

Jefferson County School Based Health Centers 2009—2010 Participation Report

Background:

In the fall of 2008 School Based Health Center (SBHC) mental health services were initiated at Chimacum, Port Townsend and Quilcene High Schools to serve the needs of enrolled students. In the spring of 2009, SBHC medical services were initiated at Chimacum and Port Townsend High Schools.

Services are provided by practitioners from Jefferson County Public Health, Jefferson Healthcare and Kitsap Mental Health. Services are available regardless of insurance or ability to pay and focus on prevention and include immunizations, asthma management, reproductive health care, and mental health counseling. Medical and mental health/substance use services are available 2 days per week at Chimacum and Port Townsend; mental health/substance use services are available 1 day per week at Quilcene.

Evaluation Methods:

Jefferson County Public Health staff work with the practitioners serving the Jefferson County SBHC's to collect standardized SBHC utilization data. Two data collection forms are used: one for medical visits filled out by the nurse, a second for mental health/substance use visits filled out by the counselor. Utilization data are the first component of a comprehensive evaluation to track and measure the reach and impact of SBHC on student health and well-being.

- SBHC medical visit data presented in this report were collected from September 2009 to June 2010.
- SBHC mental health/substance use visit data presented in this report were collected on two different forms and are presented for two periods: September to December 2009 and January to June 2010.

Evaluation Data:

In addition to SBHC visit data, where possible, school enrollment and Healthy Youth Survey comparison data are presented.

Medical data:	Page
Number of visits: first, repeat, frequency, and by month	2
Source of SBHC referral	2
Demographics (gender, grade, race/ethnicity)	3
Insurance type	3
Health care utilization	3
Self-reported reason and clinician reported treatment by visit	4-5
Health education topics provided	5
Referrals given	6
Mental Health/Substance Use data:	
Number of visits: first, repeat, frequency, and by month	6-7
Monthly average number of client-visits by primary mental health diagnosis and reported past 30 day substance use	7
Monthly average referrals given	7
Mental health/substance use reason(s) for visit	8

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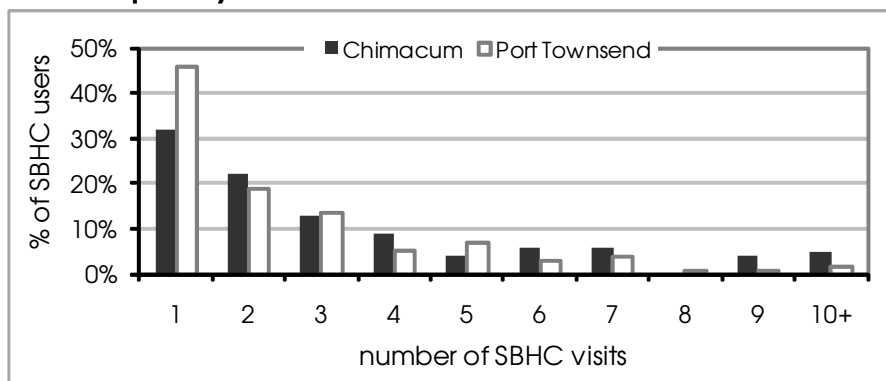
SBHC Visit Data: Chimacum and Port Townsend High Schools, September 2009 to June 2010

	Chimacum		Port Townsend	
	#	%	#	%
Total Visits	447		334	
First visits*	121	27%	132	40%
Repeat visits**	326	73%	202	60%

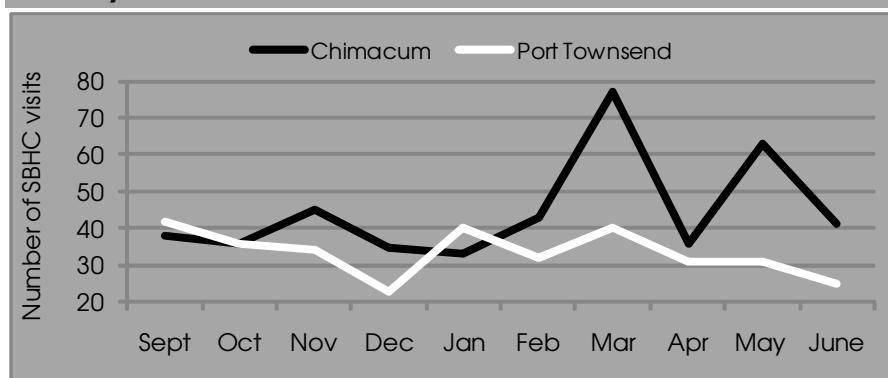
*based on school where first visit occurred, some students seen at both schools

**student could have had first visit in previous or current school year

Visit Frequency



Visits by Month



Source of SBHC Referral	Chimacum		Port Townsend	
	#	%	#	%
Class Presentation	13	11%	14	11%
Family	5	4%	9	7%
Friend	33	27%	34	26%
Jefferson County Public Health	7	6%	2	2%
School (bulletin, flyer, etc)	23	19%	22	17%
School Staff (teacher, principal, etc)	7	6%	14	11%
Self	5	4%	4	3%
Unknown	28	23%	37	28%

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SBHC USERS BY:

Gender	Chimacum		Port Townsend	
	Count	%	Count	%
male	27	22%	35	27%
female	94	78%	97	73%

Grade	Chimacum		Port Townsend	
	Count	%	Count	%
6	0		<5	
7	<5		<5	
8	6	5%	9	7%
9	26	21%	27	21%
10	27	22%	31	24%
11	27	22%	30	23%
12	34	28%	29	22%

Of 9-12th grade enrollment, % using SBHC:	Chimacum	Port Townsend
	total	34%
males	23%	13%
females	52%	38%
grade 9	31%	21%
grade 10	30%	32%
grade 11	29%	22%
grade 12	36%	19%

Enrollment data source: <http://www.ospi.k12.wa.us>

Race/Ethnicity	Chimacum		Port Townsend	
	Count	%	Count	%
White	104	86%	108	82%
Race not White	9	7%	13	10%
More than 1 Race	5	4%	7	5%
Race unknown	<5		<5	

Insurance Type (at first visit)	Chimacum		Port Townsend	
	Count	%	Count	%
Uninsured	53	44%	48	36%
No coverage	10	19%	7	15%
Take Charge*	43	81%	41	85%
Insured	65	54%	85	64%
Private	25	38%	32	38%
CNP	37	57%	46	54%
CHPWA	<5		<5	
Unknown	<5		<5	

*only covers family planning for low income women and men

Have a usual medical provider?	Chimacum		Port Townsend	
	Count	%	Count	%
Yes	81	67%	88	67%
No	27	22%	23	17%
unknown	13	9%	21	15%

Have a dental provider?	Chimacum		Port Townsend	
	Count	%	Count	%
Yes	75	62%	75	57%
No	32	26%	30	23%
unknown	14	12%	27	18%

Have a mental health provider?	Chimacum		Port Townsend	
	Count	%	Count	%
Yes	8	7%	11	8%
No	89	74%	75	57%
unknown	24	19%	46	35%

Health care visit in past year?	Chimacum		Port Townsend	
	Count	%	Count	%
Yes	48	40%	60	45%
No	49	40%	51	39%
unknown	24	20%	21	16%

10th graders report a routine check-up in past year:
 medical 54%
 dental 63%

Source: Healthy Youth Survey, 2008

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REASONS FOR SBHC VISIT

Self-Report = student chief complaint Clinician-Report = what is treated

MEDICAL REASON FOR VISIT	Chimacum				Port Townsend			
	Self-Report	%	Clinician-Report	%	Self-Report	%	Clinician-Report	%
dermatology	7	2%	7	2%	6	2%	8	2%
first aid	7	2%	7	2%	5	1%	6	2%
flu/cold/respiratory/sore throat	22	5%	25	6%	10	3%	10	3%
head ache	25	6%	25	6%	7	2%	7	2%
immunizations	46	10%	48	11%	22	7%	29	9%
injury	30	7%	32	7%	12	4%	12	4%
oral health	<5		<5		<5		<5	
reproductive health care	131	29%	135	30%	169	51%	179	54%
birth control	186	42%	198	44%	170	51%	199	60%
emergency contraception	62	14%	74	17%	60	18%	110	33%
sexually transmitted infection	48	11%	77	17%	24	7%	115	34%
pregnancy test	18	4%	22	5%	29	9%	68	20%
screenings: vision/hearing	<5		<5		<5		21	6%
sports physical	22	5%	22	5%	34	10%	34	10%
other	108	24%	132	30%	35	10%	38	11%
allergies	<5		eye issue	8	oral health	<5		
anemia	5		chronic v omiting	<5	pain	<5		
asthma	14		fatigue/feel faint	<5	physical exam	22		
blood draw	6		gastro-esophag reflux dis	7	reproductive health	<5		
blood pressure check	9		headache	<5	respiratory	10		
cardiac risk	<5		hemophysis	<5	right hand numbness	<5		
chest pains	<5		hpv immunization	<5	hernia	<5		
chronic ear perfusion	<5		hsv -1 (cold sores)	5	scoliosis	<5		
dehydration	<5		infection	25	seizure disorder	<5		
dermatology	5		injury	9	self harm	5		
drug/alcohol abuse	<5		insomnia	<5	sleep apnea	<5		
drug/alcohol withdrawl	6		lab results	<5	smoking cessation	<5		
ear prob/wax impaction	<5		lactose intolerance	<5	shortness of breath	<5		
eating disorder	<5		nausea	<5	sexually transmitted infection	<5		
enuresis	<5		nausea, v omit, diarrhea	<5	suture remov al	<5		
epilepisy	<5		neurological disorder	<5	thyroid problem	<5		
epistaxis	<5		nosebleed, loss of conscir	<5	undescended testicle	<5		

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		Self-Report = student chief complaint				Clinician-Report = what is treated			
PSYCH/MENTAL HEALTH/ EMOTIONAL REASON FOR VISIT	Chimacum				Port Townsend				
	Self-Report	%	Clinician-Report	%	Self-Report	%	Clinician-Report	%	
abuse	6	1%	10	2%	0		<5		
anger management	6	1%	10	2%	6	2%	<5		
anxiety	6	1%	7	2%	<5		<5		
depression	15	3%	23	5%	6	2%	22	7%	
domestic violence	5	1%	7	2%	0		<5		
eating/weight issues	8	2%	17	4%	6	2%	12	4%	
family involvement	11	2%	31	7%	<5		78	23%	
grief or loss	<5		6	1%	<5		5	1%	
preventative mental health	<5		6	1%	0		<5		
relationships	15	3%	26	6%	<5		115	34%	
school performance	5	1%	10	2%	<5		53	16%	
self esteem	<5		<5		<5		12	4%	
stress	<5		<5		<5		7	2%	
suicide ideation	5	1%	8	2%	0		0		
violence/conflict resolution	<5		0		0		<5		
other	5	1%	6	1%	<5		<5		
ADD/ADHD, cutting, sexual pressure									

		Self-Report = student chief complaint				Clinician-Report = what is treated			
HEALTH EDUCATION TOPICS DISCUSSED AT VISIT	Chimacum				Port Townsend				
	Self-Report	%	Clinician-Report	%	Self-Report	%	Clinician-Report	%	
body image	<5		5	1%	<5		16	5%	
motor vehicle safety	<5		<5		0		<5		
nutrition	9	2%	<5		7	2%	63	19%	
oral health	<5		<5		<5		8	2%	
pregnancy/STI prevention	165	37%	146	33%	7	2%	184	55%	
substance use/abuse	52	12%	32	7%	<5		37	11%	
suicide prevention	<5		0		0		6	2%	
tobacco use	6	1%	<5		<5		15	4%	
other	n/a		217	49%	n/a		152	46%	
asthma prevention			<5				0		
chronic disease			<5				0		
eating disorder			<5				0		
exercise			<5				<5		
immunization			13				6		
injury prevention			<5				0		
reproductive health			197				143		
sleep			0				<5		

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REFERRALS GIVEN AT SBHC VISIT

	Chimacum		Port Townsend	
	#	%	#	%
Chemical Dependency - outpt	8	2%	<5	
Dental	<5		<5	
DSHS	8	2%	<5	
Law Enforcement	0		<5	
Medical	32	7%	6	2%
MH treatment - inpatient	<5		0	
MH treatment - outpatient	57	13%	30	9%
Transportation	<5		0	
Other	10	2%	9	3%
4-H	<5		DV	<5
acupuncturist	<5		immunization appointment	<5
alateen	<5		insurance/SS benefits	<5
chiropractor	<5		medical care	<5
CPS	<5		visually impaired resources	<5

SBHC Mental Health/Substance Use Visit Data:

Chimacum, Port Townsend and Quilcene: September - December 2009 & January - June 2010

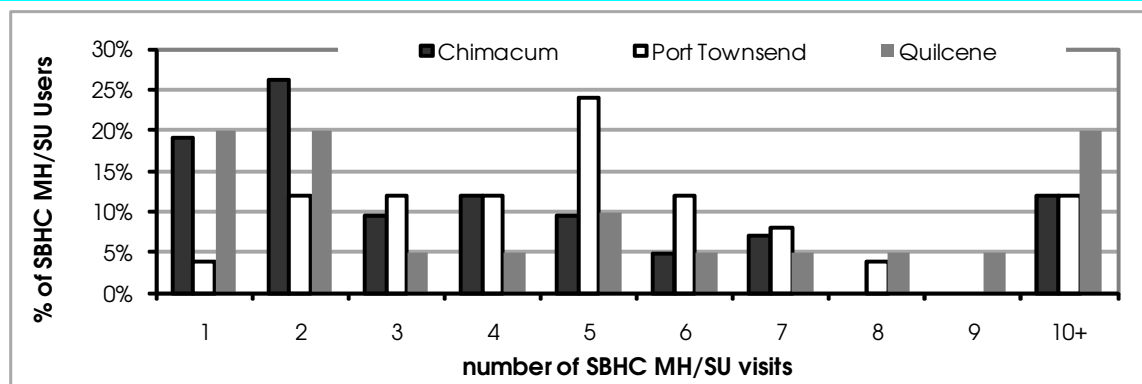
The data collection system for MH/SU visits changed beginning January 2010 therefore SBHC MH/SU visit data are reported separately for two time periods. It is unknown how many first visits in January - June 2010 were actually repeat visits by students having SBHC MH/SU visits during September-December 2009. Because of the change in data collection systems, we have no way to know.

	Chimacum		Port Townsend		Quilcene			Chimacum	Pt Townsend	Quilcene
	# v isits	%	# v isits	%	# v isits	%				
Total Visits	269		222		209					
September - December	82		81		81					
First visits	30	37%	18	22%	9	11%				
Repeat visits	35	43%	63	78%	72	89%				
January - June	187		141		128					
First visits	40	21%	24	17%	19	15%				
Repeat visits	147	79%	117	83%	109	85%				

	Chimacum	Pt Townsend	Quilcene
9th-12th enrollment	359	517	77
# SBHC MH/SU users*	40	24	19
% students using SBHC	11%	5%	25%

*Jan-June only

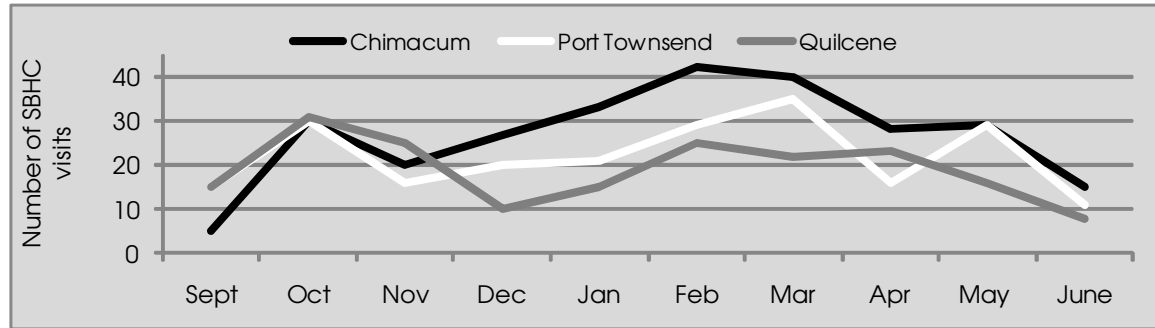
Visit Frequency (Visits occurring between January and June 2010 only)



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Mental Health/Substance Use Visits Per Month



Monthly Average Number of Client-Visits by Primary Mental Health Diagnosis

	Chimacum		Port Townsend		Quilcene	
	Sept-Dec	Jan-June	Sept-Dec	Jan-June	Sept-Dec	Jan-June
ADHD	<1	<1	1	<1	<1	1
Alcohol dependence	5	0	<1	<1	<1	0
Anxiety	<1	<1	1	1	<1	<1
Bipolar	<1	0	0	<1	0	0
Depression	3	2	3	3	2	6
PTSD	1	<1	1	<1	0	3

Monthly Average Number of Client-Visits by Reported Past 30 Day Primary Substance Use

	Chimacum		Port Townsend		Quilcene	
	Sept-Dec	Jan-June	Sept-Dec	Jan-June	Sept-Dec	Jan-June
Alcohol	1	2	2	1	4	2
Marijuana	2	3	2	2	3	6
Methamphetamines	0	<1	0	0	0	0
Oxy/Hydro Codone	0	<1	0	0	0	0
Tobacco products	1	1	1	<1	1	3

Monthly Average Number of Client Referrals

	Chimacum		Port Townsend		Quilcene	
	Sept-Dec	Jan-June	Sept-Dec	Jan-June	Sept-Dec	Jan-June
CPS				<1		
MH treatment - outpatient						<1
Medical		<1				
Medical - SBHC	1		1			
Other	<1			<1		

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MH/SU Reason(s) for visit to School Based Health Clinic

	Chimacum			Port Townsend			Quilcene	
	Sept- Dec	Jan- June		Sept- Dec	Jan- June		Sept- Dec	Jan- June
abuse	<5	<5		<5	5		<5	0
anger management	15	44		6	5		33	23
anxiety	<5	22		7	12		29	11
depression	17	28		8	21		34	22
domestic violence	<5	5		0	<5		0	0
eating/weight issues	<5	<5		0	<5		<5	0
family involvement	33	104		24	70		<5	6
grief or loss	17	23		15	28		16	<5
preventative mental health	23	8		20	12		12	9
relationships	26	42		25	54		18	29
school performance	10	74		11	35		14	6
self esteem	<5	13		<5	7		16	0
stress	14	70		17	24		<5	10
suicide ideation	<5	<5		<5	0		<5	0
violence/conflict resolution	<5	0		<5	0		10	<5
drug/alcohol	7	15		21	19		0	0
other	27	65		5	60		0	<5
behaviors/ consequences	<5		ADHD	<5				
bullying/harrassment	<5		bullying/harrassment	<5				
court	7		communication	<5				
diversion court	5		communication	<5				
drug/alcohol	<5		court	<5				
drug/alcohol court	<5		diversion court	10				
drug/alcohol prevention	<5		drug/alcohol	<5				
drug/alcohol relapse prevention	<5		drug/alcohol court	<5				
drug/alcohol w ithdraw l	<5		drug/alcohol prevention	<5				
final meeting	<5		drug/alcohol relapse prevention	7				
future plans	9		drug/alcohol w ithdraw l	<5				
health	<5		future plans	12				
moods	<5		health	<5				
probation	<5		moods	<5				
self harm	<5		possible charge	<5				
sexual orientation	<5		PTSD	5				
shoplifting	<5		self harm	<5				
w alk-in	<5							