

2018-2019, Groton- School Based Health Center, Mental Health Services (grades K-12)

Fitch High School, Cutler Middle School, West Side Middle School, Catherine Kolnaski Elementary, Claude Chester Elementary

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.

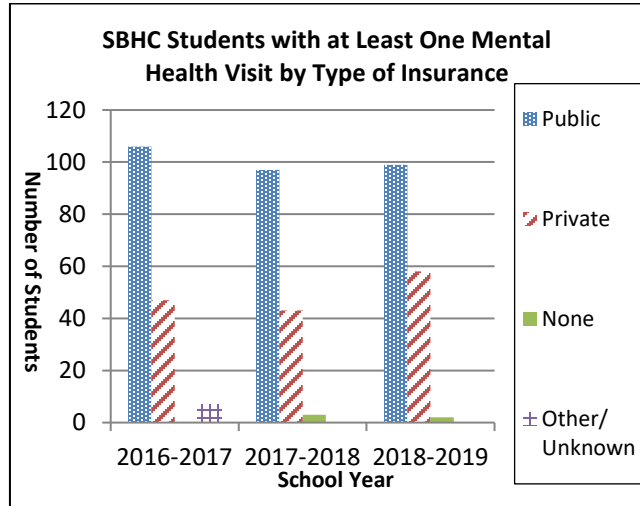
Program Expenditures	DPH SBHC Funding	Other State Funding	Federal Funding (MCHBG, ACA)	Total Other Funding (Other federal, Local, Private)	Reimbursement Generated	Total Site Funding
Actual SFY 19	378,509	0	3,652	20,289	121,826	524,726
Estimated SFY 20	353,782	0	3,730	17,082	133,446	508,039

Sponsoring Agency: Child and Family Agency of Southeastern CT, Inc.

Partners: CASBHC, DPH, DSS, DMHAS, DCF, School Based Health Alliance, School Administrators and Faculty, Behavioral Health Partnership (BHP), Child and Family Agency's Child Guidance Clinics and Home-based programs, Emergency Mobile Psychiatric Services, Lawrence & Memorial Hospital

How Much Did We Do?

Access and Utilization



Story behind the baseline:

In 2016-2017, the total student population across all 5 schools was 2,669, with 1,849 (69%) enrolled for SBHC services. The number of those with at least one mental health visit was 160 (7% of those enrolled and 6% of student population). Of those, 106 (66%) had public insurance, 47 (30%) had private insurance, and 7 (4%) with unknown/other insurance type. The 160 students served received 2,853 mental health visits over the school year.

In 2017-2018, the total student population across the 5 schools was 2762 with 1,849 (67%) enrolled for services. The number of those with at least one mental health visit was 143 (7% of those enrolled). Of those, 97 (68%) had public insurance, 43 (30%) had private insurance, and 3 (2%) had no insurance. The 143 students served received 3,167 mental health visits over the school year.

In 2018-2019, the total student population was 2,773 with 2,005 (72%) enrolled for services. The number of those with at least one mental health visit was 159 (8% of those enrolled). Of those, 99 (62%) had public insurance, 58 (37%) had private insurance, and 2 (1%) with no insurance. The 159 students served received 2,726 mental health visits over the school year. No student was denied access to services due to their insurance status.

There was an ebb and flow in mental health case load from 160 (8% enrolled) to 143 (7% enrolled) to 159 (8% enrolled) over the last 3 school years. SBHC counseling serves are seeing an increase in students with complex mental health needs, requiring the Clinician to have a lower case-load.

The SBHC APRN & mental health Clinicians made presentations at faculty meetings, met with parents at back-to-school nights, attended orientations, distributed pamphlets to inform the schools, families, and students about both medical and mental health

services. Updated registrations and SBHC information was sent home to the entire school in both electronic & paper forms.

Student Population, Enrollment, Mental Health Visits and Students Served at Groton Schools 2018-2019				
School	Population	Enrolled	MH Visits	MH Served
C Kolnaski	421	303	626	38
Claude Chester	345	246	565	29
Cutler	492	330	363	27
Fitch High	1040	810	473	34
West Side	475	316	699	31

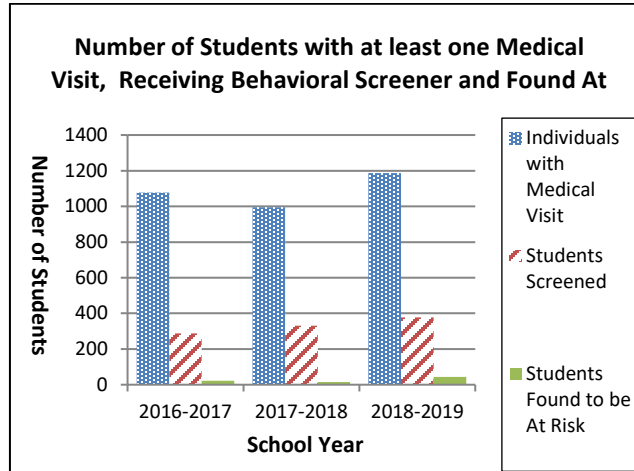
Trend: [◀ ▶]

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How Well Did We Do?

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



Story behind the baseline:

Over 4 years, mental health screenings have continued at the well-child exam but are now also done routinely on students presenting to the SBHC throughout the year. In 2017-2018, Screening, Brief Intervention, and Referral for Treatment (SBIRTs) were implemented at the middle and high school SBHCs to continue to increase screenings and referral for treatment.

In 2016-2017, 1,077 students received at least one medical visit, with 288 (27%) receiving a mental health screener and 22 (8%) of those found at risk.

In 2017-2018, 995 students received at least one medical visit, with 331 (33%) receiving a mental health screener and 15 (5%) of those found at risk. Of those 15 found at risk, 2 (13%) were referred to the mental health clinician at the SBHC. Students who did not begin services at the SBHC were either already in services or refused mental health services.

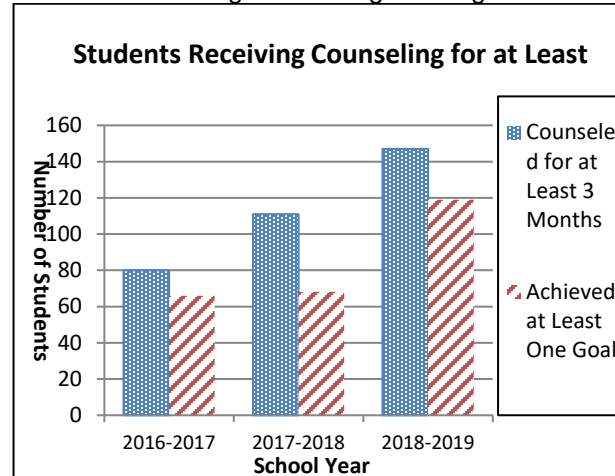
In 2018-2019, 1,187 students received at least one medical visit, with 377 (32%) receiving a mental

health screener and 43 (11%) of those found at risk. Of those 43 found at risk, 18 (42%) were referred to the mental health clinician at the SBHC. Students who did not begin services at the SBHC were either already in services or refused mental health services.

There has been an increase in mental health screenings provided, but as the number of medical visits also increased, the percentage was about the same (32-33%). This data was not captured in 2016-2017. Students found at risk increased in both percent of those with screens (7% to 5% to 11%) as well as number of students (22 to 15 to 43 at risk): which reflects a continued increase in youth needing mental health services. **Trend: [▲]**

Is Anyone Better Off?

Students Receiving Counseling Meeting their Goals



Story behind the baseline:

In 2016-2017, 80 students received counseling services for three or more months. Of those 80, 66 (83%) attained at least one of their counseling goals.

In 2017-2018, 111 students received counseling services for three or more months with 68 (61%) meeting at least one goal. In 2018-2019, 147 students received counseling for three or more

months with 119 (81%) achieving at least one goal. There has been an increase in the number of students receiving 3 months of counseling (80 to 111 to 147) over the past 3 years due to increased productivity standards and increasing needs in the schools. Students have met one treatment goal an average of 75% of the time the last 3 years, which as a trend has remained stable over time. **Trend: [◀▶]**

Notes:

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

** Maternal and Child Block Grant Funds

*** United Way

Proposed Actions to Turn the Curve:

How Much Did We Do?

- Survey staffs to assess their knowledge of what services are available for both mental health and medical at the SBHC.

How Well Did We Do:

- Provide professional development on interpretation of risk assessments and implementing plans to address the needs of the student with a high/positive score.

Is Anyone Better Off:

- Encourage clients to develop self-management goals, both long and short term.
- Increase mental health screenings with students presenting for a medical visit at the SBHC.

Data Development Agenda:

- Align our EHR: EClinicalWorks (ECW) generated reports to meet DPH requirements.
- Streamline the process of exporting our data from EClinicalWorks to DPH.
- Further refine data collection capability of EClinicalWorks for better identification and management of specific conditions.