

Jefferson County School Based Health Centers 2015-2016 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 – more than 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, May 2016	%
Chimacum School District	48
Chimacum Creek Primary	58
Chimacum Elementary	55
Chimacum Middle	50
Chimacum High School	37
Port Townsend School District	48
Grant Street Elementary	56
Blue Heron Middle School	50
Port Townsend High School	39

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 2015 through June 2016.

SBHC Medical Services Report:

Pages 2-5

SBHC Mental Health Services Report:

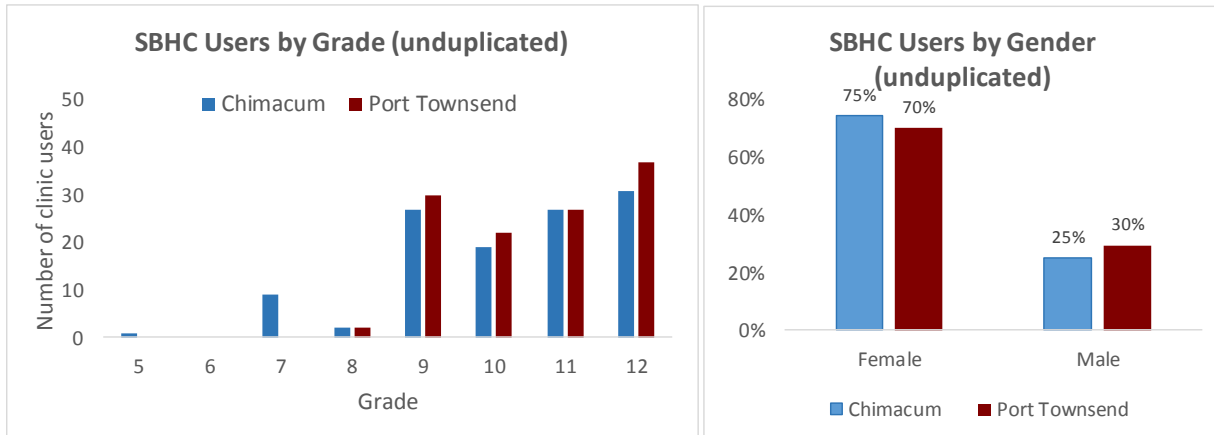
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^[1] 14 hours PTHS, 14 hours CHS

^[2] 14 hours PTHS, 14 hours CHS, 7 hours Quilcene

SBHC Demographics

The majority of students using the SBHC in Chimacum and Port Townsend are 9th, 11th and 12th graders; a few younger students were served. Most clinic users are female.



Chimacum saw students in **grades 5 through 12** while Port Townsend saw students in **grades 8 through 12**. The elementary, middle, and high school share a campus in Chimacum explaining the clinic use by younger students.

SBHC Students report having a usual place for care:	Chimacum	Medical 69%	Dental 66%
	Port Townsend	86%	71%
SBHC Students report having visited a provider in the past year:	Chimacum	44%	39%
	Port Townsend	48%	38%
2014 Healthy Youth Survey 10th graders report a routine checkup in the past year:	Jefferson County	61%	80%
	Washington State	66%	79%

Almost 7 out of 10 Chimacum students using the SBHC reported having usual medical and dental providers, but fewer than half reported having visited them in the past year.

Almost 9 out of 10 Port Townsend students using the SBHC reported having a usual medical provider and 7 out of 10 reported having a usual dental provider, but fewer than half reported having seen a medical or dental provider in the past year.

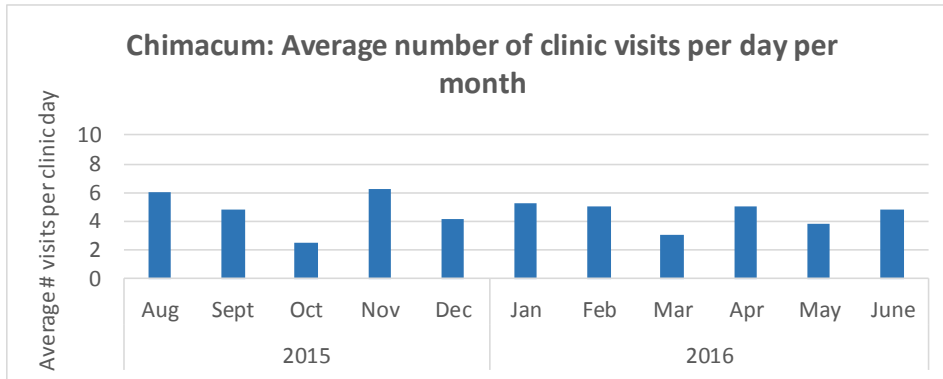
Compared to the Healthy Youth Survey results for 10th graders, SBHC users report lower rates of past year medical and dental provider visits.

SBHC Clinic Usage

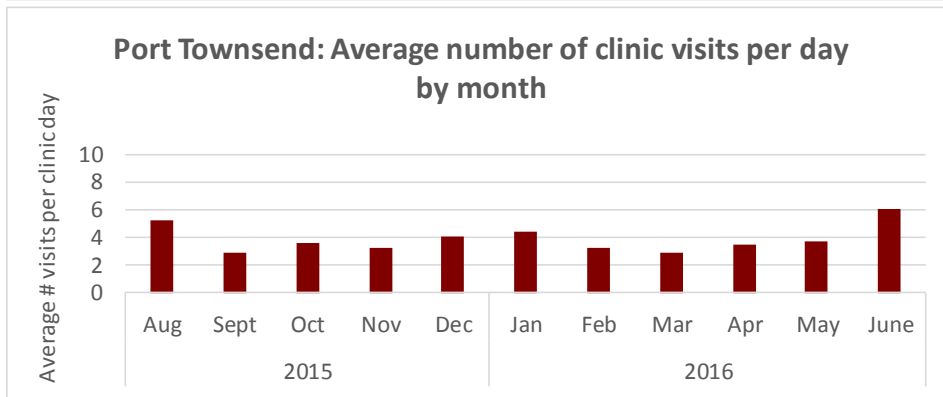
CHS
Total Visits: 288
Total # of clients: 119
Total # clinic days: 66

PTHS
Total visits: 261
Total # of clients: 130
Total # clinic days: 70

Based on enrollment numbers (grades 9-12 only), **31% of CHS students** and **28% of PTHS students** utilized SBHC physical health services during the 2015-2016 school year.

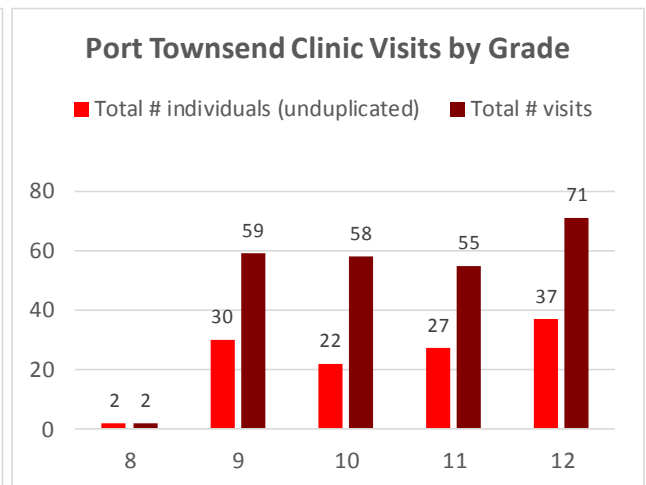
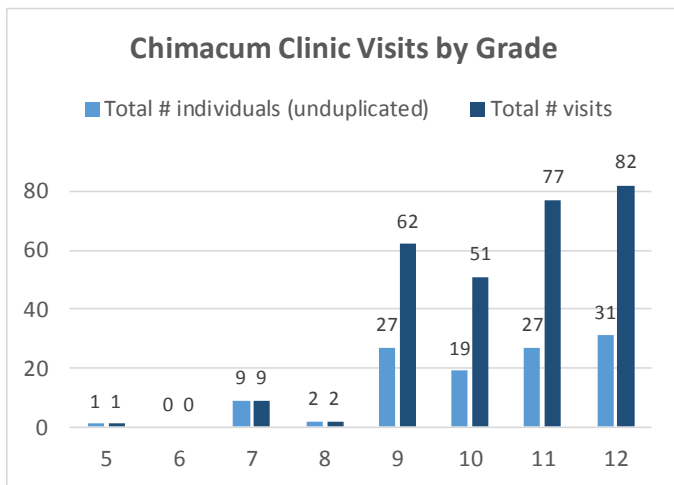


OVERALL AVERAGES:
 CH: 26 visits per month;
 5 visits per clinic day
 PT: 24 visits per month;
 4 visits per clinic day



At Chimacum, 12th graders had the greatest number of clinic users and number of total visits. On average, 9th-12th grade clinic users made 2.6 visits during the year (5th-8th grade clinic users made 1.0 visit on average).

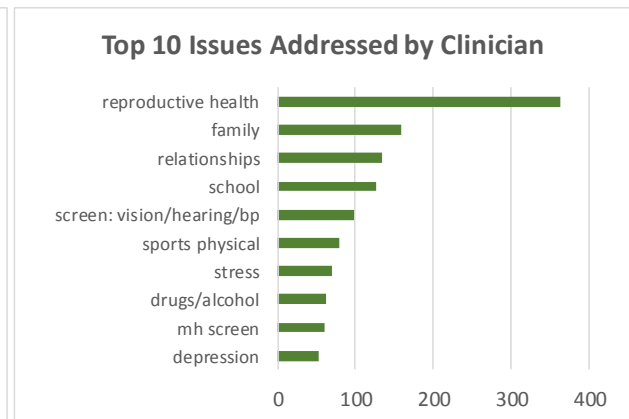
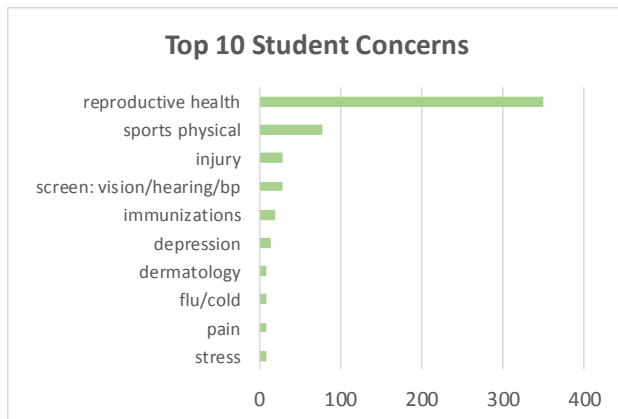
At Port Townsend, 12th graders had the greatest number of clinic users and number of total visits. On average, PT clinic users made 1.9 visits during the year.



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
depression	family	reproductive health	reproductive health	pregnancy/STI
stress	relationships	sports physical	screen: vision/hearing/blood pressure	injury prevention
family	school	injury	sports physical	tobacco
eating/weight	stress	screen: vision/hearing/blood pressure	injury	exercise
relationships	drugs/alcohol	immunizations	immunizations	substance use



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. According to data from the 2014 Healthy Youth Survey (HYS), 6 out of 10 Jefferson County 12th graders report ever having had sex. Possibly due in part to the SBHC's, Jefferson County has one of the **lowest teen pregnancy rates in Washington** (Table 17, WA State Dept. of Health, 2014 Vital Statistics. <http://www.doh.wa.gov/DataandStatisticalReports/VitalStatisticsData/AbortionPregnancyData/AbortionPregnancyTablesbyYear.aspx>.) and high rates of screening might explain Jefferson's **higher rate of sexually transmitted infections** in people aged 15-19 compared to Washington (WA State Dept. of Health, Community Health Assessment Tool, 2012-14).

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.

Two-thirds of 10th graders and three-quarters of 12th graders reported feeling **nervous or anxious** within the past 2 weeks. A third of 10th 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)

Jefferson County 12th graders have higher rates than state average for **current alcohol, illegal drug, marijuana, cigarette, and e-cigarette use**. One in four 10th graders and almost half of 12th graders report drinking alcohol at least once in the past month, and more than one in four 12th graders report **problem or heavy alcohol drinking** in the past month. (Source: 2014 HYS)

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." In addition, only 6 out of 10 Jefferson County 10th graders report that no one in their household uses marijuana, and less than half of 12th graders report that their parents have talked to them about not using alcohol and marijuana. (Source: 2014 HYS)

In Jefferson County, one in five 10th and 12th graders is overweight or obese. Seven out of ten 10th graders report not getting an hour of physical activity every day and more than half have 3 or more hours of screen time daily. At the same time, three out of

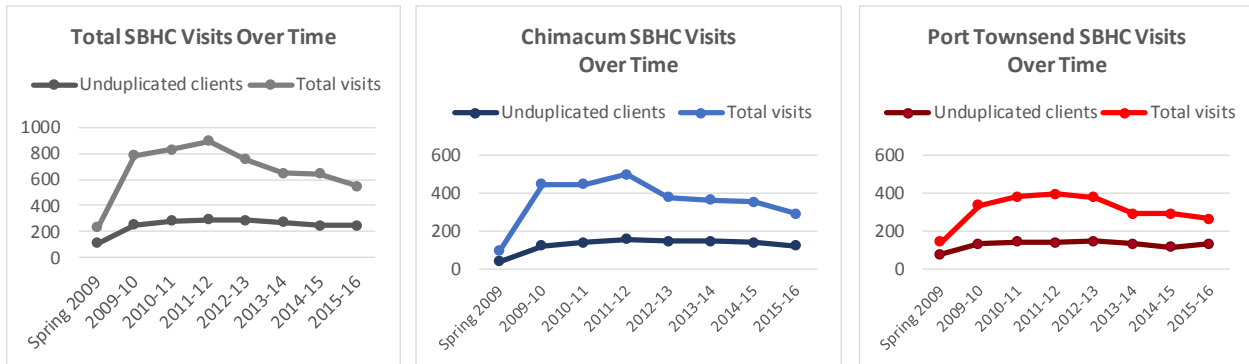
four 10th graders report drinking sugar-sweetened beverages in the past week, 3 out of 10 report not eating breakfast yesterday and almost 7 out of 10 report not eating the recommended 5 fruit or vegetable servings daily.

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 mental health 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

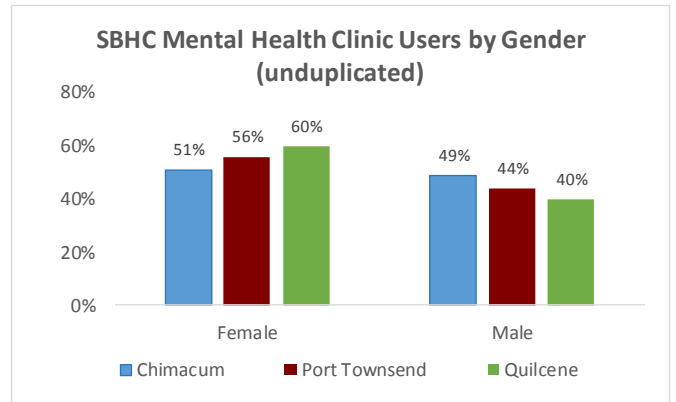


The total number of clients in 2015-16 is about the same as previous years; total visits were about the same as the past 1-2 years.

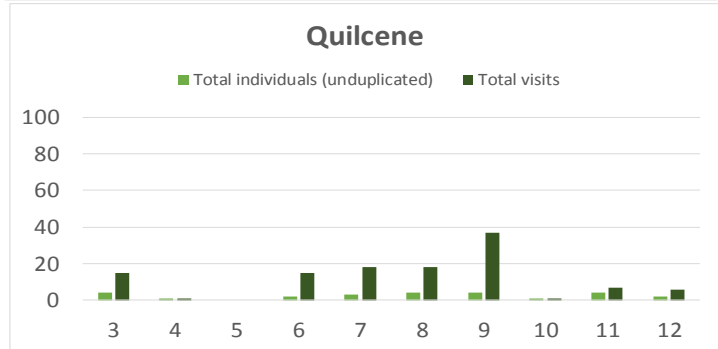
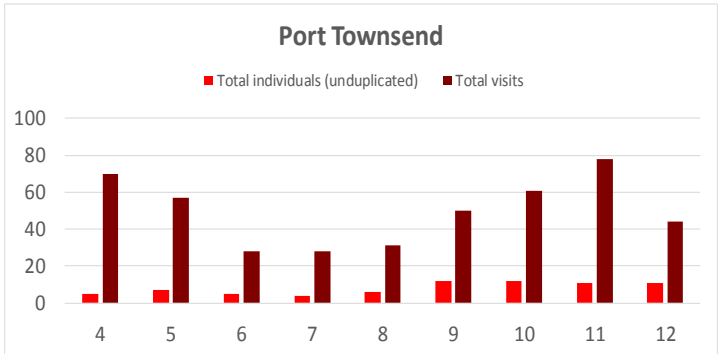
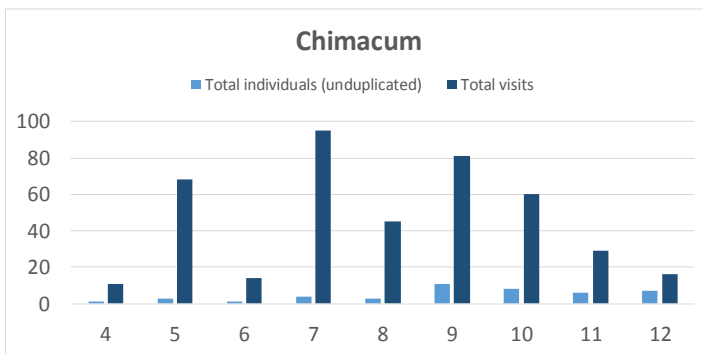
SBHC Mental Health

Demographics

At Chimacum, an equal proportion of females and males were seen, and at Port Townsend and Quilcene, there were slightly more female users than male.



Total Individuals (unduplicated) and Total Visits by Grade:



The majority of students using MH services at Chimacum are in 9th grade, students using MH services at Port Townsend are predominantly from high school grades and Quilcene students are spread across many grades (light colored bars). 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 5th, 7th, 9th and 10th graders at Chimacum; 4th, 5th, 10th and 11th graders at Port Townsend, and 9th graders at Quilcene.

Visits

Chimacum had the largest range in number of MH visits per client, the highest average number of MH visits per client and the highest average visits per day. Port Townsend had the highest number of MH visits and clients, as well as the most total clinic days. The proportion of students in grades 9-12 using SBHC MH services ranged from 6% to 11%.

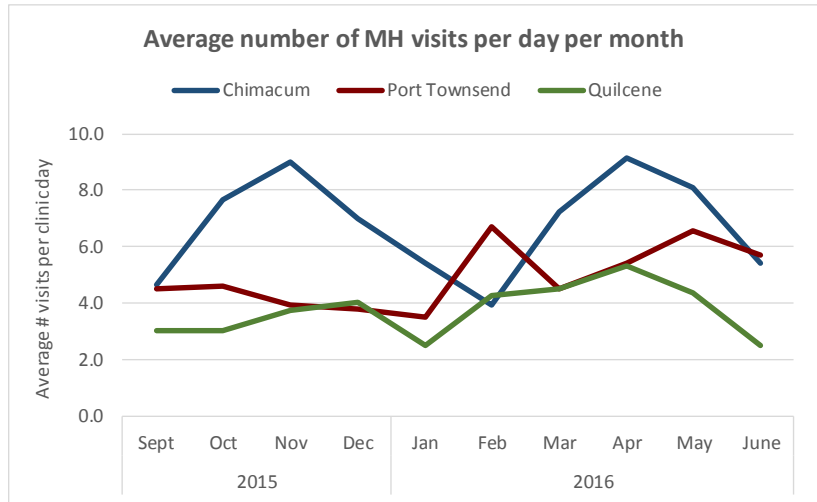
Chimacum
Total visits: 431
Total # of clients: 45
Av visits/client: 9.6
Range: 1 to 51
Total days: 64
Av visits/day: 6.7

Pt Townsend
Total visits: 479
Total # of clients: 75
Av visits/client: 6.4
Range: 1 to 30
Total days: 99
Av visits/day: 4.8

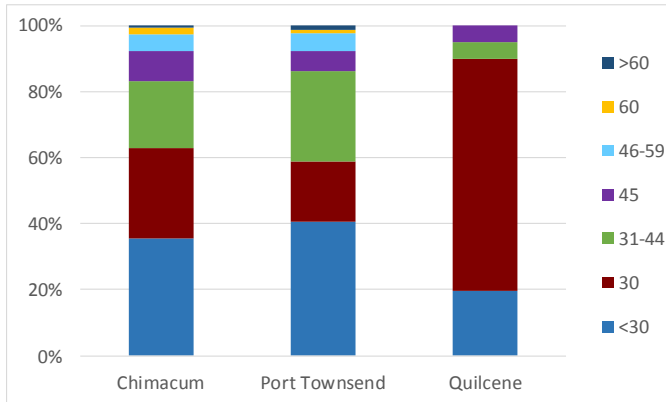
Quilcene
Total visits: 118
Total # of clients: 25
Av visits/client: 4.7
Range: 1 to 24
Total days: 31
Av visits/day: 3.8

Based on enrollment:
10% of Chimacum, 11% of Pt Townsend, and 6% of Quilcene 9-12th grade students utilized SBHC mental health services during the 2015-2016 school year.

The highest average MH visits per clinic day were in November and April for Chimacum (blue line), in February and May for Port Townsend (red line), and in April for Quilcene (green line). Quilcene had the most consistent average number of MH visits per day (range: 2.5 to 5.3).



SBHC MH Visit Length:



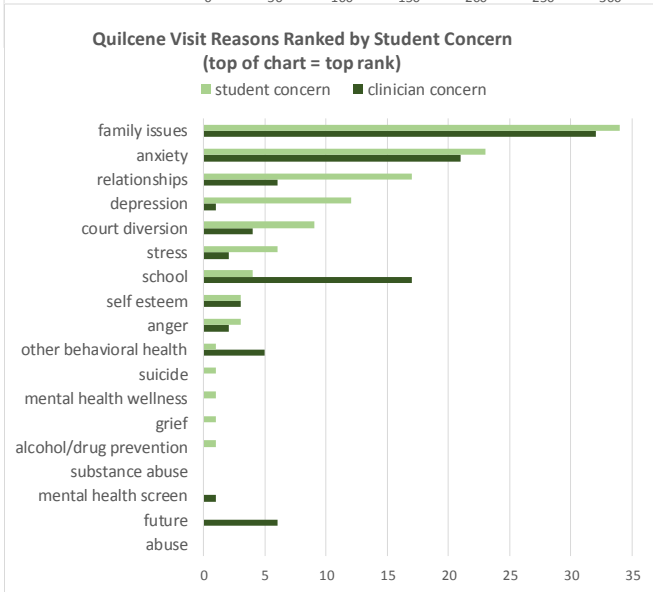
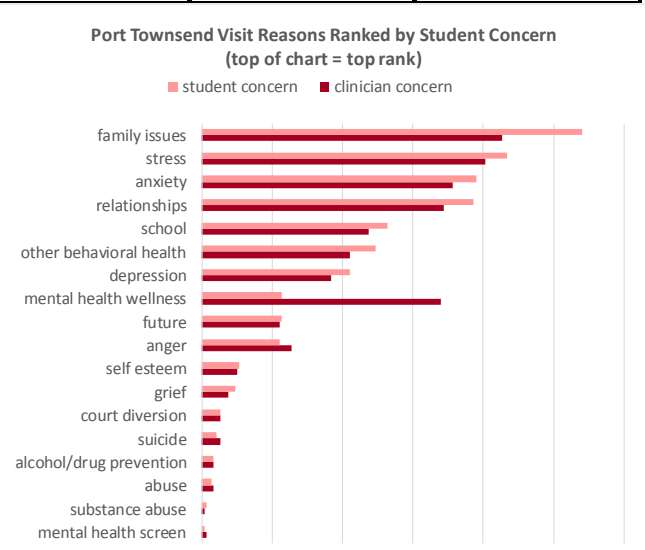
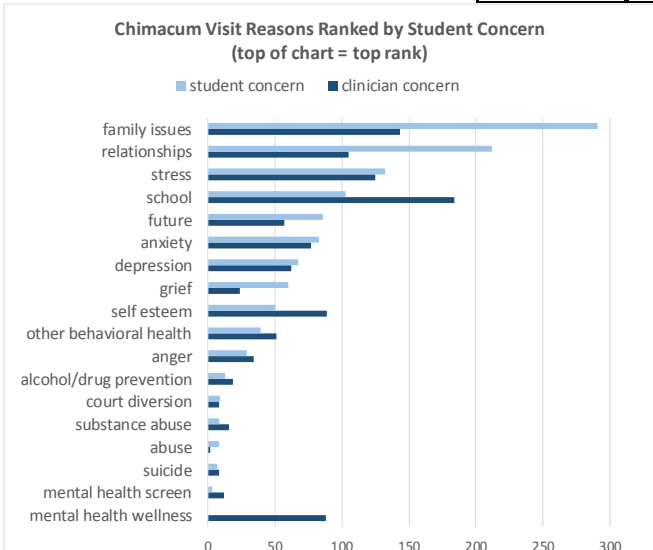
The majority of MH visits at Chimacum and Port Townsend were less than 30 minutes long. Most of the visits at Quilcene were 30 minutes long. Approximately 2 out of 5 visits at Chimacum and Port Townsend were longer than 30 minutes and 1 out of 10 were longer than 60 minutes. About 1 out of 10 visits were longer than 30 minutes at Quilcene and none were longer than 45 minutes.

Top Reasons for SBHC MH Visits:

Family, relationships, stress and school were the top reasons for SBHC MH visits identified by both students and clinicians at Chimacum and Port Townsend schools. Anxiety was in the top five reasons identified by both students and clinicians at Port Townsend and Quilcene.

Family and relationships were in the top 5 visit reasons identified by both students and clinicians at all three schools.

	Chimacum	Port Townsend	Quilcene
Student Concern	family	family	family
	relationships	stress	anxiety
	stress	anxiety	relationships
	school	relationships	depression
	future	school	court diversion
% of total	69%	67%	82%
Clinician Issue Addressed	school	family	family
	family	stress	anxiety
	stress	anxiety	school
	relationships	relationships	future
	self esteem	MH Wellness	relationships
% of total	59%	64%	82%

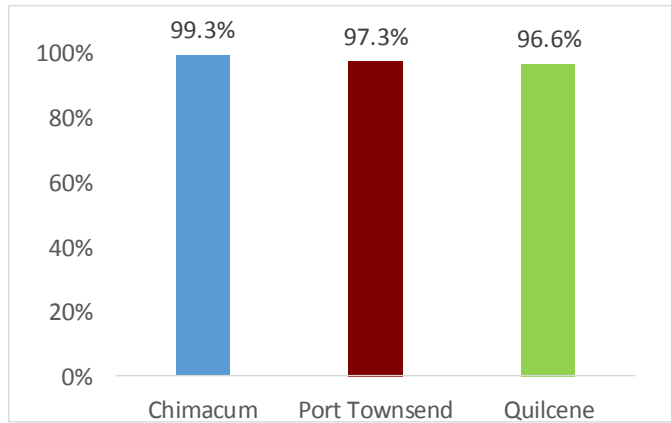


For the top three visit reasons at each school, more students identified the reason than clinicians reported addressing it thereby indicating that additional reasons were identified and addressed by the clinician.

Other behavioral health reasons included: eating disorders, social skills, self-harm, panic attacks and PTSD, behavior, physical health and sleep difficulties.

Services Provided: Individual Therapy

The vast majority of services were individual therapy – 99% at Chimacum and 97% at Port Townsend and Quilcene. Other services were provided, often along with individual therapy, and included primarily contacting/working with other agencies, family, or school staff and crisis intervention.



Referrals

The most common referrals from the SBHC MH clinicians were for outpatient mental health services and medical services.

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 of the MH clinicians over the years. In 2015-16, the number of MH clinic days at Port Townsend was up while it was down in Chimacum and Quilcene compared to previous years (chart to the right). The total number of individuals using SBHC MH services was down in all three schools (chart below on the left); total visits were also down in all three schools (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.

