



Seattle's
School-Based Health Centers

Why the Need?

Adolescents have the lowest utilization of health care of any age group, and are least likely to seek care in a providers office

- *The Center for Health & Health Care in Schools*

Why the Need?

23% of middle school and 20% of high school students in Seattle Public Schools report seriously considering suicide during the last year

- *Seattle Teen Health Survey*

Our Purpose

The role of the School Based Health Centers (SBHCs) is to optimize the physical and mental health of young people by providing quality and accessible health care and preventive education. These services are available to all students in Seattle Public Schools who have a SBHC serving his/her school. Our goals are:

- ◆ Increase healthy behaviors/Decrease risky behaviors in health center users
- ◆ Increase students' readiness to achieve academic success

SBHC Basics

School-Based Health Centers offer a unique opportunity to deliver physical and mental health services to our community's youth in an accessible and safe environment. Basic health services are provided in a school-based, clinic setting by a team of professionals who specialize in adolescent health. A nurse practitioner, a mental health counselor, and a receptionist/program coordinator staff each SBHC. The school nurse, while a school district employee, is an integral member of the SBHC team. In Seattle, there are currently 12 SBHCs: 9 Teen Health Centers at high schools, and 4 Wellness Centers at middle schools.

Health services focus on prevention and include:

PHYSICAL HEALTH

- ❖ Well child exams
- ❖ Immunizations
- ❖ Acute illness/injury care
- ❖ Chronic illness care
- ❖ Family planning
- ❖ STD screening and treatment

MENTAL HEALTH

- ❖ Assessment
- ❖ Individual counseling
- ❖ Group counseling
- ❖ Case management
- ❖ Referral to school and community resources

HEALTH EDUCATION

- ❖ Illness-related and preventive education for individual students
- ❖ Outreach to classrooms and other student groups
- ❖ Information for staff & teachers

Impact

Seattle Public School Students are utilizing the School-Based Health Centers
During the 2001-2002 school year:

- ◆ Over 9,000 students were enrolled in the Seattle SBHCs.
- ◆ Students made 18,708 visits to SBHCs.
- ◆ One out of three high school students used the Teen Health Center at his/her school.
- ◆ One out of four middle school students used the Wellness Center at his/her school.



The School-Based Health Centers are Valuable to Students

A survey of School-Based Health Center users completed in November 2001 found:

- ◆ More than 70% of students report an improvement in their health as a result of using the SBHCs.
- ◆ Ninety percent of students report that getting health care at school helped them be more attentive in class.
- ◆ Over 70% of students report that they obtained care at the SBHCs that they otherwise would not have received.

The School-Based Health Centers are Valuable to School Staff

A survey of teachers and school staff conducted during the Spring of 2002 found:

- ◆ Ninety-nine percent of staff think students' general health problems affect their school performance.
- ◆ Over 86% of staff believe that SBHCs have an impact on improving school performance.
- ◆ And, 96 % of staff are supportive of services provided by SBHCs.

Partnerships

The Seattle School-Based Health Center system operates as a multi-agency partnership. Youth Health Services of Public Health - Seattle & King County contracts with 6 community health care organizations to operate one or more SBHC. Each health care organization is responsible for providing all services at the health center, or subcontracting with another organization that may be more able to provide a particular service.

Through partnerships with community agencies, the SBHCs draw upon the unique capabilities and expertise of many organizations. These agencies contribute their knowledge of quality health care for adolescents, as well as staff time, administrative support, technical assistance, supplies, and many other resources without which these clinic sites could not be sustained. In addition to the generous support the SBHCs receive from the City of Seattle Families & Education Levy and General Fund, sponsoring community organizations contribute a significant percentage of the total cost of the SBHCs in direct and indirect resources.

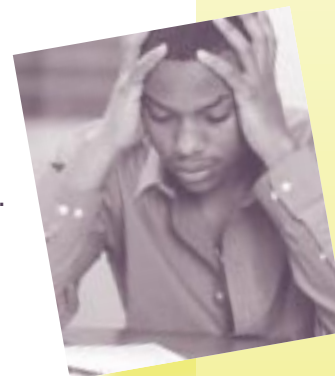


This program is provided in part by the voters of Seattle through the Families and Education Levy.

Why the Need?

Adolescents are less likely to have health insurance than any other age group

- *The Center for Health & Health Care in Schools*



Why the Need?

Only 31% of sexually active high school males and 54% of females report having been tested for STDs

- *Seattle Teen Health Survey*

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Why the Need?

Mental health problems have surpassed injuries as the single most common reason for child hospitalizations among Washington children 5 to 19 years old
- *Washington Kids Count*

Why the Need?

Twenty-four percent of Seattle middle and high school students report that there was no one place they usually go for health care
- *Seattle Teen Health Survey*

Seattle's SBHCs

Aki Kurose Middle School Wellness Center

Sponsor Organization: *Group Health Cooperative of Puget Sound*

Ballard High School Teen Health Center

Sponsor Organization: *Swedish Medical Center*

Cleveland High School Teen Health Center

Sponsor Organization: *Harborview Medical Center*

Denny Middle School Wellness Center

Sponsor Organization: *Puget Sound Neighborhood Health Centers*

Franklin High School Teen Health Center

Sponsor Organization: *Group Health Cooperative of Puget Sound*

Garfield High/NOVA Alternative Schools Teen Health Center

Sponsor Organization: *Odessa-Brown Children's Clinic*

Nathan Hale High/ Summit Alternative Schools Teen Health Center

Sponsor Organization: *University of Washington*

Madison Middle School Wellness Center

Sponsor Organization: *Puget Sound Neighborhood Health Centers*

Rainier Beach High School Teen Health Center

Sponsor Organization: *Public Health – Seattle & King County/Columbia Health Center*

Roosevelt High School Teen Health Center

Sponsor Organization: *Puget Sound Neighborhood Health Centers*

Sealth High School Teen Health Center

Sponsor Organization: *Puget Sound Neighborhood Health Centers*

Washington Middle School Wellness Center

Sponsor Organization: *Group Health Cooperative of Puget Sound*

West Seattle High School Teen Health Center

Sponsor Organization: *Puget Sound Neighborhood Health Centers*

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