

## 2018-2019, Pawcatuck Middle School - School Based Health Center, Mental Health Services (grades 5-8)

Pawcatuck Middle 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.

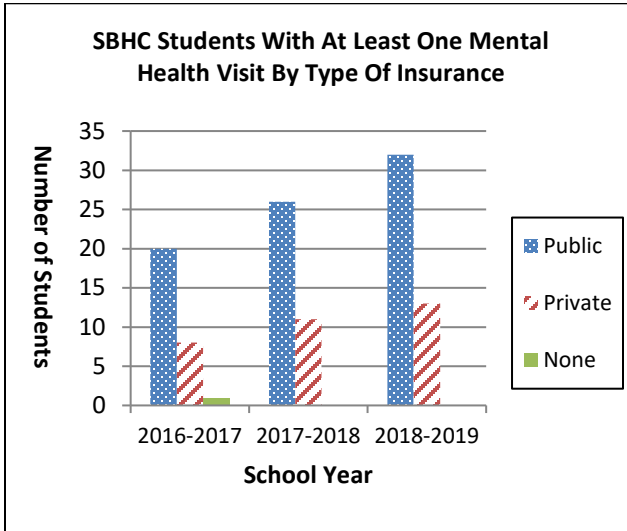
Program Expenditures	DPH SBHC Funding	Other State Funding	Federal Funding (MCHBG, ACA)	Total Other Funding (Other federal, Local, Private)	Reimbursement Generated	Total Site Funding
Actual SFY 19	\$91,246	0	\$738	\$4,098	\$41,273	\$137,355
Estimated SFY 20	\$74,331	0	\$754	\$3,452	\$34,193	\$112,730

*Sponsoring Agency:* Child and Family Agency (CFA) 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 was 271 with 197 (73%) enrolled for services. The number of those with at least one mental health visit was 29 (15% of those enrolled). Of those, 20 (69%) had public insurance, 8 (28%) had private insurance, and 1 (3%) with unknown/other insurance type. The 29 students served received 915 (averaging 31.6 visits per student) visits over the school year.

In 2017-2018, the total student population was 295 with 213 (72%) enrolled for services. The number with at least one mental health visit was 37 (17% of those enrolled). Of those, 26 (70%) had public insurance, 11 (30%) had private insurance, and 0 (0%) had no insurance. The 37 students served received 1,034 mental health visits over the school year (an average of 28 visits per student).

In 2018-2019, the total student population was 276 with 210 (76%) enrolled for services. The number of those with at least one mental health visit was 45 (21% of those enrolled). Of those, 32 (71%) had public insurance, 13 (29%) had private insurance, and 0 (0%) with no insurance. The 45 students served received 942 mental health visits over the school year (an average of 21 visits per student). All students who received services from the mental health clinician had insurance, although no one would be denied access to those services if they did not have insurance.

There was an increase in mental health case load from 29 (17% enrolled) to 37(17% enrolled) to 45 (21% 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 to tend to psychiatric crises and see some students twice a week.

The SBHC APRN and mental health Clinician made presentations at faculty meetings, met with parents at back-to-school night, attended orientation, distributed CFA SBHC pamphlets to inform the school, 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 and paper forms.

Student Population, Enrollment, Mental Health Visits and Students Served at Pawcatuck Middle School 2018-2019				
School	Population	Enrolled	MH Visits	MH Served
Pawcatuck	276	210	942	45

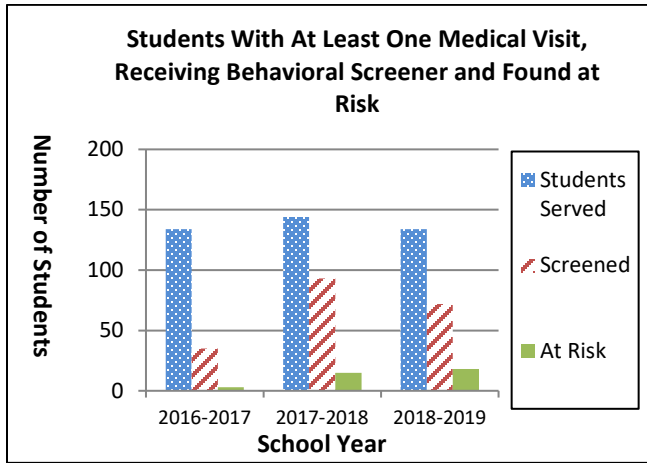
**Trend:** [▲]

#### How Well Did We Do?

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

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### Story behind the baseline:

Prior to 2016, the nurse practitioner staff began screening for mental health issues routinely at all physical examinations with a standardized mental health screener. Over the last 4 years, mental health screenings have continued to be done 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 mental health screenings and referral for treatment.

In 2016-2017, 134 students received at least one medical visit, with 35 (26%) receiving a mental health screener and 3 (9%) of those found at risk. Those 3 students were referred to the mental health clinician for behavioral health services at the SBHC.

In 2017-2018, 144 students received at least one medical visit, with 93 (65%) receiving a mental health screener and 15 (16%) 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

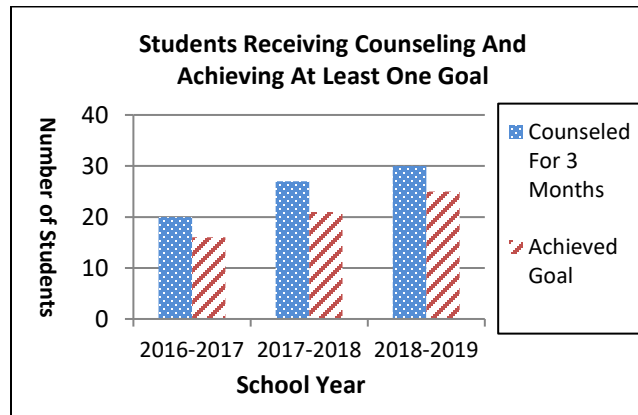
did not begin services at the SBHC were either already in services or refused mental health services.

In 2018-2019, 134 students received at least one medical visit, with 72 (54%) receiving a mental health screener and 18 (25%) of those found at risk. Of those 18 found at risk, 1 (5%) 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 (35 to 93 to 72). Those found at risk increased (between 9-25%) and reflect national averages (1:5 children). **Trend:** [▲]

### Is Anyone Better Off?

Students Receiving Counseling Meeting their Goals



### Story behind the baseline:

In 2016-2017, 20 students received counseling services for three or more months. Of those 20, 16 (80%) attained at least one of their goal. In 2017-2018, 27 students received counseling services for three or more months with 21 (78%) meeting at least one goal. In 2018-2019, 30 students received counseling for three or more months with 25 (83%)

achieving at least one goal. There was a slight increase in students meeting treatment goals (78% to 83%) but overall, this 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 to be done on students presenting for a medical visit at the SBHC.

#### Data Development Agenda:

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