

## 2015-2016, Hamden School Based Health Center, Mental Health Services (grades 9-12)

### Hamden High School

*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.

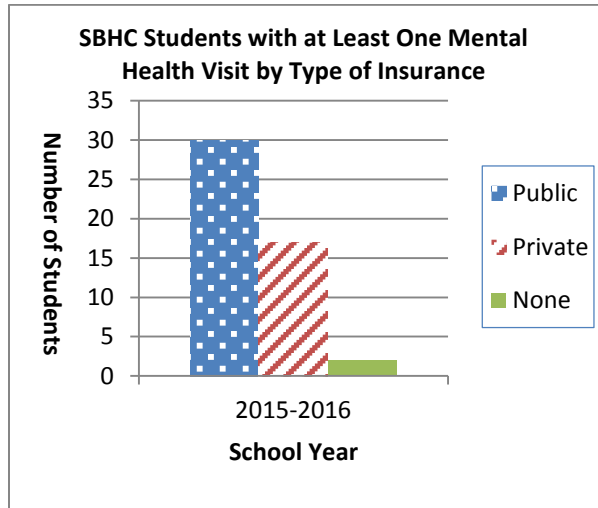
Program Expenditures	DPH SBHC Funding	Other State Funding	Federal Funding (MCHBG, ACA)	Total Other Funding (Other federal, Local, Private)	Reimbursement Generated	Total Site Funding
Actual SFY 16	\$116,756*	\$0	\$0	\$1,000 Hamden Rotary Club	\$38,160*	\$155,916
Estimated SFY 17	\$109,879*	\$0	\$0	\$0	\$40,000*	\$149,879

*Sponsoring Agency:* Quinnipiack Valley Health District

*Partners:* CASBHC, DPH, DSS, DMHAS, DCF, School Administrators and Faculty, Yale New Haven Hospital, Clifford Beers.

#### How Much Did We Do?

Access and Utilization



#### Story behind the baseline:

The total student population for Hamden High School is 1,675. The total number enrolled in the SBHC was 334 (20%). The number of students served for both medical and mental health services was 176 or 11% of the total school population and 53% of the enrolled population. The average number of visits per student was 6.23 (1,097 by 176 users.) There was a large increase (74%) in the number of students served from 2014-2015 (101) to 2015-2016 (176). Users of

mental health services increased by 81%, from 27 in 2014-2015 to 49 in 2015-2016. Mental health visits increased by 52%, from 290 (2014-2015) visits to 441 visits (2015-2016). This was an average of 9 visits per student.

Most students using mental health service had insurance coverage. Of the 49 students utilizing mental health services, 30 (61%) had public insurance, 17 (35%) had commercial insurance and only 2 (4%) had no insurance. There was a continued effort on the part of staff to assist families to acquire public insurance for students who qualified.

The SBHC APRN and LCSW made a presentation to all 232 students in 10<sup>th</sup> grade health classes to inform the students about both the mental health services and medical services offered at the SBHC. The LCSW also met with school guidance and social work staff to encourage referrals.

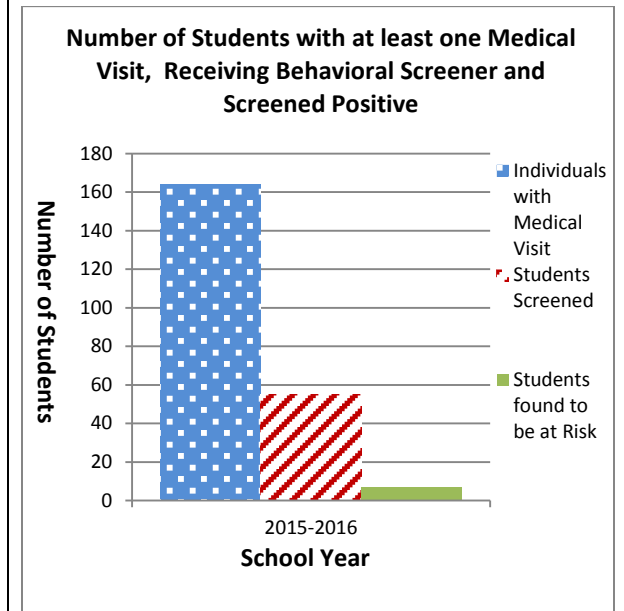
School	Population	Enrolled	MH Visits	MH Served
Hamden HS	1675	334	441	49

Trend: ◀▶

Trend Going in Right Direction? ▲ Yes; ▼ No; ◀▶ Flat/ No Trend

#### How Well Did We Do?

Screen All Students for Mental/Behavioral Health Issues that received a Medical Visit.



#### Story behind the baseline:

In 2015-2016, only students having a physical exam (55 students) were screened for mental health using the Patient Health Questionnaire (PHQ 2), the tool

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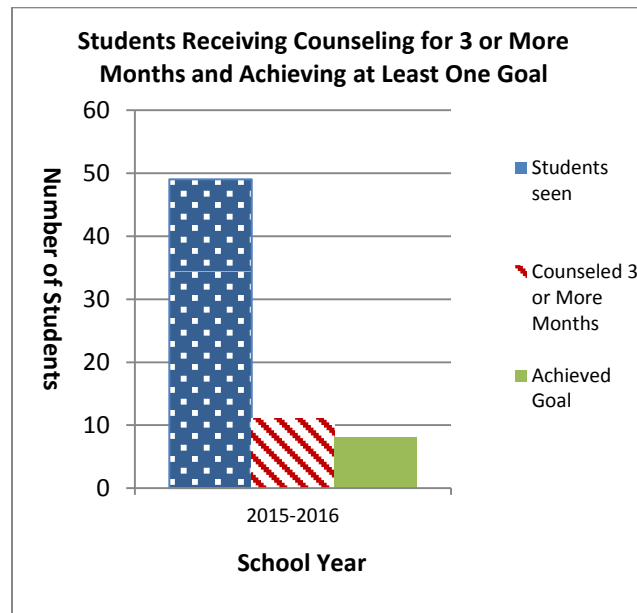
### Hamden High School

used by Bright Futures, American Academy of Pediatrics. If a positive screen was obtained, the PHQ 2 was followed by a PHQ 9. Beginning in school year 2016-2017, a mental health screening will be done at all physical exam visits, all initial medical visits (new patients) and for any other student when appropriate by the nature of the visit. (For example, a student coming for a follow-up immunization visit would not be rescreened.) Of the 55 students with a medical visit who were screened for mental health, 7 (13%) were referred to the SBHC LCSW for follow up evaluation and counseling services.

Trend: ◀▶

#### Is Anyone Better Off?

Students Receiving Counseling Meeting their Goals



#### Story behind the baseline:

In 2015-2016, 49 students made 441 mental health visits. Of those 49 students, 11 (22%) were seen for

mental health visits for 3 or more months, averaging 12 visits per student. 8 (73%) achieved one or more goals in the areas of grades, attendance and decreased anxiety and depression. The 3 students who did not achieve one or more goals are still working with the LCSW.

Trend: ◀▶

#### Notes:

\* Reflects funding provided to all of the SBHC for Medical, and Mental Health Services.

#### Proposed Actions to Turn the Curve:

##### How Much Did We Do:

The SBHC staff will make a presentation to all school staff in the fall about the services available at the SBHC. In addition, the LCSW will actively reach out to the guidance department for referrals. Increased mental health screenings during medical visits should also result in an increase in referrals to the LCSW.

##### How Well Did We Do:

Mental health risk assessments will be incorporated into all appropriate medical visits. Those with a positive screen will be referred either to the SBHC LCSW or to an outside treatment source.

##### Is Anyone Better Off:

In the upcoming year, goal achievement will be better quantitatively measured from a review of treatment plans and through student self-assessment.

#### Data Development Agenda:

Note: Due to the cost of EHR, mental health records are not yet in the Mom's Clinic EHR data base. With the cuts to the grant, mental health records will not be added into the EHR at this time. SBHC staff will devise methods to track data related to mental health services.

1. Develop a method to track goals that the students are trying to reach and the progress that they make. Document the findings in the clinical record.
2. Perform pre and post-test screening assessments on all students that receive counseling.
3. Work with Eclinical Works EHR to ensure all data that DPH wants can be collected with documented procedures.
4. Ensure data that DPH wants can be easily exported to DPH via a method other than EHR exports.