

## 2018-2019, Bloomfield- School Based Health Centers, Mental Health Services (grades 9-12) CREC Metropolitan Learning Center

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

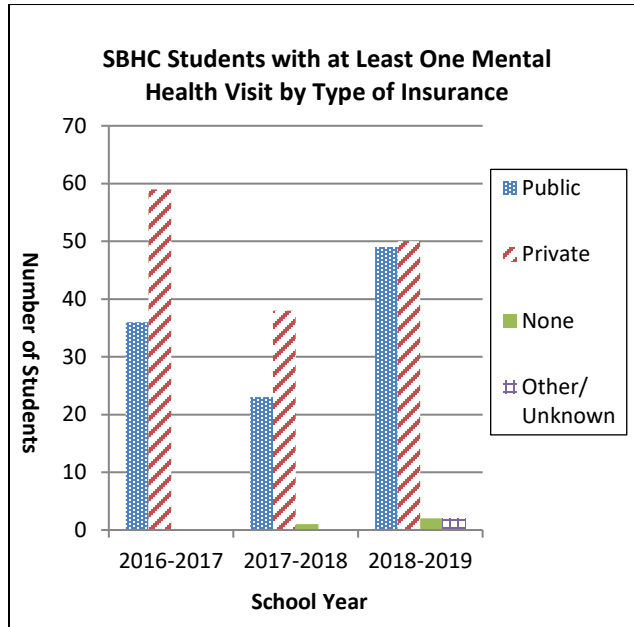
*Contribution to the Result:* School Based Health Centers provide healthcare access for school aged students, so that they are healthy and ready to learn.

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 19	\$69,085	0	0	\$282,632	\$75,275	\$426,992
Estimated SFY 20	\$69,085	0	0	\$283,000	\$75,275	\$427,360

*Partners: Parents, Students, DPH, DSS, DMHAS, The CT Chapter of the AAP, School Based Health Alliance, Board of Education, Local Mental Health Agency, School Nurses, School Administrators and Faculty, and Medical Director Barbara Ziogas.*

### How Much Did We Do?

Access and Utilization



### Story behind the baseline:

In 2018-2019, the total student population for the Metropolitan Learning Center (MLC) was 703, an enrollment increase of 5-7% from the previous two school years (2016-2018). In 2018-2019, the MLC SBHC total enrollment was 528 (75% of the total school population). This was a 22% decrease in the number enrolled compared to 2016-2017, when 97% of students were enrolled. However, enrollment has been consistent over the past two years (2017-

2019), maintaining 75% enrollment of the school population. In 2016-2017, the number of students receiving mental health services was 95 (15% of enrolled). The average number of visits per student was 7.8 (745 visits for 95 students).

Due to the hiring of a new Clinician, in 2017-2018, the number of students receiving mental health services took a 3% drop. The number dropped from 95 to 62 students receiving mental health services, but the average number of visits increased from 7.8, to 11.6 visits per student (717 visits for 62 students).

During 2018-2019, the stability of having a new Mental Health Clinician proved beneficial for the SBHC. There was a 60% increase in the number served from the previous school year (2017-2018) (62 to 103 served), with the average number of visits being 6.8 per student (708 visits for 103 students).

In 2018-2019, of the 103 students utilizing the SBHC for mental health visits, 49 (48%) had public insurance, 50 (49%) had private insurance, 2 (1.5%) had no insurance, and 2 (1.5%) had other/unknown insurance status. During this school year, 96% of SBHC students receiving mental health services were insured.

As there has not been a decrease, nor a real increase of those students without insurance, the

trend for those students not having insurance has remained flat. In 2016-2017, 100% of those students receiving mental health services had public or private insurance. In 2017-2018, 98% receiving services had insurance.

The SBHC Clinician made a visit to every health class to inform the students about both the Mental Health and Medical services offered at the SBHC.

**Trend: [ ◀▶ Flat/ No Trend ]**

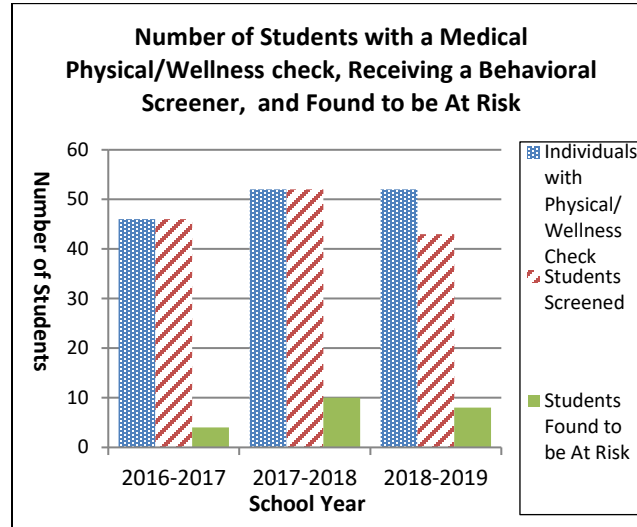
Student Population, Enrollment, Number of Mental Health Visits and Number Served in CREC Metropolitan Learning Center (MLC) 2018-2019				
Schools	Population	Enrolled	MH Visits	MH Served
MLC	703	528	708	103
<b>Total</b>	<b>703</b>	<b>528</b>	<b>708</b>	<b>103</b>

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

## 2018-2019, Bloomfield- School Based Health Centers, Mental Health Services (grades 9-12) CREC Metropolitan Learning Center

### How Well Did We Do?

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



### Story behind the baseline:

In earlier years, only the students that were referred from the school Social Worker or SBHC Mental Health Clinician were required to have a screener done. Currently, all students that are seen at MLC SBHC for a medical physical/wellness check at the SBHC receive a behavioral/mental health screener during their visit. Students referred for possible depressive/anxious symptoms are also screened. In addition, if the Nurse Practitioner suspects these symptoms, PHQ-9, GAD, SCARED, and/or CRAFFT screenings are administered. The students with positive findings are referred to the appropriate in school or external clinicians.

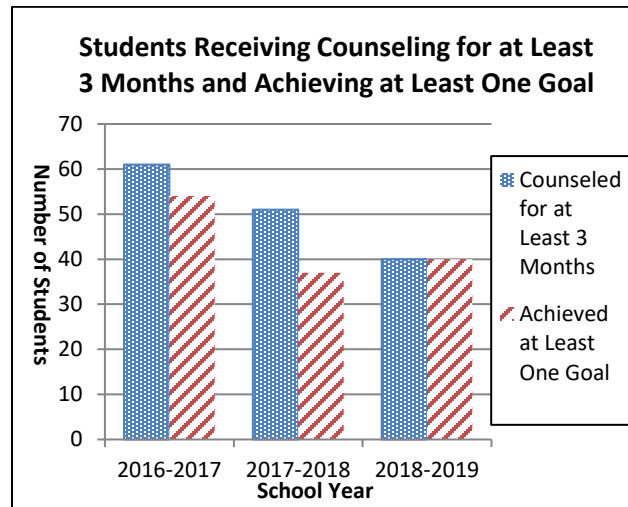
In 2018-2019, of the 52 completed physicals, 83% (43) of students that were seen for a physical/wellness check received a mental health screener at their visit. Of those screened, 8 (19%) were considered at risk (positive). In 2017-2018,

100% (52) of those students receiving physical (52 students) had a screener completed, resulting in 19% (10) who were considered at risk (positive). In 2016-2017, of the 46 students receiving physicals, 100% were screened, and 9% were considered at risk (4).

Trend: [▲]

### Is Anyone Better Off?

Students Receiving Counseling Meeting their Goals



### Story behind the baseline:

In 2018-2019, of the 103 unduplicated students receiving a mental health assessment & counseling by a clinician, 39% (40) of those students participated in therapy for 3 or more months. Of those 40 students, (100%) achieved at least one goal. This is an increase in students achieving goals over the three school years: in 2017-2018 only 73% (37) achieved at least one goal, and in 2016-2017 89% (54) achieved at least one goal.

The trend for those receiving mental health services and achieving at least one treatment goal is on the rise. Shown in the "Student Population table" on

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

page 1, is the 8% increase in students receiving mental health services over the three year period from 2016-2019, with a 103 served in 2018-2019, 62 served in 2017-2018, and 95 in 2016-2017.

Trend: [▲]

### Proposed Actions to Turn the Curve:

#### How Much Did We Do:

- Survey staff to assess their knowledge of what services are available for both Mental Health and Medical at the SBHC.
- Provide enrollment forms electronically on the district wide website.

#### How Well Did We Do:

- Provide professional development on how to complete a risk assessment.

#### Is Anyone Better Off:

- In the upcoming year, a survey and interview will be done on those students who did not attain their goal, and those that went elsewhere for counseling.
- LCSW's will encourage participants to develop self-management goals, both long and short term.

#### Data Development Agenda:

\*\*Still working on funding for EHR

1. Document EHR goals that students are trying to reach and progress.
2. Do pre and post-test screeners on all students that receive counseling.
3. Work with EHR to ensure all data can be easily exported to DPH.