



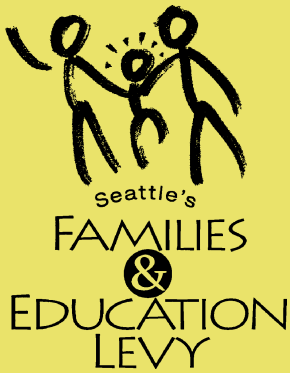
Youth Health Services Annual Report 2001–2002

BUILDING COMMUNITY PARTNERSHIPS FOR YOUTH

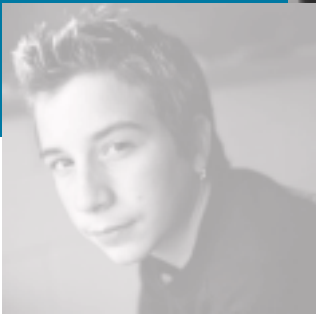


Public Health
Seattle & King County

HEALTHY PEOPLE. HEALTHY COMMUNITIES.



This program is provided in part by the voters of Seattle through the Families and Education Levy. Now in its 11th year of operation, the Families & Education Levy provides the majority of support to the School-Based Health Centers as one of its many functions. Resources from the Levy are also used by Public Health—Seattle & King County to contract for school nurse services and for health education programs in Seattle Public Schools. All of these efforts contribute to the mission of the Families & Education Levy to keep kids safe, healthy, and ready to learn.



Youth Health Services

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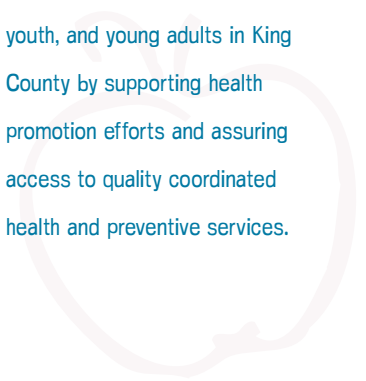
The most significant function of Youth Health Services (YHS) is to provide coordination of and oversight to the 14 school-based and school-linked health clinics in King County. Other responsibilities include interfacing with Seattle Public Schools to coordinate the *Best Beginnings* program and administrative oversight of the *SafeNet* program. YHS also partners with Seattle Public Schools to provide school nursing and health education services. Many other organizations and programs have also been working to improve the health status of youth in King County. Youth Health Services provides consultation and technical assistance to as many of these as possible. These include adolescent family planning clinics (operated by Public Health at several of its facilities), the Asthma Coalition, and the STD Prevention Training Center.

School-Based Health Centers

School-Based Health Centers (SBHC) are a nationally recognized model for promoting both the health and learning readiness of young people. In Seattle, there are 12 SBHCs: nine “Teen Health Centers” at high schools, and three “Wellness Centers” at middle schools. These SBHCs are a partnership between YHS, community health care systems, and Seattle Public Schools. YHS contracts with community health care organizations to administer these comprehensive health care clinics that are sited within the schools themselves. The clinics provide health maintenance services, illness-related care, and mental health support to students who choose to enroll for services. The school nurse, a medical practitioner, a mental health counselor and administrative support staff work side-by-side in the Teen Health and Wellness Centers to assess and treat student health needs, or refer to the appropriate community provider. The centers target adolescents who are uninsured and underinsured—those who have nowhere else to go for medical care and counseling. They also serve young people who have insurance, but who want confidential care and advice. The Seattle SBHCs are consistently praised by students, parents, and school staff as positive places for students to receive health services.

THE YOUTH HEALTH SERVICES MISSION

In collaborative community partnerships, Youth Health Services promotes the health and learning readiness of children, youth, and young adults in King County by supporting health promotion efforts and assuring access to quality coordinated health and preventive services.



Through YHS's partnership with community agencies, the SBHCs draw upon the unique capabilities and expertise of many organizations. In addition to their knowledge of quality health care for adolescents, our partners contribute staff, space, administrative support, technical assistance, supplies, and many other resources without which these projects could not be sustained. In addition to the generous support the SBHCs receive from the Families & Education Levy, sponsoring community agencies contribute a significant percentage of the total cost of the SBHCs in direct and indirect resources.

School-Based Health Center Partners

Thanks to the following organizations who administer the Seattle School-Based Health Centers:

Group Health Cooperative of Puget Sound

Franklin High School Teen Health Center
Washington Middle School Wellness Center

Harborview Medical Center

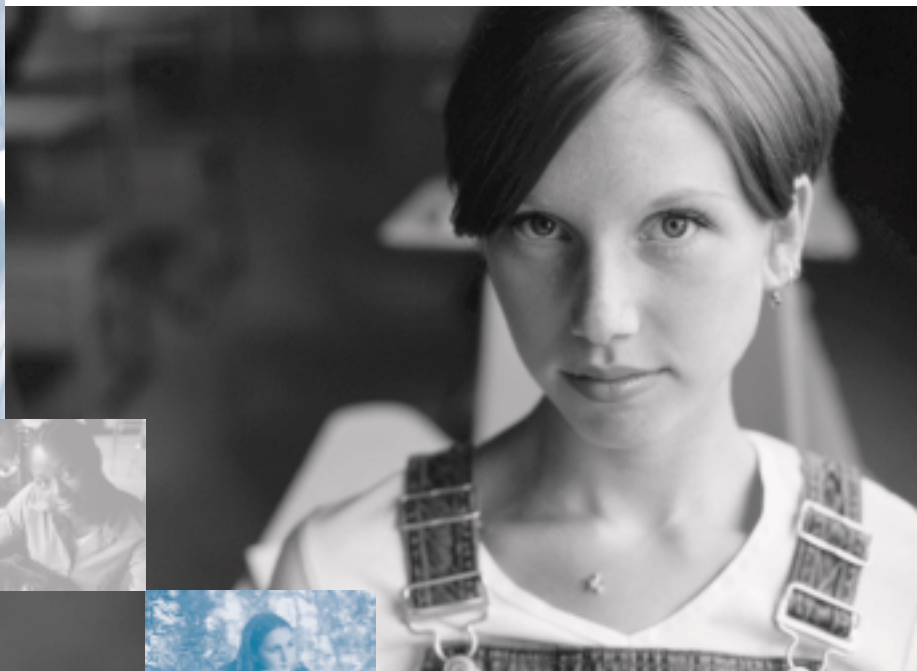
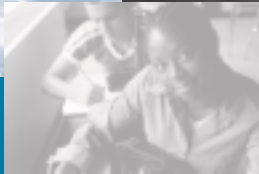
Cleveland High School Teen Health Center

Odessa Brown Children's Clinic

Garfield High/NOVA Alternative Schools Teen Health Center

Public Health—Seattle & King County/Columbia Health Center

Rainier Beach High School Teen Health Center



Puget Sound Neighborhood Health Centers

Denny Middle School Wellness Center
 Madison Middle School Wellness Center
 Roosevelt High School Teen Health Center
 Sealth High School Teen Health Center
 West Seattle High School Teen Health Center

Swedish Medical Center

Ballard High School Teen Health Center

University of Washington

Nathan Hale High/Summit Alternative Schools
 Teen Health Center

New This Year in the SBHCs

BALLARD TEEN HEALTH CENTER OPENS

In February 2002, Youth Health Services welcomed Swedish Medical Center as our newest partner and as the administrator of the Ballard Teen Health Center. The BTHC benefits from Swedish's longstanding community presence in Ballard and its expertise in health care. In April 2002, Mayor Greg Nickels, Director of Public Health Dr. Alonzo Plough, and Seattle Public Schools Superintendent Joseph Olchefske joined the community at an Open House to celebrate this new program. The Ballard Teen Health Center is off to a great start and has quickly established itself as an integral part of Ballard High School.

SURVEY INDICATES TEACHER AND STAFF SUPPORT

In order to find out what Seattle Public School teachers, administrators, and staff think of the SBHCs, the Families & Education Levy Office authorized a staff survey of eight high schools and three middle schools with health centers (as a new site, Ballard High School did not participate). This report, completed in November 2002, was prepared by the Epidemiology Planning and Evaluation Unit of Public Health and Youth Health Services, in collaboration with Seattle Public Schools Health Services.

Some of their findings were:

PERCEPTION OF NEED

- 98% of staff think that the SBHC is needed by students in their school.
- 99% of staff reported that they think students' general health problems affect their school performance.
- 100% of staff indicated that they think students' personal or family problems affect their school performance.

Continued

Voices

"Health services for adolescents are made possible by an effective partnership involving communities, local schools and health providers. Youth Health Services is a leader in this effort. Youth are receiving accessible and high-quality health services."

— SEATTLE MAYOR GREG NICKELS

"Student health has a direct impact on academic achievement. Through the Youth Health Services partnerships, we can provide the support and resources necessary to improve the health of our children, ensuring that every student will meet the high academic standards we have set for them."

— JOSEPH OLCHEFSKE, SEATTLE PUBLIC SCHOOLS SUPERINTENDENT

"In the past, adolescents have been the group least likely to seek medical care, but Youth Health Services addresses this issue by coordinating appropriate and teen-focused health services."

— DR. ALONZO PLOUGH, DIRECTOR OF PUBLIC HEALTH—SEATTLE & KING COUNTY

Voices

“The Teen Health Center is a necessity. I’m graduating but I hope future students will have the Teen Health Center here for them.”

— 12TH GRADE FEMALE

“The Teen Health Center has been a great place for me to learn sexual responsibility. It has been a lifesaver.”

— 12TH GRADE FEMALE

“Just thank you for helping me when I needed it.”

— 7TH GRADE FEMALE

“Thanks for saving my life!”

— 10TH GRADE MALE

“Having the teen health center makes me responsible for my own health. I feel like I would always have somewhere to turn if I needed health help.”

— 10TH GRADE FEMALE

“I love the Teen Health Center. It’s convenient because I don’t have to take a lot of time off of school to get an appointment.”

— 11TH GRADE FEMALE

PERCEPTION OF IMPACT

- 81% of staff reported that they have referred or sent students to the health center. 98% of these respondents thought that the students were helped by the SBHC staff.
- When asked about the SBHC influence on reducing absenteeism, 71% reported that there was an impact.
- 70% indicated the SBHC had some influence in reducing school drop-out.
- Over 86% of staff reported that they thought the SBHC had an impact on improving school performance.
- 92% reported that they thought the SBHC had an impact on improving students’ self-esteem and mental health.

OVERALL SATISFACTION

- Over 96% of staff surveyed responded that most of the school personnel are supportive of the services provided by the SBHC.
- 95% of staff rated the SBHC as either “Good” (35%) or “Excellent” (60%).
- 96% of staff indicated they were supportive of services provided by SBHC staff.

ROBERT WOOD JOHNSON FOUNDATION AWARDS YOUTH HEALTH SERVICES

The Robert Wood Johnson Foundation granted \$220,621 to YHS for *Reaching for Excellence*, a new program that will improve and expand much-needed mental health services within Seattle’s SBHCs. The grant, awarded through the RWJF Caring for Kids initiative, will fund on-site psychiatric consultation and services at Teen Health and Wellness centers sited at six Seattle public high schools and one middle school over the next three years. *Reaching for Excellence* will also provide psychiatric training and support to providers from all of the school-based and school-linked health centers that are coordinated through YHS.

The grant allows YHS to partner with Children’s Hospital/University of Washington Department of Psychiatry & Behavioral Medicine to provide child and adolescent psychiatry fellows to work with the SBHCs. The psychiatrists will provide training and consultation to clinic staff and evaluate students with specific psychiatric needs. Through increasing staff access to psychiatric expertise and professional development, the *Reaching for Excellence* program will benefit almost 1200 young people each year.

PREVENTIVE SERVICES IMPROVEMENT INITIATIVE (PSII)

The National Assembly on School-Based Health Care selected Youth Health Services, from a national field of applicants, to participate in this initiative to improve preventive care within SBHCs. Seven of the Seattle SBHCs will participate in a year of training, study, and

program development to improve the delivery of preventive services such as routine wellness checks and STD screenings.

Teen Health Centers

Total student enrollment, clinic visits, and utilization all increased within the Teen Health Centers (THC) during the 2001–2002 school year. One out of three students, from high schools that have had access to a THC for the complete school year, uses the THC at his/her school.

	THC ENROLLMENT	SCHOOL ENROLLMENT	PERCENT ENROLLED	NUMBER OF VISITS	UNDULICATED USERS	VISITS PER PERSON	USERS AS % OF THC ENROLLMENT	USERS AS % OF SCHOOL
Ballard*	212	1618	13%	310	163	1.9	77%	10%
Cleveland	503	769	65%	1592	300	5.3	60%	39%
Franklin	884	1610	55%	2472	470	5.3	53%	29%
Garfield	978	1709	57%	2063	506	3.7	52%	30%
Nova**	67	263	25%	186	41	5.8	61%	16%
Nathan Hale	697	1049	66%	1820	300	4.4	43%	29%
Summit***	348	612	57%	518	114	4.9	33%	19%
Rainier Beach	444	707	63%	1358	283	4.8	64%	40%
Roosevelt	1498	1725	87%	1897	410	4.6	27%	24%
Sealth	705	971	73%	2056	445	4.6	63%	46%
West Seattle	691	956	72%	1624	426	3.8	62%	45%
TOTAL	7027	11989	59%	15856	3460	4.6	49%	29%

* Ballard open February 2002

** NOVA is an alternative high school, in which a clinic is operated by staff from Garfield THC

*** Summit is an alternative K–12 school, in which a clinic for 9–12 grades is operated by staff from Nathan Hale THC

Female students continue to be the primary users of the THCs. Race/Ethnicity data reflect a higher rate of use by African American/African Native students than their rate of school district enrollment. In order to better understand the student populations that are THC users at a rate less than their rate of district enrollment (Male, Asian/Pacific Islander, and Latino students), Youth Health Services and the Epidemiology Planning and Evaluation Unit of Public Health conducted a non-user study during the Spring of 2002. The findings from this study will inform future program planning and service provision.

MOST COMMON REASONS FOR VISITS TO TEEN HEALTH CENTERS

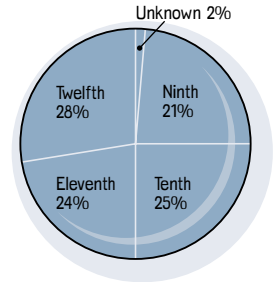
Health Maintenance	Illness	Mental Health
Contraception 55%	Minor Acute Illness 22%	Stress 14%
Sports Physical 22%	Reproductive Health 21%	Depression 14%
Annual Gyn Exam 13%	Dermatological 16%	Interpersonal Issues 6%
Immunization 9%	Respiratory 13%	Family Conflict 5%

SCHOOL NURSE SERVICES IN HIGH SCHOOLS

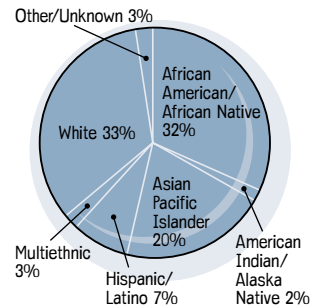
Seattle Public School nurses are often the first points of contact for students seeking any health services. They are responsible for certain health needs of every student, mandated health screenings, and the health plan for the entire school building. There were more than

TEEN HEALTH CENTERS

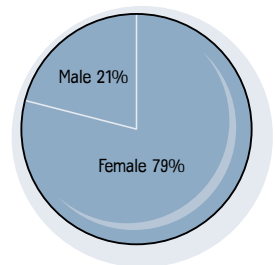
VISITS BY GRADE



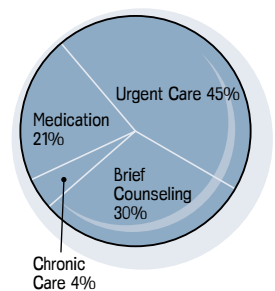
VISITS BY RACE/ETHNICITY



VISITS BY GENDER



REASONS FOR SCHOOL NURSE VISITS



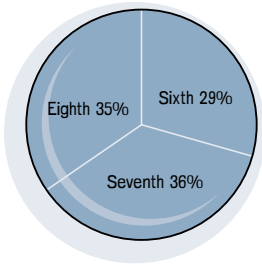
28,600 student visits to high school nurses during the 2001–2002 school year. Their work contributes to the health of Seattle high schools and links directly to the work of the Teen Health Centers.

Middle School Wellness Centers

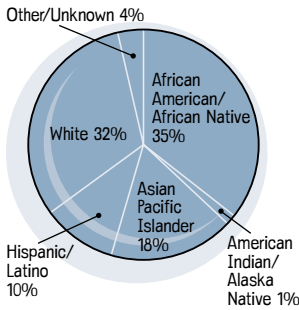
Middle School Wellness Centers are providing much needed services within three schools. Wellness Centers place an emphasis upon mental health and social support in order to meet the unique needs of early adolescence. YHS will be building upon these successes with plans to add as many as two new Wellness Center sites in the coming year.

MIDDLE SCHOOL WELLNESS CENTERS

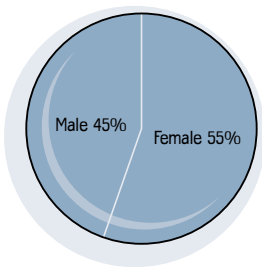
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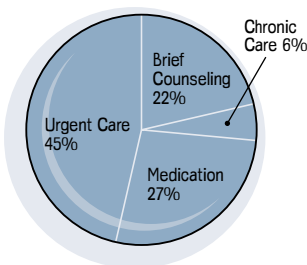
VISITS BY RACE/ETHNICITY



VISITS BY GENDER



REASONS FOR SCHOOL NURSE VISITS



	MSWC ENROLLMENT	SCHOOL ENROLLMENT	PERCENT ENROLLED	NUMBER OF VISITS	UNDUPLICATED USERS	VISITS PER PERSON	USERS AS PERCENT OF THC ENROLLMENT	USERS AS PERCENT OF SCHOOL
Denny	548	843	65%	1397	260	54	47%	31%
Madison	609	909	67%	450	133	34	22%	15%
Washington	846	1055	80%	1005	264	3.8	31%	25%
TOTAL	2003	2807	71%	2,852	657	4.3	33%	23%

Wellness Centers are well-utilized across races/ethnicities and genders. Students continue a trend from previous years in accessing services at a rate that represents district enrollment.

MOST COMMON REASONS FOR VISITS TO WELLNESS CENTERS

Health Maintenance	Illness	Mental Health
Sports Physical 50%	Respiratory 28%	Depression 17%
Immunization 31%	Dermatological 17%	Self-Esteem 16%
Contraception 18%	Minor Acute Illness 13%	Stress 15%
Annual Gyn Exam 1%	Injuries 9%	Interpersonal Issues 6%

SCHOOL NURSE SERVICES IN MIDDLE SCHOOLS

At the three Seattle Public Middle Schools with Wellness Centers, students made over 25,000 visits to the school nurse. The contributions of these Wellness Center partners are invaluable. While supporting the health of the whole school, school nurses in middle schools triage student needs, provide support, and coordinate health care. All of their efforts help to make the work of the Wellness Centers more effective.

School-Linked Health Centers

Although they are not sited within schools, school-linked health centers offer similar services as their school-based counterparts. The Renton and Highline Youth Health Centers have been administered by Group Health Foundation and Highline Hospital respectively. Through well-formed relationships with schools, young people in south King County have access to these clinics' quality and youth-friendly health services.

An interim school-linked clinic has also been operated by North Public Health Clinic and serves Ingraham High School. A public health nurse works in partnership with the school nurse to identify students in need of health services that cannot be provided on site at the school. The nurse then works with the students to ensure that they receive the care that they need at North Public Health.

	SLHC VISITS ENROLLMENT	UNDUPLICATED USERS	VISITS PER PERSON	USERS AS PERCENT OF ENROLLMENT
Highline	2168	3740	2.3	74%
Renton	893	1413	2.4	66%
TOTAL	3061	5153	2.4	72%

*No data available for Ingraham/North Public Health

MOST COMMON REASONS FOR VISIT TO SCHOOL-LINKED HEALTH CENTERS

Health Maintenance	Illness	Mental Health
Contraception 70%	Reproductive Health 53%	Depression 51%
Sports Physical 16%	Respiratory 16%	Other Mental Health Concerns 13%
Annual Gyn Exam 11%	Dermatological 11%	Life Circumstance Concerns 7%

Other YHS Programs

SAFENET

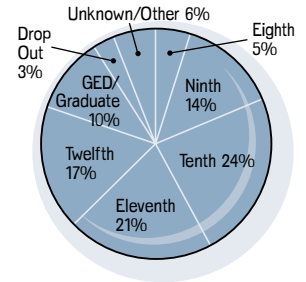
This program is coordinated in part by YHS and serves youth in east King County. *SafeNet* identifies those students considered at risk by their teachers or school counselors at the end of elementary school. During their next year of middle/junior high school, *SafeNet* provides one to one support and advocacy for these students (and their families) based on their needs and strengths. As an initiative of Partners for a Healthier Community (a consortium of eastside health care organizations), in conjunction with four eastside school districts and several youth-serving agencies, the program serves a total of nine schools.

The *SafeNet* Partners:

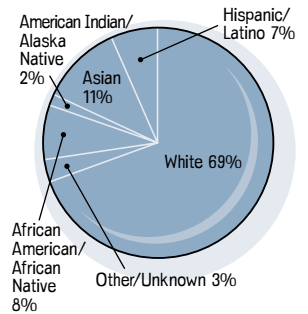
- Bellevue School District
- Friends of Youth
- Public Health—Seattle & King County
- Northshore School District
- Northshore Youth and Family Services
- Issaquah School District
- Lake Washington School District
- Washington State Department of Health
- Youth Eastside Services

SCHOOL-LINKED HEALTH CENTERS

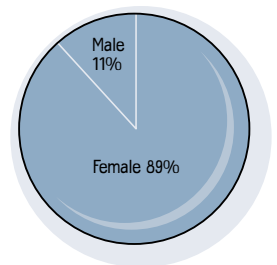
VISITS BY GRADE



VISITS BY RACE/ETHNICITY



VISITS BY GENDER



Voices

“I think having a teen health center at my school is very helpful to me and for others. I like it because they provide me with info and health care that I wouldn’t feel comfortable asking my doctor or mom for.”

—9TH GRADE FEMALE

Voices

“It’s good to be in an age that teenagers can talk about problems openly instead of keeping them inside of them.”

— 10TH GRADE MALE

“I think the school is smart to have a teen health center.”

— 9TH GRADE MALE

“I really like coming here. If it were not for the Center I would be in extremely bad shape.”

— 12TH GRADE FEMALE

“The reproductive health program is fabulous. The THC is the best idea the school district has ever had.”

— 11TH GRADE FEMALE

BEST BEGINNINGS

The *Best Beginnings* program partners with the Seattle School District to provide services to school age youth who may be pregnant or parenting. As part of a Seattle School District grant, *Best Beginnings* has integrated the TAPP program to create a network of multi-disciplinary/interagency services for pregnant and parenting teens including:

- **The Nurse Family Partnership:** An intensive nurse home visiting program for young first-time mothers and their families; based on the David Olds Nurse Home Visitor protocols
- **TAPP:** An interagency collaboration between Public Health—Seattle & King County and Medina Children Services serving pregnant and parenting teens

Youth Health Services staff works closely with Public Health’s Maternal Child Health Program to coordinate with schools and develop systems that support services to teen parents in Seattle.

Future Plans

In the coming year, Youth Health Services looks forward to the opening of the newest Wellness Center at Aki Kurose Middle School Academy. Group Health expands their established partnership with YHS in taking on the role of lead agency for this new endeavor.

YHS will also build upon its history of strong evaluation and will augment its current Evaluation Plan by linking SBHC service and outcome data with school performance data. We are excited to discover new successes that young people gain through our programs.



Linda St. Clair, Section Manager
Robin Pfohman, Program Analyst
T.J. Cosgrove, Program Analyst
Karen Tran, Program Support
Coordinator
Robert Lehman, MD, Consultant in
Adolescent Health

Susan Barkan, Rujuta Gaonkar, Robin
Pfohman, David Solet, Linda St. Clair,
Jill Lewis, Sandy Polzin, and Tony
Vetro for the Seattle Families &
Education Levy Evaluation of Teen
Health and Middle School Wellness
Centers and School Nurse Services.

Youth Health Services
Public Health—Seattle & King County
999 Third Ave, Suite 1200
Seattle, Washington 98104-4039
Ph (206) 296-4987
Fx (206) 205-5670

www.metrokc.gov/health/yhs

Bellevue School District
Carl Meinecke, Ph.D
Central Youth & Family Services
Children's Hospital and Regional
Medical Center
City of Seattle
Columbia Health Center
Friends of Youth
Group Health Cooperative &
Foundation
Harborview Medical Center
Highline Community Hospital
Highline School District
International Community Health
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Issaquah School District
King County
Lake Washington School District
Medina Children's Services
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Odessa Brown Children's Clinic
Partners for a Healthier Community
Puget Sound Neighborhood Health
Centers
Renton Area Youth Services
Renton School District
Ruth Dykeman Children & Family
Services
Seattle Public Schools
University of Washington Department
of Child and Adolescent Psychiatry
University of Washington Division of
General Pediatrics
University of Washington Medical
Center
University of Washington School of
Nursing
Washington State Department of
Health
Youth Eastside Services

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Public Health—Seattle & King County

999 Third Ave., Suite 1200

Seattle, Washington 98104-4039