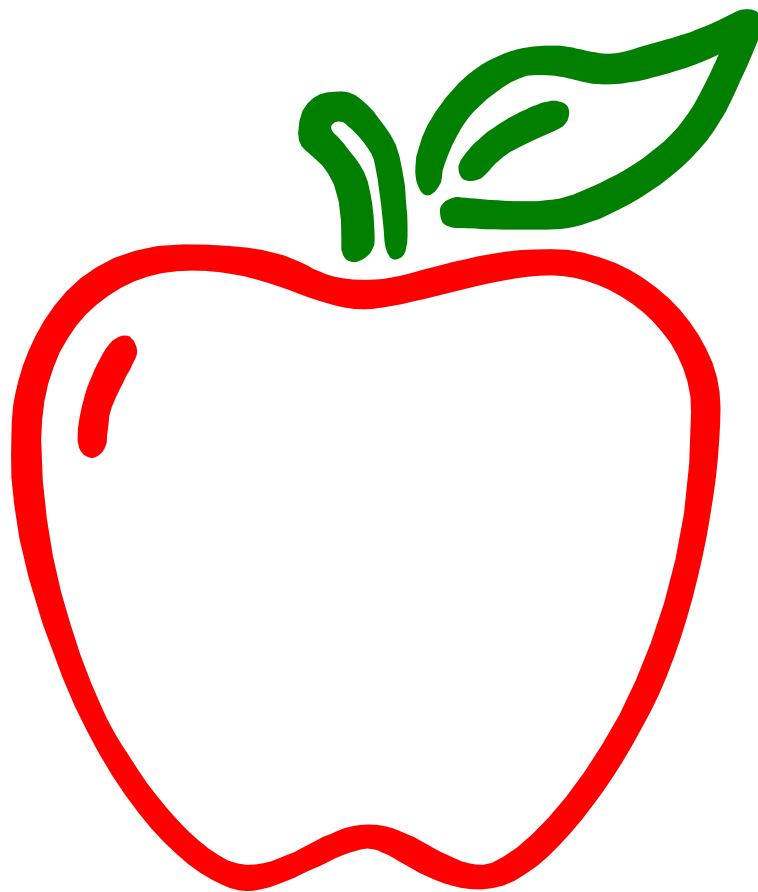


Youth Health Services 1999-2000 Annual Report



Building Community Partnerships for Youth



This program is provided in part by the voters of Seattle through the Families & Education Levy.

Acknowledgements:

A special thanks to the Washington State Department of Health for providing financial and program support to produce this annual report.

We would also like to thank those individuals who provided information and feedback for this report: Bryan Baker, Marie Casey, Alicia Conn, Amanda Daily, Sherry Foutch, Wayne Hashiguchi, Karyn Higgens, Laura Hutchinson, Ingrid Lynch, Sara Maupin, Anthony McCrae, Ginger Moriarty, Brandi Mulkin, Joseph Olchefske, Kathy Quimby, Rebecca Salinas, Sarah Saxvik, Sue Spahr, Anne St. Germaine, Paul Tegenfeldt, and Laurie van Diest.

Report prepared by Jeannie Macnab and Robin Pfohman

Youth Health Services

Building Community Partnerships for Youth

Youth Health Services (YHS) is a community program of Public Health – Seattle & King County. Within the Public Health system, YHS staff advocate for the needs of youth and strive to ensure that a voice for youth is present in key decisions and program development.

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. YHS staff work to increase adolescent health access through a unique array of partnerships, programs, and activities throughout King County.

One of the primary roles of YHS is to provide coordination and oversight for 13 school-based and school-linked health clinics in Seattle and King County. Other program activities range from providing training and technical assistance on adolescent medicine issues to developing a “developmental assets program package” of tools, best practice models, case studies, and other resources for use by schools all over Washington state. YHS staff provide program coordination and systems development for the Teenage Pregnancy and Parenting Program (TAPP) and partner with Seattle Public Schools to provide school nursing, health education services, and support for the Teen Health Survey.

Each and every activity of the Youth Health Services program is made possible through effective and supportive partnerships with schools, community agencies, Public Health, and local government. Partners came together around the common goal of ensuring that teens have full access to a range of health care services. Without these partnerships, we would not be able to provide the inspiring stories and informative data that is included in this report. Read on to learn about how this innovative collaboration of public and private organizations have worked together to ensure that youth all over King County are healthy and ready to learn.



“Accessible, high-quality health services for adolescents are of the utmost importance. We know that adolescents respond most favorably to targeted, teen-focused health services, and consequently we have partnered with our local schools and communities to ensure that effective and appropriate services are available to the youth of King County.”

*Alonzo Plough, Director,
Public Health - Seattle & King County*

Program Overview

The Need for School-Based and School-Linked Health Centers

Adolescents (ages 10-19) utilize health care services less than any other age group and are least likely to seek medical care at a provider's office. The "Seattle Public Schools 1999 Teen Health Survey" yielded the following data:

- only 64% of middle school students and 66% of high-school students reported that they had a health check up in the past year,
- 24% of students said there was no one place they usually go for health care,
- 23% of middle school students and 20% of high-school students said they seriously considered suicide in the past year, and
- 22% of middle school students and 39% of high-school students used alcohol in the month prior to the survey.

The majority of behavior patterns that pose lifelong health risks begin in adolescence.

School-based and school-linked health centers are comprehensive primary care clinics providing medical and mental health screening and treatment for young people on or near school grounds. School-based and school-linked health centers offer services to youth in a familiar and "teen-friendly" setting and are staffed by health professionals trained to work with adolescents. These centers are effective because they are designed to overcome barriers that discourage adolescents from utilizing health services including: lack of confidentiality, inconvenient appointment times, prohibitive costs, and general apprehension about discussing personal health problems.

All school-based and school-linked centers provide:

- physical health
- mental health
- health education
- preventive services

The mix of services delivered at each site is tailored to the unique needs of each school community. Additional services are provided based on the needs of the health center users and the available resources at the discretion of each sponsoring agency.

The school-based and school-linked health centers were established on a community partnership model which has been essential to their success. Public Health – Seattle & King County contracts with seven community-based agencies to staff and run the school-based and school-linked clinics. All of these agencies contribute resources, expertise, and time, to the clinics they operate.



School-Based Health Centers

YHS has partnered with 7 community health organizations who administer 10 school-based health centers (SBHC) located on the grounds of Seattle Public Schools. Eight of these, called Teen Health Centers, are located in high schools and two, called Wellness Centers, are sited in middle schools. The first Teen Health Center was established in 1989. The remaining seven sites were opened between 1991 and 1995. Both of the Middle School Wellness Centers were established in 1999.

The SBHC's are well utilized and have consistently been praised by students, parents, and school staff as positive places for students to receive health services, counseling, and health education. The SBHCs provide both primary care as well as mental health counseling and preventive health services. They also provide numerous other services including:

- groups focusing on a variety of issues such as tobacco cessation, self-esteem, ethnic and cultural identity,
- health education in the class room,
- health fairs to promote healthy attitudes and behaviors,
- nutrition education and cooking demonstrations, and
- coordination between parents, school staff, students, and other health care providers.

Staffing for the health centers consists of an integrated, multidisciplinary team including a nurse practitioner, mental health counselor, services coordinator, and the school nurse.

School nurses are an important component of the system that monitors and provides for the health needs of students in Seattle Public Schools. School nurses carry out state-mandated screenings (such as vision and hearing testing), case manage students with chronic health conditions and/or special health care needs, and often serve as the first point of contact for students with illness or injuries. The roles of the school nurse and the SBHC staff are different, but were designed to work cooperatively. The school-based health center serves as a referral source for the school nurse when students need primary care or follow-up for illness or injuries. Frequently, the school nurse and SBHC staff work together to better serve students with complex health needs. An effective partnership between the Teen Health and Wellness Center staff and the school nurse is essential to the success of the school-based clinics.

"I feel that at Denny Wellness Center, we have an appreciation for each other's roles which allows us to function in a truly collaborative manner. As a result of this, we're better able to meet the needs of our students."

*-Kathy Quimby, Nurse
Denny Middle School*

"The reason the clinics are good in schools is that we get to develop on-going relationships with young people that not only may take care of a sore throat or ear ache or treat an STD, but help them make healthy choices, help them survive, help them get through high-school."

*-Sherry Foutch, Nurse Practitioner
Cleveland Harborview Health Center*

Families & Education Levy

The Families and Education Levy was first passed by the voters of Seattle in 1990. School-based health centers are just one Levy-funded effort. The Levy provides the majority of support for the SBHC's. Public Health – Seattle and King County also receives funding from the Levy to contract for school nurse services and health education programs in Seattle Public Schools. These services are an important part of achieving the Families and Education Levy mission of keeping kids safe, healthy and ready to learn.



"We are part of the non-family support network that adolescents need."

*-Ingrid Lynch, Nurse Practitioner,
Renton Youth Health Center*

School-Linked Health Centers

Youth Health Services partners with community health organizations that administer three school-linked clinics. School linked clinics are located off school grounds, but have a formal relationship with a school or school district. YHS administers two different models of school-linked clinics.

Two school-linked clinics are located in King county outside of Seattle, one in Renton and one in Burien. They have formal and well-established relationships with Renton and Highline School Districts respectively. Both are fully staffed primary care clinics that are teen-only service sites. In addition to the health and counseling staff, Public Health provides a full time Public Health Nurse (PHN) at each site. The role of the PHN is to do outreach in the community and to provide education about the clinics, and to serve as the primary liaison between schools, youth, the local community, and the clinic.

The third school-linked clinic is operated by North Public Health and serves students at Ballard and Ingraham High Schools. A PHN does outreach at each of the two schools. The PHN 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 student to ensure that he or she receives the care that they need at North Public Health.

School-linked health centers target adolescents who are uninsured and underinsured – those who have nowhere else to go to get medical care and counseling. They also serve young people who have insurance, but who want confidential care and advice. Like the school-based health centers, the school-linked health center model is nationally recognized as one of the best ways to provide effective, efficient, and appropriate health care services to adolescents.



Outcomes?.....Health is Academic!

A primary intent of providing health services in schools is to improve academic success. Health staff have a unique opportunity to collaborate with students, their parents, and school staff to address health related issues that, if left untreated, compromise students' school performance.

Midway through the 1999-2000 school year, Margaret* was referred to the Denny Wellness Center for health and mental health services. She was failing most of her classes and in danger of failing the 7th grade. Margaret had difficulty dealing with strong feelings. Because she responded to her feelings inappropriately, she was picked on by her peers. Margaret had regular anxiety attacks that caused her to dissociate – when this happened, she would start growling and become unresponsive.

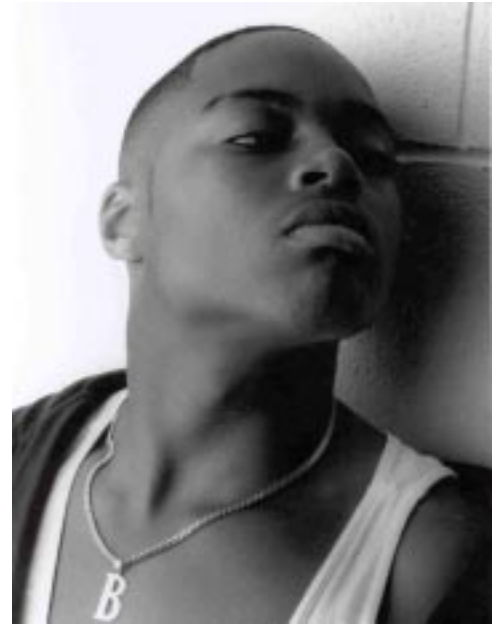
A concerned teacher referred Margaret to the Wellness Center. This triggered an immediate response that resulted in a partnership between the mental health counselor at the Wellness Center, the school nurse, the school counselor, teachers, and Margaret's father.

A first step to helping Margaret was working with her father to overcome cultural issues about counseling and therapy. The school nurse, school counselor, and the mental health counselor at the Wellness Center developed a plan and worked closely together so that one of them was always able to respond in a consistent manner, when Margaret needed assistance. Margaret's teachers began informing the Wellness Center when she had assignments due so that they could assist in helping her complete her schoolwork. She was linked with a mentor from Chief Sealth High School through a mentoring program run by the Denny Wellness Center. Margaret's mentor was a high school student of the same gender and ethnic background. She spent time doing homework with Margaret and just talking to her.

Soon, Margaret's schoolwork began to improve. Every time she worked with her mentor, she completed all of her homework assignments. Her signs of anxiety decreased and she became much more expressive. Her face would light up each time she saw her mentor.

Margaret passed the 7th grade. This year, as an 8th grader, she stands up straighter. She still sees the mental health counselor at the Wellness Center, but now instead of growling, she talks about the activities that she is involved in, the new friends she has made, and she informs her counselor that she can't stay long because she has to get back to class!

*Names and identifying information have been changed in order to preserve confidentiality.



"Health drives performance. Students need to be well to perform well."

*-Joseph Olchefske, Superintendent
Seattle Public Schools*

YHS Community Partnerships

"The school-based and school-linked health centers are an exciting opportunity to serve teens with a multi-disciplinary staff team. This model of providing mental health and medical in the same place is highly effective."

*-Kathie Wurzbacher
Group Health Cooperative*

Partnerships are what Youth Health Services is all about! Partnerships allow this program to be effective, innovative, and responsive to the needs of the community. Youth Health Services staff draw on partnerships to enhance the skill-base within our program and to ensure that the health needs of the youth in our community are met.

There is not one program, activity, or service of Youth Health Services that does not involve some sort of collaboration. The shared goal of ensuring that teens have full access to a range of health care services has produced effective and supportive partnerships with schools, community agencies, Public Health, and local government. As stated in the Merriam-Webster's Collegiate Dictionary definition of the word, "partnerships" involve close cooperation where all parties have specified and joint rights and responsibilities.

Youth Health Services partnerships happen in a variety of ways and on a multitude of levels. YHS collaborates with 20 different community based organizations. The 7 agencies that operate 9 school-based and 2 school-linked clinic sites not only provide dedicated staff who create successful and innovative programs, but they also contribute significant resources far above and beyond those which are provided through their contract with Public Health – Seattle & King County. The other significant partners in all of our endeavors are our local school districts. In many cases, we share space and have fully integrated our programs into school activities. At a minimum, we coordinate with

them, mutually support each other's goals, and recognize that the work we do is intimately intertwined. Of course, none of this would be possible without the generous funding support that we receive from the Families and Education Levy, City of Seattle, and King County.



Youth Health Services staff rely on other individuals and agencies to provide their expertise and resources to serve adolescents better. In the same way, YHS staff make available resources and expertise not only to our community partners and Public Health, but also to other organizations in the community. Community activities during the 1999-2000 school year include (but are not limited to):

- developing a “developmental assets program package” of tools, best practice models, case studies, and other resources for use by schools all over Washington state,
- contracting with a local mental health expert to provide mental health consultation for all counseling staff at the school-based and school-linked health centers,
- providing adolescent health training and consultation for Public Health and community agency staff and for all of the school-based and school-linked health center staff, and
- coordinating and developing systems for the Teenage Pregnancy and Parenting Program (TAPP).

Partners & Sites - Thanks to the following organizations who administer the school-based and school-linked clinics.

Group Health Cooperative of Puget Sound

- Franklin High School Teen Health Center
- Renton School-Linked Health Center
- Washington Middle School Wellness Center

Harborview Medical Center

- Cleveland High School Teen Health Center

Highline Community Hospital

- Highline School-Linked Health Center

Odessa Brown Children's Clinic

- Garfield High School Teen Health Center

Providence Seattle Medical Center/45th Street Clinic

- Roosevelt High School Teen Health Center

Public Health – Seattle & King County

- North Public Health School-Linked Clinic
- Rainier Beach High School Teen Health Center

Puget Sound Neighborhood Health Centers

- Denny Middle School Wellness Center
- Sealth High School Teen Health Center
- West Seattle High School Teen Health Center

University of Washington

- Nathan Hale High School Teen Health Center

“The biggest plus is that we have additional mental health and medical care available immediately for our students ... we are in a low-income area where students don’t always have access to the health services they need. It’s a great partnership!”

*-Wayne Hashiguchi
Principal, Denny Middle School*

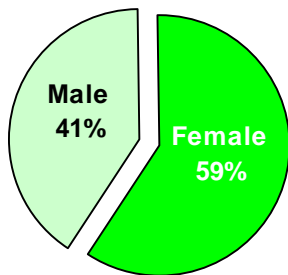


School-Based Health Centers Teen Health Centers

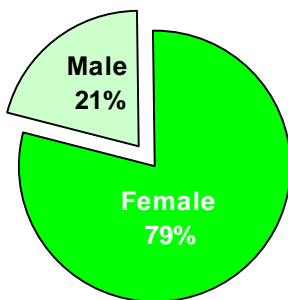
In the 1999-2000 school year, students in eight Seattle high schools benefited from health services provided by Teen Health Centers (THC). Over 3,000 students accessed the THC's at a rate of 4.7 visits per user for a total of nearly 15,000 visits.

	THC Enrollment	School Enrollment	Percent Enrolled	Number of Visits	Unduplicated Users	Visits Per Person	Users as Percent of THC Enrollment	Users as Percent of School
Cleveland	411	752	55%	2024	323	6.3	79%	43%
Franklin	752	1628	46%	2297	408	5.6	54%	25%
Garfield	779	1443	54%	2428	557	4.4	72%	39%
Nathan Hale	634	1133	56%	1835	395	4.6	62%	35%
Ranier Beach	373	841	44%	1427	282	5.1	76%	34%
Roosevelt	746	1707	44%	1974	466	4.2	62%	27%
Sealth	430	926	46%	1145	320	3.6	74%	35%
West Seattle	756	1062	71%	1790	425	4.2	56%	40%
TOTAL	4,881	9,492	51%	14,920	3,176	4.7	65%	33%

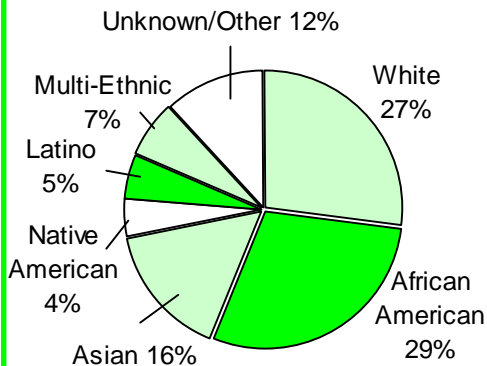
Enrolled by Sex



Visit by Sex



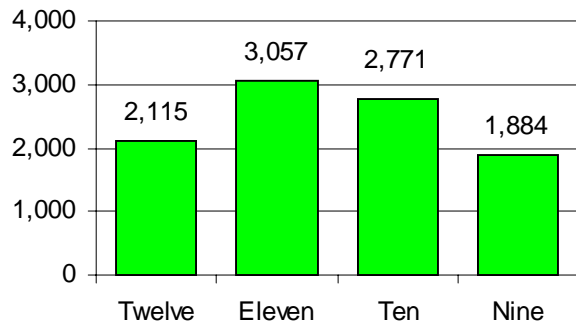
Visits by Race/Ethnicity



Female students were enrolled at a higher rate and utilized significantly more THC services than did male students.

Grade enrollment data is reflected in the visit data. Across the system, tenth and eleventh graders enrolled at a higher rate and used more services than did students in the ninth and twelfth grades.

Visits by Grade

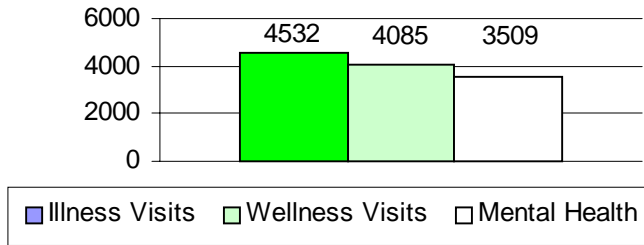


It's very welcoming....I come in here and everybody knows me and they're excited to see me. Everybody knows my name...it's great to have it at a school – that comfort and the support because a lot of schools don't have that.
Junior – Chief Sealth High School

"...it's real good because I can get really quick help, like when I fractured my thumb, I mean they helped out and referred me to this doctor that, you know, got me this cast so I could still play football".
Senior – Chief Sealth High School

Race/Ethnicity data also reflects enrollment patterns, but not necessarily school enrollment patterns where African American students account for 23%, Asian 24% and White students 41%.

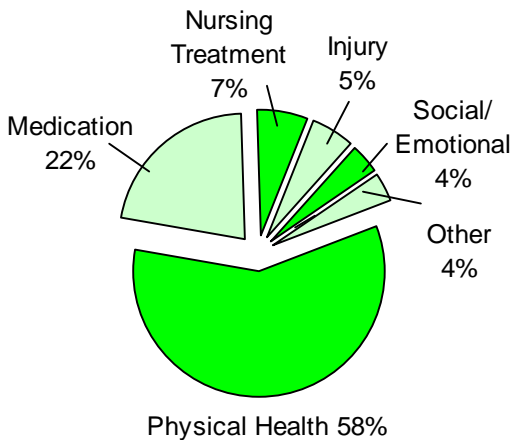
Type of Visit



Mental health is an important part of THC services, accounting for nearly 30% of all individual visits. Data reflected in this report does not include the many support groups and health education and outreach efforts provided by mental health staff at the THC's.

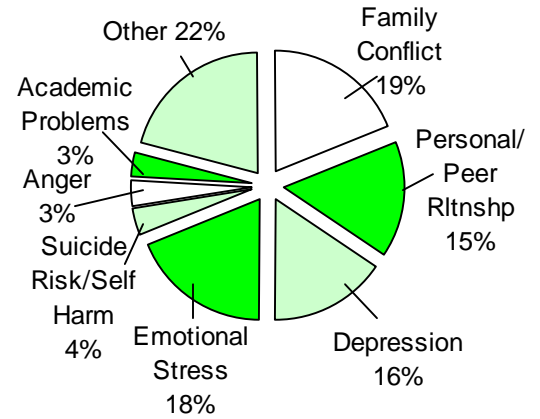
Medical services provided by the Nurse Practitioner can be broken down to better identify the type of service being provided. Illness visits comprised just over 37% of all visits while wellness visits represented nearly 34%.

Reasons for School Nurse Visits

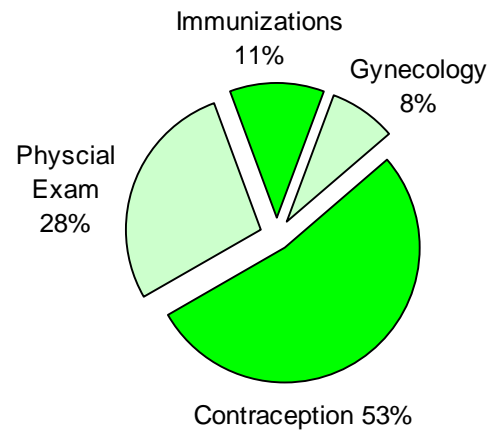


School Nurse services are an important component of the Teen Health Centers and student health services, generally. Last year, THC school nurses provided over 27,000 visits to 5,245 students in the eight high schools that house a Teen Health Center.

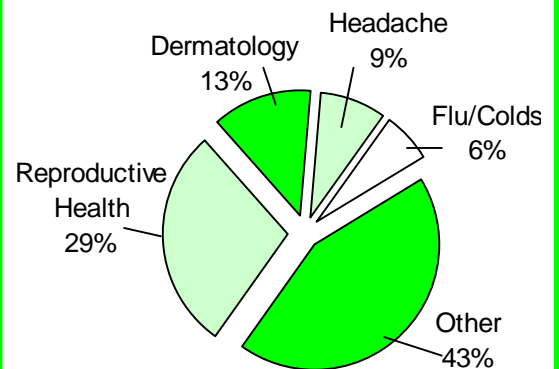
Reasons for Mental Health Visits



Reasons for Wellness Visits



Reasons for Illness Visits

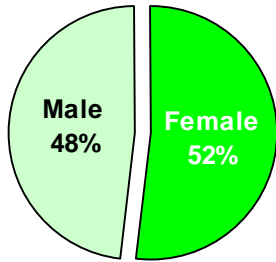


School-Based Health Centers Middle School Wellness Centers

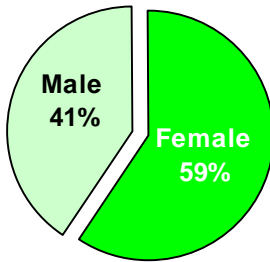
Early adolescence offers a unique window of opportunity to shape enduring patterns of healthy behavior by fostering effective education, preventing destructive behavior, and promoting good health practices. Opened at Denny and Washington last year, Middle School Wellness (MSWC) Centers provide a targeted effort to meet this opportunity.

	MWC Enrollment	School Enrollment	Percent of School	Total Visits	Unduplicated Users	Visits Per Person	Users as % of MWC Enrollment
Denny	240	870	27.6%	592	123	4.8	51%
Washington	498	1,027	48%	680	224	3.0	45%

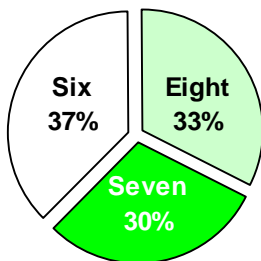
Enrollment by Sex



Visits by Sex

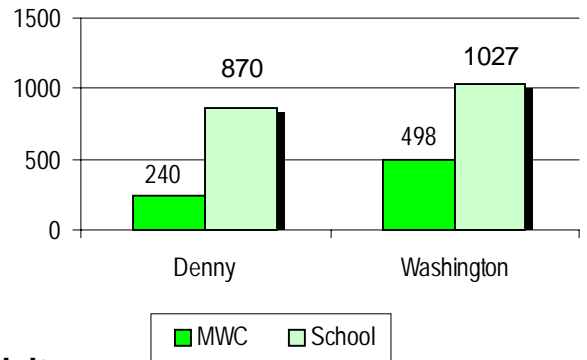


Visits by Grade

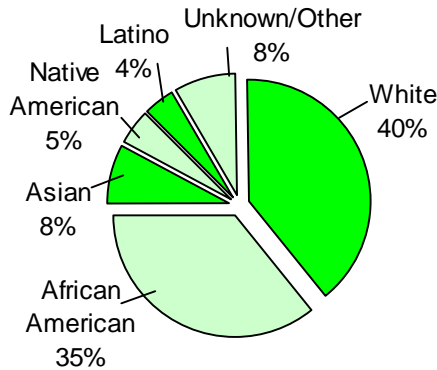


Unlike sites offering services to older youth, the utilization rate of middle school males is higher, although female students still use more services.

Enrollment



Visits by Race/Ethnicity



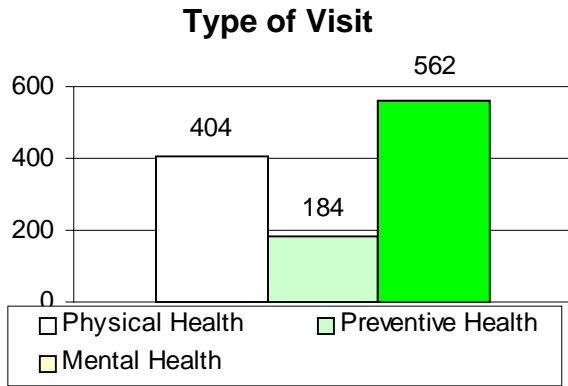
Visit data by Race/Ethnicity is not completely reflective of school enrollment data at Denny and Washington where white students account for 39%, African American 27% and Asian 21% of all students.

"I've been coming here since I was in 7th grade when I was failing all my classes... Whether Laurie knows it or not, she teaches me a lot of things – just through listening... If she didn't help me out, I'd probably still be struggling horribly and not getting really anywhere in my life and not having the opportunities that I have now. I mean so many doors have been opened for me because Laurie helped me regain the self confidence that I have... Laurie helped me find out who I am."

-8th Grader
Denny Middle School

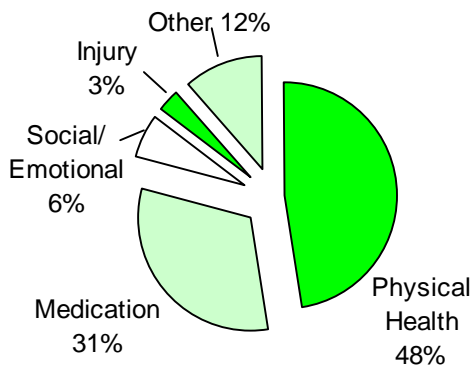
[Note: This student is now receiving "A's" in all of her classes except for one.]

The mission of the Middle School Wellness Center Program is to promote student wellness by providing comprehensive social, mental and physical health care in a safe and confidential school based setting in collaboration with the school, families and community.



Mental Health makes up over 48 % of all services provided at the MWCs while illness visits account for 35 % and wellness visits for 16 percent.

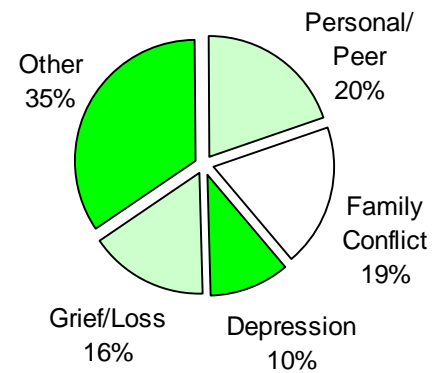
Reasons for Visits to School Nurse



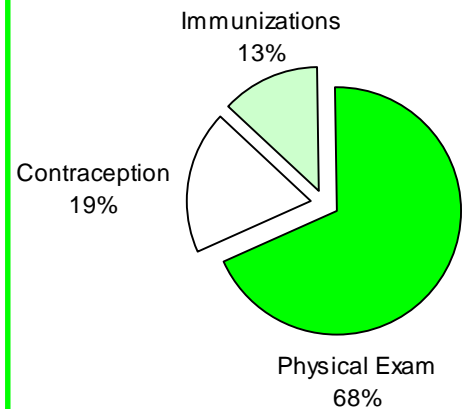
The school nurse role at the MWCs is an important part of the team. Last year, school nurse services were provided to over 1,500 students, totaling 13,172 visits.

Data on these pages does not reflect a full year of service.

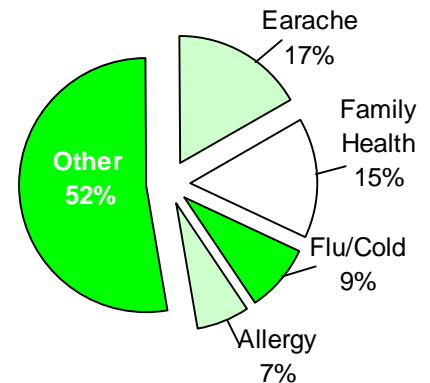
Reasons for Mental Health Visits



Reasons for Wellness Visits



Reasons for Illness Visits

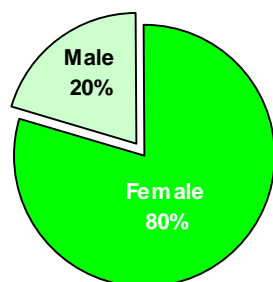


School Linked Health Centers

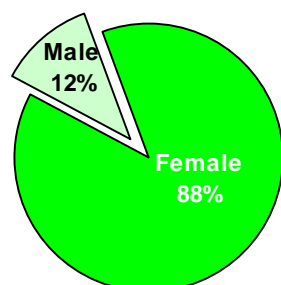
School Linked Health Centers (SLHC) have close relationships with partnering schools. Together, Renton and Highline Youth Health Centers provided services to students from over 50 different schools in South King County. With more than 2,300 youth enrolled, SLHC staff saw over 2,000 unduplicated clients, totaling 6,133 visits.

	SLHC Enrollment	Visits	Unduplicated Users	Visits Per Person	Users as Percent of Enrolled
Highline	1292	3,709	1288	2.9	100%
Renton	1010	2,424	734	3.3	73%

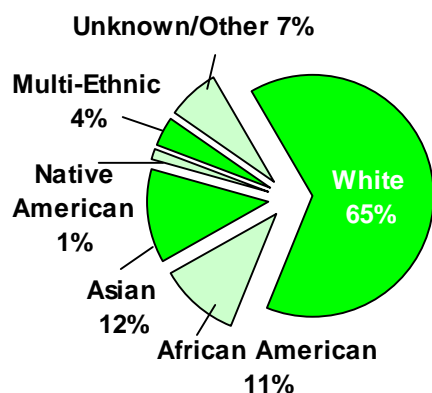
Enrollment by Sex



Visits by Sex



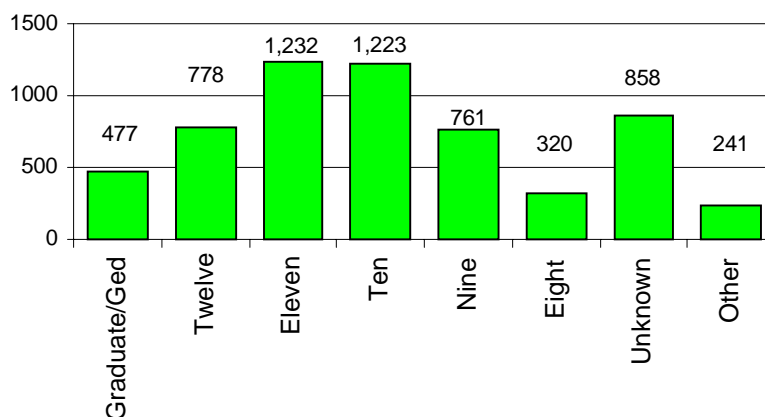
Visits by Race



As with most of the health center sites, school linked centers provide the majority of services to female youth. With a combined enrollment of 2,302, females accounted for over 1,800 of youth registered at the sites and 88% of all visits.

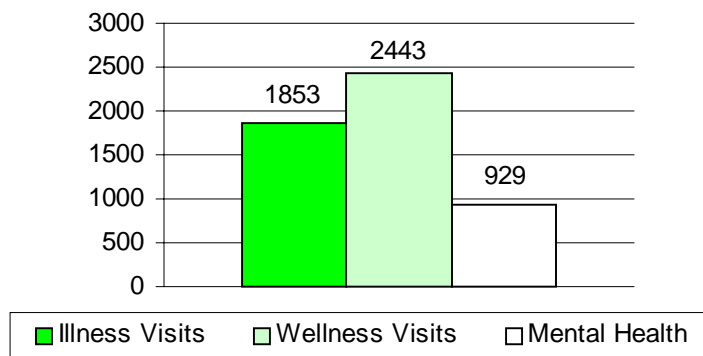
Visits by Race closely reflect enrollment patterns at the School Linked sites where white clients were enrolled at a rate of 61%, African American 13% and Asian at a rate of 13%.

Visits by Grade



Eleventh and Tenth grade students are both enrolled most frequently and use more services than other registrants of the school linked sites. Both grades are enrolled at a rate of 20% and use just over 20% of all services.

Types of Visits

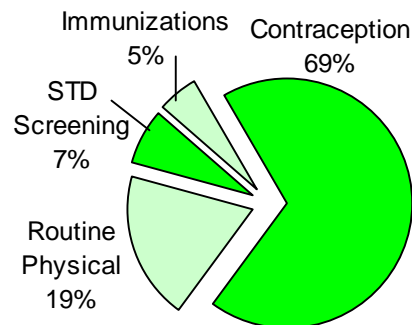


With 47% of total visits, wellness visits comprised the majority of the services provided at the School Linked Health Centers. Diagnoses related to illness visits accounted for 35 % and mental health, 18%.

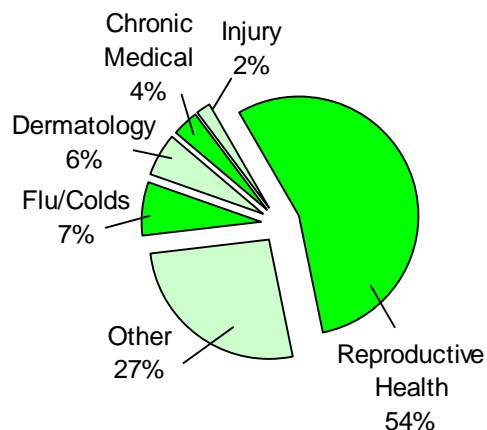
Reproductive health services account for 54% of illness visits and 16% of all services provided at the health centers.

“They come in for sports physicals for cross country, for track, for basketball, for football ... they don’t have a [health] provider anywhere else.”
*-Marie Casey, Nurse Practitioner
 Renton Youth Health Center*

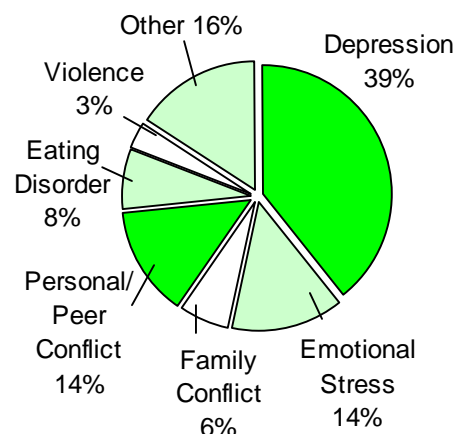
Reasons for Wellness Visits



Reasons for Illness Visits



Reasons for Mental Health Visits



We'd like to thank our partners and supporters...

- 45th Street Clinic
- Carl Meinecke, Ph.D.
- Central Youth & Family Services
- City of Seattle
- Columbia Health Center
- Community Psychiatric Clinic
- Group Health Cooperative & Foundation
- Harborview Medical Center
- Kids Health 2001
- Highline Community Hospital
- Highline School District
- King County
- Medina Children's Services
- North Public Health
- Odessa Brown Children's Clinic
- Providence Seattle Medical Center
- Puget Sound Neighborhood Health Centers
- Renton Area Youth Services
- Renton School District
- Ruth Dykeman Children & Family Services
- SafeNet
- Seattle Families and Education Levy
- Seattle Mental Health
- Seattle Public Schools Student Health Services
- Seattle School District
- Southwest Youth & Family Services
- Teenage Pregnancy and Parenting Program (TAPP)
- University of Washington Division of General Pediatrics
- University of Washington Medical Center
- University of Washington School of Nursing
- U.S. Department of Justice Weed & Seed Program
- Washington State Department of Health

"I work with teenagers because I love 'em. They just really bring joy to my life. I love going into a classroom of teenagers and just observing and talking. I love their energy. I love that they're so willing to learn and try new things... They're exciting and they're smart and they have lots to offer. And I think our society doesn't really respect them the way they should. They don't get to see their energy and intelligence and all their great ideas that they have for this world. They're cool."

*-Karyn Higgins, Counselor
Renton Youth Health Center*

"Many Seattle students report that their teen health clinic is a vital resource, supporting both their physical and mental health needs."

*-Pamaela Hillard, Health Educator
Program Manager, Seattle Schools*



**All pictures in this annual report were taken by teens participating
in photography classes at Youth in Focus.
Thanks to Catrina, Kenny and Eunjean for providing pictures.**

Youth in Focus (YIF) uses photography to give urban teens the opportunity to experience their world in new ways and make positive changes in their lives. Founded in 1994, YIF runs after school and summer programs where teens learn valuable life skills and build confidence in their abilities. Exhibition of student works celebrates young people as valuable members of our community. Youth in Focus received The Coming Up Taller Award 2000 for providing inspiration to teens through the arts. For more information about classes or volunteering call 206/723-1479, visit our web page www.youthinfocus.org, or e-mail yif@youthinfocus.org.



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