



Meeting the Health Care Needs of Children and Adolescents: School Based Health Centers in Connecticut

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What is a School Based Health Center?

In CT, the Department of Public Health Standard Model is:

- ✓ A service delivery model that *concurrently* blends medical care with preventive and behavioral health services
- ✓ Staffing *must* include a team of licensed inter-disciplinary professionals (*at minimum, medical and behavioral*) with particular expertise in child/adolescent health (nurse practitioners, physician's assistants, medical directors, clinical social workers, consulting psychiatrists, dentists, hygienists)
- ✓ Staff works side-by-side to address and coordinate a broad spectrum of students' health needs
- ✓ Anticipatory guidance and health education are routinely offered to students that utilize the SBHC
- ✓ This model represents the highest standard of care available (National Gold Standard) with respect to the range and quality of SBHC services (*Making the Grade: State and Local Partnerships to Establish School Based Health Centers, 2003*)



Why is the Comprehensive Model the “Gold Standard”?

“Children bring all of their issues to school”

Asthma

Tooth pain

Domestic violence

Illnesses and injuries

Learning disabilities

Peer conflict

Diagnosed and undiagnosed mental health conditions

Homelessness

And many more issues...





SBHCs: A Model that Works



- ✿ The medical – mental health model addresses the whole child

- ✿ A recent study indicated a significant increase in attendance for [adolescent] SBHC medical users compared to nonusers. Grade point average increases over time were observed for mental health users compared to nonusers*

- ✿ 96.4% of children that receive an asthma breathing treatment in the SBHC return to class (CASBHC data)

- ✿ 5,337 CT children/adolescents received mental health treatment in their SBHC, enabling them to remain in school and continue to learn (2007-2008 school year)

* Journal of Adolescent Health 46 (2010) 251-257



SBHC Mental Health Services

Services include:

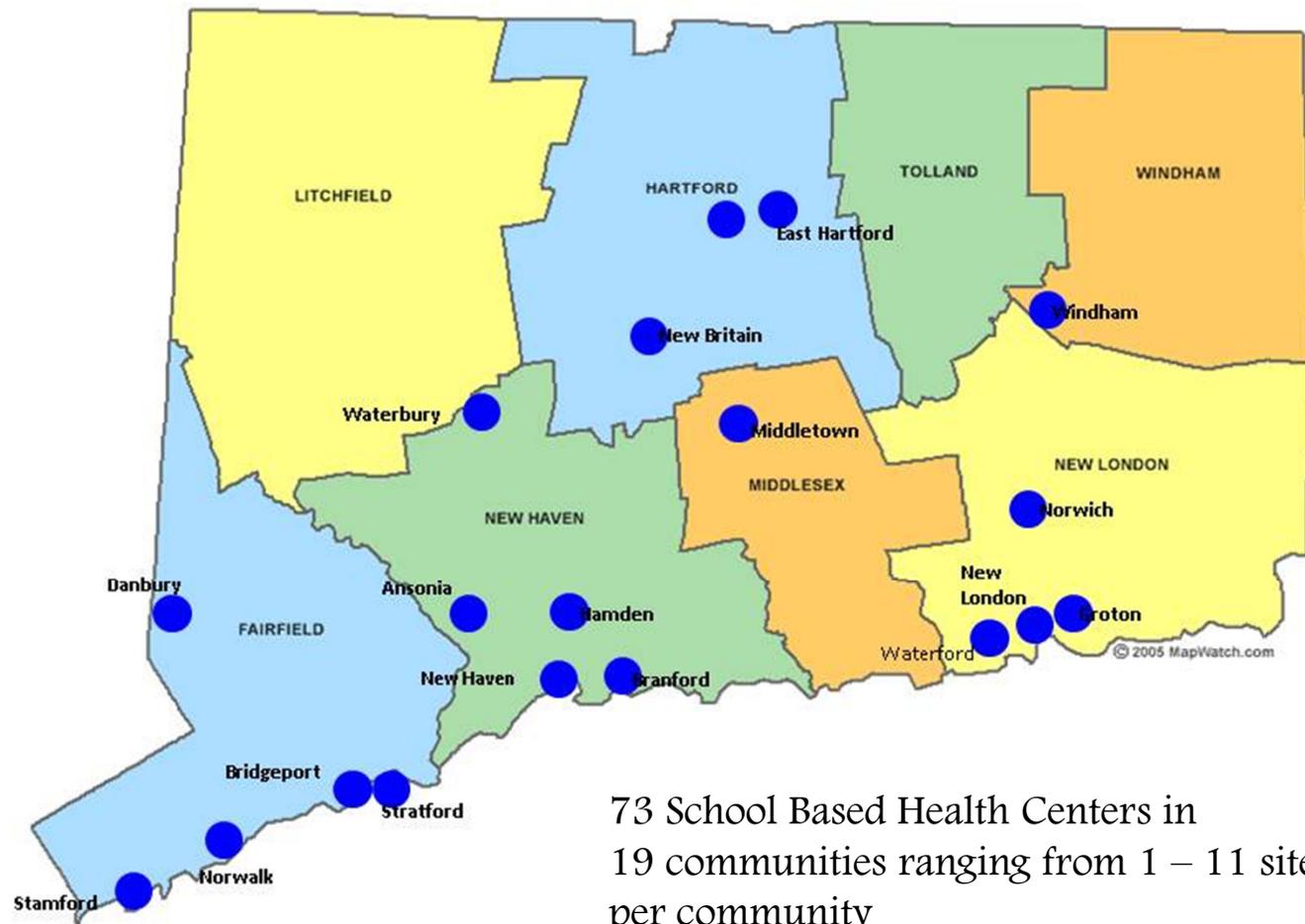
- Individual, group, and family therapy
- Referral for medication evaluations and specialty care
- Risk assessment and health education
- Psycho-educational groups
- Support groups for topics such as anger management, substance abuse, bereavement, parental illness
- Case management





Where are the Centers located?

Distribution of SBHCs in Connecticut





Healthy Kids Make Better Learners

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