

2014 Program Report Card: Pawcatuck Middle School Based Health Center (Grades 5, 6, 7, 8)

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

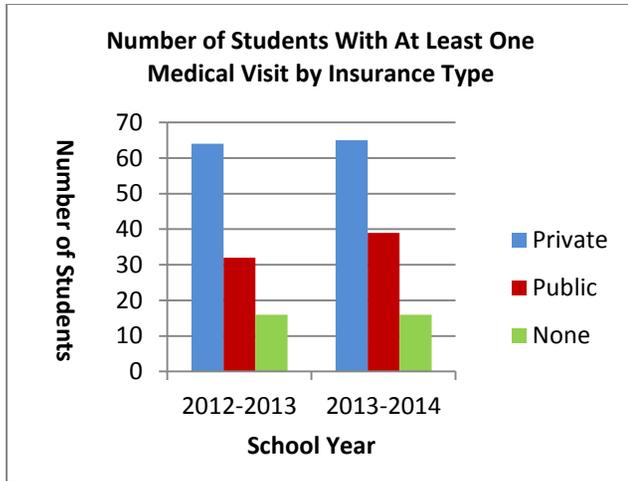
Contribution to the Result: School Based Health Centers provide healthcare access for school aged students, so that they are healthy and ready to learn.

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	\$152,043	\$0	\$0	\$1,630*	\$36,643	\$190,316
Estimated SFY 15	\$158,695	\$0	\$0	\$1,621*	\$45,571	\$205,887

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, SWAT Program

How Much Did We Do?

Access and Utilization



Story behind the baseline: This is Pawcatuck Middle School's first year with a SBHC. 154 students (48%) of the school population was enrolled by the end of the year (154/319).

Of the 154 students enrolled, 106 (69%) of them had at least one visit to the health center. (All students seen by the MH clinician are also seen by the nurse practitioner 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.

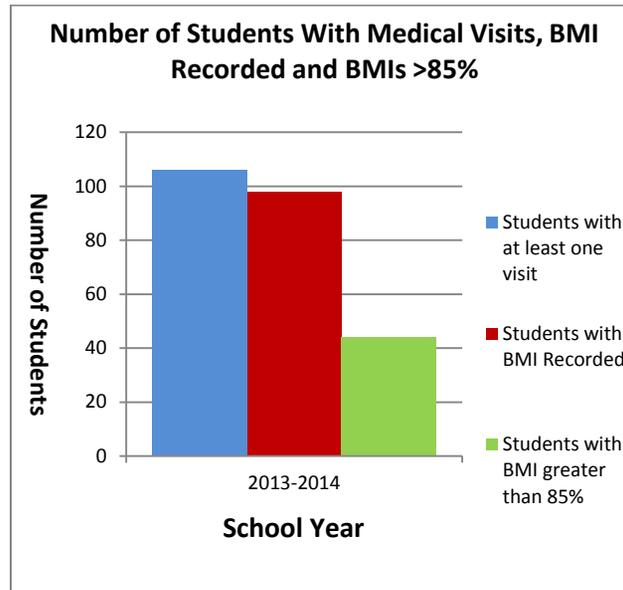
The majority of students enrolled the SBHC are privately insured (91/154= 59%). There are 46 students who have Medicaid/HUSKY insurance (30%) and the other 17 reported having no insurance (11%).

We have had a very successful year. The mental health clinician is full time and was carrying a full caseload of students by the end of the year. The APRN is part time but had visits with 99 students or 64% of those who were enrolled. The school community has embraced the SBHC, making it easy to access students for medical/mental health visits. In addition there has been a very positive response from parents, primary care providers in the area, and the community at large.

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 utilizes the International Classification of Diseases (ICD-9) to identify the BMI % for students. The electronic health record automatically calculates the BMI.

This year 99 students seen by the Nurse Practitioner had a BMI recorded. Of the 99 students seen at the SBHC, 27 (27%) had a BMI > 85th percentile. 17 had a BMI > 95th percentile. An effort was made to have all students over the 85th percentile complete a Lifestyle Screening Tool (5210). A code was recently developed for this so that next year we may be able to determine the actual number of students who completed it. Of those students who did fill out the screen, 100% were asked to choose one thing they wanted to change in terms of nutrition and their physical activity. Follow up visits were scheduled if the students were motivated to work on their lifestyle habits. Those who were not ready were informed that help was available if they changed their minds.

Pawcatuck also hosted a SWAT (Student Wellness and Activity Training) program this year which focused on teaching students about healthy exercise habits, nutrition, and how to prepare healthy meals. This program was funded by a federal grant to Ledgelight Health District to reduce chronic disease. It was a collaborative project that included the Health District, 5 of Child and Family Agency's SBHCs, the Mystic YMCA, UCONN's Nutrition Extension Program, and the Stonington School District's food services department. 17 students participated, of those 5 (29%) had a decrease in their BMI 7 (41%) had BMIs that went up, the rest (30%) remained the same.

The above numbers demonstrate how important it is to address the obesity issue in this age group. It would also appear wise to continue to have programs that include parents, such as the SWAT cooking class, as children in this age group are more dependent on parent choices at home.

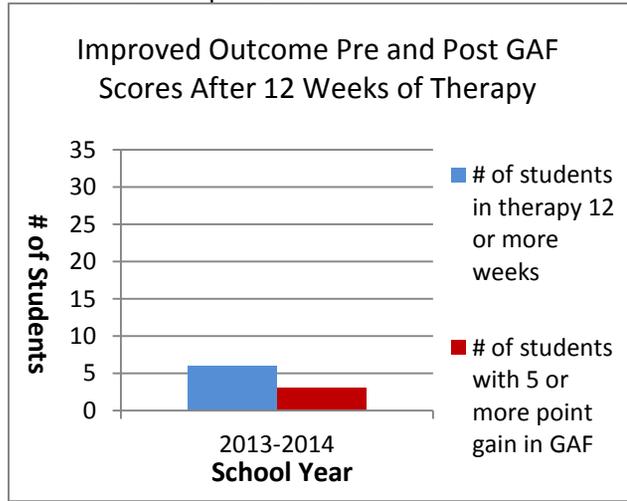
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Is Anyone Better Off?

Mental Health Improvement



Story behind the baseline: In 2013-2014, 37 students had at least one MH visit. Of the 8 that were picked up as clinical cases, 6 of them (75%) closed after at least 12 weeks of service. 3 of them had a 5 point or more gain in their GAF score (50%). The other students that were not picked up were re-screened from a referral from the Nurse Practitioner's Mental Health Screen, or were more appropriate for a "Girls Group" started by the clinician, or did not want therapy, or were referred to the school's mental health staff. Of the 3 that did not have a five point gain, they either were referred to a higher level of care, did not want to continue in therapy, or moved out of the district. The other two moved out of district.

This was the first year of operation for the Pawcatuck Middle School SBHC. We had a goal of registering 40% of the student body by the end of the year. We exceeded that at 41%. This was due to strong support from school administration and teachers as well as strong outreach efforts by SBHC staff. We spoke at the new student orientation; attended a PTO meeting; held an open house breakfast for all staff; held a ribbon-cutting ceremony attended by school principal, agency auxiliary and other supporters; contributed to the school basket raffle; had an info table at open house; had a presence during parent-teacher conferences.

Clinician held a 5th grade girls group ("Girl Power") in the spring that covered self-esteem, values, peer pressure, image of women in the media, body image and nutrition, and safety in social media. Usually about 8 girls attended the group.

Trend: [▲]

Notes: *Other Funding is from United Way

Proposed Actions to Turn the Curve:

Access and Utilization:

Next school year, SBHC registration forms will be sent home to all students the first day of school with other necessary school paperwork. A link will be available on the school website to access SBHC information and to download and print registration forms.

Obesity Reduction:

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

The kitchen manager at Pawcatuck Middle School is very involved with the students and expressed interest in offering healthier and locally grown choices in the coming years. He is currently investigating some of these options for next school year.

Mental Health Services:

In the next school year the clinician plans to offer additional small groups covering such topics as stress management, social skills, dealing with divorce, as well as the 5th grade girls group. In order to increase the percentage of students who achieve the 5 point or more improvement in their GAF, the clinician will focus on specific counseling goals more intensively. The clinician will also strive to increase family involvement in the therapeutic process.

Data Development Agenda:

- 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.