

Dental and Mental Health Programs in School-Based Health Centers: A Snapshot from the *Caring for Kids* Grant Initiative

The following tables summarize data from a national grant program, *Caring for Kids: Expanding Dental and Mental Health Services through School-Based Health Centers* (SBHCs) funded by The Robert Wood Johnson Foundation. In 2001, building on its 25-year commitment to school-based health centers, The Johnson foundation invested \$3.4 million dollars to increase the capacity of the centers to provide dental and mental health care. Eight mental health and 7 dental health projects were funded for 3 years, with each grantee receiving up to \$225,000. The following data describe the services provided and revenues received from patient care reimbursement. These data offer insights into the organizational and funding opportunities and challenges faced by these services.

The Dental Health Grants: Services and Reimbursement

Key points:

- Jan – Mar 2004 became the timeframe for developing a “snapshot” of the program. The services had been established for 2 years and data systems had been in place for a year, suggesting that the data reported would be reliable.
- During the Jan – Mar quarter, 7 dental grantees provided care through 15 school-based health centers that served 17 schools. The 17 schools included 8 elementary schools, 4 middle schools, 4 combined elementary and middle schools, and 1 high school. The schools served a total of 13,087 students. The school-based health centers enrolled 10,223 (72%) of these students.
- To track service organization and delivery, grantee reported information on dental health staffing, dental care recipients, and services provided as well as oral health education. Information on the health insurance status of enrolled students plus revenues generated through third-party billings was also provided.

1. Who was funded?

The dental grants were awarded to school-based health center programs on the East Coast, in the Mid-West and in the South. Sites in the east included SBHCs in Newark, New Jersey and New York City; sites in the south were located in Huntsville, Alabama and San Antonio, Texas, and sites in the Mid-West included Detroit, Michigan, and Kansas City, Missouri

Table 1. Caring for Kids: Dental health program participants

State and City	Sponsoring Institution	Participating Schools
Alabama – Huntsville	Health Establishment at Local Schools (HEALS)	Terry Heights Elementary School Lincoln Elementary School
New Jersey – Newark	Children’s Hospital of New Jersey	Shabazz High School Dayton Street Elementary School Morton Street Elementary School George Washington Carver Elementary School Berliner Street School Elementary School
Michigan – Detroit	St. John Community Health Investment Corporation	Butzel Elementary/Middle School Carstens Elementary School Cornerstone Elementary/Middle School Grant Elementary School Nolan Middle School
Missouri – Kansas	Samuel Rodgers Community Health Center	McCoy Elementary School
New York – New York City	New York Presbyterian Hospital/Columbia University School of Dental and Oral Surgery	IS 52
New York – New York City	Montefiore Medical Center	DeWitt Clinton High School
Texas – San Antonio	Methodist Healthcare Ministries	John Glenn Elementary School Norma Krueger Elementary School

2. How many students attended schools participating in the Program?

Table 2. Types of schools participating in CFK dental program: school enrollment by school type

Type of School	Average	Median
Elementary schools (8)	358	485
Middle schools (4)	453	250
Combined ES/MS (4)	2501	561
High school (1)	4,296	--

3. Who staffed the dental programs?

Dentists, dental hygienists, and dental assistants were the main providers of dental services. Other staff included dental hygiene students who delivered oral health education, and outreach workers who enrolled students in insurance programs and followed up with parents of students needing restorative dental work. Dental residents also rotated through some school-based health centers as part of their clinical training.

Table 3. Dental health staffing at SBHCs, January – March 2004

Providers	Number of Sites			
	E.S (8)	M.S. (2)	Elem/Middle (4)	H.S. (1)
Dentist				
> 35 hrs per week	1	--	--	--
20 - 35 hrs per week	--	--	--	1
10 - 20 hrs per week	1	--	2	--
< 10 hours per week	6	2	2	--
Dental Hygienist				
> 35 hrs per week	--	--	--	1
15 - 35 hrs per week	2	1	--	--
10 - 20 hrs per week	3	--	2	--
< 10 hours per week	2	1	2	--
Dental Assistant				
> 35 hrs per week	1	--	--	1
15 - 35 hrs per week		1	--	--
10 - 20 hrs per week	3	--	2	--
< 10 hours per week	2	1	2	--

4. During the Jan - Mar 2004 quarter, how many students received what kinds of services?

Table 4. Dental Services by Number of Students Served, January – March 2004

Service	Elementary schools (8 schools)	Combined ES/MS (4 schools)	Middle schools (4 schools)	High schools (1 school)	Total
Diagnostic services					
Exams/screenings	575	195	445	71	1286
Routine X-Rays (# of students)	434	27	146	173	780
<i>Total</i>	1009	222	591	244	2066
Preventive services					
Cleanings	417	195	338	107	1057
Sealants (# of students)	268	5	308	50	631
Fluoride treatments (# of students)	395	117	425	104	1041
Space maintainers	4	0	0	1	5
<i>Total</i>	1084	317	1071	262	2734
Restorative services					
Fillings (# of students)	233	38	14	115	400
Root canals (# of students)	13	0	0	1	14
Crowns (# of students)	15	0	0	0	15
Extractions (# of students)	80	8	5	0	93
<i>Total</i>	261	38	14	116	429

5. How many procedures were provided?

**Table 5. Dental services by total number of procedures
January – March 2004**

	Elementary schools (8 schools)	Combined ES/MS (4 schools)	Middle schools (4 schools)	High schools (1 school)	Total
X-Rays	1158	108	512	346	2124
Sealed teeth	846	11	1062	191	2110
Extractions	116	14	11	0	141
Fillings	459	71	31	172	733
Root canals	13	0	0	0	13
Crowns	18	0	0	0	18
<i>Total procedures</i>	2610	204	1616	709	5139

6. How many students were insured and who insured them?

**Table 6 Insurance coverage for students Insurance information*
January – March 2004,**

Payment Source	Number of Students	Percent
Medicaid fee-for-service	1024	18%
Medicaid Managed Care	2842	50%
SCHIP	180	3%
Private insurance	757	13%
Uninsured/self-pay	630	11%
Missing information	281	5%

- 5,714 students (about 50% of SBHC enrollees) reported health insurance information

7. What were the billings and collections for patient care revenues?

**Table 7. Patient care revenues for dental health services
January – March 2004**

Payment source	Billed (% of total billings)	Collected (% of billings)
Medicaid fee-for-service	\$ 149,674.00 (78%)	\$ 114,303.00 (76%)
Medicaid managed care	\$ 10,613.00 (6%)	\$ 1,240.00 (12%)
Private insurance	\$ 20,370.00 (11%)	\$ 11,286.00 (55%)
Uninsured/self-pay	\$ 10,589.00 (6%)	\$ 1,893.00 (18%)
Total	\$ 191,246.00	\$ 128,722.00 (67%)

Mental Health Grants: Services and Reimbursement

As part of the Caring for Kids grant initiative, The Robert Wood Johnson Foundation funded 8 school-based health center programs to expand their mental health services. The following tables describe the staffing, services provided, and patient care revenues associated with these projects.

1. Who was funded through the mental health initiative?

Table 1. Caring for Kids: Mental health program participants

<i>State and City</i>	Sponsoring Institution	Participating Schools
<i>California – Los Angeles</i>	Children’s Hospital of Los Angeles	Los Angeles High School
<i>Maryland -- Dorchester County</i>	Dorchester County Health Department	Maces Lane Middle School
<i>Massachusetts -- Lynn</i>	Lynn Community Health Center	Marshall Middle School
<i>New Mexico -- Albuquerque</i>	University of New Mexico	Acoma Middle/ High School To'hajiilee Community School
<i>New York -- New York City</i>	Schneider Children’s Hospital at Long Island Jewish-North Shore University Hospital Children’s Aid Society	Franklin Lane High School I.S. 218
<i>North Carolina -- Asheville</i>	Buncombe County Health Department	Asheville Middle School Asheville High School Erwin Middle School
<i>Washington -- Seattle</i>	Seattle-King County Public Health Department	Six high schools: Ballard, Cleveland, Hale/Summit, Roosevelt, Sealth, and West Seattle. One middle school: Denny.

Key points:

- **SBHC enrollment.** During the first quarter of 2004, the school-based health centers reported that, on average, 59% of all students, or 13,680 students, were registered for services, with health center enrollments ranging from 86% to 12% of the student bodies.
- **SBHC users and visits.** During the January – March 2004 time period, clinic users at the 17 school-based health centers numbered 5,605 and visits totaled 16,853.
- **Mental health staffing in SBHCs.** Licensed clinical social workers (LCSWs) were the most common mental health professionals in both middle and high school health centers – meaning that these sites were staffed with masters-

prepared social workers who had completed 1000 – 2000 hours of post-graduate supervised training. Part-time psychiatric staffing was reported at 12 of the 17 sites.

2. Who staffed the mental health services and how many hours did they spend on site?

**Table 2. Mental health staffing at SBHCs
January – March 2004**

Clinicians	Number of sites		
	M.S. (6)	H.S. (9)	Combined (2)
Clinical nurse specialist *			
15 – 35 hrs per week	1	--	--
LCSW			
>35 hrs per week	5	9	--
20 – 39 hrs per week	--	1	1
CSW			
>35 hrs per week	1	--	--
MSW			
>35 hrs per week	1	2	--
<15 hrs per week	--	1	--
Psychologist			
>35 hrs per week	--	1	--
15 – 35 hrs per week	1	1	1
Psychiatrist			
< 2 hrs per week	1	6	--
2 – 4 hrs per week	3	1	--
> 4 hrs per week	1	--	2
Psychologist intern			
>6 hrs per week	--	1	--
1 – 6 hrs per week	1	--	--
Social work intern 15 – 35 hrs per week	--	1	--

*Psychiatric nurse

3. Who used the mental health services?

**Table 5. Student visits for individual counseling by gender and school type
Jan – March 2004**

	Male	Female	Total
Middle schools (6)	865 (56%)	679 (44%)	1544
High schools (9)	437 (24%)	1381 (76%)	1818
Combined MS and HS (2)	162 (56%)	128 (44%)	290
Total	1,464 (40%)	2,188 (60%)	3652

4. What kinds of mental health services were provided?

Table 4 reports mental health services provided by CPT procedure codes. The leading service utilized by students in middle schools was individual psychotherapy (79%), with 17% of visits occurring as a family or student group intervention. Case management and medication management recorded 2% and 1% of total visits respectively. While individual psychotherapy remained the leading service at the high school health centers at 59%, group interventions totaled 35%, and case management, 6%.

Table 4. Mental Health Services by School Level and CPT code, January – March 2004

Service	Middle School (6 schools)		High School (9 schools)		Combined MS/HS (2)		Totals	
	Number of visits	%	Number of visits	%	Number of visits	%	Number of visits	%
Individual psychotherapy	1695	79 %	1725	59 %	314	84 %	3734	69%
Individual psychotherapy, 20-30 min, 90804	694	32%	340	12%	115	31%	1149	22%
Individual psychotherapy, 45-50 min 90806	699	33%	1032	35%	80	21%	1811	34%
Individual psychotherapy, 75-80 min 90808	2	-1%	171	6%	0	0	173	3%
All other	300	14%	182	6%	119	32%	601	11%
Group interventions	370	17%	1032	35%	49	14%	1451	27%
Case management	48	2%	172	6%	0	0	220	4%
Medication management	29	1%	4	-1%	12	3%	45	1%
Total	2,142	100%	2933	100%	375	100%	5,450	101%

5. How many students had health insurance and what kind of insurance did they have?

Table 5. Health insurance status of students enrolled in SBHCs, January – March 2004, *n* = 8,407*

Payment source	Number of students	Percent
Medicaid fee-for-service	829	10%
Medicaid managed care	528	6%
SCHIP	196	2%
Other government programs	224	3%
Private insurance	1,182	14%
Uninsured/self-pay	908	10%
Unknown	4,540	52%

* Total students enrolled in SBHCs = 13,680

6. How much money was collected from patient care services?

Table 6. Patient care revenues for mental health services January – March 2004

Payment source	Billed	Collected
Medicaid fee-for-service	121,546	80,615
Medicaid managed care	11,211	8,083
SCHIP	440	226
Other government programs	1,185	719
Private insurance	1,345	999
Uninsured/self-pay	585	-0-
Total	\$136,312	\$90,642