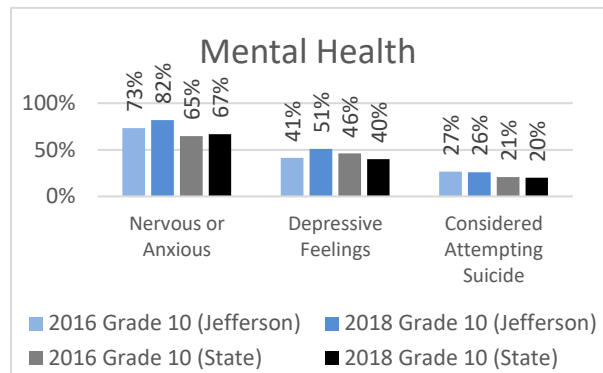


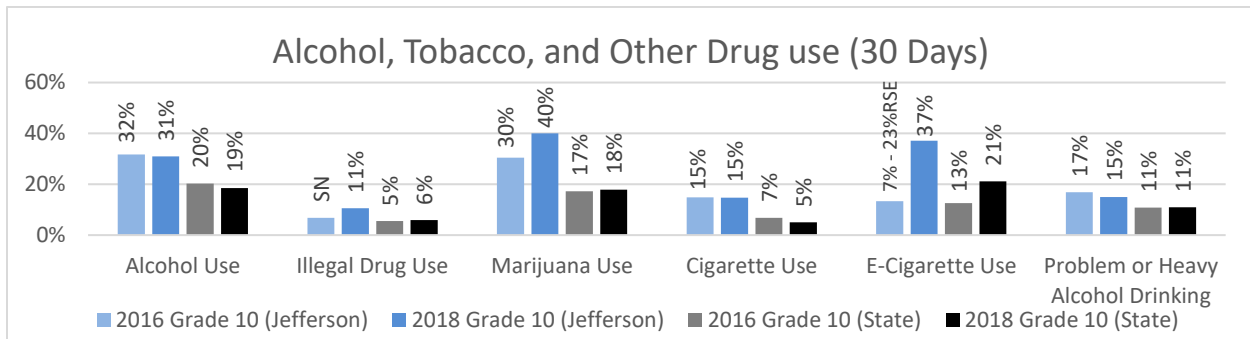
# Jefferson County: School Based Health Centers 2018-2019 Participation Report

## The State of Jefferson County Youth, At A Glance:

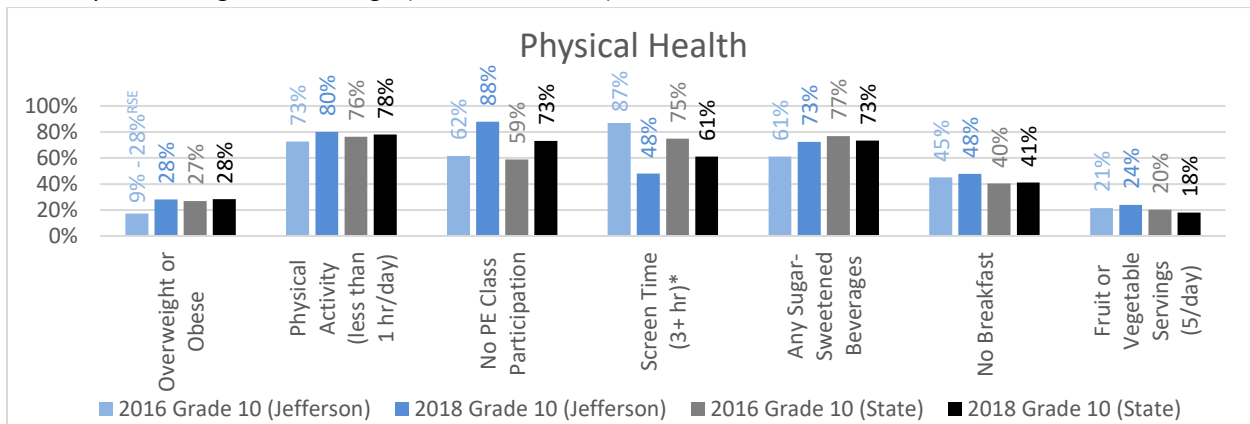
According to data from the 2018 Healthy Youth Survey (HYS), more than 8 in 10 Jefferson 10<sup>th</sup> graders reported feeling nervous or anxious in the past 2 weeks; more than 4 in 10 reported depressive feelings for 2 weeks or more in the past year and over 1 in 4 reported considering suicide in the past year. All rates in 2018 are higher than state averages. Feeling nervous/anxious and depressed are higher compared to 2016. (HYS, 2016 & 2018)



Jefferson youth substance use rates are above state averages. About 3 in 10 Jefferson 10<sup>th</sup> graders report using alcohol and 4 in 10 report using marijuana in the past 30 days. About 2 in 3 Jefferson 10<sup>th</sup> graders report their parents feel youth marijuana use is wrong compared to 90% statewide. Nearly 3 in 4 tenth graders feel that marijuana is easy to get, 49% statewide. Just over 6 in 10 tenth graders report that their parents have talked to them about not using alcohol; 54% report that parents have talked to them about not using marijuana, both similar to the state averages. (HYS, 2016 & 2018)



There is room for improvement around healthy eating and active living. Eight in 10 Jefferson 10<sup>th</sup> graders are not getting a least 1 hour of physical activity daily and nearly 9 in 10 report no physical education class daily. About half report more than 3 hours of daily screen time, less than half eat breakfast daily, and only a quarter consume five daily fruit or vegetable servings. (HYS, 2016 & 2018)



SN: The estimate is suppressed because the count is less than ten and not equal to zero.

RSE: A range is displayed because estimate is imprecise due to a larger relative standard error (25% ≤ RSE ≤ 32%).

Twenty-six percent of 10<sup>th</sup> and 61% of Jefferson County 12<sup>th</sup> graders report ever having had sex (HYS 2018). Notably, Jefferson County has a statistically significantly lower teen (age 15-19) pregnancy rate at 15 per 1,000 compared to Washington State at 24 per 1,000. (WA State Dept. of Health, Community Health Assessment Tool, 2015-17). Jefferson’s rate of sexually transmitted infections in people aged 15-19 (13 per 1,000) is statistically lower than Washington state’s (19 per 1,000) (WA State Dept. of Health, Community Health Assessment Tool, 2016-18).

**School Based Health Center 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, the Chimacum SBHC provides 12 hours of medical services and 14 hours of mental health care per week. The SBHC in the Port Townsend School District provides students with 8 hours of medical service and 14 hours (7 hours at the high school and 7 hours at Blue Heron) of mental health care per week. In addition, mental health care is provided at Quilcene High and Elementary schools 7 hours per week. For Brinnon Elementary, a total of 14 hours of mental health services are provided (half of which are funded through the 1/10<sup>th</sup> while the other half is funded through a separate contract with Jefferson county). Medical services are provided by Advanced Registered Nurse Practitioners (ARNP) and mental health services are delivered by Mental Health Therapists under a contract with MCS Counseling.

<b>Free and Reduced Lunch Rates</b>	
Source: OSPI, 2018-19 school year	%
<b>Brinnon School District</b>	<b>85</b>
Brinnon Elementary	85
<b>Chimacum School District</b>	<b>54</b>
Chimacum Creek Primary	60
Chimacum Elementary	59
Chimacum Middle	57
Chimacum High School	44
<b>Port Townsend School District</b>	<b>54</b>
Salish Coast Elementary	59
Blue Heron Middle School	52
Port Townsend High School	49
<b>Quilcene School District</b>	<b>35</b>
Quilcene High and Elementary	47

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 (except as noted above at Brinnon). Services are available regardless of insurance or ability to pay – more than 4 in 10 students at each school served are low-income (see Free and Reduced Lunch Rates table). Medical care focuses on preventive services including immunizations, tobacco cessation, nutrition, eating and weight concerns, reproductive health care, physicals, and mental health counseling. Injury, illness, and infection visits are also common throughout the year.

**Evaluation Methods:**

For every medical visit, data on student concerns, clinician addressed topics, and referrals are recorded by the SBHC nurse practitioner. Demographic and health care access data are collected at each client’s first visit by SBHC clinical support staff. For every mental health visit, data on student concerns, clinician addressed topics, referrals, and visit experience are recorded by the MH clinician. Demographic data are collected at each client’s first visit.

Data in this report were collected from August 2018 through June 2019.

**SBHC Medical Services Report:**

**Pages 3-7**

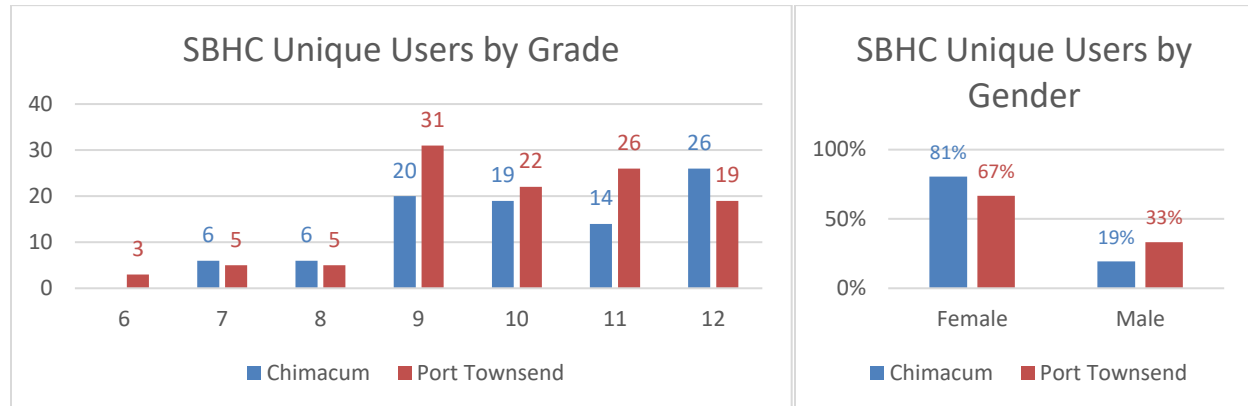
**SBHC Mental Health Services Report:**

**Pages 8-14**

# SBHC Medical Services

## Demographics

Chimacum had students from grades 6 through 12 and Port Townsend students from grades 7 through 12. The majority of SBHC users in Chimacum and Port Townsend are high school students (grades 9-12); some younger students were served, particularly in 7<sup>th</sup> and 8<sup>th</sup> grades. More than twice as many SBHC users were female over male.



87% of Chimacum and 79% of Port Townsend SBHC users identify as white, lower and higher than the percentage of students in the entire district respectively.

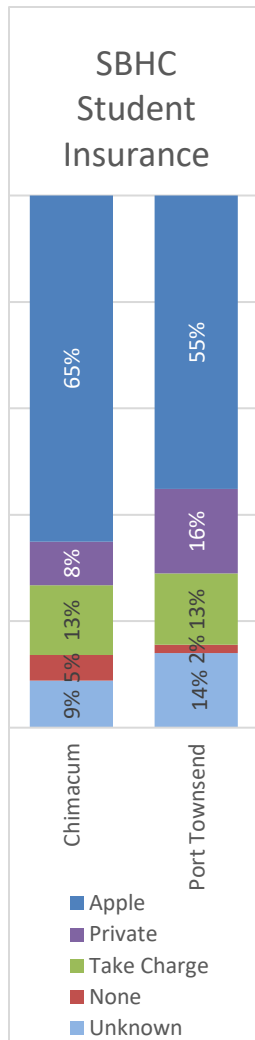
At Chimacum, AIAN, Black, and NHOPI students make up just 0.8%, 0.5% and 0.1% percent of the school student population, yet account for 7.9%, 6.4%, and 1.5% of SBHC users, respectively. In contrast, Hispanic students comprise 8.2% of the school student population, yet only represent 0.9% of SBHC users.

At Port Townsend, AIAN and Black students make up just 1.1% and 1.1% of the school student population, yet account for 4.4% and 4.0% of SBHC users, respectively. Hispanic and Asian students comprise 7.6% and 2.1% of the school student population, and represent 9.7% and 12.5% of SBHC users, respectively.

Racial Composition	Chimacum (Grades)		Port Townsend (Grades)	
	SBHC (6-12)	Dist. (6-12)	SBHC (6-12)	Dist. (K-12)*
White	87.2%	81.1%	79.1%	82.3%
American Indian / Alaska Native (AIAN)	7.9%	0.8%	4.4%	1.1%
Black	6.4%	0.5%	4.0%	1.1%
Hispanic	0.9%	8.2%	9.7%	7.6%
Asian	0.3%	1.4%	12.5%	2.1%
Native Hawaiian / Other Pacific Islanders (NHOPI)	1.5%	0.1%	1.2%	0.2%
Two or More	0.9%	7.9%	1.6%	5.5%
Total**	105.2%	100.0%	112.5%	99.9%

\*Note: Data unavailable to restrict to grade 6-12.

\*\*Note: Totals may not equal 100%. They may exceed 100% because SBHC race and ethnicity categories are not mutually exclusive or total below 100% due to district rounding.



Insurance type distributions for SBHC utilizers differed slightly by school. Nearly two-thirds of SBHC users in Chimacum were enrolled on Apple health (Medicaid), another 13% on Take Charge, and only 8% on private insurance. At Port Townsend, 55% were enrolled on Apple health, 13% on Take Charge, and 16% on private insurance. A small portion of students were uninsured, 5% in Chimacum and 2% in Port Townsend.

Although a majority of Chimacum students using the SBHC reported having usual medical (71%) and dental (66%) providers, less than half (44%) reported having visited a medical provider and barely half (52%) reported having visited a dental provider in the past year.

For Port Townsend, about the same percent of students using the SBHC reported having a usual medical provider (73%) and dental provider (72%). 64% reported having visited a medical provider and 72% a dental provider in the past year.

Compared to the 2018 Healthy Youth Survey results for Jefferson County 10<sup>th</sup> graders, Chimacum SBHC users report lower rates of past year medical and dental provider visits; Port Townsend SBHC users report similar rates of medical and higher rates of dental visits. Jefferson has lower rates compared to statewide averages.

		Medical	Dental
SBHC Students report having a usual place for care:	Chimacum	71%	66%
	Port Townsend	73%	72%
SBHC Students report having visited a provider in the past year:	Chimacum	44%	52%
	Port Townsend	64%	72%
2018 Healthy Youth Survey 10th graders report a routine checkup in the past year:	Jefferson County	64%	67%
	Washington State	68%	77%

\*Note: Insurance totals exceed 100% because insurance status is time-varying and, therefore, duplicated.

## SBHC Referrals

Both school districts follow similar trends of student referral sources to the SBHC. Self-referral is most common, followed by friend and parent.

Common referrals from the SBHCs are for mental health services (SBHC mental health counselor or out-patient), additional public health or medical services, school counselor, and insurance plans (Take Charge), among others. Clinicians refer SBHC participants to a variety of providers and organizations in the area on a consistent and ongoing basis depending on identified needs.

Summary of how students were referred to the SBHC												
	Self	Parent	Friend	Teacher	Coach	Couns.	Pr/VP	SBHCMH	School	Class	Poster	Other
Chimacum	242	12	34	7	7	0	0	0	7	0	0	16
Port Townsend	120	28	64	16	8	21	9	9	26	23	1	15
<b>Total</b>	<b>362</b>	<b>40</b>	<b>98</b>	<b>23</b>	<b>15</b>	<b>21</b>	<b>9</b>	<b>9</b>	<b>33</b>	<b>23</b>	<b>1</b>	<b>31</b>

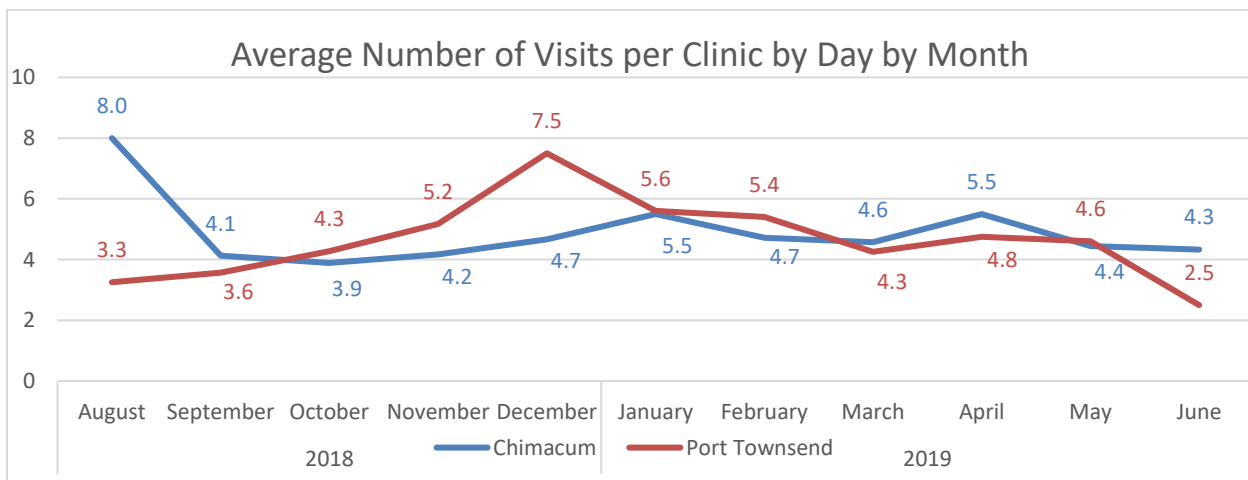
## SBHC Usage

SBHC Utilization Summary			
	Chimacum	Port Townsend	Overall
Total number of visits	329 (G. 9-12: 313)	321 (G. 9-12: 304)	650 (G. 9-12: 617)
Total number of clients	92 (G. 9-12: 79)	112 (G. 9-12: 98)	204 (G. 9-12: 177)
Number of clinic days with visits	70	69	139
Average number of visits by clinic days <sup>1</sup>	4.7	4.7	4.7
Average number of visits per month	29.9	29.2	59.1
Average number of visits by client	3.6	2.9	3.2
Range	0 – 26	0 - 22	0 – 26
Total Enrollment <sup>2</sup>	G. 6-8: 150, G. 9-12: 259	G. 6-8: 297, G. 9-12: 348	G. 9-12: 607
Utilization Rate	G. 6-8: 9%, G. 9-12: 31%	G. 6-8: 5%, G. 9-12: 28%	G. 9-12: 29%

During the 2018-19 school year, SBHCs had 538 visits by students in 9-12<sup>th</sup> grades during 141 clinic days. The highest clinic utilization was during August for Chimacum and during December for Port Townsend. Visits per day vary considerably month to month, between 2.5 and 8.0 on average.

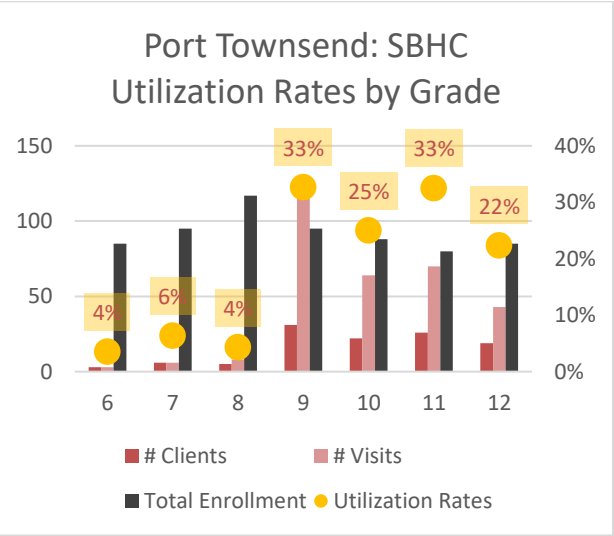
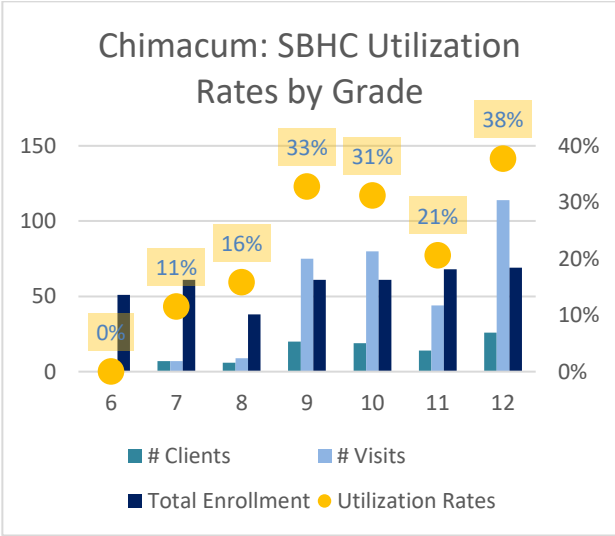
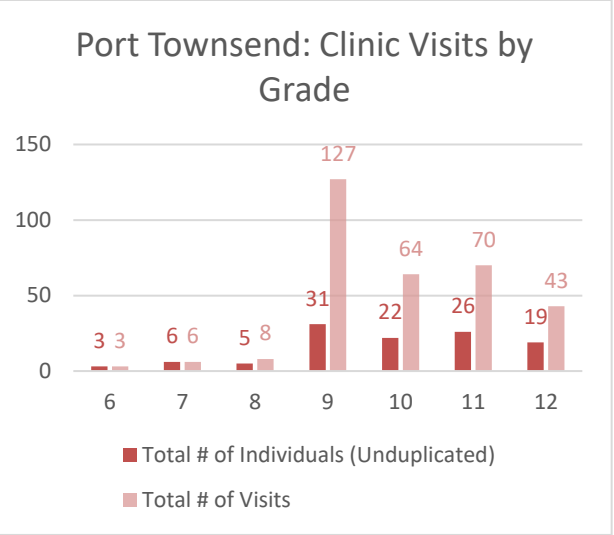
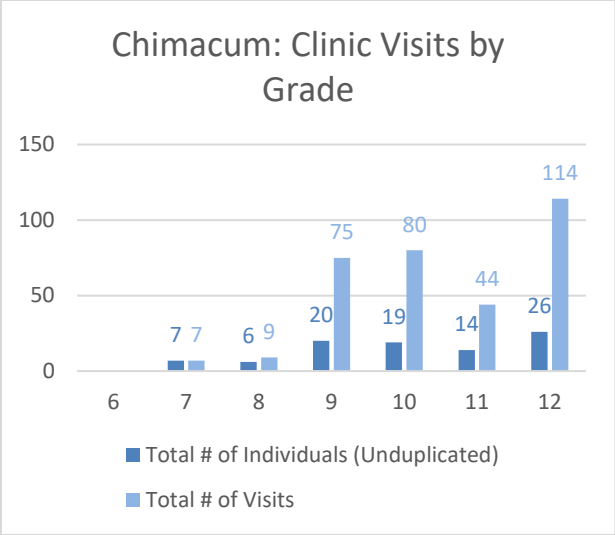
At Chimacum, 12<sup>th</sup> grade had the greatest number of clinic users (26) and number of total visits (114). On average, 9<sup>th</sup>-12<sup>th</sup> grade clinic users made 4.0 visits during the school year, more than three times that of 6<sup>th</sup>-8<sup>th</sup> grade clinic users (1.2). 12<sup>th</sup> grade had the highest high school utilization rate (38%) followed by 9<sup>th</sup> (33%) and 10<sup>th</sup> grades (31%). High school utilization rates were notably higher than those for middle.

At Port Townsend, 9<sup>th</sup> graders had the greatest number of clinic users (31) and number of total visits (127). On average, 9<sup>th</sup>-12<sup>th</sup> grade clinic users made 3.1 visits during the year, two and a half times that of 6<sup>th</sup>-8<sup>th</sup> grade clinic users (1.2). 9<sup>th</sup> and 11<sup>th</sup> grades had the highest utilization rates (33%). High school utilization rates were notably higher than those for middle.



<sup>1</sup> Values not directly comparable because of different clinic day lengths.

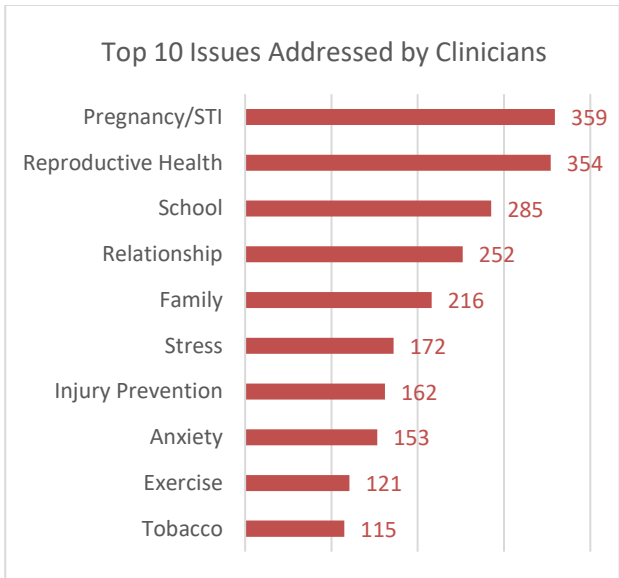
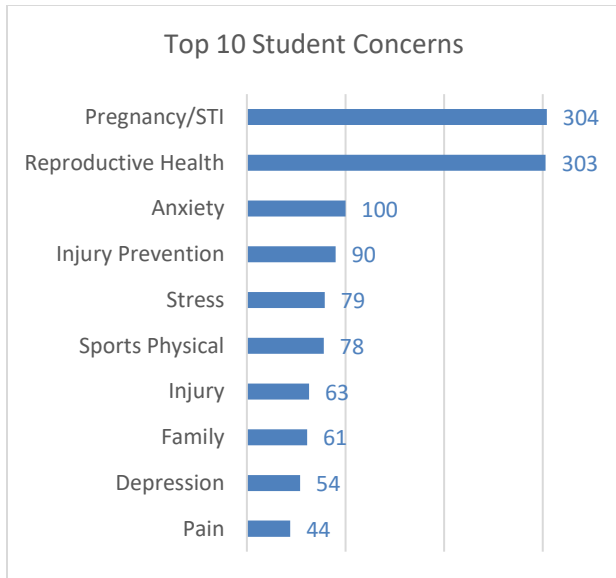
<sup>2</sup> Source: Washington State Report Card. Accessed 9/23/19 at <https://washingtonstaterreportcard.ospi.k12.wa.us>.



## SBHC Visit Reasons

Top five reasons for clinic visits by category:

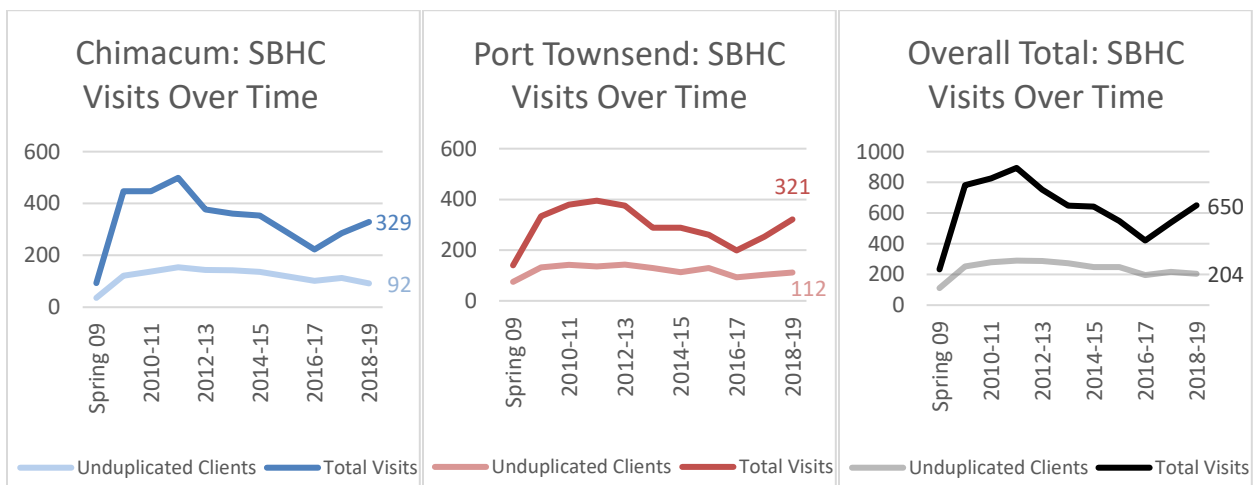
	BEHAVIORAL HEALTH		PHYSICAL HEALTH		HEALTH EDUCATION	
	Student Concern	Clinician Addressed	Student Concern	Clinician Addressed	Student Concern	Clinician Addressed
1	Anxiety	School	Reprod. Health	Reprod. Health	Preg. / STI Prev.	Preg. / STI Prev.
2	Stress	Relationships	Sports Physical	Sports Physical	Injury Prev.	Injury Prev.
3	Family	Family	Injury	Injury	Nutrition	Exercise
4	Depression	Stress	Pain	Pain	Immunization	Tobacco
5	School	Anxiety	Screening	Screening	Tobacco	Suicide Prev.



The majority of visits were for reproductive health, which may include STI screening, pregnancy test, birth control, emergency contraception, and education on risky sexual behavior and harm reduction techniques. Emotional well-being represents the next largest group of SBHC visit concerns by both students and clinicians (anxiety, stress, family, depression, relationships, depression). Student athletes are required to get sports physicals every two years. SBHCs in both school districts provide this service, as well as at Quilcene. Before fall sports begin in August, both clinics open to give students convenient and inexpensive access to sports physicals.

## SBHC Clinic Usage Over Time

The total number of visits in 2018-19 was notably higher for both school districts compared to the previous school year while the number of students was lower in Chimacum and slightly higher in Port Townsend. SBHC visits and students were highest around 2010-2013.



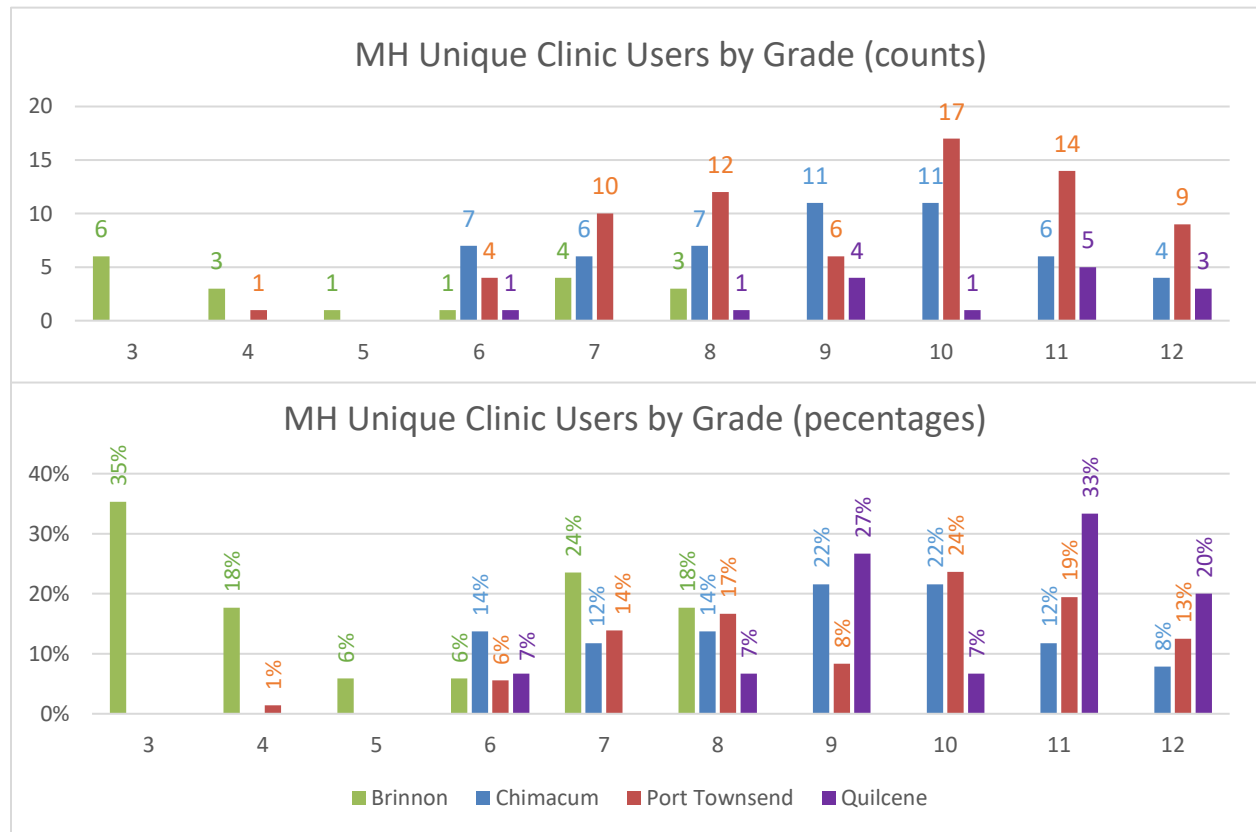
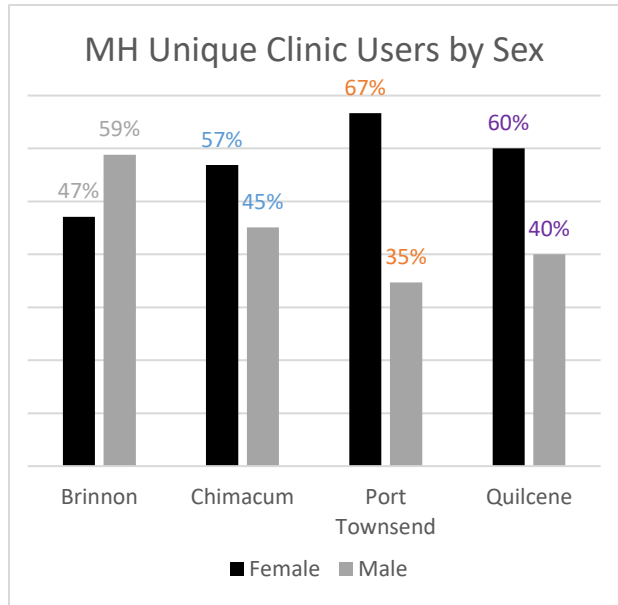
# SBHC Mental Health Services

## Demographics

More females than males were seen at Chimacum, Port Townsend and Quilcene, while more males than females were seen at Brinnon.

### Total Unique Individuals (unduplicated) and Total Visits by Grade:

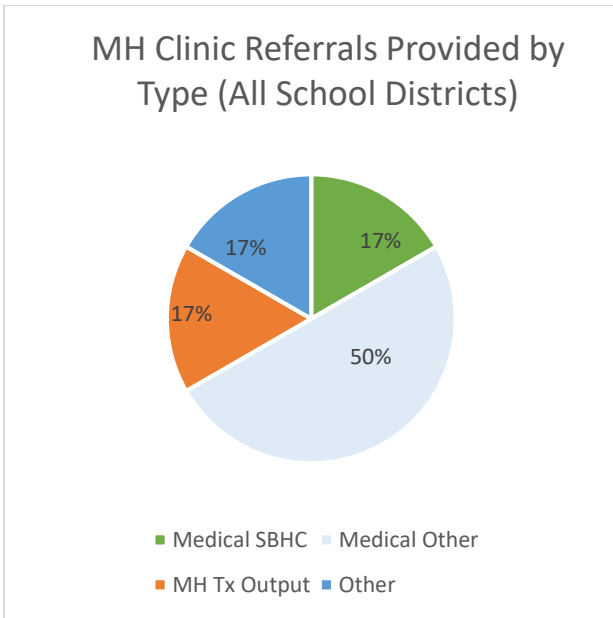
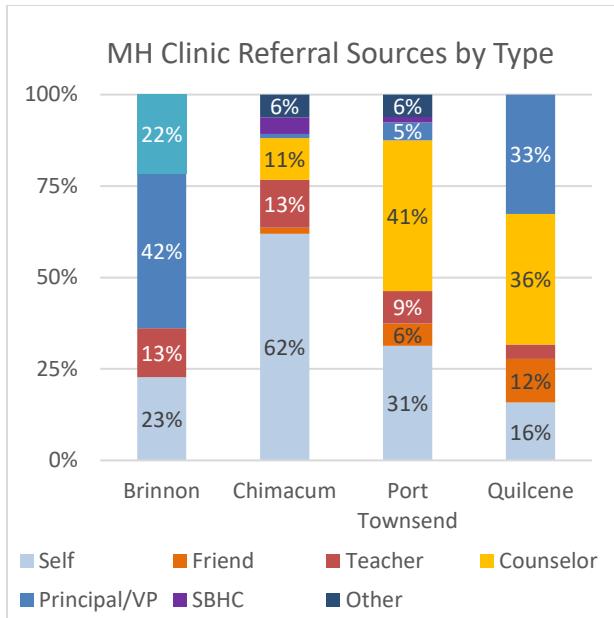
For Chimacum, Port Townsend, and Quilcene, the majority of MH clinic users are in high school (Brinnon serves grades K-8 only). At Chimacum, 9<sup>th</sup> and 10<sup>th</sup> had highest SBHC use; 10<sup>th</sup> and 11<sup>th</sup> for Port Townsend; 9<sup>th</sup> and 11<sup>th</sup> for Quilcene; and 3<sup>rd</sup> at Brinnon.



## SBHC MH Referrals

Referrals to SBHC mental health originated from a wide variety of sources. The leading referral sources are detailed as follows. At Brinnon, 42% of referrals were made by principals or vice principals. For Quilcene, 62% were self-referred. At both Chimacum and Port Townsend, the largest referral source was counselors (41% and 36%, respectively).





The most common referrals from the SBHC MH clinicians were for medical services (50%); and 17% each for medical at SBHC, outpatient mental health treatment and “other”. The “other” category included group therapy (43), parent support (2), contacting outside help (3), and family counseling (1).

## SBHC MH Visits

Port Townsend had by far the highest number of visits (569) and clients (72). Port Townsend also had more than twice the number of clinic days (102) as next highest Chimacum (48). Brinnon had the highest number of visits per clinic day (6.7 visits per day) while Quilcene had the lowest (3.6 visits per day).

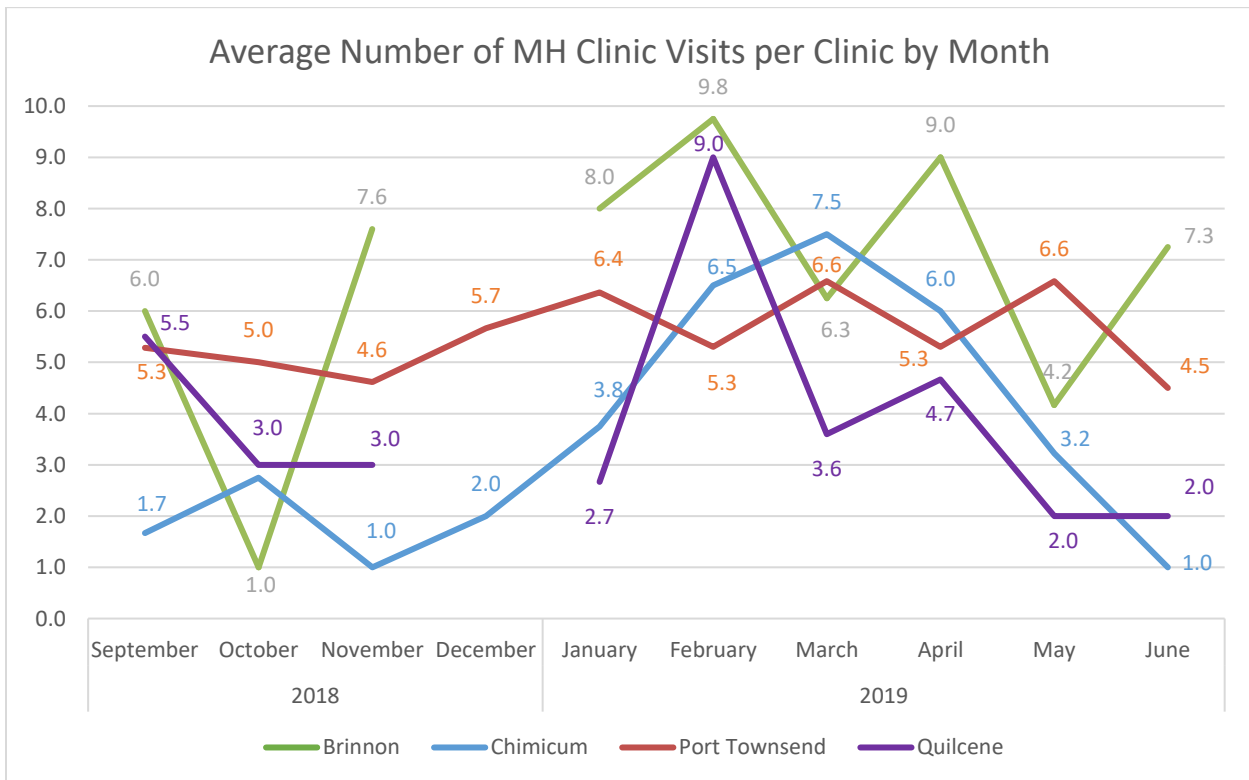
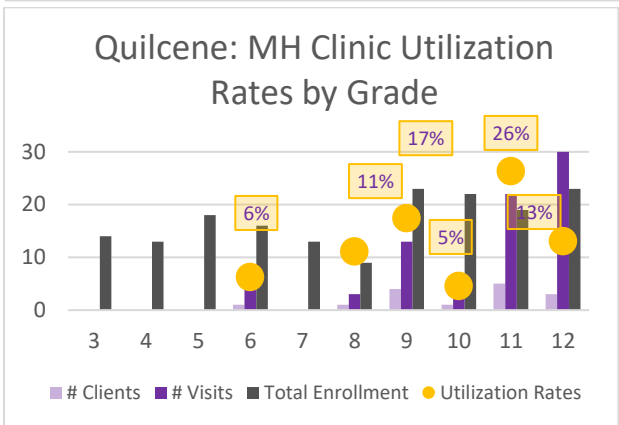
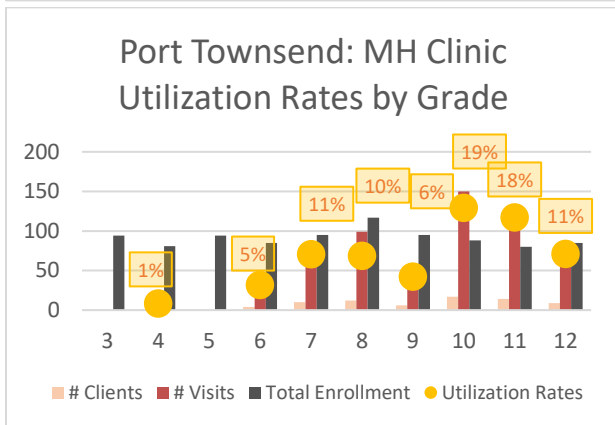
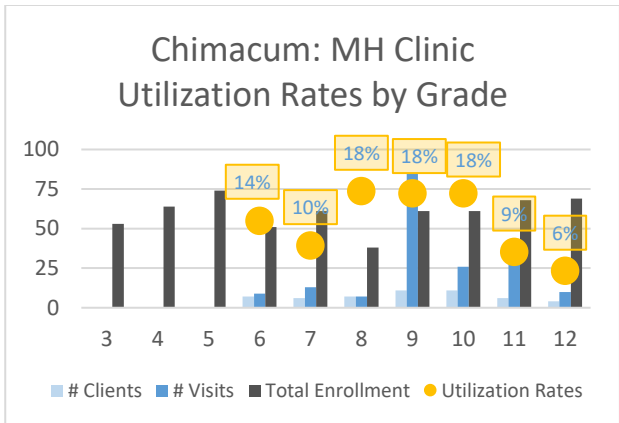
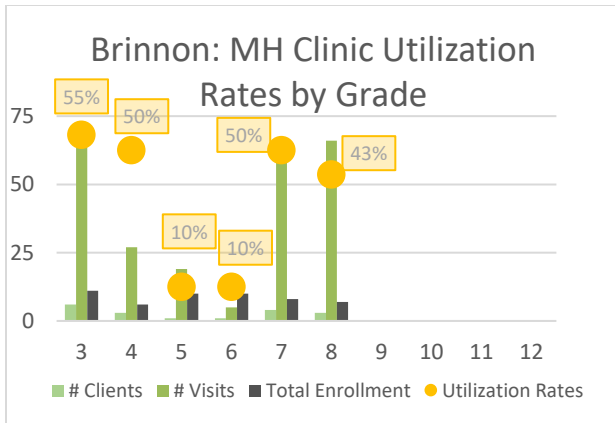
The highest overall utilization rates belonged to Brinnon (33%) for grades 3-8 and Quilcene (15%) for grades 9-12. The lowest overall utilization rates were Quilcene (2%) for grades 3-8 and Chimacum (12%) for grades 9-12. No student below 3<sup>rd</sup> grade was served.

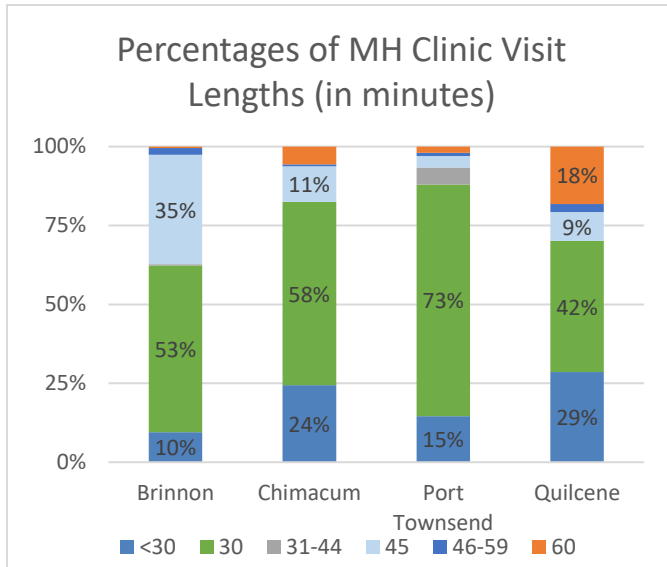
SBHC MH Utilization Summary					
	Brinnon	Chimacum	Port Townsend	Quilcene	Overall
<b>Total number of visits</b>	240	178	569	79	1066
<b>Total number of clients</b>	17	51	72	15	153
<b>Number of clinic days with visits</b>	37	49	103	23	212
<b>Average number of visits per clinic day<sup>3</sup></b>	6.7	3.7	5.6	3.6	4.9
<b>Average number of visits per month<sup>4</sup></b>	20.0	14.8	47.4	6.6	88.8
<b>Average number of visits by client</b>	14.1	3.5	7.9	5.2	7.7
<b>Range</b>	0-25	0-22	0-28	0-12	0-28
<b>Total Enrollment<sup>5</sup></b>	G. 3-8: 52	G. 3-8: 341, G. 9-12: 260	G. 3-8: 566, G. 9- 12: 348	G. 3-8: 93, G. 9- 12: 87	---
<b>Utilization Rate</b>	G. 3-8: 33%	G. 3-8: 6%, G. 9-12: 12%	G. 3-8: 5%, G. 9- 12: 13%	G. 3-8: 2%, G. 9- 12: 15%	---

<sup>3</sup> Values not directly comparable because of different clinic day lengths.

<sup>4</sup> Only months for which services were provided were included in this calculation.

<sup>5</sup> Source: Washington State Report Card. Accessed 9/23/19 at <https://washingtonstatereportcard.ospi.k12.wa.us>.

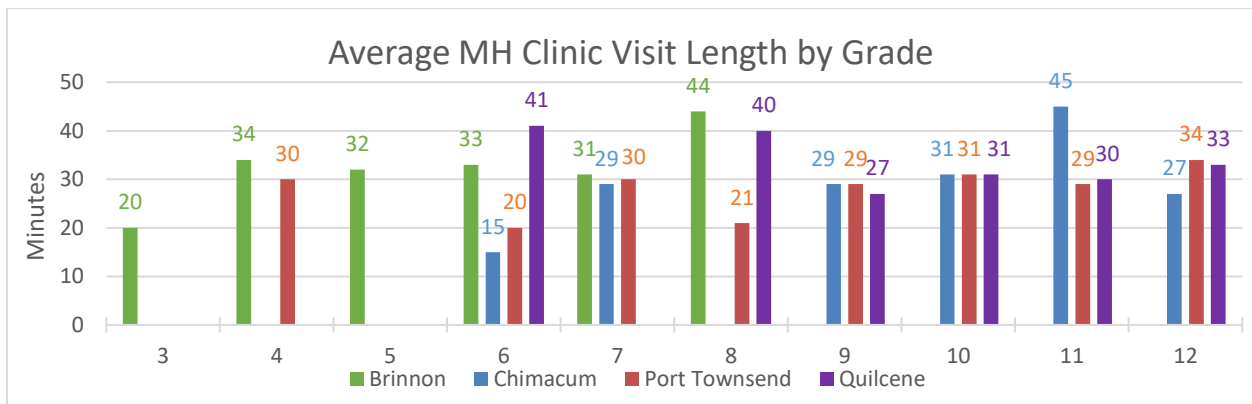




The highest average MH visits per clinic day were in February (9.8) and April (9.0) for Brinnon; in March (7.5) and February (6.5) for Chimacum; in January (6.4) and March (6.6) for Port Townsend, and in February (9.0) for Quilcene.

#### SBHC MH Visit Length:

The majority of MH visits (at least 6 in 10) in all four school districts were 30 minutes or less, highest in Port Townsend (88%) and Chimacum (82%). 35% of Brinnon visits were 45 minutes and 18% of Quilcene visits were 60 minutes. There was little variation in visit length by grade.



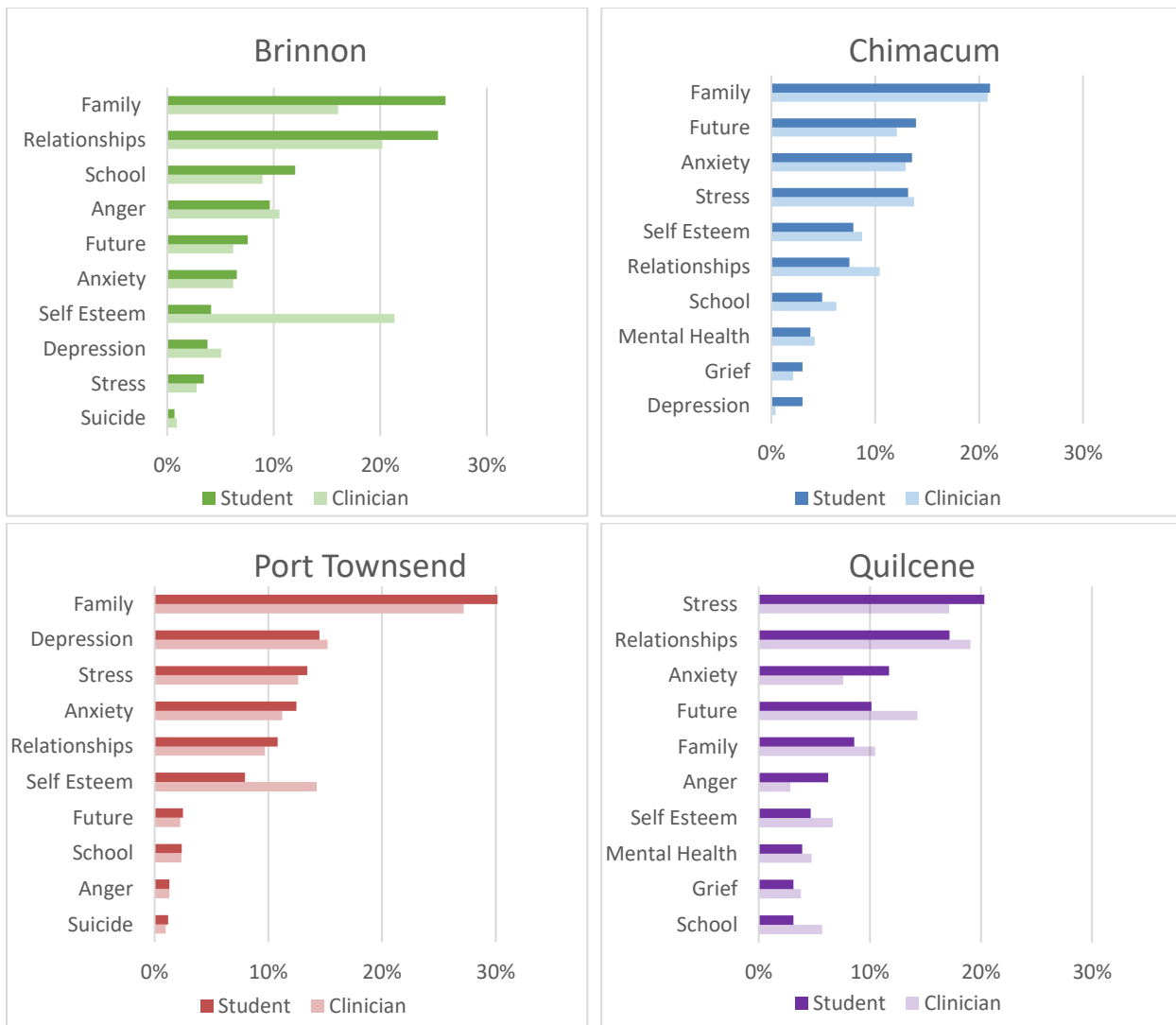
#### Top Reasons for SBHC MH Visits:

		Brinnon	Chimacum	Port Townsend	Quilcene
Student Concern	1	Family	Family	Family	Stress
	2	Relationships	Future	Depression	Relationships
	3	School	Anxiety	Stress	Anxiety
	4	Anger	Stress	Anxiety	Future
	5	Future	Self Esteem	Relationships	Family
% of total		80%	70%	81%	68%

		Brinnon	Chimacum	Port Townsend	Quilcene
Clinician Concern	1	Self Esteem	Family	Family	Relationships
	2	Relationships	Stress	Depression	Stress
	3	Family	Anxiety	Self Esteem	Future
	4	Anger	Future	Stress	Family
	5	School	Relationships	Anxiety	Anxiety
% of total		77%	70%	80%	69%

Family was identified as the top concern at all school districts by students except at Quilcene and by clinicians at Chimacum and Port Townsend. Stress was the top student concern at Quilcene, third at Port Townsend and 4th at Chimacum; second top clinician concern at Chimacum and Quilcene and 4th at Port Townsend. Anxiety was reported as top five student and clinician concern at Chimacum, Port Townsend and Quilcene. Top reasons at Brinnon for both students and clinicians were family, relationships, school, and anger. Uniquely, depression was the second most identified concern for both students and clinicians at Port Townsend, potentially showing a distinct trend in this school district. For each school district, the top five reasons accounted for 68-81% of all student concerns and 69-80% of all clinician concerns.

The following four charts display the reasons for visits identified by the student and clinician for each school. **MH Visit Reasons: (ranked by student concern, top of chart = top rank)**



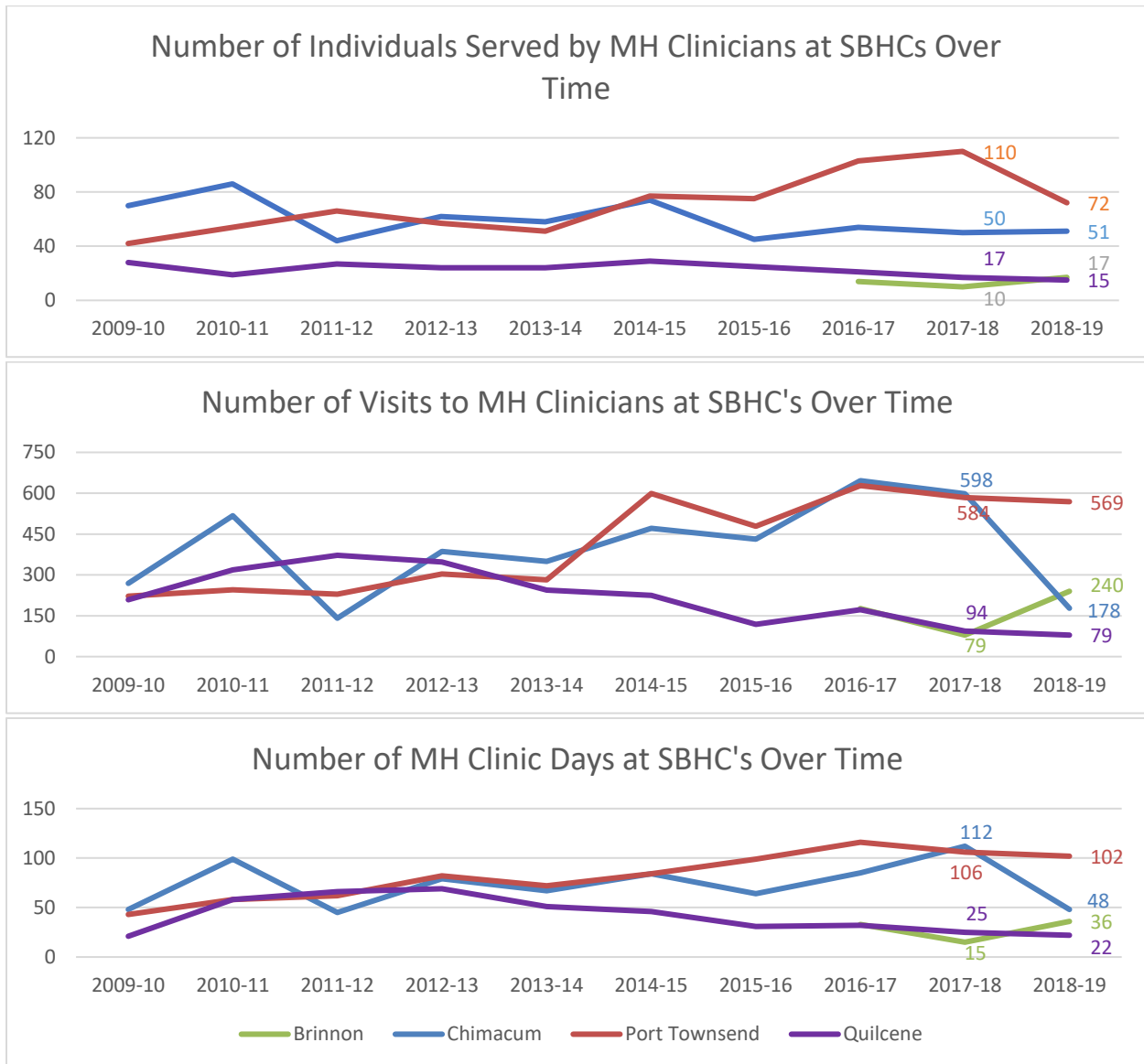
**Services Provided: Individual Therapy**

Most services were individual therapy (87% across all schools) – 79% at Brinnon, 80% at Chimacum, 94% at Port Townsend, and 65% at Quilcene. Other services were provided, often along with individual therapy, and included primarily contacting/working with other agencies, family, or school staff and crisis intervention.

## SBHC MH Visits Over Time

Note that trends over time for SBHC MH services is difficult to interpret due to changes in days and hours of MH clinicians over the years. SBHC MH services were first offered at Brinnon in Fall 2016 and were interrupted during winter 2017-2018.

In 2018-2019 compared to 2017-18, the number of individuals served by SBHC MH clinicians, the number of visits to these MH clinicians, and the number of MH clinic days all increased at Brinnon; Chimacum had a minimal change in individuals served, a decrease in visits and clinic days; Port Townsend had a decrease in individuals served and little change in visits and clinic days; and Quilcene was slightly lower in all 3 areas.



\*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. The dramatic drop in all Brinnon values in 2017 - 2018 is the result of an interruption in services in winter 2017-2018.

## SBHC Miller Session Rating Scale

SBHC MH users were asked to rate each session by themselves marking on a scale of 1 to 10 (highest) how they believe the session went with regards to relationship, goals and topics, approach or method, and overall. Most students at all school districts responded quite positively for each measure. Overall, 7-8 out of every 10 students gave a 10 rating overall. Brinnon and Port Townsend had the slightly lower ratings than Chimacum and Quilcene. The number of results collected at sessions are as follows: 49 at Brinnon, 76 at Chimacum, 47 at Port Townsend, and 24 at Quilcene.

