

# Jefferson County School Based Health Centers 2012-2013 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 at each school with two days<sup>1</sup> of medical and two days<sup>2</sup> of mental health care per week. The SBHCs are also available to middle and elementary school students, although younger students are more likely to utilize the SBHC at CHS because of the shared elementary, middle, and high school campus. There are additional mental health services available a few hours a week at Chimacum Middle School and Chimacum Elementary School and there are counselors providing mental health care only at Quilcene High School and Blue Heron Middle School.

Each SBHC has an assigned nurse practitioner. For the first half of the 2012-2013 school year, there were two mental health counselors, one for each SBHC. A December staffing change resulted in the CHS counselor providing services to both PTHS and CHS students for the remainder of the school year.

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 care 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 2011-2012 (May 2012)	
	%
Chimacum School District	50.1
Chimacum Creek Primary	59.8
Chimacum Elementary	59.0
Chimacum Middle	44.0
<b>Chimacum High School</b>	<b>40.9</b>
Port Townsend School District	45.9
Grant Street Elementary	48.8
Blue Heron Middle School	54.2
<b>Port Townsend High School</b>	<b>36.0</b>

## Evaluation Methods:

For every medical visit, data on student concerns, clinician addressed topics, and referrals were collected by the SBHC nurse practitioner. Demographic and health care access data were collected at each client’s first visit by the AmeriCorps member serving in the SBHCs.

For every mental health visit, data on student and clinician concerns was collected by the SBHC mental health counselors (results begin on page 7).

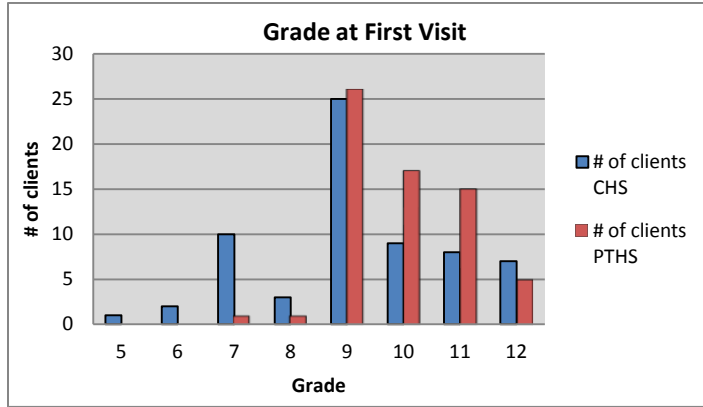
Data in this report were collected from August 2012 through June 2013.

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

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

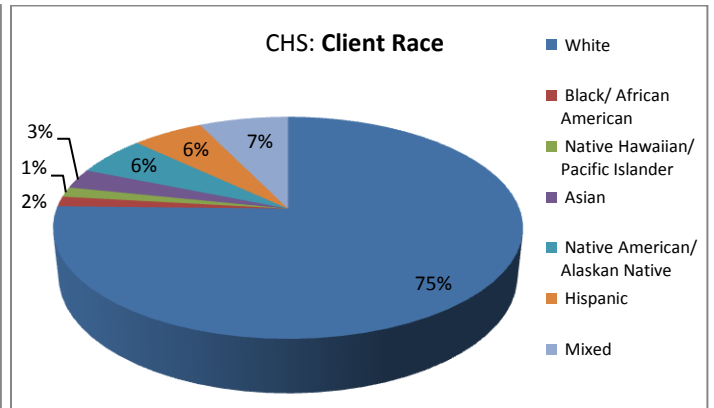
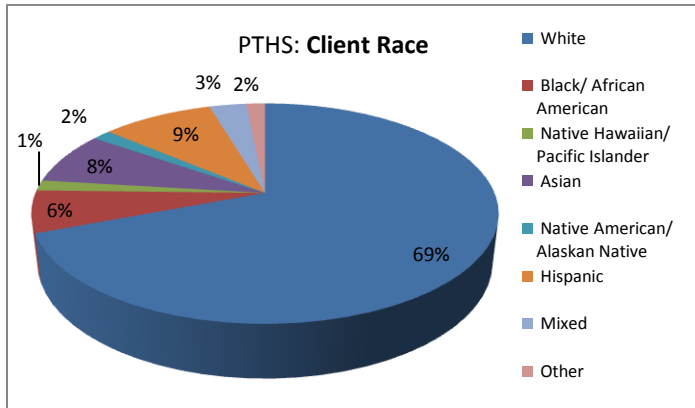
# SBHC Demographics

The majority of students using the SBHCs are in 9<sup>th</sup> grade and most are female.

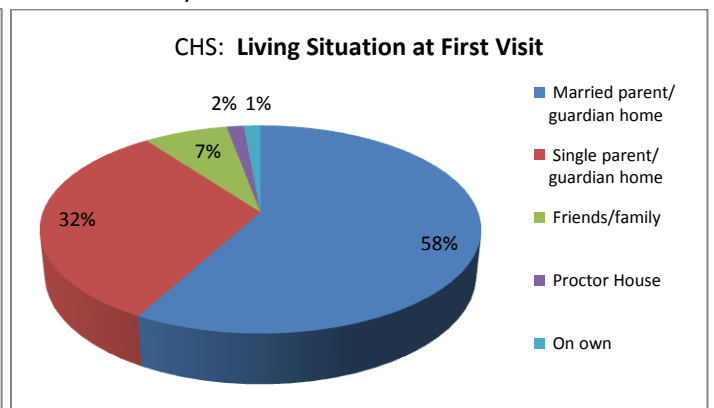
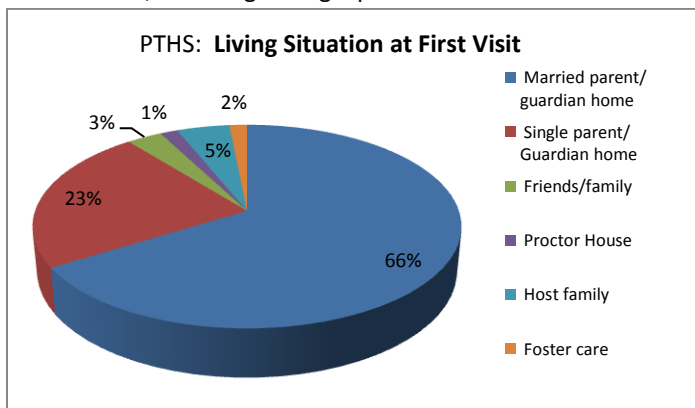


Gender	% of clients at first visit	
	PTHS	CHS
Female	63%	75%
Male	37%	25%

The majority of clinic users are White, nearly 70% at PTHS and 75% at Chimacum.



The majority of students at both CHS and PTHS live in married parent or guardian homes. More students at CHS, however, are living in single parent homes or in the homes of friends or family members.

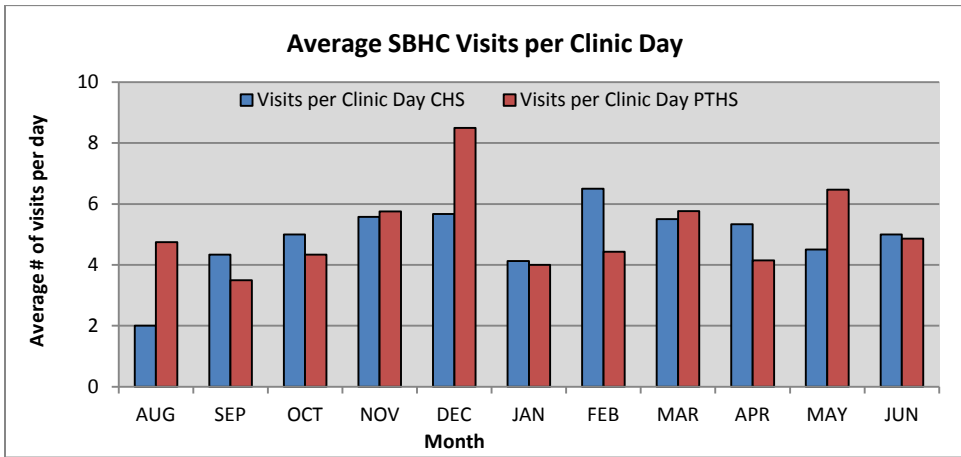
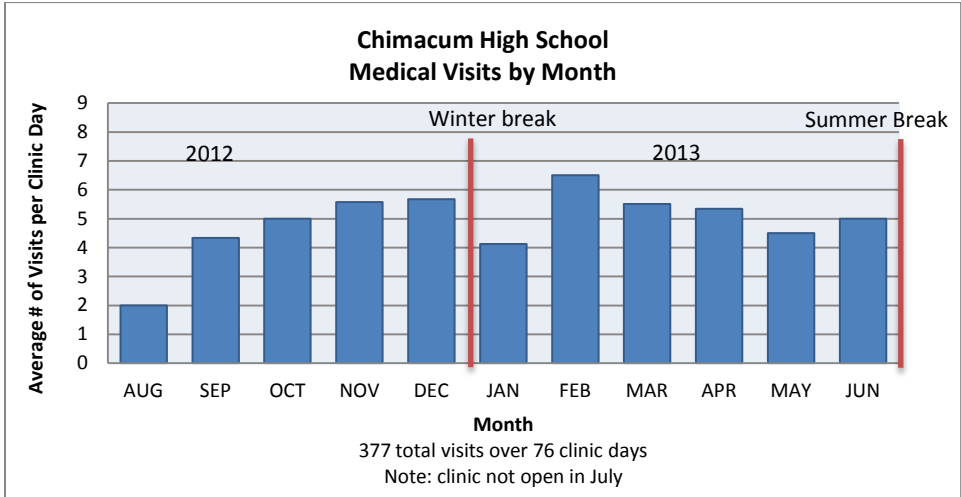
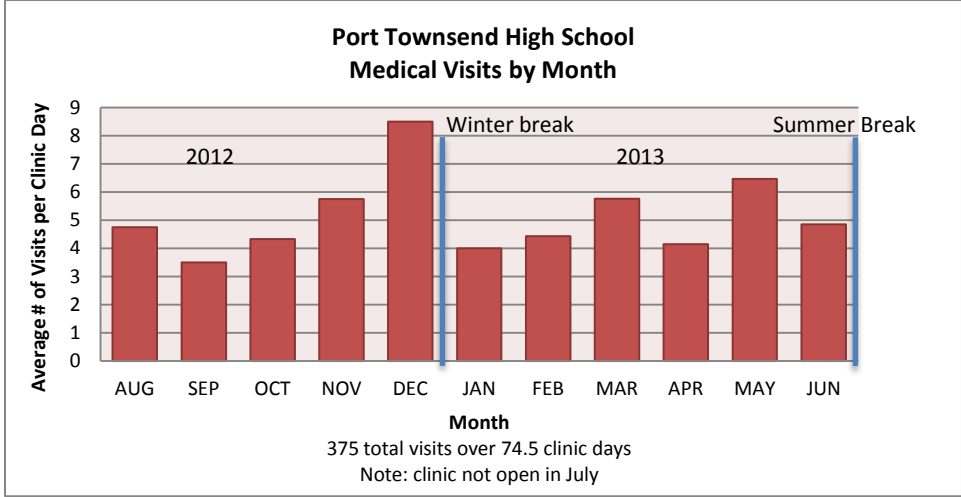


# SBHC Clinic Usage

**PTHS**  
**Total visits: 375**  
**Total # of clients: 143**

**CHS**  
**Total Visits: 377**  
**Total # of clients: 144**

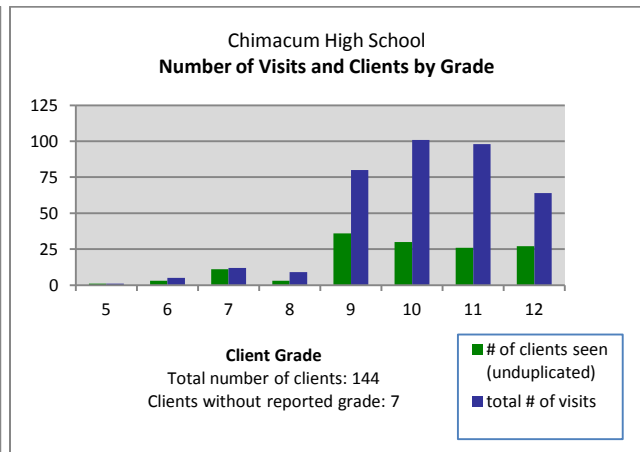
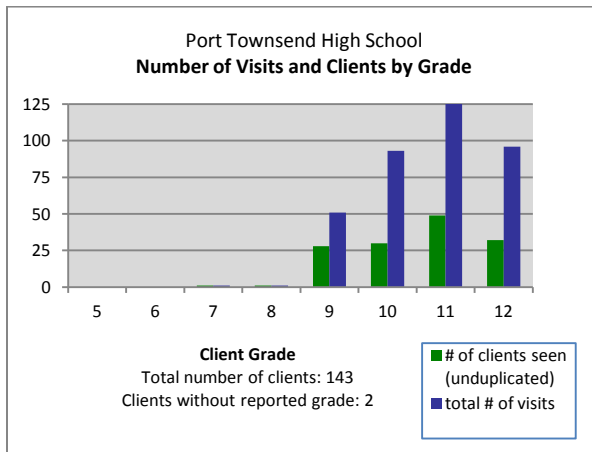
Based on enrollment numbers, **41% of CHS students** and **30% of PTHS students** utilized SBHC physical health services during the 2012-2013 school year.



PTHS: 11th graders had the greatest number of clients and total visits.

CHS: 9th graders had the greatest number of clients but the most visits were by 10th graders.

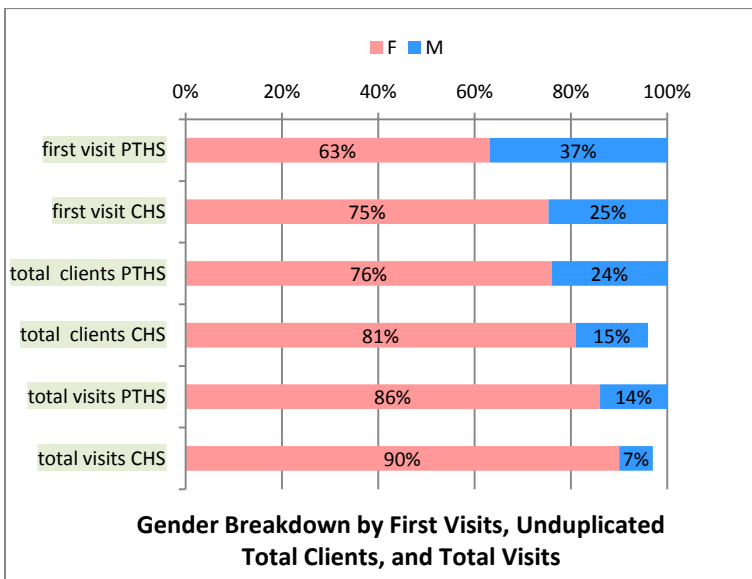
Both schools had an average of **2.6 visits per client** with a range of **1 to 8 visits at PTHS** and a range of **1 to 16 visits at CHS**.



Chimacum saw students in **grades 5 through 12** while Port Townsend saw students in **grades 7 through 12**.

Note: 12<sup>th</sup> graders often spend less time on campus, carry fewer credits, and may participate in Running Start.

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



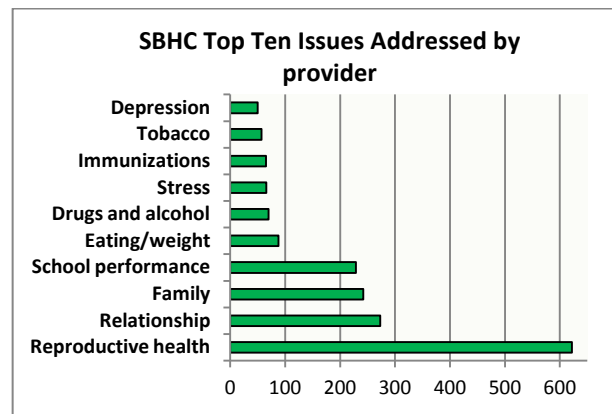
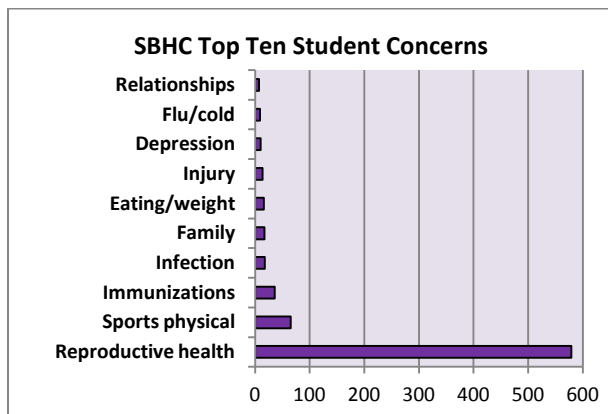
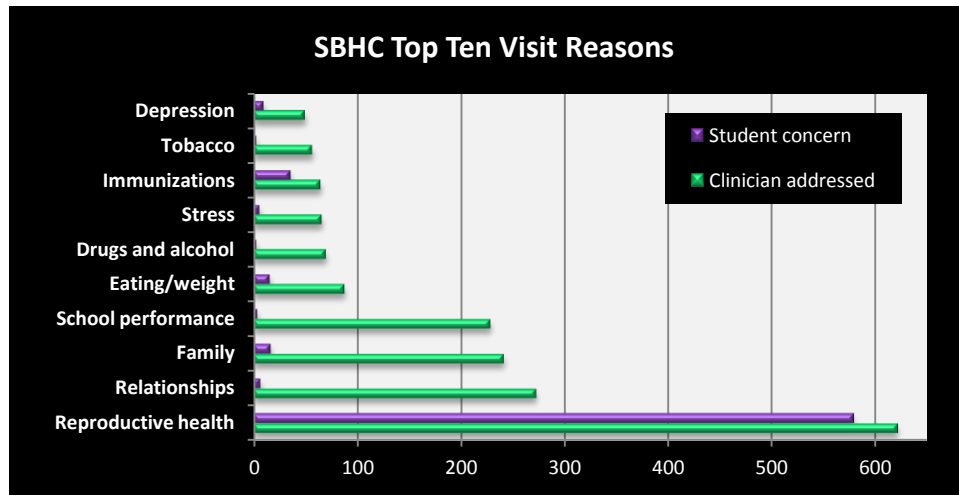
Males comprised **37% of new clients** and 24% of total clients at PTHS, they accounted for **14% of total visits**.

At CHS males comprised **25% of new clients** and 15% of total clients, they accounted for **15% of total visits**.

Males comprised a greater percentage of first visits than total visits at both schools indicating that they had fewer repeat visits during the year.

NOTE: CHS had 9 client visits with unreported gender

## SBHC Visit Reasons



The vast majority of visits at both clinics 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 the **third lowest teen pregnancy rate in Washington State** (Age 15-19. Source: WA State Dept of Health, 2011 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 for four days 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 one in five 12<sup>th</sup> graders reported having **seriously considered suicide** in the past year (Source: 2012 HYS).

## SBHC Referrals

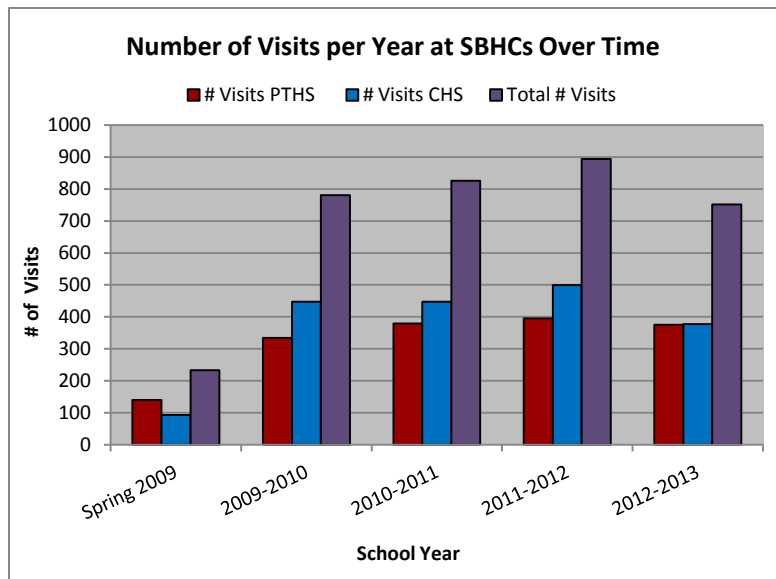
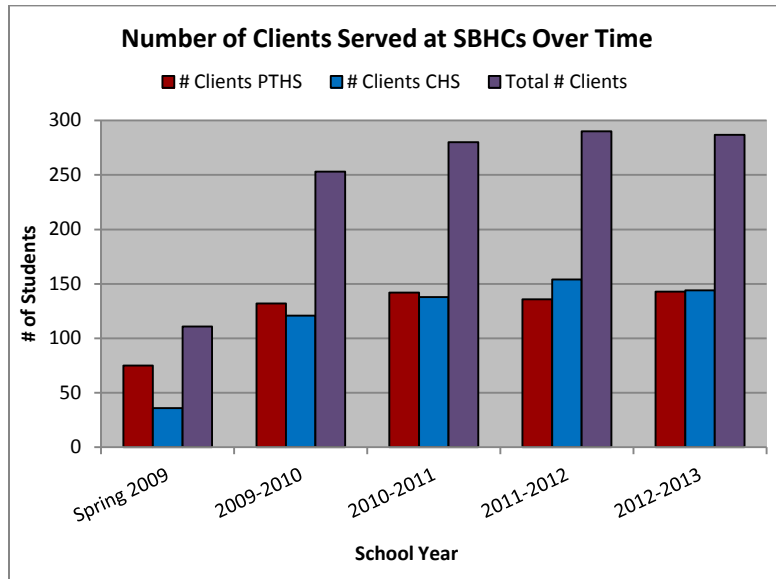
Appropriate referrals for students are made on a consistent basis to a variety of providers and organizations. Common referrals from the SBHCs are for mental health services (SBHC MH counselor, as well as, in-patient, out-patient organizations), dental services (including the Smile Mobile), additional medical services, school counselor, chemical dependency programs, emergency housing and food, and juvenile services.

## SBHC Clinic Usage Over Time

The total number of clients in 2012-13 is similar to 2011-12, but total visits decreased indicating fewer visits per client or a decrease in “frequent clinic users.”

A schedule reduction due to a switch to EMR occurred this school year.

Since the 2009-10 school year, the number of clients seen at the SBHCs has increased 12%.

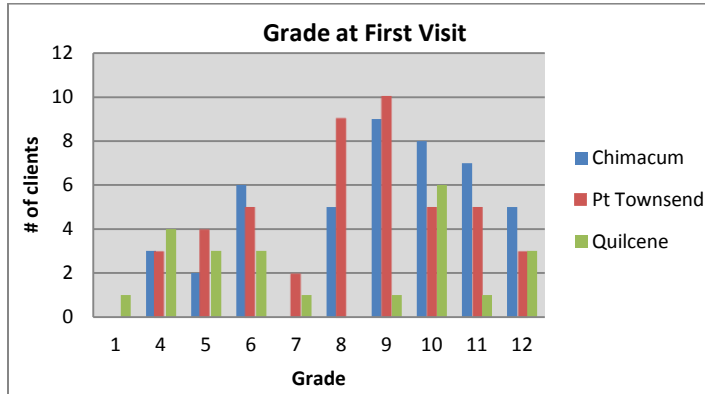


# SBHC Mental Health

## Demographics

The majority of students using MH services at Chimacum and Pt Townsend SBHCs are in 9<sup>th</sup> grade, at Quilcene the majority are in 10<sup>th</sup> grade. At all three schools, the majority are female although barely over half at Quilcene.

Note: Demographics are missing from 27% of Chimacum, 19% of Pt Townsend, and 4% of Quilcene students using SBHC MH services. Race and living situation are not collected at MH visits.

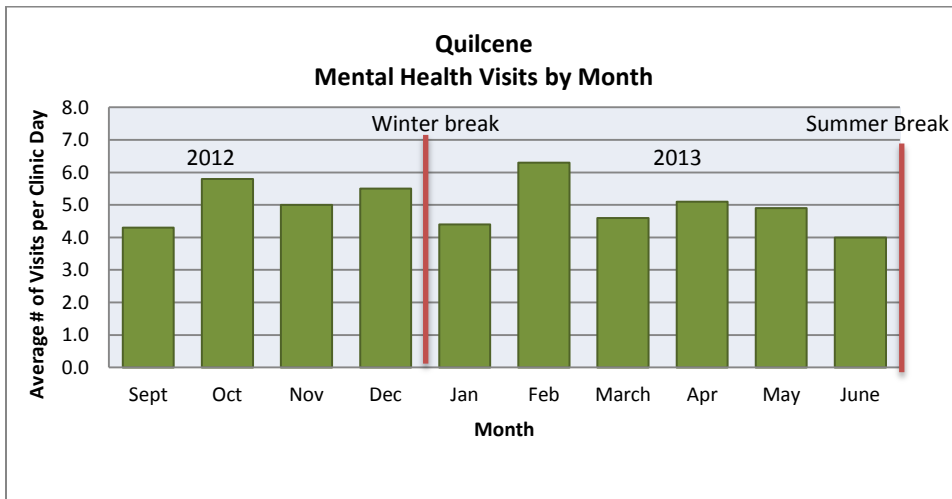
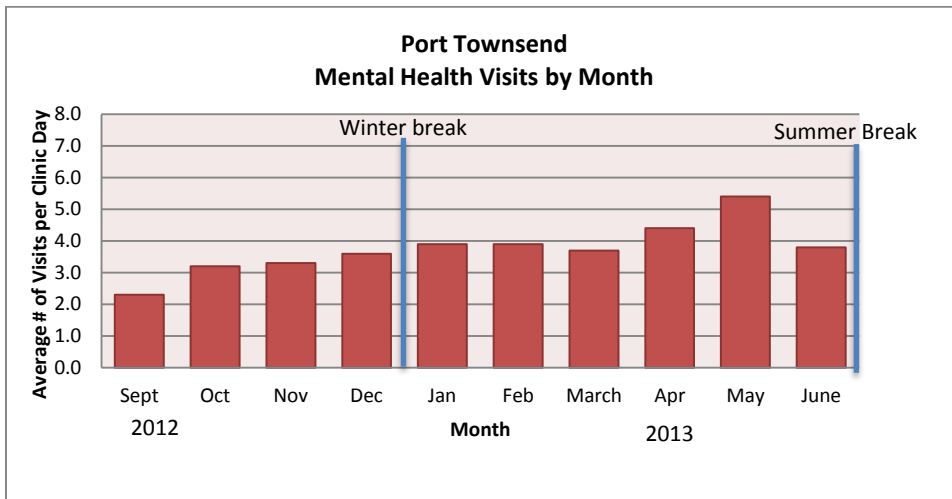
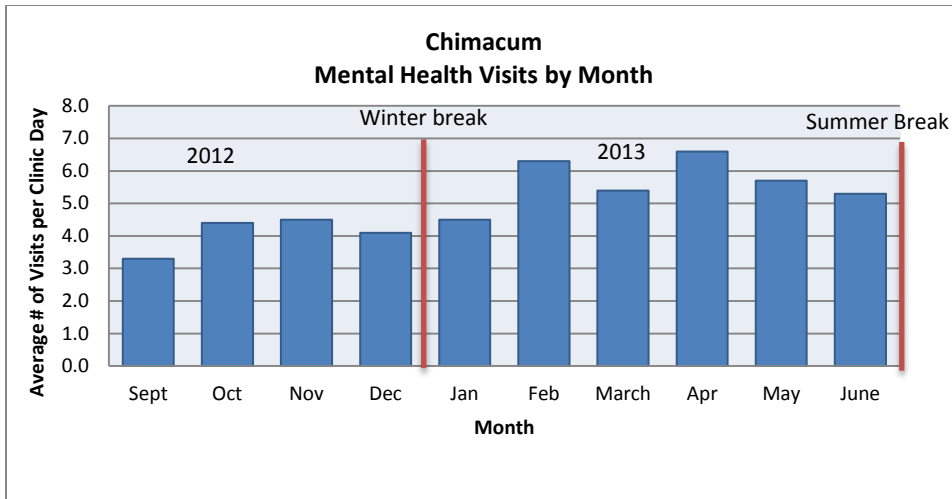


Gender	% of clients at first visit		
	Pt Townsend	Chimacum	Quilcene
Female	78%	74%	52%
Male	22%	26%	48%

## SBHC Mental Health Visits

Chimacum had the highest number of visits and clients. Quilcene had the highest average number of visits per client and visits per day and the highest range. Port Townsend had the highest number of days when MH services were available. Quilcene had the highest proportion of enrolled 9-12<sup>th</sup> grade students using MH services.

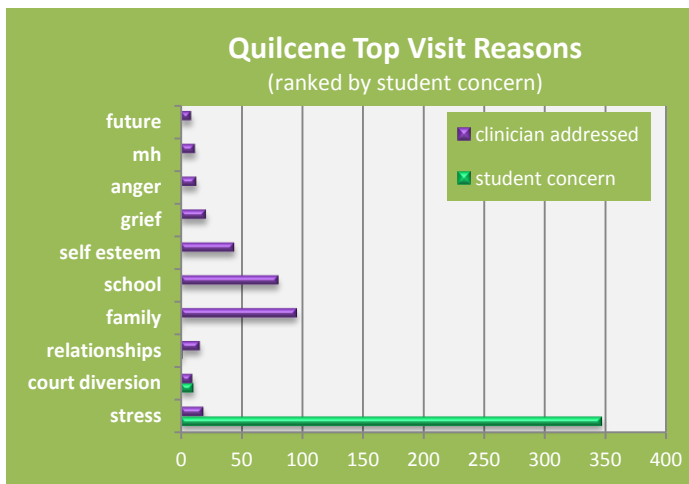
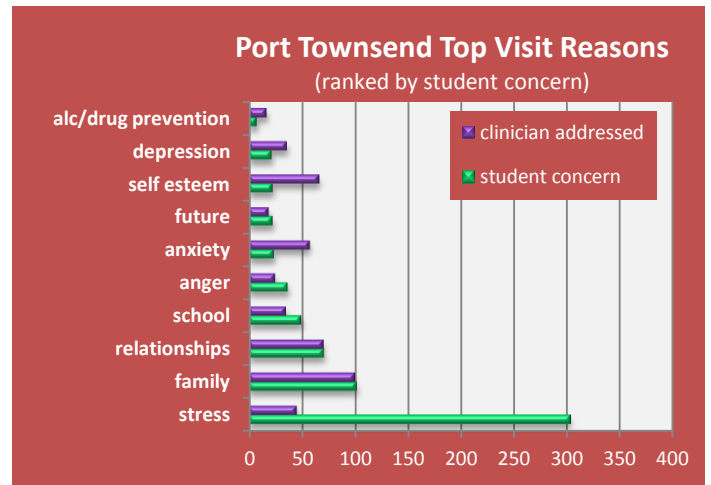
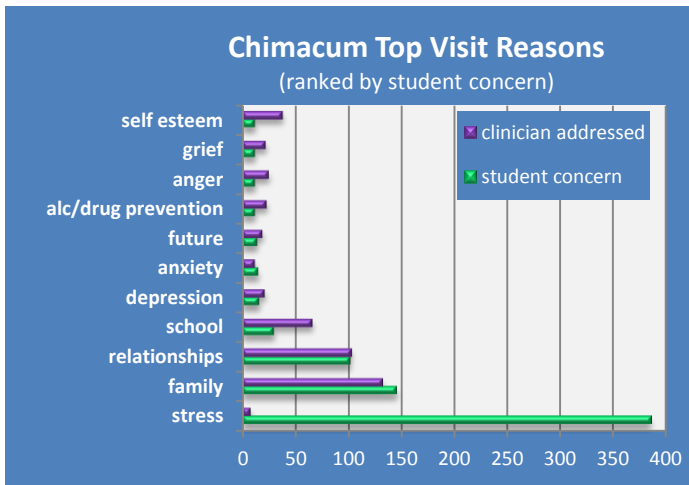
<p><b>Chimacum</b></p> <p>Total visits: 386</p> <p>Total # of clients: 62</p> <p>Av visits/client: 6.2</p> <p>Range: 1 to 20</p> <p>Total days: 79</p> <p>Av visits/day: 4.9</p>	<p><b>Pt Townsend</b></p> <p>Total visits: 303</p> <p>Total # of clients: 57</p> <p>Av visits/client: 5.3</p> <p>Range: 1 to 26</p> <p>Total days: 83</p> <p>Av visits/day: 3.7</p>	<p><b>Quilcene</b></p> <p>Total visits: 347</p> <p>Total # of clients: 24</p> <p>Av visits/client: 14.5</p> <p>Range: 1 to 48</p> <p>Total days: 69</p> <p>Av visits/day: 5.0</p>	<p>Based on enrollment, <b>9% of Chimacum, 5% of Pt Townsend, and 14% of Quilcene</b> 9-12<sup>th</sup> grade students utilized SBHC mental health services during the 2012-2013 school year.</p>
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**Top Reasons for SBHC MH Visits:**

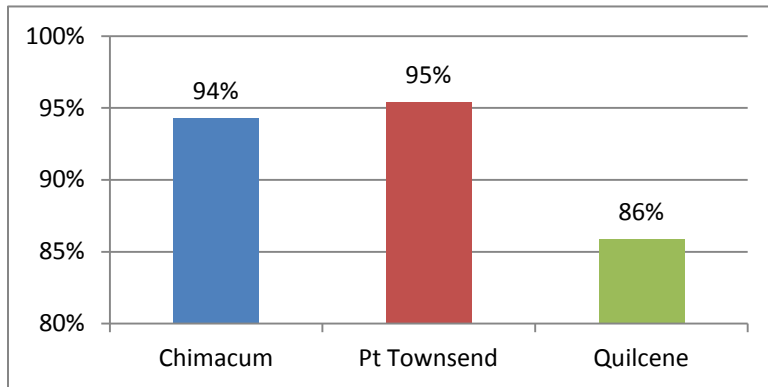
	Chimacum	Port Townsend	Quilcene
<b>Student Concern</b>	Stress	Stress	Stress
	Family	Family	Court diversion
	Relationships	Relationships	Relationships
	School	School	Family
	Depression	Anger	--
% of total	86%	83%	100%
<b>Clinician Issue Addressed</b>	Family	Family	Family
	Relationships	Relationships	School
	School	Self esteem	Self esteem
	Mental health	Stress	Grief
	Self esteem	Depression	Stress
% of total	70%	68%	78%



At all three schools, the top student concern, by far, was **stress** and the top clinician addressed issue was **family**.

Although students identified stress as the reason for their mental health visit, clinicians infrequently identified stress as the issue they addressed with the student because they actually identified and addressed a wide variety of other issues.

**Individual Therapy Visits of Total:**

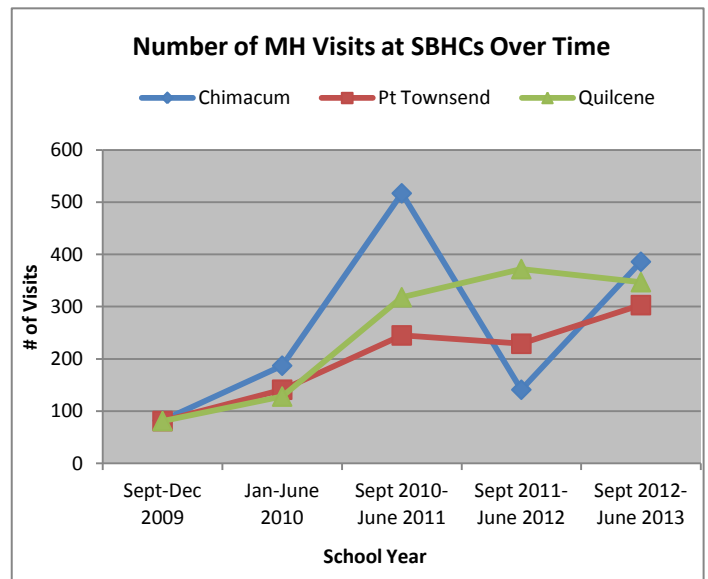
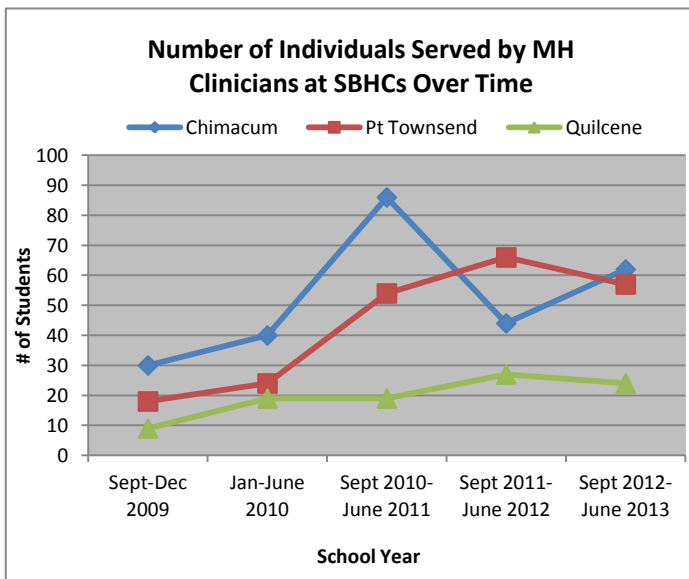


The vast majority of visits are individual therapy – 94% at Chimacum, 95% at Pt Townsend and 86% at Quilcene – the remaining visits are for crisis intervention or contact/work with other agencies, family, or school staff.

**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**



Compared to 2009/10 when SBHC MH services began, the number of individuals and total visits have steadily increased over time. For Chimacum, the spike in 2010-11 in number of individuals and visits is due to increased MH services in May/June 2011 to help students cope after the suicide of a classmate.

The total number of clients in 2012-13 compared to 2011-12 is up slightly in Chimacum, down slightly in Pt Townsend and similar in Quilcene. The total visits in 2012-13 compared to 2011-12 are up in Chimacum and Port Townsend and similar in Quilcene.

Compared to the 2009-10 school year, the number of individuals seen has increased over 100% and the number of visits has increased nearly 200%!