEED HELP:

- ♥ Finding a Doctor
- ♥ Getting vaccines or check-ups
- ♥ Accessing food, clothes and other resources

IF YOUR CHILDREN MISS SCHOOL BECAUSE THEY NEED MEDICAL CARE FOR:

- ♥ Asthma, lice or other health conditions
- ♥ Vision or dental problems
- ♥ Behavioral health issues, like ADHD, autism, learning disabilities, and anxiety

THE IEHP HEALTH NAVIGATOR PROGRAM CAN HELP!

To learn more, set up a visit with an IEHP Health Navigator at your child's school. Our Health Navigators come to the school each week. Ask your child's teacher or other staff to help you get started.

Sign up today!
Hazel is no-cost to families!

With Hazel, students can receive same-day care at school, or call a doctor from home.

hazel
SAN BERNARDINO COUNTY
UNIFIED SCHOOL DISTRICT

Hazel at School
When students are not feeling well, your school nurse can help them see a Hazel medical provider over video chat to receive same-day care, right from school.

Hazel at Home
Headache or tummy ache? Need a prescription? On days when your school nurse is not down the hall, contact a Hazel medical provider from your home in minutes.

How Can Hazel Help? As your partner, Hazel can help with:

<input checked="" type="checkbox"/> Headaches	<input checked="" type="checkbox"/> Acne	<input checked="" type="checkbox"/> Cough
<input checked="" type="checkbox"/> Animal bites	<input checked="" type="checkbox"/> Menstrual cramps	<input checked="" type="checkbox"/> Earache, ear infection, swimmer's ear, earwax
<input checked="" type="checkbox"/> Rashes (scabies, strep skin reactions, athlete's foot, impetigo, shingles, skin reactions, and)	<input checked="" type="checkbox"/> Lice (can treat family members)	<input checked="" type="checkbox"/> Nausea, vomiting
<input checked="" type="checkbox"/> Asthma	<input checked="" type="checkbox"/> Bullying	<input checked="" type="checkbox"/> Diarrhea
<input checked="" type="checkbox"/> Minor injuries, concussions	<input checked="" type="checkbox"/> Medication Forms (for off-campus use only)	<input checked="" type="checkbox"/> Constipation
<input checked="" type="checkbox"/> Pink eye, styes	<input checked="" type="checkbox"/> Stomach aches	<input checked="" type="checkbox"/> Heartburn, acid reflux
<input checked="" type="checkbox"/> Nosebleeds	<input checked="" type="checkbox"/> Fever	<input checked="" type="checkbox"/> Allergic reactions
<input checked="" type="checkbox"/> Toothache, oral ulcers, pain after braces	<input checked="" type="checkbox"/> Colds, Flu, Respiratory Infections, sinus infections	<input checked="" type="checkbox"/> Insect bites & stings
<input checked="" type="checkbox"/> Sore throat	<input checked="" type="checkbox"/> Allergies (Seasonal, Environmental)	

Sign Up Today! Visit my.hazel.co/sbcusd/consent or call 909-531-5244.