

2014 Program Report Card: Norwich Free Academy School Based Health Center (Grades 9-12)

Quality of Life Result: All Connecticut children will grow up in a stable environment, safe, healthy and ready to succeed.

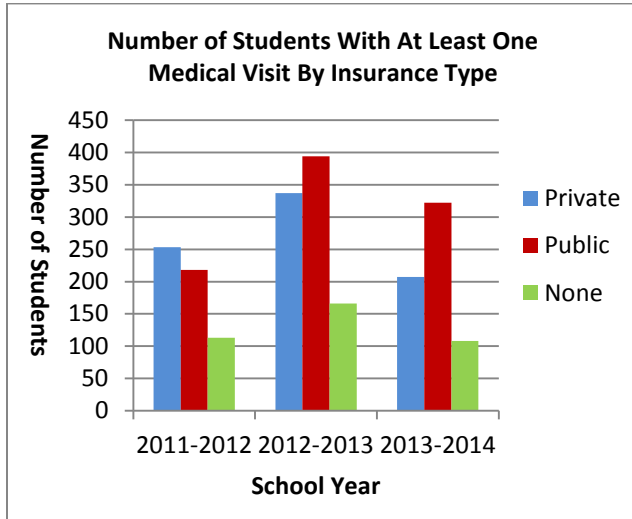
Contribution to the Result: School Based Health Centers provide healthcare access for school aged students, so that they are healthy and ready to learn.

Program Expenditures	DPH SBHC Funding	Other State Funding	Federal Funding (MCHBG, ACA)	Total Other Funding (Other federal, Local, Private)	Reimbursement Generated	Total Site Funding
Actual SFY 14	\$352,972	\$0	\$0	\$4,076*	\$118,902	\$475,950
Estimated SFY 15	\$295,203	\$0	\$0	\$3,242*	\$113,273	\$411,718

Partners: Parents, Students, CASBHC, DPH, DSS, DMHAS, DCF, The CT Chapter of the AAP, School Based Health Alliance, Board of Education, Local Health Department, School Nurses, School Administrators and Faculty, Child & Family Agency Programs, United Community and Family Services

How Much Did We Do?

Access and Utilization



Story behind the baseline: The school population has stayed fairly constant: 2292 in 2011-12; 2269 in 2012-13; and 2279 in 2013-14. However, the SBHC enrollment has increased from 1095 (48%) in 2011-12 to 1213 (53%) in 2013-14. Of the 1213 students enrolled, 637 (53%) of them had at least one visit to the health center. (All students seen by the mental health clinician are also seen by the nurse practitioner (NP) to review medical conditions, allergies, medications, etc.) This is done in order to identify any medical issues that may be impacting the student's mental health and to satisfy the meaningful use measures for the electronic health record.

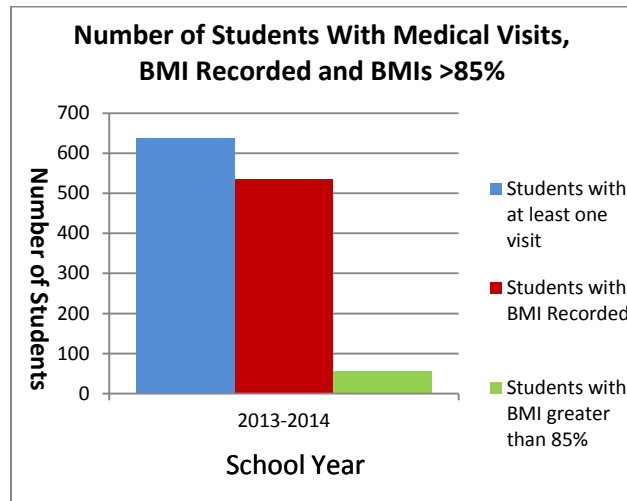
In 2013-2014 the majority of enrolled students had Medicaid/HUSKY insurance (568/1213= 47%). There were 436 students with private insurance (436/1213 = 36%). The remaining students (209/1213= 17%) said that they had no insurance.

SBHC services are presented at Parent Night where parents are given the opportunity to learn about the SBHC. The response is enthusiastic overall.

Trend: [▲]

How Well Did We Do?

Reduction in percentage of SBHC users with BMI >85%



Story behind the baseline: Body Mass Index (BMI) is calculated at the first medical visit and at subsequent visits that occur a minimum of one month or more from the previous measurement. The SBHC staff utilize the International Classification of Diseases (ICD-9) to identify the BMI % for students which is calculated automatically in the electronic health record.

This year 637 students were seen by the Nurse Practitioner and 532 had a BMI recorded. This year a significant number of students continue to have BMIs above the 85th percentile. 40 students had two BMIs recorded for the purposes of this report. They all had BMIs >95th%. 29 or 72.5% of them either maintained BMI or decreased BMI. Only 11 or 27.5% actually had an increase in BMI.

This year we have implemented a 5210 Lifestyle Screening Tool which assesses lifestyle habits such as exercise patterns, dietary habits, amount of time in front of a screen, sleep, etc. Once we obtain this information we utilize motivational interviewing techniques to assess readiness for change and focus on those areas that students are willing to change. We generally have students choose at least one exercise goal and one dietary goal to strive for. We schedule follow up visits every 2-3 weeks for several months to then implement lifestyle teaching and attain goals.

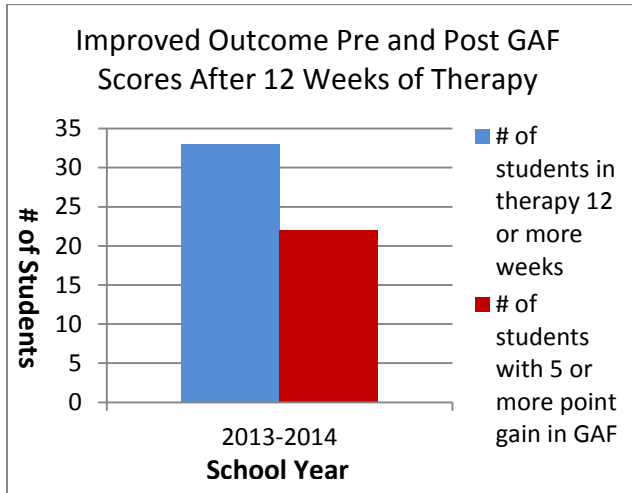
Trend: [▲]

2014 Program Report Card: Norwich Free Academy School Based Health Center (Grades 9-12)

Quality of Life Result: All Connecticut children will grow up in a stable environment, safe, healthy and ready to succeed.

Is Anyone Better Off?

Mental Health Improvement



Story behind the baseline:

In 2013-2014, 63 students had at least one MH visit. Many of them are re-screening from the Nurse Practitioners Mental Health Screening done during physicals. Others do not want to engage in therapy or are already in treatment with a community provider or the school's social services. Of the 40 students that were picked up as clinical cases, 33 (83%) of them closed after at least 12 weeks of service. 22 of those 33(67%) had a 5 point or more gain in their GAF score. Those students that did not close will be seen in the next school year. Those that did not attain a 5 point or more gain were referred to higher levels of care or left the school.

There are two mental health clinicians that provide counseling services to NFA students at this time. This has been the 2nd full year that one clinician has serviced NFA students. The other, clinician serves as both a SBHC mental health supervisor and has approximately 4 supervisees from both Norwich/New London and also provides counseling services to students at NFA and has been at NFA for 7 years. There continues to be a very positive relationship with teachers, guidance, and other student support staff. In addition to several referrals made by school supports, students also often self-refer and/or parents call the clinician directly to request services. Nurse practitioners continue to administer mental health screenings to students receiving physicals or who were often requesting to be seen by the NP. This screening has resulted in further evaluations by SBHC clinician's but has not impacted their practice or caseload significantly.

Demand clearly exceeds need at this SBHC site. A trend this year has been a significant increase in the number of intense cases that involve issues of self-harm or suicidality. This has led to a slight reduction of the overall number of students that can be seen, due to the time consumption of these types of cases. However, referrals continue to be high, and there is typically a waiting list of between 10-20 students at this site.

Trend: [▲]

Notes: * Other funding is from the United Way

Proposed Actions to Turn the Curve:

Access and Utilization:

Increase awareness in the NFA school community by attending functions such as teacher orientation sessions in August at the beginning of the school year in order to educate staff about SBHC services offered.

Update information on school website.

Obesity Reduction:

Nurse practitioner is seeking continuing education in motivational interviewing which she will use in working with students who are overweight/obese.

Mental Health Services:

Continue to educate staff and students about services. NFA will introduce SBHC staff to provide information and introduce services/staff at staff orientation day this upcoming year. Continue use of the bi-weekly meetings with school guidance and social work staff to discuss concerns and potential referrals.

To increase the percentage of students who achieve the 5 point or more improvement in their GAF, the clinician will work on decreasing the number of students who no-show or cancel their appointments.

It should also be noted, that some Ohio Scales could not be administered due to cognitive limitations on behalf of the client.

Data Development Agenda:

1. Work with Electronic Health Record Vendor:
 - To align EHR generated reports to meet DPH requirements
 - To streamline the process of exporting our data from EHR to DPH
 - Further refine data collection capability of the electronic record to define parameters for better identification and management of specific conditions (ex. students who have participated in select programs, students who have an asthma action plan on record, etc.)

**Data presented represents 2013-2014 school year and is only to be used as a baseline.