

# SCHOOL BASED HEALTH CENTERS (SBHCs)

Community, Family Health, and Prevention Section – November 2023

## What are School Based Health Centers (SBHCs)?

- Free standing medical clinics located within or on the grounds of schools.
- Licensed as outpatient clinics or as hospital satellites.
- Open to all enrolled in the school regardless of ability to pay or insurance status.
- Work collaboratively with schools, parents, and the community.
- Ensure that students are healthy and ready to learn.

## What are the benefits of SBHCs?

- Accessible health care where and when students need it.
- Supports **students** by providing a safe place to talk about sensitive issues such as depression, family problems, relationships, and substance abuse.
- Supports the **school** environment by helping children stay in school and by identifying and addressing health problems that may interfere in the learning process.
- Supports **families** by allowing parents to stay at work while attending to their child’s routine health care needs.

### Healthy Impacts

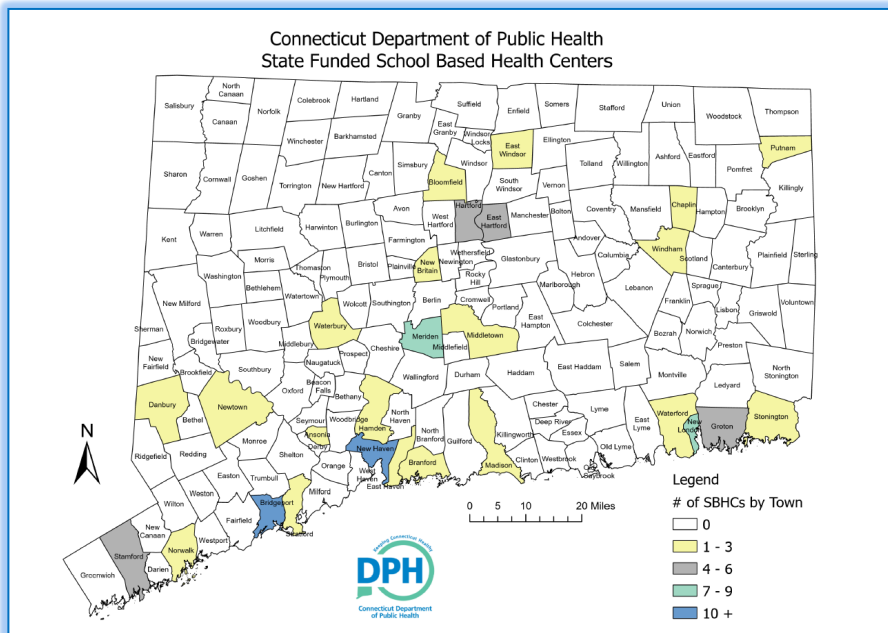
Health Supports Successful Students & Families

Better Access to Health Services	Healthier Students and Families	+	↑	Attendance Rate Increases
Healthy Students Learn Better	Gains in Student Academic Success	+	↓	Dropout Rate Decreases
Helps to Build Trust	Families Connect With the School	+		

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Lower Medicaid Costs	Reduced Emergency Room Usage	More Time at Work Increases Families' Financial Security

Source: School-Based Health Alliance, <https://www.sbh4all.org/about>



## Connecticut SBHCs

- The DPH funds 91 School Based Health Center sites in 27 Connecticut communities, which provide medical, mental health, and/or dental services.
- SBHCs are staffed by an interdisciplinary team of professionals with expertise in child and adolescent health.

### Access and Utilization

	2020-2021*	2021-2022	2022-2023
<b>Student Population</b>	67,206	68,569	69,423
<b>Enrolled</b>	35,958	36,555	33,963
<b>% of Population Enrolled</b>	54%	53%	49%
<b>Served</b>	12,953	21,979	22,280
<b>% of Enrolled Served</b>	36%	60%	66%

### Medical Services

- Physical exams and routine checkups
- Immunizations
- Diagnosis and treatment of acute injuries and illnesses
- Managing/monitoring chronic disease
- Prescribing and dispensing medications
- Reproductive health
- Health education/promotion/risk reduction activities
- Nutrition counseling and weight management
- Outreach and linkages to community-based providers
- Referral and follow-up for specialty care

	2020-2021*	2021-2022	2022-2023
<b>Medical Visits</b>	25,711	57,485	55,174
<b>Medical Users</b>	9,831	18,017	18,829
<b>Average # of Medical Visits</b>	2.6	3.2	2.9

*In the 2022 - 2023 school year **72%** of medical clients had a mental health screener at a physical.*

### Mental Health Services

	2020-2021*	2021-2022	2022-2023
<b>Mental Health Visits</b>	51,182	63,556	67,967
<b>Mental Health Users</b>	4,515	4,091	3,942
<b>Average # of Mental Health Visits</b>	11.3	15.5	17.2

- Mental health services and screenings
- Individual, family, and group counseling
- Crisis intervention
- Education

*In the 2022-2023 school year **30** screening tools were utilized. **15%** of clients were identified as at risk through a positive mental health screener. **873** clients were referred into counseling.*

### Dental Services

- Oral health screening
- Restorative care
- Sealants
- Prophylaxis
- Mobile dental

	2020-2021*	2021-2022	2022-2023
<b>Dental Visits</b>	2,880	7,324	6,898
<b>Dental Users</b>	1,674	4,213	3,460
<b>Average # of Dental Visits</b>	1.7	1.7	2

*In 2022-2023 school year **1/3** of DPH funded SBHCs provided dental service.*

\* Note: 2020-2021 data were reduced due to COVID restrictions.