



**School-Based Health Centers:
Uniting Education and Health for Success in the
Classroom and Life**

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Presentation Goals

- Recognize the link between health care and education
- Understand the benefits and challenges of school-based health care, specifically relating to school-based health centers
- Gain familiarity with NASBHC's Academic Outcomes tool kit
- Learn about IL's evaluation framework

Presentation Outline

- Health and Education 101
- Benefits of school health services
- School-Based Health Centers – bringing health to schools for student success
- Challenges to the model
- NASBHC's Tool Kit
- IL Evaluation plan
- Q&A

NASBHC Slides

NASBHC National
Assembly on
School-Based
Health Care

Bringing Health Care To Schools For Student Success

What we know intuitively

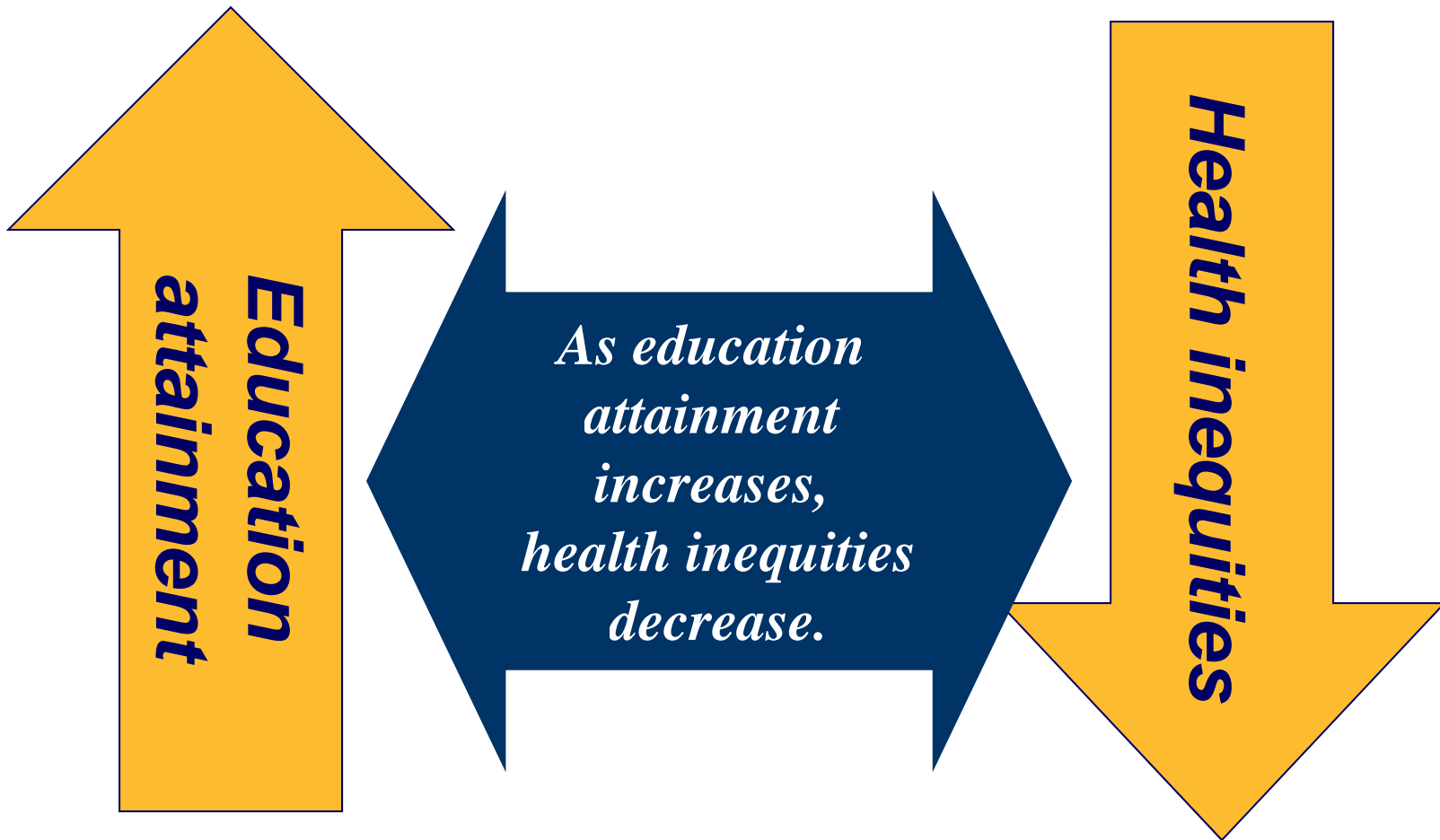
- Healthy students make better learners
- You can't teach a child who is not healthy
- A child who succeeds in school is more likely to enjoy lifelong health

What Science Tells Us



- Good education predicts good health
- Health has direct/indirect effects on school failure
- Disparities in health and education are closely linked
- Public health and education are linked toward common cause: school success

Health and education:
shared accountability, shared outcomes



What Science Tells Us

- Academic performance is negatively affected by a variety of health indicators
- Academic performance is positively affected by:
 - High levels of resiliency, developmental assets, and school connectedness.

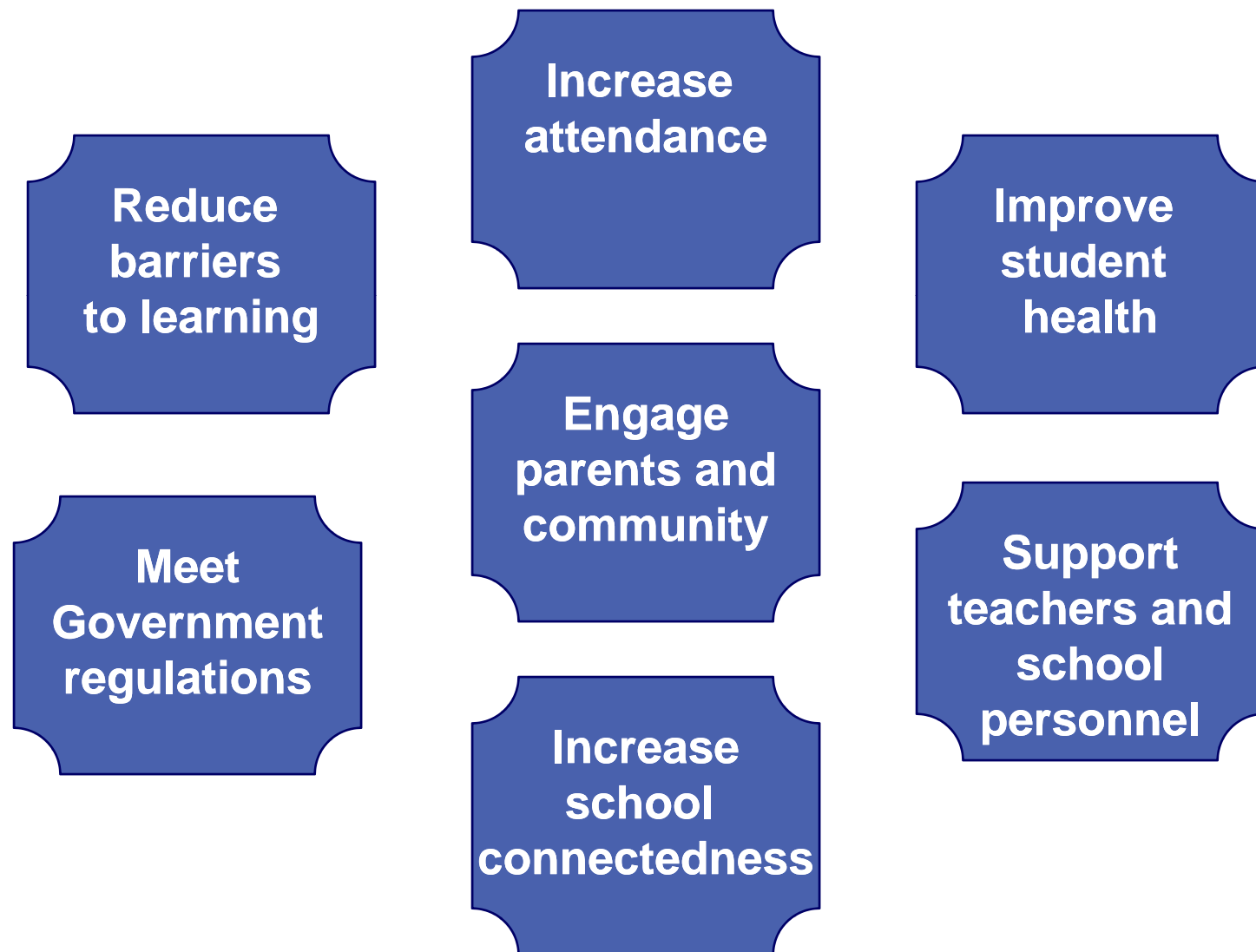
The Healthy Learner Connection

What do these students have in common?

- Chronic asthmatic
- Pregnant 11th grader
- 10th grade experimental drug user
- Middle school student in foster care
- Depressed adolescent with suicidal thoughts
- Anxious bully victim in elementary school
- Homeless ninth grader
- Overweight sixth grader-borderline diabetic

A: They will not achieve their academic potential

Bringing health to schools



The Health-Academic Outcomes Connection



Geierstanger, S. P., & Amaral, G. (2004). *School-Based Health Centers and Academic Performance: What is the Intersection?* April 2004 Meeting Proceedings. White Paper. Washington, D.C.: National Assembly on School-Based Health Care.

School-Based Health Centers

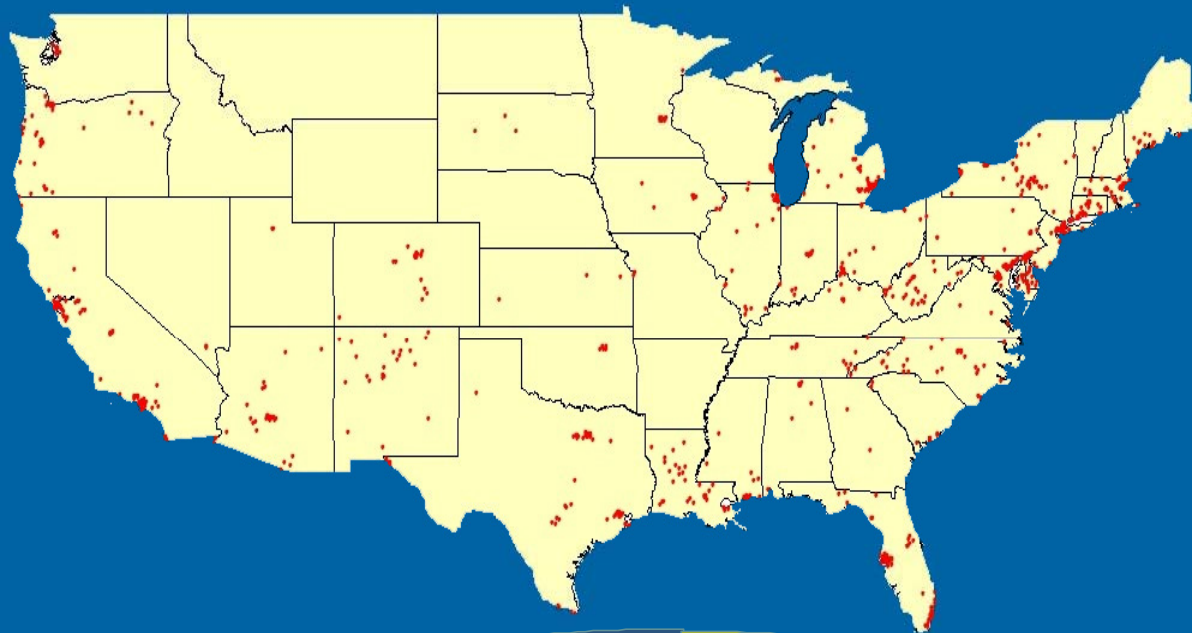
- Medical care
- Mental health services
- Health surveillance and preventive services
- Social services
- Youth development

School-Based Health Centers

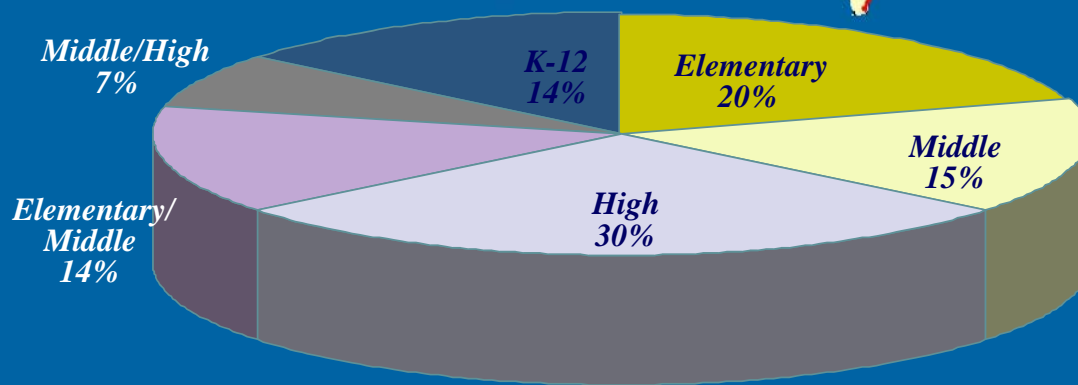


- School and community health partnerships
- On-site primary and mental health services
- Strategically targeted to underserved populations
- Promoting student success

Where are SBHCs located?



- *There are 1709 school-connected health programs (school-based, linked and mobile) in 45 states*



- *41% are in Title 1 schools*
- *80% serve at least one grade of adolescents*

NASBHC Census, 2004-05

SBHC Principles

- Supports Schools
- Responds to the Community
- Engage the community in student health
- Delivers comprehensive care
- Focuses on the student
- Advances health promotion activities
- Contribute to student success

School Mental Health

- Involves partnership between schools and community health/mental health organizations, as guided by families
- Builds on existing school programs, services, and strategies
- Focuses on all students, general and special education
- Includes a full array of programs, services, and strategies—mental health education and promotion through intensive intervention
- Emphasizes schools as locus of engagement for school-based, school-linked, and community-based work

Weist & Paternite (2006)

Mission of school mental health



- *Consistent with the mission of schools, SMH strives to:*
 - Create a safe, caring, and enriching environment
 - Encourage family driven policies and practices
 - Support high-quality academic instruction
 - Effectively serve culturally diverse populations
 - Foster positive and healthy youth development
 - Coordinate delivery of effective services for youth
 - Prepare students for lifelong success

School Mental Health Strategies

- By *enhancing* factors that increase ability of students to succeed in school, and
- By *reducing* factors that interfere with ability of students ability to succeed in school...
- SMH strategies have been shown to improve educational outcomes such as:
 - academic achievement
 - discipline referrals
 - graduation rates
 - attendance
 - teacher retention

Elementary and Secondary Education Act

NCLB Titles	Criteria	SBHC Contribution
Title I	Part C – Education of Migratory Children	Immunization and health records of migrant children for national database.
Title I	Part D – Prevention and Intervention Programs for Children and Youth Who are Neglected, Delinquent, or At-Risk	Information, prevention and intervention services, screening, and treatment of students.
Title IV	21st Century Schools	Drug and alcohol prevention education, screening, and counseling and treatment options

Elementary and Secondary Education Act

NCLB Titles	Criteria	SBHC Contribution
Title VII	Indian, Native Hawaiian and Alaskan Native Education	Health promotion activities to meet the “unique educational, cultural, and academic needs of American Indian and Alaskan Native students”
Title X	Repeals, Redesignations, and Amendments to Other Statutes.	Bring facilities into health compliance



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Challenges in health/education integration

- Achieving financial viability
- Negotiating different bureaucratic structures – information sharing
- Community opposition to specific services
- Securing space in school
- Security and maintenance for facility
- Integrating health services into school culture
- Confidentiality and information sharing
- Parental notification

Parental Notification

- School registration materials
- SBHC enrollment
- Facilitated insurance enrollment
- Resource Center
- PTA



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NASBHC's Academic Success Tool Kit

- http://www.nasbhc.org/site/c.jsJPKWPFJrH/b.3924465/k.5C23/TA_Academic_Outcomes.htm
- Fact Sheet
- Presentation
- Former Evanston School Superintendent Allan Alson, video clip
- Alexandria, VA School Superintendent Mort Sherman video clips (re: school mental health)
- Policy statement
- White paper

Illinois Conceptual Model to Evaluation SBHCs and Academic Outcomes

- Collaborative effort between ICSHC and Northwestern University
- Purpose: Document, improve, and evaluate the impact of SBHCs
- Developed a model to serve as the analytical framework (SBHCs-health status-protective/risk factors-academic outcomes)
- Ready to implement pilot, using pseudo control group



School failure is a public health concern

*“Rarely has a single problem—**high school drop out rates**—contributed to so many adverse social, economic, and health conditions. Our nation’s young people deserve no less than a concerted effort to improve school completion rates and thus give young people a gateway to lifetime health and success.”*

Freudenberg N, Ruglis J. Reframing school dropout as a public health issue. Prev Chronic Des 2007;4(4). http://www.cdc.gov/ped/2007/oct/07_0063.htm



Suggested Reading List

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- Symons, C. W., Cinelli, B., James, T. C., Groff, P. (1997). *Bridging Student Health Risks and Academic Achievement Through Comprehensive School Health Programs*. *The Journal of School Health*, 67(6), 220-227.

www.nasbhc.org