

Jefferson County School Based Health Centers 2014-2015 Participation Report

Background:

School-Based Health Centers (SBHCs) were established during the 2008-2009 school year to address a need for adolescent primary and mental health care in East Jefferson County. Currently there are SBHCs in Port Townsend High School (PTHS) and Chimacum High School (CHS) providing students with two days^[1] of medical and two days^[2] of mental health care per week; in addition, mental health care is provided at Quilcene School one day per week. Medical services are provided by Advanced Registered Nurse Practitioners (ARNP) for medical services. Mental health services are delivered by counselors under a contract with Jefferson Mental Health Services.

Medical services are funded by Jefferson County Public Health and Jefferson Healthcare. Mental health services are funded by the Jefferson County Mental Health/Chemical Dependency sales tax. Services are available regardless of insurance or ability to pay – nearly 4 in 10 students at CHS and PTHS are low-income (see Free and Reduced Lunch rates table). Medical services focus on preventative services including immunizations, tobacco cessation, nutrition, eating and weight concerns, reproductive health care, physicals, and mental health counseling. Visits for injuries, illness, and infection are also common throughout the year.

Free and Reduced Lunch Rates	
OSPI, October 2014	%
Chimacum School District	48
Chimacum Creek Primary	56
Chimacum Elementary	57
Chimacum Middle	46
Chimacum High School	37
Port Townsend School District	47
Grant Street Elementary	54
Blue Heron Middle School	54
Port Townsend High School	36

Evaluation Methods:

For every medical visit, data on student concerns, clinician addressed topics, and referrals were recorded by the SBHC nurse practitioner. Additional demographic and health care access data were collected at each client’s first visit by clinical support staff in the SBHCs.

For every mental health visit, data on student concerns, clinician addressed topics, and referrals were recorded by the MH clinician. Additional demographic data were collected at each client’s first visit.

Data in this report were collected from August 2014 through June 2015.

SBHC Medical Services Report:

Pages 2-4

SBHC Mental Health Services Report:

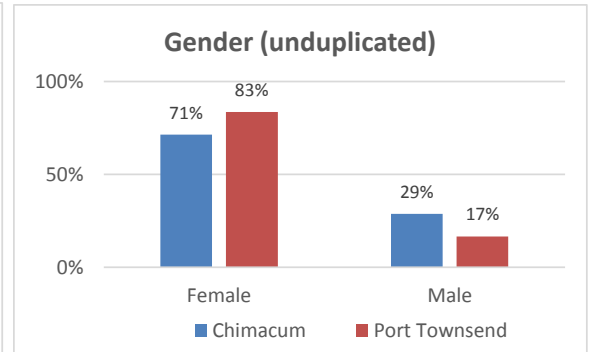
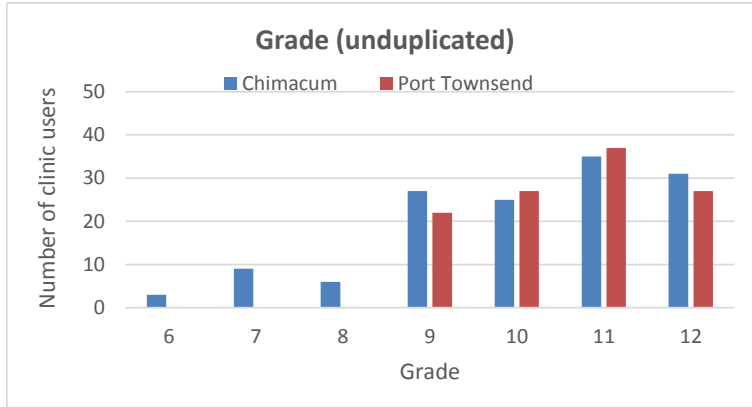
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^[1] 8 hours PTHS, 12 hours CHS

^[2] 10 hours PTHS, 10 hours CHS

SBHC Demographics

The majority of students using the SBHC in Chimacum are 11th and 12th graders; 11th, 10th and 12th graders at Port Townsend. No middle school students are seen in Port Townsend. Most clinic users are female.



Chimacum saw students in **grades 6 through 12** while Port Townsend saw students in **grades 9 through 12**. The elementary, middle, and high school share a campus in Chimacum explaining the clinic use by younger students.

SBHC Clinic Usage

PTHS

Total visits: 288

Total # of clients: 113

Total # clinic days: 68

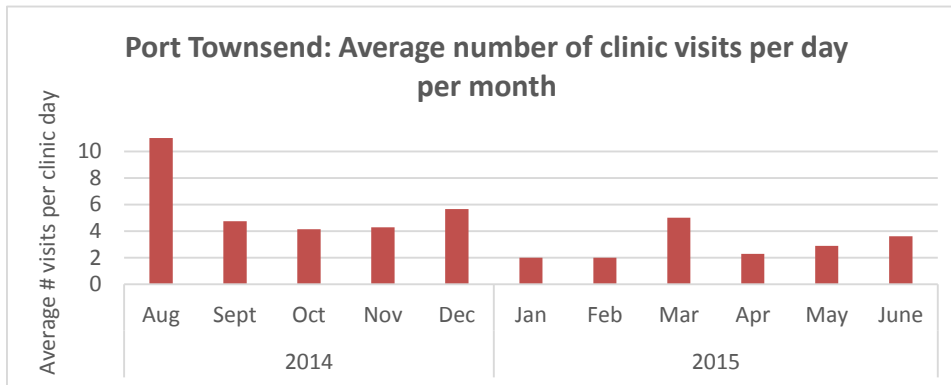
CHS

Total Visits: 353

Total # of clients: 136

Total # clinic days: 78

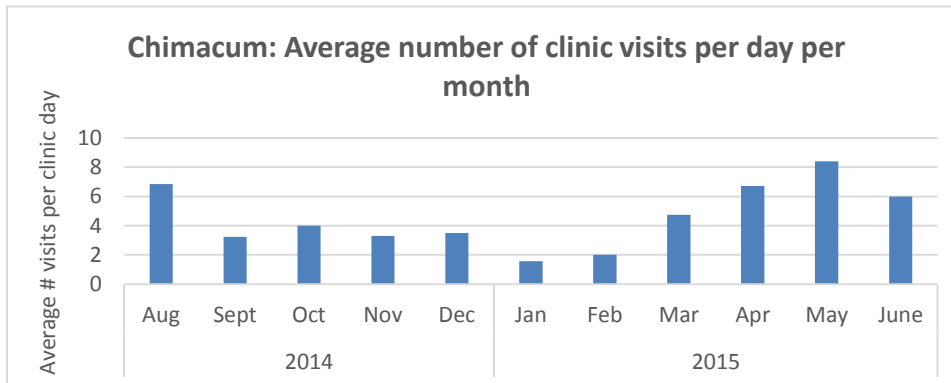
Based on enrollment numbers (grades 9-12 only), **41% of CHS students** and **27% of PTHS students** utilized SBHC physical health services during the 2014-2015 school year.



OVERALL AVERAGES:

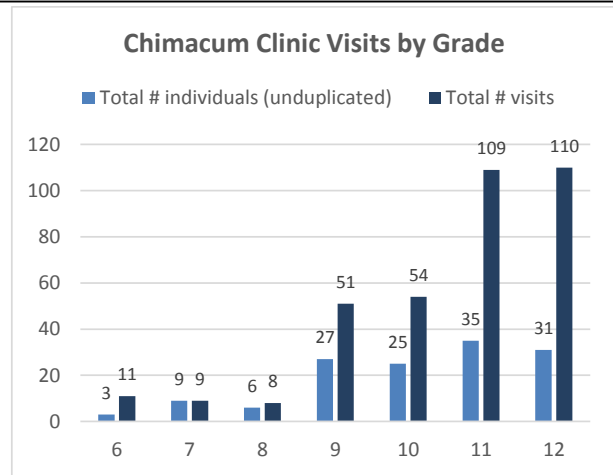
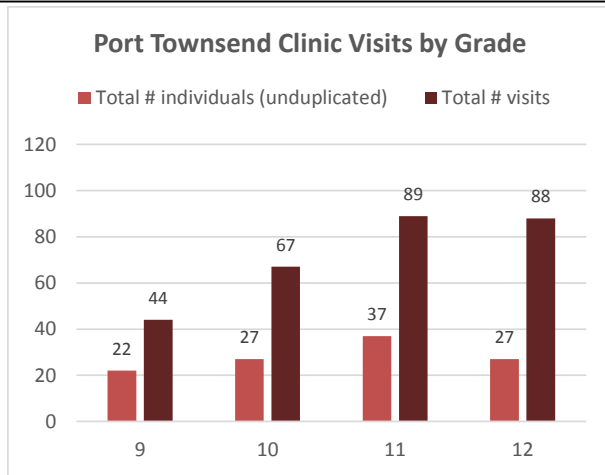
PT: 26 visits per month;
4 visits per clinic day

CH: 32 visits per month;
5 visits per clinic day



At Port Townsend, 11th graders had the greatest number of clinic users and number of total visits. On average, PT clinic users made 2.5 visits during the year.

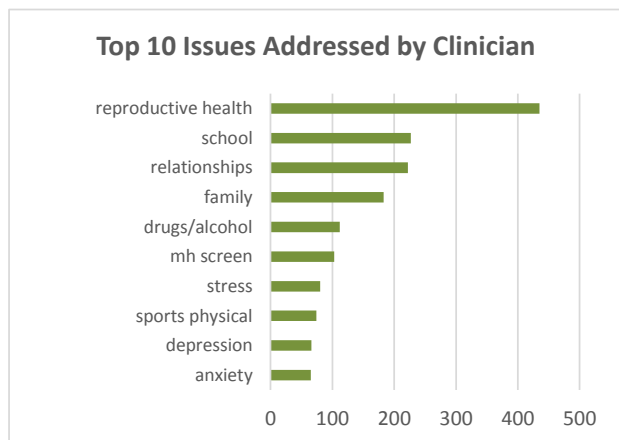
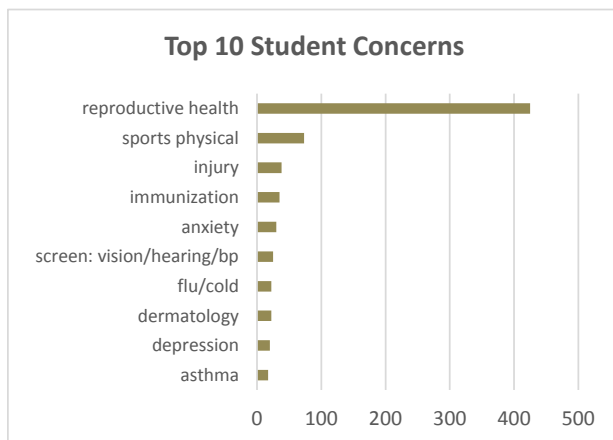
At Chimacum, 11th graders had the greatest number of clinic users and 12th graders had the greatest number of total visits. On average, 9th-12th grade clinic users made 2.7 visits during the year (6th-8th grade clinic users made 2.0 visits on average).



SBHC Visit Reasons

Top five clinic visit issues by category:

BEHAVIORAL HEALTH		PHYSICAL HEALTH		HEALTH EDUCATION
Student concern	Clinician addressed	Student concern	Clinician addressed	Clinician addressed
anxiety	school	reproductive health	reproductive health	pregnancy
depression	relationships	sports physical	sports physical	tobacco
eating/weight	family	injury	screen: vision/hearing/blood pressure	injury prevention
family	drugs/alcohol	immunization	injury	substance use
	mh screen	screen: vision/hearing/blood pressure	immunization	nutrition/exercise



The vast majority of visits are for reproductive health which may include STI screening, pregnancy test, birth control, emergency contraception, and education on risky sexual behavior and harm reduction techniques. Likely due in part to the SBHCs, Jefferson County has one of the **lowest teen pregnancy rates in Washington State** (Source: Table 17, WA State Dept. of Health, 2014 Vital Statistics. <http://www.doh.wa.gov/DataandStatisticalReports/VitalStatisticsData/AbortionPregnancyData/AbortionPregnancyTablesbyYear.aspx>.)

Student athletes are required to get a sports physical every two years. Both SBHCs provide this service which is also available to Quilcene students. Before fall sports begin in August, both clinics open to give students convenient and inexpensive access to sports physicals.

According to data from the 2014 Healthy Youth Survey (HYS), Jefferson County 12th graders have higher rates than state average for **current alcohol, cigarette, and e-cigarette use** as well as **marijuana** use for 10th and 12th graders.

Further, Jefferson County youth perceive that access to cigarettes, alcohol and marijuana is not very difficult and that most adults do not think youth drinking and smoking marijuana is “very wrong” (Source: 2012 HYS).

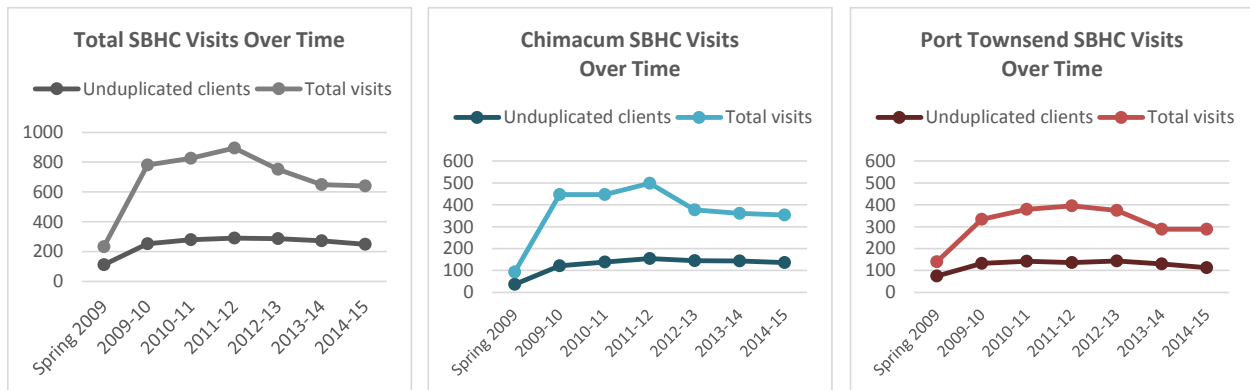
A third of 10th graders and 12th graders in Jefferson County reported experiencing **depressive feelings** in the past year. One in 5 10th graders and 1 in 4 12th graders reported having **seriously considered suicide** in the past year (Source: 2014 HYS).

SBHC clinicians regularly address all of these issues with students, working to educate and empower our youth to make healthier choices!

SBHC Referrals

Referrals for students are made on a consistent and ongoing basis to a variety of providers and organizations in the area. Common referrals from the SBHCs are for mental health services (SBHC MH counselor or out-patient), additional medical or public health services, school counselor, domestic violence resources, insurance plans (Apple Health and Take Charge), among others.

SBHC Clinic Usage Over Time

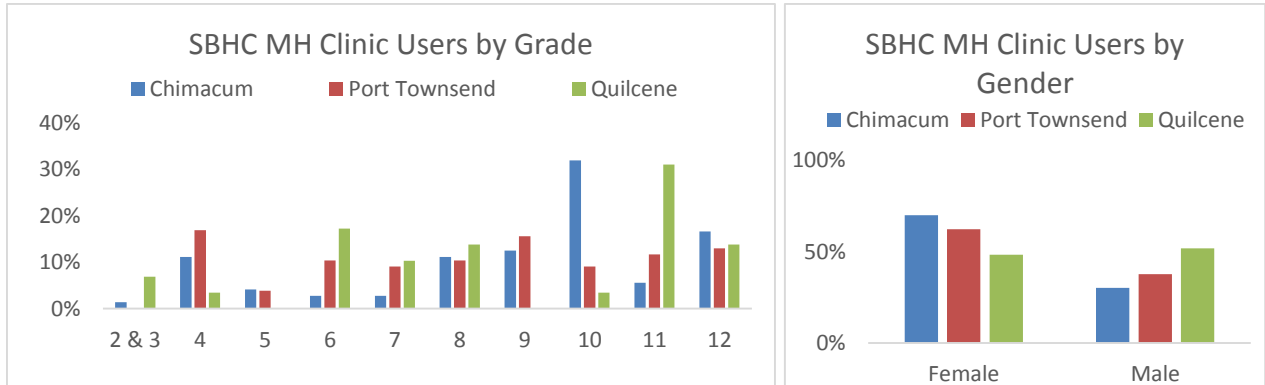


The total number of clients in 2014-15 is about the same as previous years; total visits were about the same as the past 1-2 years.

SBHC Mental Health

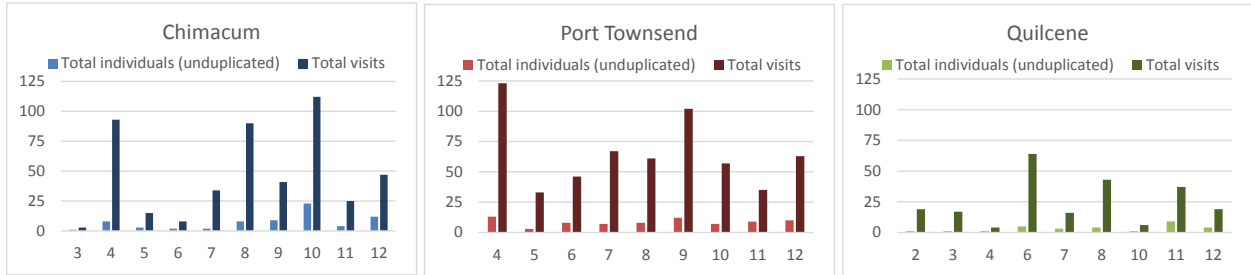
Demographics

The majority of students using MH services at Chimacum are in 10th grade, at Port Townsend students are from most grades and the majority at Quilcene are in 11th grade. At Chimacum and Port Townsend, the majority are female, at Quilcene an equal proportion of females and males were seen.



Unduplicated (# individual clients) and Total MH Visits by Grade:

Analysis by grade for total visits (dark bars) compared to the unduplicated number of individuals using MH services (light bars) shows highest clinic use by 4th, 8th and 10th graders at Chimacum; 4th and 9th graders at Port Townsend, and 6th graders at Quilcene.



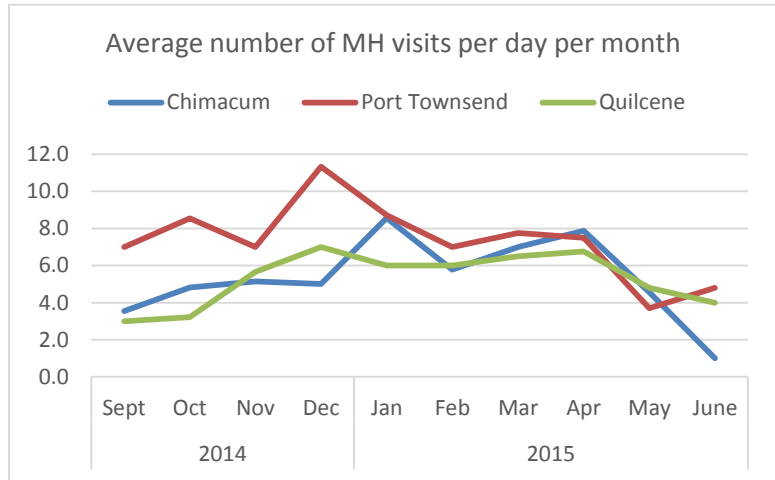
Visits

Port Townsend had the highest number of MH visits and clients and the highest average visits per day. Chimacum had the highest range in number of MH visits per client. Quilcene had the highest average number of MH visits per client. The proportion of students in grades 9-12 using SBHC MH services ranged from 9% to 17%.

<p>Chimacum</p> <p>Total visits: 468</p> <p>Total # of clients: 72</p> <p>Av visits/client: 6.5</p> <p>Range: 1 to 35</p> <p>Total days: 84</p> <p>Av visits/day: 5.6</p>	<p>Pt Townsend</p> <p>Total visits: 587</p> <p>Total # of clients: 77</p> <p>Av visits/client: 7.6</p> <p>Range: 1 to 31</p> <p>Total days: 84</p> <p>Av visits/day: 7.1</p>	<p>Quilcene</p> <p>Total visits: 225</p> <p>Total # of clients: 29</p> <p>Av visits/client: 7.8</p> <p>Range: 1 to 28</p> <p>Total days: 46</p> <p>Av visits/day: 4.9</p>	<p>Based on enrollment:</p> <p>14% of Chimacum,</p> <p>9% of Pt Townsend, and</p> <p>17% of Quilcene 9-12th grade students utilized SBHC mental health services during the 2014-2015 school year.</p>
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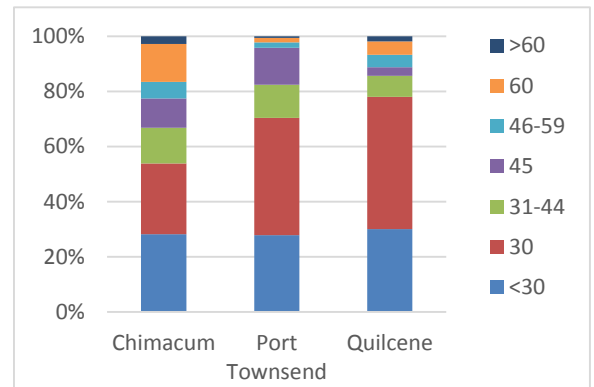
The highest average MH visits per clinic day were in December for Port Townsend and Quilcene and in January for Chimacum.

Quilcene had the most consistent average number of MH visits per month (range: 3.0 to 7.0).



SBHC MH Visit Length:

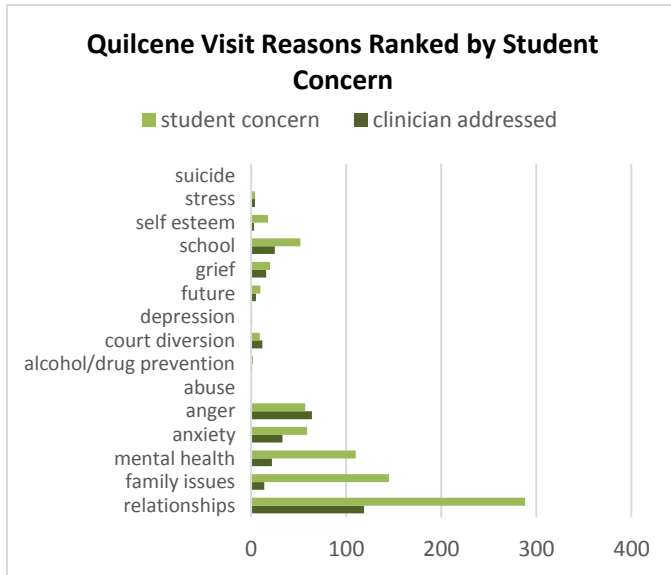
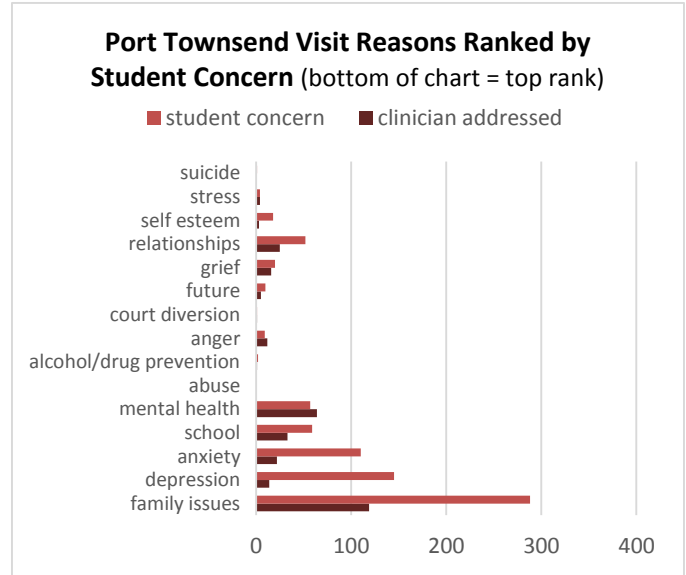
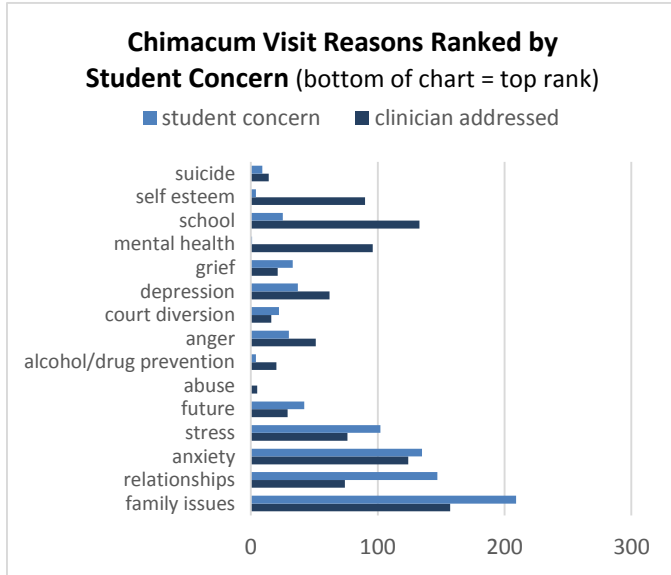
The majority of MH visits were 30 minutes long; about one quarter of visits were less than 30 minutes at all three schools. Almost half of Chimacum visits were longer than 30 minutes compared to about one quarter of visits in Port Townsend and Quilcene.



Top Reasons for SBHC MH Visits:

Family was the first or second top reason for SBHC MH visits identified by both students and clinicians at all schools. Relationships were a top reason for visits at Chimacum and Quilcene. Family and anxiety were the two top 5 visit reasons identified by both students and clinicians at all three schools.

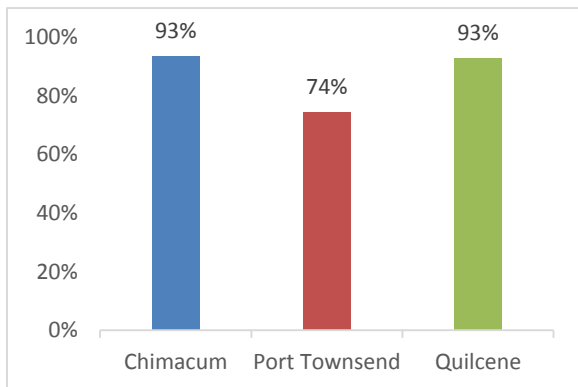
	Chimacum	Port Townsend	Quilcene
Student Concern	Family	Family	Relationships
	Relationships	Depression	Family
	Anxiety	Anxiety	Mental health
	Stress	School	Anxiety
	Future	Mental health	Anger
% of total	79%	85%	81%
Clinician Issue Addressed	Family	Family	Relationships
	School	Mental health	Family
	Anxiety	School	Mental health
	Mental health	Relationships	Anxiety
	Self Esteem	Anxiety	Court Diversion
% of total	62%	82%	82%



For the top two visit reasons at each school, more students identified the reason than clinicians reported addressing it thereby indicating that additional reasons were identified and addressed by the clinician. The profile of other visit reasons identified by students vs. those addressed by clinicians differs by school (difference between the bar pairs for each issue (light vs. dark bars).

Other visit reasons not represented in the chart categories included: sexual identity, behavior, social skills, self-harm, feelings, body image, and sleep.

Visit Type: Individual Therapy



The vast majority of visits were for individual therapy – 93% at Chimacum and Quilcene, 74% at Port Townsend – the remaining visits were primarily for contact/work with other agencies, family, or school staff.

Referrals

The most common referrals from the SBHC MH clinicians were for outpatient mental health services and for medical services. Note: No referrals were logged for Quilcene.

SBHC Mental Health Visits Over Time

Note that the trend over time for SBHC MH services is difficult to interpret due to changes in days and hours MH clinicians over the years.

In 2014-15, the number of MH clinic days at Chimacum and Port Townsend was up while it was down in Quilcene compared to previous years (chart to the right). The total number of individuals using SBHC MH services was up in all three schools (chart below on the left); total visits were up in Chimacum and Port Townsend and down slightly in Quilcene (chart below on the right).

Note: The spike in 2010-11 in Chimacum resulted from increased MH services in May/June 2011 to help students cope after the suicide of a classmate.

