

# Jefferson County School Based Health Centers 2013-2014 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<sup>[1]</sup> of medical and two days<sup>[2]</sup> of mental health care 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 – about 4 in 10 students at CHS and PTHS are low-income (see Free and Reduced Lunch rates table). 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	
May 2013	%
Chimacum School District	51
Chimacum Creek Primary	61
Chimacum Elementary	59
Chimacum Middle	47
<b>Chimacum High School</b>	<b>42</b>
Port Townsend School District	44
Grant Street Elementary	47
Blue Heron Middle School	51
<b>Port Townsend High School</b>	<b>37</b>

## 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 the AmeriCorps member serving in the SBHCs.

Data in this report were collected from August 2013 through June 2014.

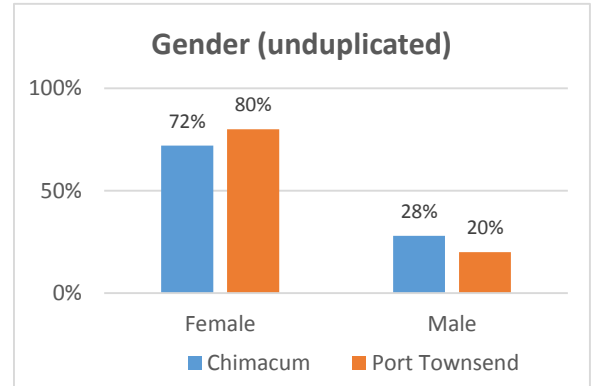
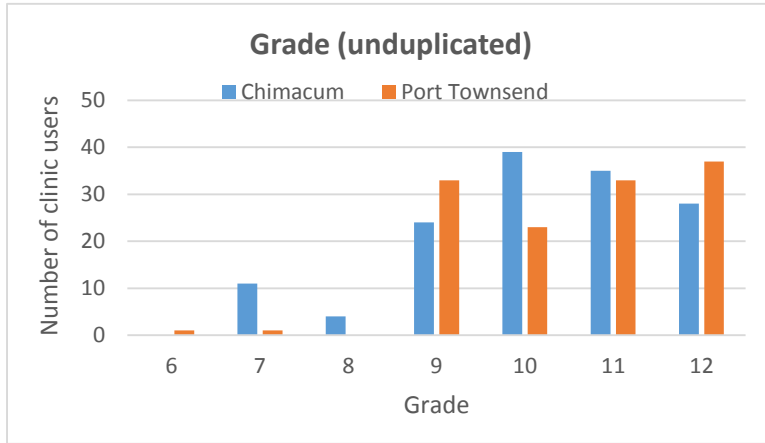
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<sup>[1]</sup> 8 hours PTHS, 12 hours CHS

<sup>[2]</sup> 10 hours PTHS, 10 hours CHS

## SBHC Demographics

The majority of students using the SBHC in Chimacum are 10<sup>th</sup> and 11<sup>th</sup> graders; 12<sup>th</sup>, 10<sup>th</sup> and 11<sup>th</sup> graders at Port Townsend. Most clinic users are female.

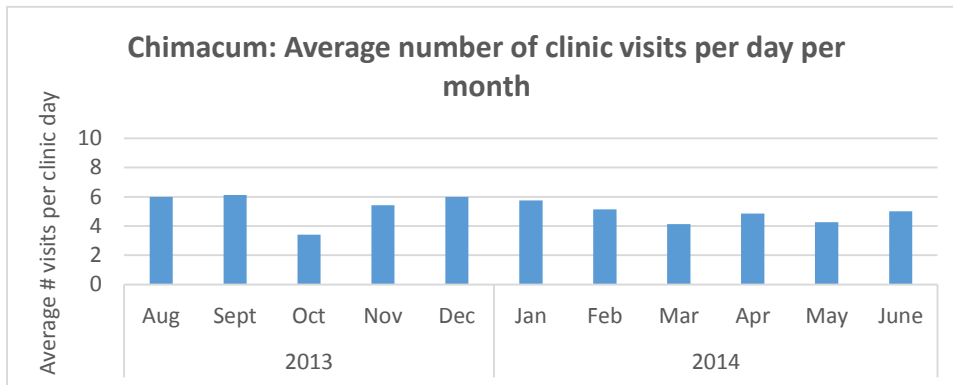
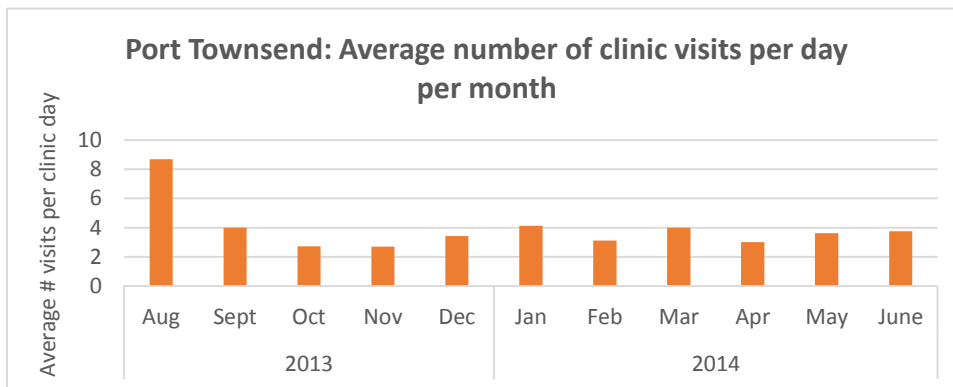


## SBHC Clinic Usage

**PTHS**  
**Total visits: 288**  
**Total # of clients: 130**  
**Total # clinic days: 79**

**CHS**  
**Total Visits: 361**  
**Total # of clients: 143**  
**Total # clinic days: 73**

Based on enrollment numbers (grades 9-12 only), **39% of CHS students** and **29% of PTHS students** utilized SBHC physical health services during the 2013-2014 school year.

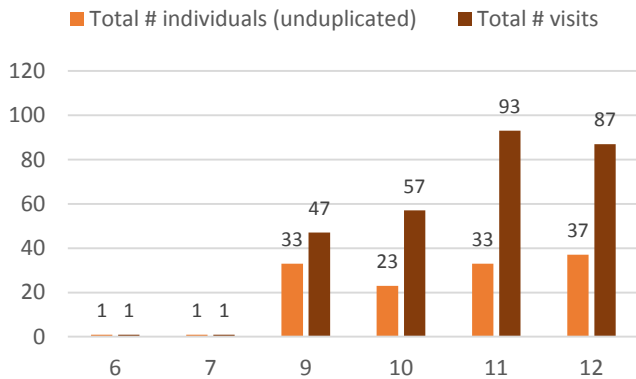


**OVERALL AVERAGES:**  
 PT: 26 visits per month;  
 4 visits per clinic day  
  
 CH: 33 visits per month;  
 6 visits per clinic day

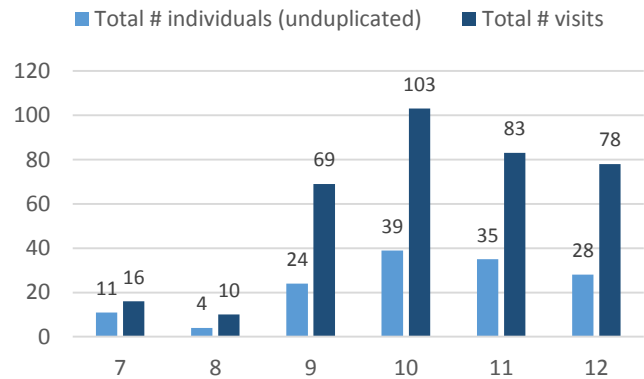
At Port Townsend, 12<sup>th</sup> graders had the greatest number of clinic users, 11th graders had the greatest number of total visits. On average, clinic users made 2.2 visits during the year.

At Chimacum, 10th graders had the greatest number of clinic users and total visits. On average, clinic users made 2.5 visits during the year.

**Port Townsend Clinic Visits by Grade**



**Chimacum Clinic Visits by Grade**



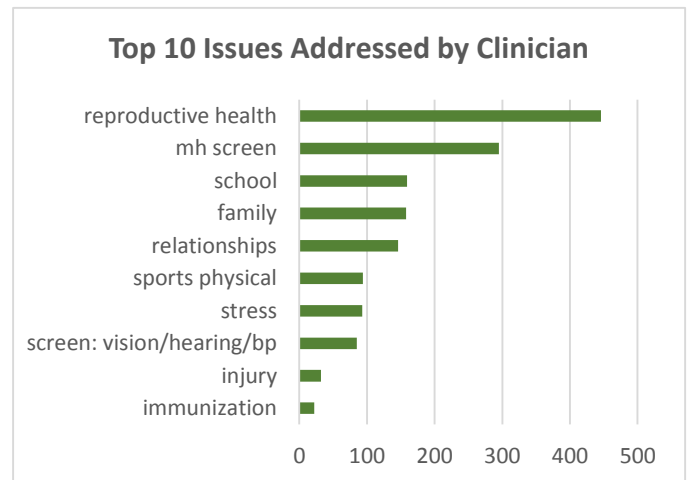
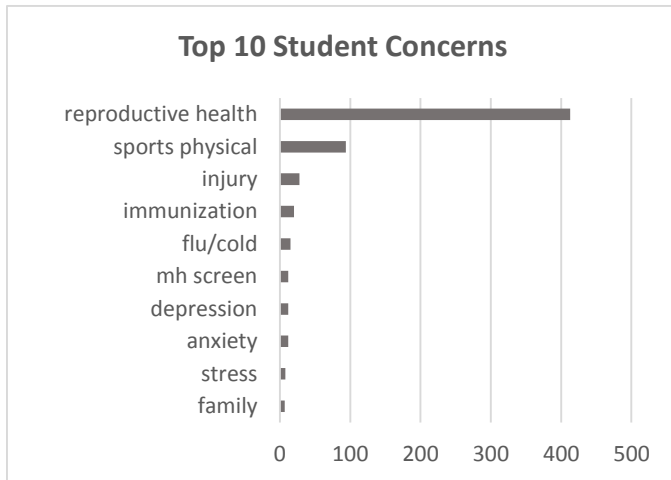
Chimacum saw students in **grades 7 through 12** while Port Townsend saw students in **grades 9 through 12** and only one student each from grades 6 and 7.

The elementary, middle, and high school share a campus in Chimacum likely explaining the higher use by younger students.

## 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	mh screen	reproductive health	reproductive health	pregnancy
depression	school	sports physical	sports physical	tobacco
mh screen	family	injury	screen: vision/hearing/blood pressure	injury prevention
stress	relationships	immunization	injury	substance use
family	stress	flu/cold	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: WA State Dept of Health, 2012 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 2012 Healthy Youth Survey (HYS), Jefferson County youth have higher rates than state average for **current and lifetime alcohol use** as well as binge drinking for 10<sup>th</sup> and 12<sup>th</sup> graders. They also report higher rates of **current cigarette smoking, marijuana use, and substance use at school**. 10<sup>th</sup> graders report higher than state average for illegal drug use.

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).

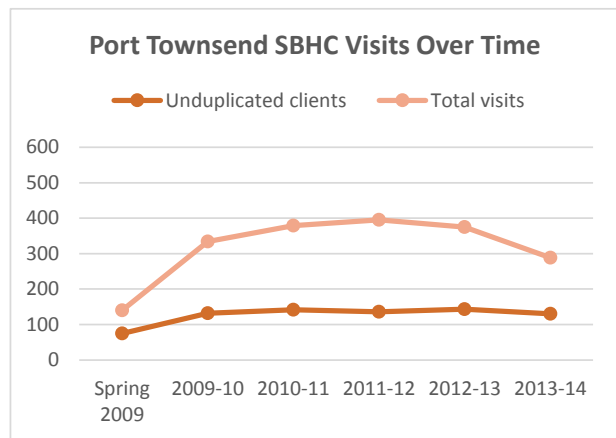
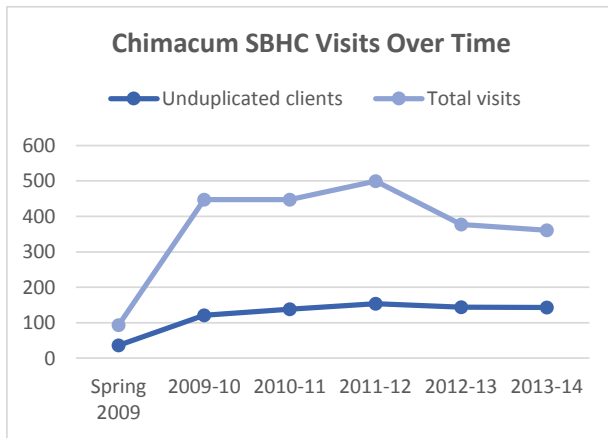
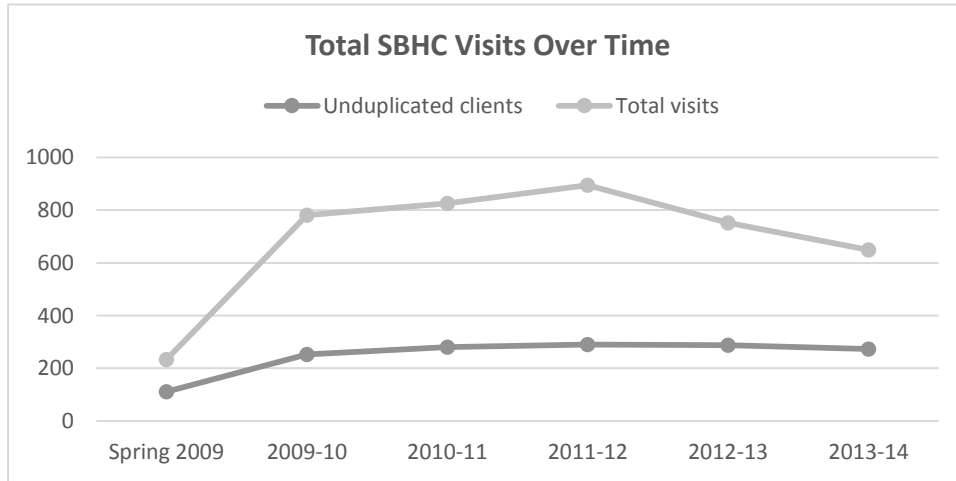
A third of 10<sup>th</sup> graders and 12<sup>th</sup> graders in Jefferson County reported experiencing **depressive feelings** in the past year. One in 4 10<sup>th</sup> graders and 1 in 5 12<sup>th</sup> graders reported having **seriously considered suicide** in the past year (Source: 2012 HYS).

**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 (in-patient, out-patient or to the SBHC MH counselor), dental services (including the Smile Mobile), insurance plans (Apple Health and Take Charge), additional medical or public health services, school counselor, chemical dependency programs, emergency housing and food, and juvenile services.

## SBHC Clinic Usage Over Time

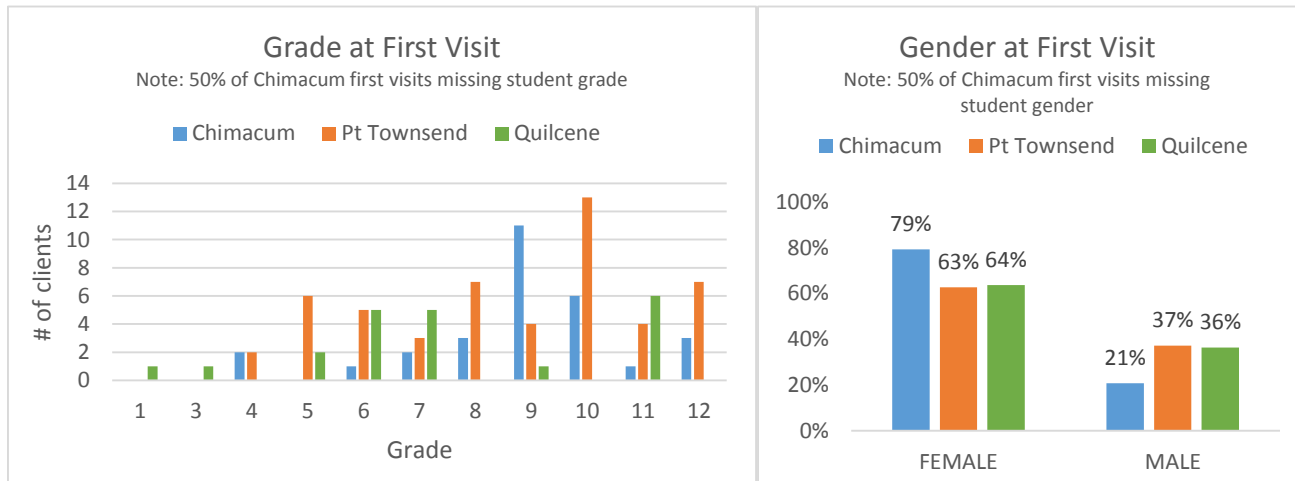


The total number of clients in 2013-14 is about the same as previous years, but total visits decreased indicating fewer visits per client or a decrease in “frequent clinic users.”

# SBHC Mental Health

## Demographics

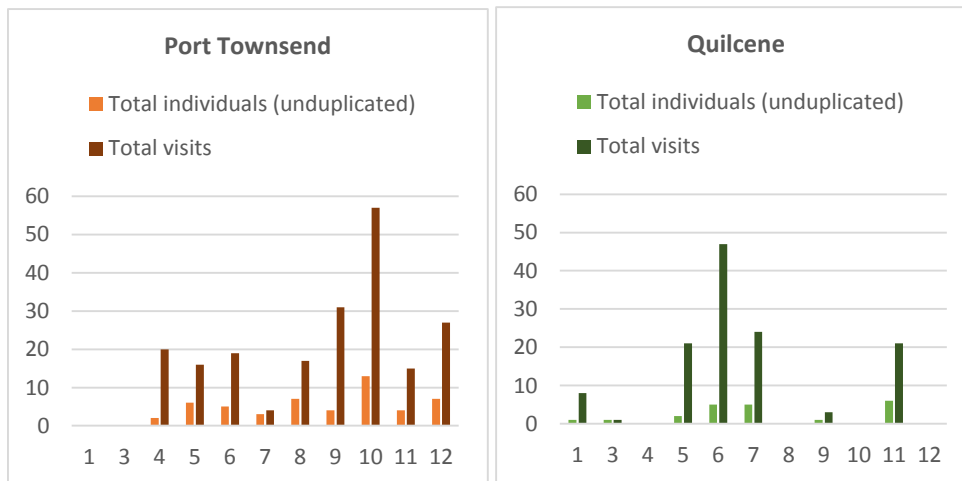
The majority of students using MH services at Chimacum (for whom grade is known) are in 9<sup>th</sup> grade, at Port Townsend the majority are in 10<sup>th</sup> grade and the majority at Quilcene are in 11<sup>th</sup> grade. At all three schools, the majority are female. Note: Race and living situation are not collected at MH visits.



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

Note: Chimacum not presented due to missing grade data for 50% of clients.

Analysis of visits by grade for total visits compared to first visit strongly identifies 10<sup>th</sup> graders as both the majority of clinic users and the majority of clinic visits at Port Townsend however for Quilcene, while the majority of clinic users were 11<sup>th</sup> graders, the majority of visits were by 6<sup>th</sup> graders.



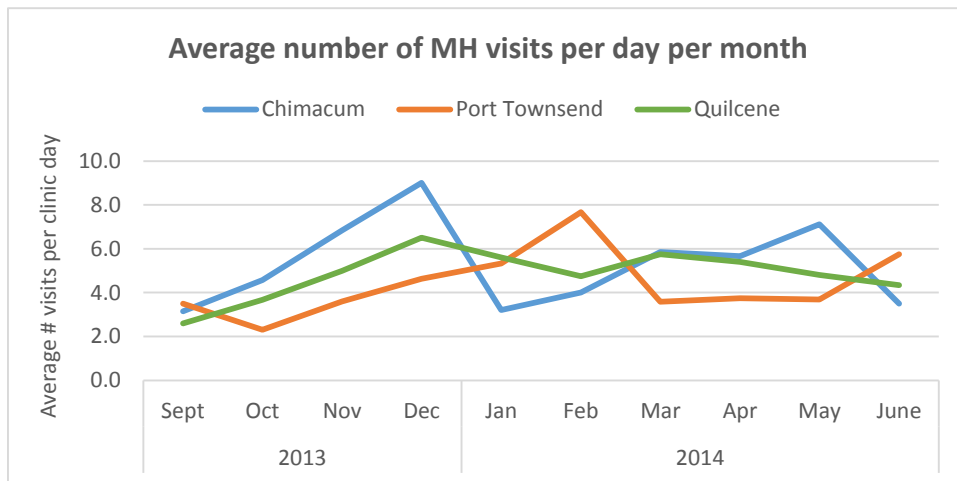
## Visits

Chimacum had the highest number of MH visits and clients and the highest average visits per day. Port Townsend had the highest range in number of MH visits per client and the highest number of days when MH services were

available. Quilcene had the highest average number of MH visits per client. Eight to nine percent of students in grades 9-12 at all three schools used the SBHC MH services.

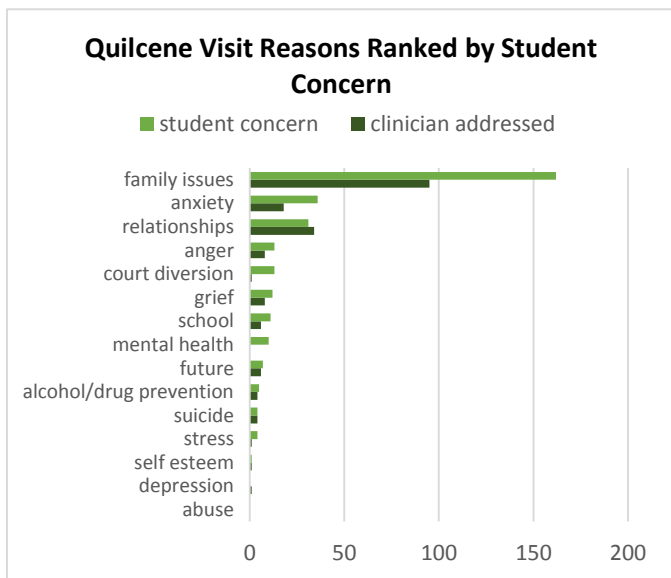
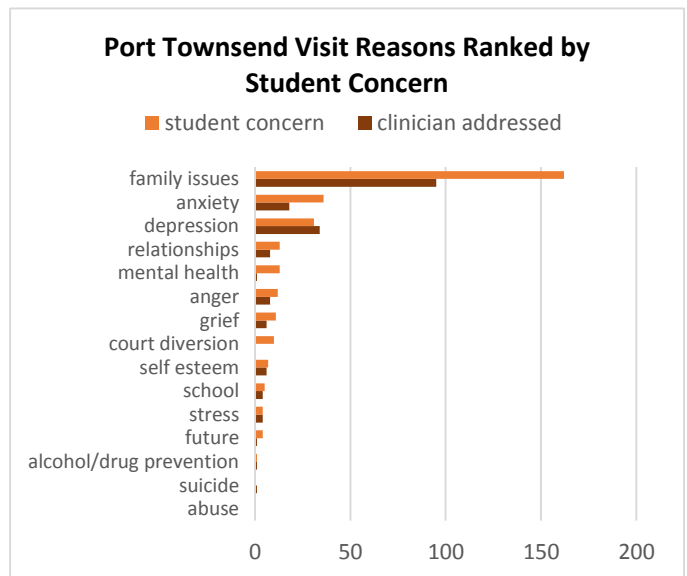
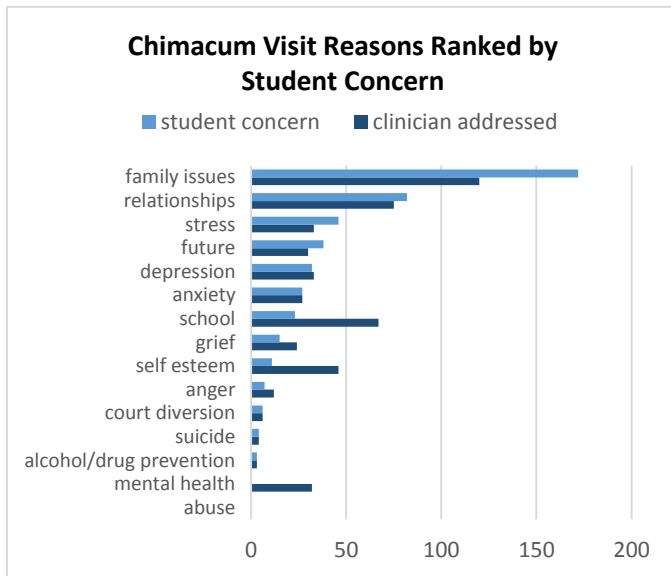
<p><b>Chimacum</b>                  Total visits: 350                  Total # of clients: 58                  Av visits/client: 6.0                  Range: 1 to 23                  Total days: 67                  Av visits/day: 5.2</p>	<p><b>Pt Townsend</b>                  Total visits: 282                  Total # of clients: 51                  Av visits/client: 5.5                  Range: 1 to 36                  Total days: 72                  Av visits/day: 3.9</p>	<p><b>Quilcene</b>                  Total visits: 244                  Total # of clients: 24                  Av visits/client: 10.2                  Range: 1 to 27                  Total days: 51                  Av visits/day: 4.8</p>	<p>Based on enrollment:  <b>9% of Chimacum*</b>,  <b>9% of Pt Townsend, and</b>  <b>8% of Quilcene</b> 9-12<sup>th</sup> grade students utilized SBHC mental health services during the 2013-2014 school year.                  *estimate, grade missing for half of MH clients.</p>
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The highest average MH visits per clinic day were in December for Chimacum and Quilcene, February for Port Townsend. Quilcene had the most consistent average number of MH visits per month (range: 2.6 to 6.5), Chimacum had the highest variation (range: 3.1 to 9.0)



**Top Reasons for SBHC MH Visits:**

	Chimacum	Port Townsend	Quilcene
<b>Student Concern</b>	Family	Family	Family
	Relationships	Anxiety	Anxiety
	Stress	Depression	Relationships
	Future	Mental health	Anger
	Depression	Relationships	Court diversion
% of total	77%	83%	95%
<b>Clinician Issue Addressed</b>	Family	Family	Family
	Relationships	Depression	Anxiety
	School	Anxiety	Relationships
	Self esteem	Anger	Grief
	Depression Stress (tie)	Relationships	Stress
% of total	70%	87%	94%

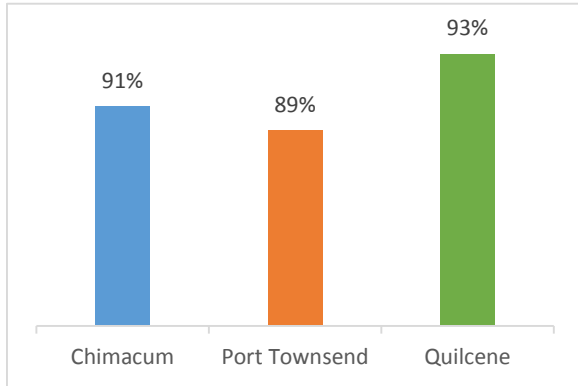


At all three schools, the top student concern and issue addressed by clinicians was **family**. At all three schools, more students identified family than clinicians reported addressing it thereby indicating that other issues needed to be addressed by the clinician.

At Chimacum, **relationships** were the second most frequent issue identified by both students and clinicians. At Port Townsend and Quilcene, **anxiety** was the second most frequent issue identified by students but the second most frequent issue addressed by clinicians at Port Townsend was depression and at Quilcene was relationships.



### Visit Type: Individual Therapy



The service provided for the vast majority of visits is individual therapy – 91% at Chimacum, 89% at Pt Townsend and 93% at Quilcene – the remaining visits are for crisis intervention or contact/work with other agencies, family, or school staff.

### Referrals

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

### SBHC Mental Health Visits Over Time

The trend over time for SBHC MH services is difficult to interpret due to changes in days and hours MH clinicians are available. In 2013-14, the number of MH clinic days at all 3 schools was down compared to 2012-13. In Chimacum and Port Townsend, the total number of individuals using the SBHC was down slightly but similar in Quilcene. Total visits were down slightly in Chimacum and Port Townsend and down sharply in Quilcene.

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.

