

# School Based Health Centers



Waianae Coast Comprehensive Health Center  
School Based Health Center BH  
Best Practices Conference  
March 9, 2017 ~ Waianae, HI

# Adolescent Mental Health Concerns

**1 in 5** have a significant mental health concern (CDC, 2015)


**Suicide**  
is the  
**3<sup>rd</sup>**  
leading  
cause of  
death



**<50%**  
receive  
treatment

# SUICIDE and DEPRESSION

	<b>Attempted Suicide</b>
<b>Native Hawaiian</b>	<b>12.9%</b> (Hishinuma, Miyamoto, Nahulu, & Yuen, 2000)
<b>Other Ethnicity</b>	<b>9.6%</b> (Hishinuma, Miyamoto, Nahulu, & Yuen, 2000)
<b>Waianae</b>	<b>9%</b> (CDC, unpublished)
<b>National</b>	<b>8.6%</b> (CDC, unpublished)



**32% of Waianae youths compared to state (28.3%) reported “In the last 2 weeks felt sad or hopeless that they stopped doing usual activities” (CDC, unpublished).**



# Impact of Mental Health Concerns



Poor academic achievement

Risk for chronic disease

Unemployment

Homelessness

Poverty

Intimate partner violence

**31% compared to 14.5 % of Waianae youth reported uncertainty or will not graduate (CDC, unpublished)**

# ACCESS TO CARE

## **Barriers**

Transportation, insurance, stigma, confidentiality, homelessness, LGBTQ, limited in school services

## **SBHC run by community health center**

WCCHC SBHC eliminates barriers as services are provided within the environment of youths and provides year round services

## **Minor Consent Law SB2886 passed July 1, 2016**

Age of consent lowered to 14 for certain outpatient mental health services

# Services

- Evidence based practices
- Individual, family, and group therapy
- Consultation
- Collaboration with school staff
- Onsite observation of patients
- Walk in services



# Integrated Health

- Warm handoffs are immediate
- More efficient collaboration/consultation between medical and behavioral provider
- Chronic Disease Management education/therapy group



# APEX

Close

4:21 PM

100%

Just Health

STUDENT INFORMATION

Name	Jonny Appleseed	Age	21	ID Number	123456789	Race	Hispanic, Caucasian	Hispanic/Latino(a)	Yes
Marital Status	Single	Gender	Male	Sexual Orientation	Gay	Sex at Birth	N/A	Preferred Pronoun	N/A

PHQ-9

5-9

15

Mild Depression

10-14

Moderate Depression

15-19

Moderately Severe Depression

20-27

Severe Depression

CRAFT

0-1

1

Negative

2-6

Positive

GAD-7

0-4

6

No Concern

5-9

Mild Concern

10-14

Moderate Concern

15-21

Severe Concern

STUDENT'S RESPONSES

NO CONCERN

NEEDS ATTENTION

RISK FACTOR

AUTO-SKIPPED

UNANSWERED

Home / School

Lives: On Campus

Lives with: Brother/sister

Someone they can talk to: friend

Problems at home: Concerns with a family member

Problems in school or work: Missing school

Health Behaviors

Participate in 1 hour of physical activity per day: Yes

More than two hours per day watching TV/video: No

5 or more servings of fruits and vegetables: Yes

More than 8 hours of sleep per night: Yes

Dental in last 6 months: Yes

Have tooth pain: No

Safety / Injuries

Always wears a seat-belt: Yes

Always wears a helmet: N/A

Text, talk, surf internet while driving: Often

Using hands-free device while driving: Often

Feel afraid, threatened, hurt: Yes

Physically, sexually, emotionally abused: No

Hit by boyfriend/girlfriend: Yes

Carry a weapon for protection: No

Foster care, group home, or homeless: Yes

Spent a night in jail or detention center: No

Feelings / Well-Being – GAD-7

Worry or feel like something bad will happen: Yes

Tense, stressed out, trouble relaxing: No

Feeling nervous, anxious, or on edge: Not At All

Cannot stop or control worrying: Several Days

Worrying too much: Over Half the Days

Trouble relaxing: Over Half the Days

So restless it's hard to sit still: Not At All

Easily annoyed or irritable: Several Days

Feeling afraid/something awful might happen: Over Half the Days

Difficulties from anxiety



# SUSTAINABILITY

- Referrals: Immediately welcomed and expressed need by school personnel (including available school contracted mental health), parents, students, and medical staff
- **APEX**: Screens for stressors, symptoms, and health risk behaviors
- Able to bill for services





## it's not just data. it's health.

The Just Health iPad app makes it easy for students to answer questions about their health, and easy for clinicians to gain something helpful and meaningful from those responses. Featuring a wide range of questions, the app leaves no aspect of health unexplored, helping to paint a full picture of a student's well-being.

We also know that not every question is appropriate for every student. So the app features skip logic, which filters certain questions based on specific, previous answers.

# SBHC BH RESULTS: 01/01/2017- 03/01/2017

RESULTS: January 2017- February 2017	Waianae High School 	Waianae Intermediate School 
Students Accessed Behavioral Health Care	69	54
Male	19 (28%)	6 (11%)
Female	45 (65%)	48(89%)
Transgender	5 (7%)	0
Chief Complaint/Diagnosis:	Homelessness, Bullying, conflict with parent, conflict with peer, conflict with significant other, child abuse, hx of abuse, parent imprisoned, school concerns, work stressors, household stressors, substance abuse, Suicidal ideation, hx of suicide attempt, panic attack, anx <b>MDD, ODD, 95% Adjustment with Dep/ANX. , R/O PTSD</b>	Bullying, conflict with parent, conflict with peer, conflict with significant other, child abuse, hx of abuse, parent imprisoned, school concerns, work stressors, household stressors, substance abuse, Suicidal ideation, hx of suicide attempt, runaway, aggression, panic attack, anxiety, <b>MDD, ODD, 95% Adjustment with Dep/ANX. R/O PTSD</b>
Referred by SBHC	66 (96%)	44 (81%)
Referred by School	2 (3%)	7 (13%)
Referred by Parents	0	0
Referred by Self	1 (1%)	1 (2%)
Referred by WCCHC	0	2 (4%)

# CHALLENGES

- Scheduling
- Transitioning to new billing and charting for confidential services
- Collaboration with school –FERPA VS HIPPA, rapport, acceptance
- Parental/family involvement
- Continuation of services during school breaks



# References

- Centers for Disease Control and Prevention. (2015). *Web-based Injury Statistics Query and Reporting System (WISQARS) [Online]*. National Center for Injury Prevention and Control, Centers for Disease Control and Prevention (producer). Retrieved October 14, 2016, from: [www.cdc.gov/injury/wisqars/fatal.html](http://www.cdc.gov/injury/wisqars/fatal.html)
- Centers for Disease Control and Prevention (unpublished). Untitled
- Costello, E. J., He, J. P., Sampson, N. A., Kessler, R. C., & Merikangas, K. R. (2013). Services for adolescents with psychiatric disorders: 12-month data from the National Comorbidity Survey–Adolescent. *Psychiatric Services*, 65(3), 459.
- Hishinuma, E., Miyamoto, R., Nahulu, L., Yuen, N. (2000). Cultural Identification and Attempted Suicide in Native Hawaiian Adolescents. *Journal of the American Academy of Child & Adolescent Psychiatry*. Pages 360-367

# MAHALO – QUESTIONS

