



School Based Health Centers: Partners in Building Trauma-Sensitive Schools

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CT Department of Education - Alliance District Symposium
October 19, 2018





What is a School Based Health Center?

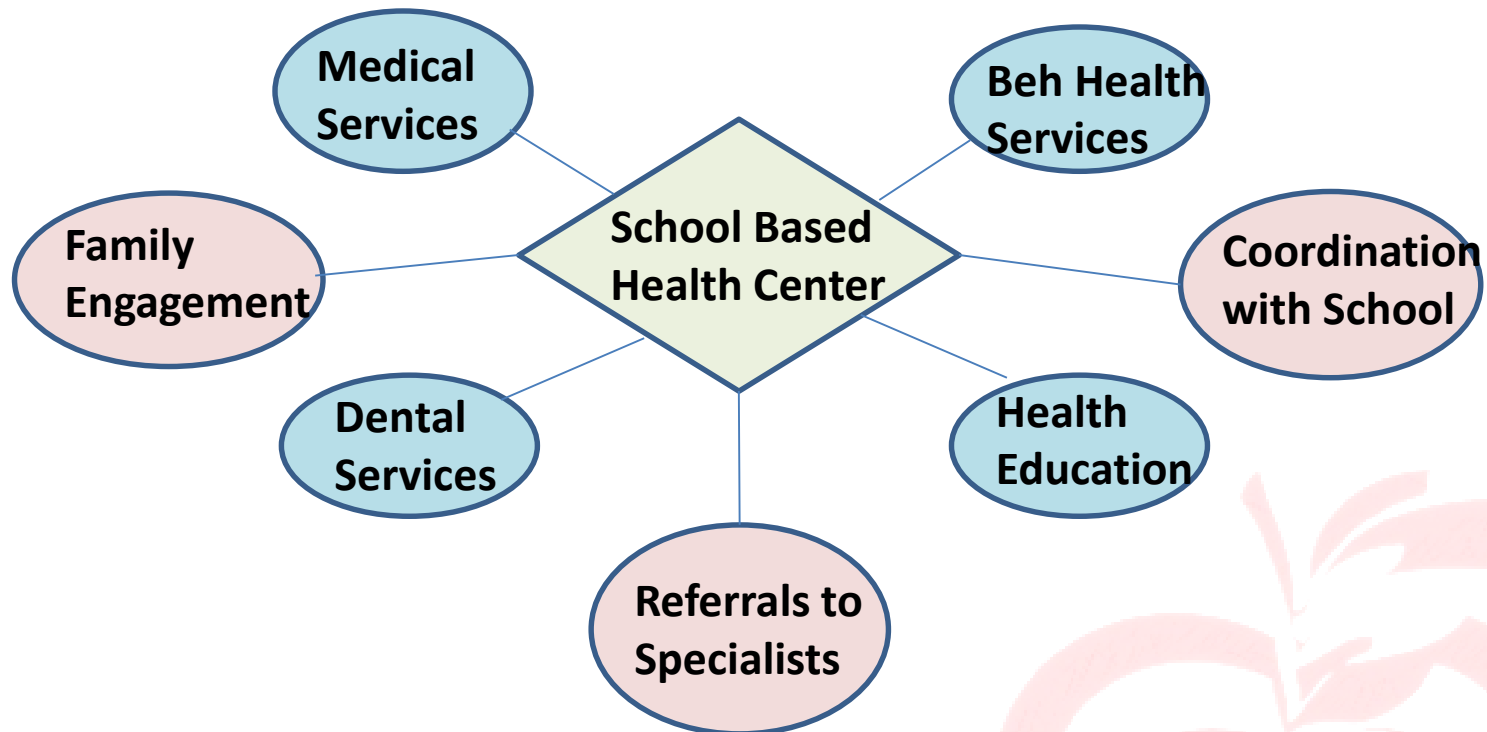
- A partnership organized through school, community and health provider relationships
- Brings health care services to students in their own learning environment
- Addresses the most pressing health needs of youth
- Based on the knowledge that healthy students have higher rates of attendance and graduate from high school





Integrated Care Model

School Based Health Centers *Integrate and Coordinate* Primary Medical Care, Behavioral Health Therapy, and Dental Services in one location





SBHC Therapy Room



SBHC Medical Exam Room



SBHC Waiting Room



SBHC Dental Room





Mental Health Issues Commonly Seen in SBHCs

- Anxiety disorder; bipolar disorder; learning disorders; eating disorders; autism; major depression
- Psychosocial problems with family and peers
- Attention deficit disorder/ ADHD
- Victimization; family violence
- Alcohol / substance abuse
- High risk behavior; self-injury such as cutting

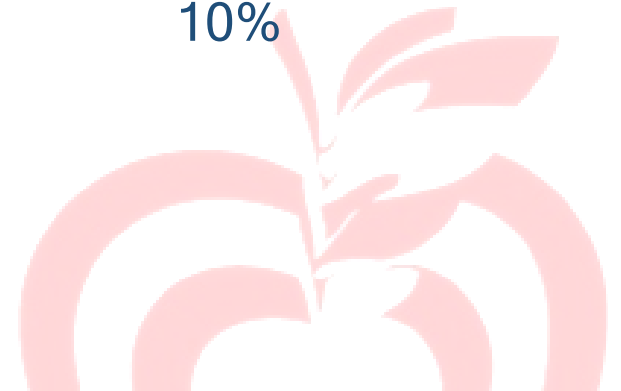




Adverse Childhood Experiences Are Common*

Substance abuse	27%
Parental separation/divorce	23%
Mental Illness	17%
Domestic violence	13%
Physical abuse	28%
Sexual abuse	21%
Emotional neglect	15%
Physical neglect	10%

*CDC Kaiser Permanente Study of 17,000 members





SBHCs Address Trauma in Students

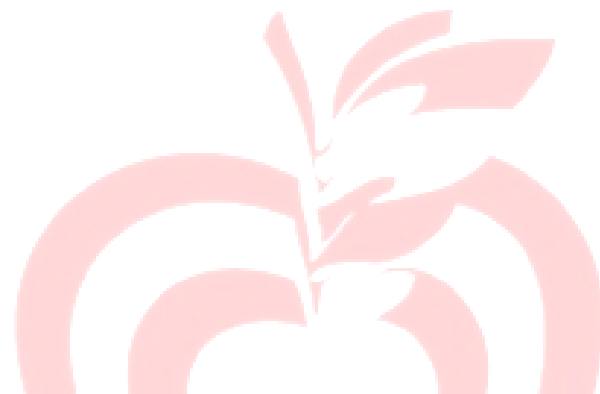
- Nurse practitioners and SBHC social workers screen students for depression using validated tools such as PHQ-2 and PHQ-9
- They coordinate care for students that can benefit from onsite therapy
- Students often have somatic complaints (frequent stomachaches, headaches) that are not medically based that are a consequence of trauma - - results in a referral to social worker
- SBHCs engage chronically absent students and their parents to address underlying issues





Working Together to Address Trauma

- **SBHCs are an asset to the school and contribute to a safe and supportive environment**
- **SBHC staff provide crisis prevention and intervention services onsite**
- **Students can receive trauma-sensitive clinical services at the SBHC**
- **Integrate SBHCs into schoolwide efforts when building trauma-sensitive schools**





Healthy Kids Make Better Learners!

- CT Association of School Based Health Centers is the single formalized voice of School Based Health Centers (SBHC) in CT

Vision:

All children and adolescents are healthy and achieving at their fullest potential.

For more information, contact:

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