

# SCHOOL BASED HEALTH CENTERS (SBHCs)

Community, Family Health, and Prevention Section – May 2022

## What are School Based Health Centers (SBHCs)?

- Free standing medical clinics located within or on the grounds of schools.
- Licensed as outpatient clinics or as hospital satellites.
- Open to all enrolled in the school regardless of ability to pay/insurance status.
- Work collaboratively with schools, parents, and the community.
- Ensure that students are healthy and ready to learn.

## What are the benefits of SBHCs?

- Accessible health care where and when students need it.
- Supports **students** by providing a safe place to talk about sensitive issues such as depression, family problems, relationships, and substance abuse.
- Supports the **school** environment by helping children stay in school and by identifying and addressing health problems that may interfere in the learning process.
- Supports **families** by allowing parents to stay at work while attending to their child's routine health care needs.

### Healthy Impacts

Health Supports Successful Students & Families

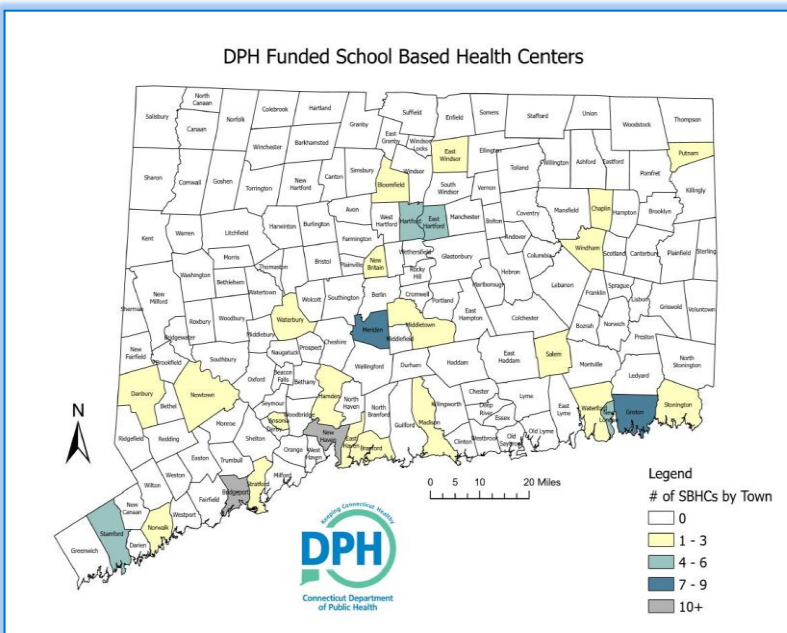
Better Access to Health Services	Healthier Students and Families	+	↑
Healthy Students Learn Better	Gains in Student Academic Success	+	↓
Helps to Build Trust	Families Connect With the School	+	↓

Lower Medicaid Costs

Reduced Emergency Room Usage

More Time at Work  
Increases Families' Financial Security

Source: School-Based Health Alliance, <https://www.sbh4all.org/what-we-do/>



## Connecticut SBHCs

- DPH currently funds 90 School Based Health programs in 27 communities statewide.
- Of those 79 (87%) are SBHCs and provide the full complement of SBHC programming (medical and mental health services). The other 12 (13%) Expanded School Health programs offer more limited services (medical or mental health services).
- SBHCs are staffed by an interdisciplinary team of professionals with expertise in child and adolescent health.

### Access and Utilization

	2018-2019	2019-2020	2020-2021
<b>Student Population</b>	69,926	69,804	67,206
<b>Enrolled</b>	39,776	38,869	35,958
<b>Served</b>	23,109	20,148	12,953
<b>% of Population Served</b>	33%	29%	19%

### Medical Services

- Physical exams and routine checkups
- Immunizations
- Diagnosis and treatment of acute injuries and illnesses
- Managing/monitoring chronic disease
- Prescribing and dispensing medications
- Reproductive health
- Health education/promotion/risk reduction activities
- Nutrition counseling and weight management
- Outreach and linkages to community-based providers
- Referral and follow-up for specialty care

	2018-2019	2019-2020	2020-2021
<b>Medical Visits</b>	62,159	44,955	25,711
<b>Medical Users</b>	20,216	17,254	9,831
<b>Average # of Medical Visits</b>	3.1	2.6	2.6

*In the 2020 - 2021 school year **97%** of medical clients had a mental health screener at a medical visit.*

### Mental Health Services

	2018-2019	2019-2020	2020-2021
<b>Mental Health Visits</b>	60,697	49,297	51,182
<b>Mental Health Users</b>	4,589	4,344	4,515
<b>Average # of Mental Health Visits</b>	13.2	11.3	11.3

- Mental health services and screenings
- Individual, family, and group counseling
- Crisis intervention
- Education

*In the 2020-2021 school year **33** screening tools were utilized. **756** clients were identified as at risk through a positive mental health screener. **311** clients were referred into counseling.*

### Dental Services

- Oral health screening
- Restorative care
- Sealants
- Prophylaxis
- Mobile dental

	2018-2019	2019-2020	2020-2021
<b>Dental Visits</b>	9,557	5,914	2,880
<b>Dental Users</b>	3,814	3,181	1,674
<b>Average # of Dental Visits</b>	2.5	1.9	1.7

\* Note: 2020-2021 data were reduced due to COVID restrictions.