

# Office of School and Adolescent Health



## Office of School and Adolescent Health Health Systems Bureau

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## The Impact

"On a daily basis, we are impacting lives—physically, mentally, and academically. We are right here to treat our students. We're saving them."

- SBHC Administrator

"I have seen an overwhelming response to the SBHC. It has been more welcomed than I ever imagined. Being in a remote area, parents do not have to take off work and take their kids out of school for an entire day, to travel several hours just to seek medical services. The nearest hospital is 77 miles away and the health clinic in town has irregular hours. Our SBHC offers physical, mental, and dental care to all students. With a SBHC, there are no children left behind."

- SBHC Administrator

"Our mental health provider is so busy. She is able to see students that otherwise would go without services."

- SBHC Administrator

"For parents, having a SBHC is convenient, time saving, affordable, and provides a feeling of security."

- Parent

"We like knowing that there is always someone there who can take care of us in school. We also like the fact that we can get medicine when we need it and not have to travel to another town to get it. Having a SBHC makes us feel secure and that we will be taken care of when we need something."

- Student

"I don't always have the money to take my kids to the doctor when they are sick, and sometimes I can't take off of work when my doctor can see them. It is so handy for my kids to go to the clinic, be seen, and go back to class without me missing work."

- Parent

"I really like having a clinic that I can go to without being gone from school. I get sick a lot and have too many absences in Math; I can't afford to miss anymore. Being able to go to the clinic, see the doctor, and get a prescription helps me stay in school."

- Student

"I trust the people at the clinic to listen when I tell them what I need help with."

- Student

## Keeping Children in School and Ready to Learn

School-Based Health Centers (SBHCs) provide comprehensive services by using a multi-disciplinary health team. Each local community and school decides which services will be offered at their SBHC. Services typically include the following:

### Medical:

- Primary care for injuries and illness
- Well-child examinations
- Immunizations and laboratory tests
- Over-the-counter medications and prescriptions
- Referrals to other providers

### Behavioral Health:

- Behavioral health awareness and outreach, including suicide prevention
- Alcohol and substance abuse counseling
- Screening for depression
- Individual, group, and family therapy
- Crisis intervention
- Telehealth services

### Prevention:

- Health promotion and risk reduction programs
- HIV/AIDS and STD awareness and education
- Nutrition, sports, and physical activity counseling

The New Mexico School-Based Health Center Initiative is a collaborative partnership with the following state agencies: New Mexico Department of Health, Public Education Department, Human Services Division, and Children, Youth & Families Department.

## Expanding the Scope of SBHCs through Telehealth Services

School-Based Health Centers throughout the state will have telehealth services. Telehealth services effectively expand healthcare to rural and underserved areas. Through telecommunications, consultation services are brought to providers when they need it, where they need it, and in their own communities. A telehealth system provides and supports health care delivery, diagnosis, and treatment.

Telephone consultation services are available to primary care and behavioral health providers at most SBHCs. This year, video conferencing will be utilized to provide consultation to SBHCs. Video conferencing technology will be installed by Sangre de Cristo Community Health Partnership at the following proposed SBHC sites:

☎ Belen High School	☎ Carlsbad High School
☎ Cuba High School	☎ Des Moines Municipal Schools
☎ Dulce Independent Schools	☎ Espanola-Carlos Vigil Middle School
☎ Gadsden High School	☎ Gallup High School
☎ Mountainair Public Schools	☎ Pojoaque High School
☎ Roy Municipal Schools	☎ Ruidoso High School
☎ Santa Rosa Consolidated Schools	☎ Shiprock-Career Preparatory Alternative School
☎ Silver City High School	☎ West Las Vegas High School

The Telehealth Initiative is a collaborative partnership between the New Mexico Department of Health, Office of Children, Youth & Families, and Behavioral Health Partnership.

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## Office of School and Adolescent Health Activities Dovetail with Governor's Priorities

### Prevention Activities

#### Suicide Prevention

Students now have access to behavioral health services at the 34 SBHC sites that opened in FY 2006. A new statewide crisis line was launched in December 2005 and has received nearly 10,000 calls as of December 2006. A federal grant has initiated the development of a comprehensive suicide model for prevention, screening, referral, and treatment in four NM communities—Carlsbad, Gallup, Pojoaque, and Gadsden. The NM Suicide Prevention Coalition and NM Suicide Intervention Project provide trainings on suicide prevention throughout the state.

#### Obesity Prevention

Envision New Mexico, a quality improvement initiative that trains medical professionals in obesity identification, prevention, and treatment, has reached 122 SBHC and community providers and 245 additional healthcare staff.

#### Teenage Pregnancy Prevention

In communities that are concerned about their teenage pregnancy rates, SBHCs can be helpful by offering reproductive health services and conducting educational sessions on STD and pregnancy prevention in their schools.

#### Youth Development

Communities are changing through youth development. The youth development approach invites youth to be involved in influencing, contributing, and designing policy, as well as, services and programs. Opportunities for effective youth participation are being developed.

### Policy Development

#### Adolescent Health Strategic Plan

There is an urgent and critical need to address the health of adolescents in New Mexico. Adolescents are engaging in risk taking behaviors with life-threatening consequences. More disturbingly, racial and ethnic minority adolescents have the poorest health outcomes. Adolescents are often overlooked in the healthcare system and do not have access to adolescent-friendly services. In collaboration with other New Mexico Department of Health (DOH) offices and programs, the first Strategic Plan targeting the adolescent population is being developed. An Adolescent Health Data Report is also being compiled and will serve as a companion document to the Strategic Plan.

#### Linking Children to Medicaid

There are approximately 50,000 children in New Mexico who have no health care coverage, but qualify for the Medicaid program, a no-cost or low-cost health care plan. SBHCs give low-income families an opportunity to learn about the Medicaid program, and increase Medicaid enrollment of children, especially to Native American and Hispanic Medicaid eligible children and their families, who are disproportionately uninsured in New Mexico.

### Workforce Development and Training

The Office of School and Adolescent Health is providing on-going technical assistance and training to school health personnel (health assistants and nurses) and other partners on the following:

- Pandemic flu
- Traumatic loss in the school or community
- Asthma and diabetes support systems
- NM School Health Manual Website
- Chronic disease management
- Suicide prevention and response
- State immunization policy

### Native American Initiatives

#### Project TRUST

In an effort to address the disparities in mental health among Native Americans, a model is being developed for culturally-appropriate services for Native American youth and their families. This effort is a partnership with researchers at the University of New Mexico and a group of concerned community members, organizers, health providers, and public health advocates.

#### School Health Assessment

The Bureau of Indian Affairs (BIA) and several health related organizations are collaborating on an initiative to assess school health. This effort will be used to identify areas of need and develop strategies that will be used to address these needs.

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## Levels of Service

There are three levels of service provided by SBHCs. Communities determine the level of service that will be offered by their SBHC. Ultimately, communities strive to become a 'Level 3' SBHC, reaching the greatest number of children in the community.

**Level 1** – Provides a minimum of 16 hours of service per week, 8 of each primary care and behavioral health care, during the school calendar.

**Level 2** – Provides a minimum of 32 hours of service per week, 16 each of primary care and behavioral health care.

**Level 3** – Provides a minimum of 80 hours of service per week, 40 each of primary care and behavioral health care.

Level of SBHC by County and Site			
Level 1 SBHC		Level 2 SBHC	
County	School	County	School
Bernalillo	<b>East San Jose Elem (UNM)</b> <b>School on Wheels</b>	Bernalillo	<b>Highland High School (UNM)</b> RFK Charter School (UNM)
Catron	Quemado Independent Schools		Roosevelt Middle School (UNM)
Chaves	Hagerman (ENMU - Pecos Valley Co-op) Lake Arthur (ENMU - Pecos Valley Co-op) Dexter (ENMU - Pecos Valley Co-op)	Chaves	<b>Van Buren MS (UNM)</b> <b>Washington MS (UNM)</b> Mesa Middle School
Colfax	<b>Maxwell Municipal Schools</b> <b>Raton High School</b>	Cibola	<b>ACL Teen Center</b> <b>To'hajiilee High School</b>
De Baca	Fort Sumner Independent Schools	Dona Ana	Onate High School Gadsden Middle School <b>Santa Teresa High School</b>
Dona Ana	Cobre High School Las Cruces High School	Eddy	Carlsbad High School
Harding	Roy Municipal Schools	Guadalupe	Santa Rosa Consolidated Schools
Hidalgo	Lordsburg Municipal Schools	Rio Arriba	Carlos Vigil Middle School Dulce Independent Schools
Lea	Lovington High School		<b>Espanola High School</b> Escalante High School
Luna	Deming High School		West Las Vegas High School
McKinley	<b>Crownpoint High School</b> <b>Fort Wingate High School</b> <b>Thoreau High School</b>	San Miguel	<b>Bernalillo High School</b> <b>Capital High School</b> <b>Taos High School</b> Taos Middle School
Mora	Mora Independent Schools	Sandoval	
Otero	Mescalero Apache School	Santa Fe	
Quay	Tucumcari Consolidated Schools (Pending)	Taos	
San Juan	Career Prep Alternative School <b>Navajo Prep School</b> <b>Newcomb High School</b> <b>SASI - NW High School</b> <b>Shiprock High School</b> <b>Tse' Bit' Ai Middle School</b>		
Sandoval	Jemez Valley Schools Cuba Middle School San Felipe Schools	Grant Lincoln	<b>Level 3 SBHC</b> <b>Albuquerque High School (UNM)</b> <b>PB &amp; J</b> <b>Rio Grande High School</b> <b>Silver City High School</b> <b>Hondo Schools (Region IX)</b> <b>Ruidoso Schools (Region IX)</b>
Santa Fe	Pojoaque Valley High School	McKinley	Gallup HS
Taos County	Mesa Vista Consolidated Schools	Santa Fe	Santa Fe High School
Torrance	Mountainair Public Schools	Socorro	Socorro High School
Union	Des Moines Municipal Schools	Valencia	Belen High School

### SBHCs in New Mexico are funded through several sources including

The NM Department of Health, federal funding, and Indian Health Service

Sites list

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to FY 2006

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