



Why School-Based Health Centers Matter in New Mexico STATUS REPORT 2013-2014



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Status Report, 2013-2014

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Acknowledgments

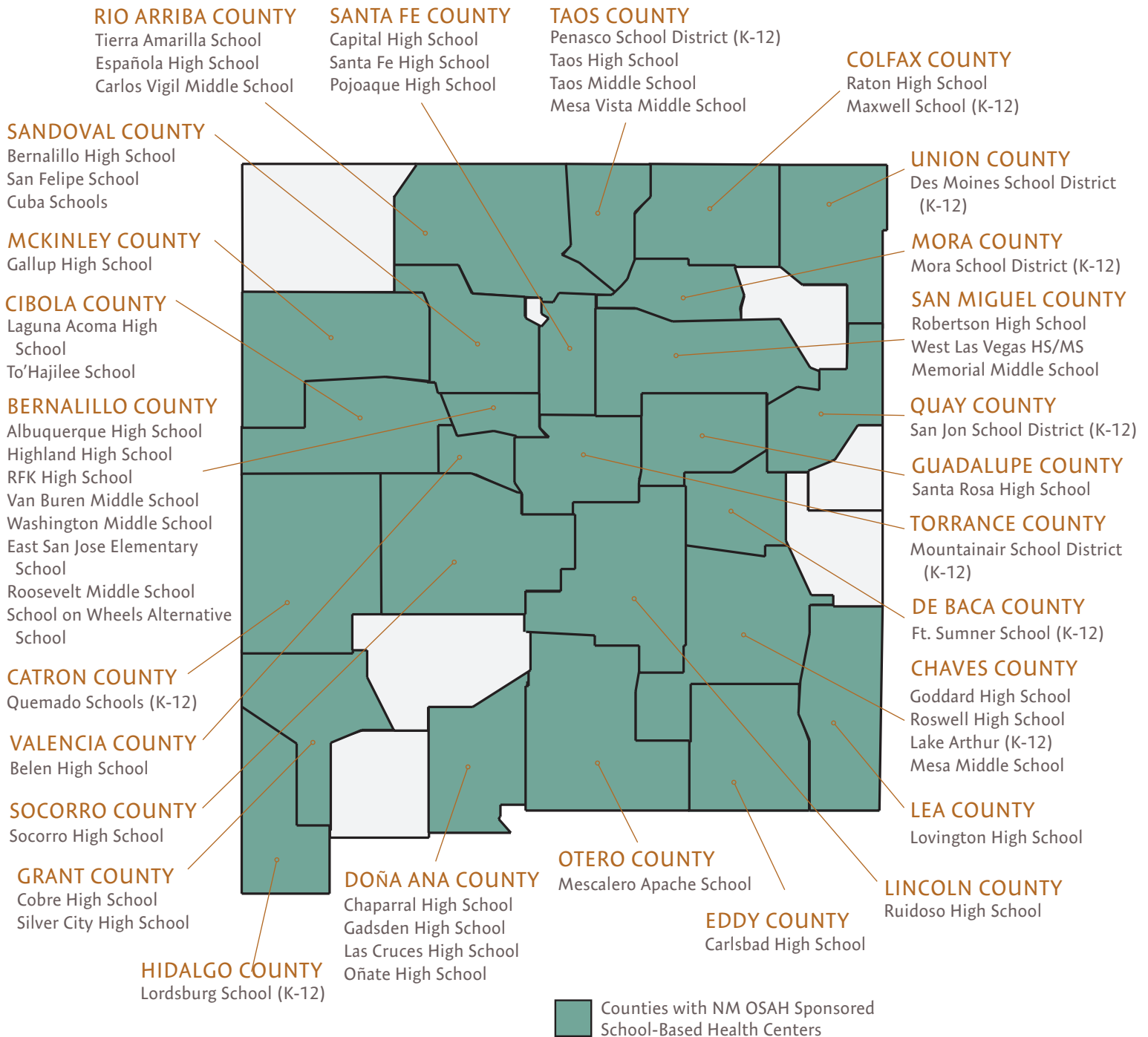
This New Mexico School-Based Health Centers Status Report was prepared by the Office of School and Adolescent Health (OSAH) of the New Mexico Department of Health and Apex. OSAH would like to thank the New Mexico Alliance for School-Based Health Care and Envision New Mexico for their contributions to this report.

OSAH extends its deep appreciation to all the New Mexico school-based health centers and their staff who work to provide primary care, behavioral health, and preventive health education services to New Mexico's students and who provided information used in the preparation of this report. Also deserving of appreciation are the school districts, school, and community-based providers who partner with school-based health centers to help them carry out their mission.

Report Prepared by:



OSAH Sponsored School-Based Health Centers



Why School-Based Health Centers Matter in New Mexico

Children and youth in New Mexico face a number of risks to their health and behavioral health; ranging from poor nutrition and lack of immunizations to physical abuse, substance abuse and unplanned pregnancy. All of these problems threaten a student's normal development and present barriers to learning.

New Mexico's school-based health centers (SBHCs) help address these problems with a unique health care model that includes comprehensive physical, behavioral, and preventive health services provided to children and adolescents in their school, where they spend the largest portion of their day. These critical health care services are provided to students regardless of their ability to pay.

SBHCs in New Mexico

The Office of School and Adolescent Health (OSAH) is the office of the New Mexico Department of Health that works to improve student and adolescent health through integrated school-based or school-linked health services. OSAH coordinates an electronic patient management system that is used directly by 31 sites to manage all patient data, with an additional 22 sites exporting data from their existing systems. The data system allows for immediate access to comprehensive and reliable data. This electronic patient management system is building the capacity for SBHCs to broaden their revenue sources by allowing them to bill Medicaid for services. New Mexico SBHCs have also begun implementing electronic screenings and student surveys that provide valuable data from the perspective of students. The following data is drawn from these data sources and represents the efforts of OSAH's SBHCs from July 1, 2013 to June 30, 2014.

There are currently 53 OSAH sponsored SBHCs in New Mexico, located in 26 of New Mexico's 33 counties, serving students across the state in urban, rural, and frontier settings. These SBHCs are found in all levels of schools, from high schools to elementary schools, but are most commonly located in high schools.

SBHCs Client Demographics, 2013-2014²

- **59%** of clients were female and 41% male
- **66%** of clients were Hispanic/Latino(a)
- **8%** of clients were American Indian
- **6** SBHCs serve predominantly American Indian clients
- **89%** of clients were between age 5 and 18
- **55%** of clients were between the ages of 14 and 18

OSAH Sponsored SBHCs By The Numbers:

33,000¹

Students in New Mexico have access to an SBHC at their schools.

53

School campuses have SBHCs sponsored by OSAH.

43,056

Visits at OSAH sponsored SBHCs.

10,496

Clients received care by an OSAH sponsored SBHC.

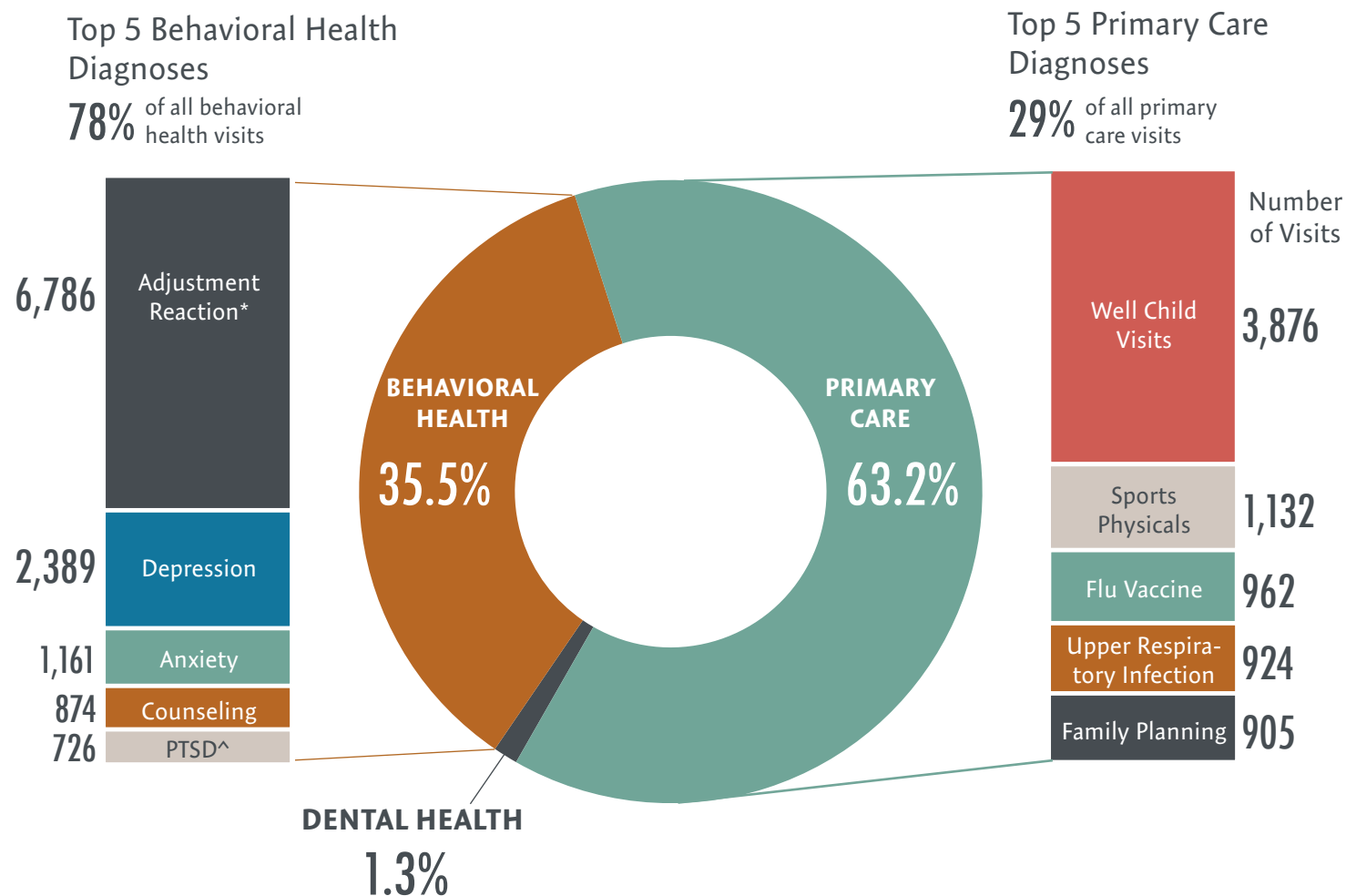
¹New Mexico Public Education Department

²The manner in which race and ethnicity was collected was modified for the 2013-14 school year. Hispanic had previously been reported as an option for race, but it is now presented as the separate ethnicity category of Hispanic or Latino(a).

School-Based Health Centers **MATTER** for New Mexico children and families. SBHCs can:

- **Increase access** to affordable and high quality physical, mental, dental, and preventive health services
- **Reduce** parents' missed work hours
- **Increase students' time** in the classroom
- **Provide care** to children and youth who might not otherwise receive care
- **Reduce costs** related to unnecessary emergency room visits and hospital stays
- **Support students** in taking charge of their health care as they become young adults
- **Improve** health literacy

Types of Visits at SBHCs



*Adjustment Reaction: This visit is generally related to emotional stress, interpersonal relationship issues, and anxiety.

^Post Traumatic Stress Disorder

What Do SBHCs Look Like?

SBHCs are comprehensive primary health care centers housed in elementary, middle and high schools that provide developmentally and culturally appropriate physical, behavioral, and, in some cases, oral health care to students who might otherwise not have access to care. SBHCs also promote positive health behaviors by increasing health knowledge and decision making skills through programs that target a range of issues confronting youth.

SBHCs are staffed like a pediatric or family practice office with a clinical coordinator and clinical provider, such as a nurse practitioner, physician assistant, or physician. SBHCs are also staffed with a qualified behavioral health professional and some sites provide oral health services as well. SBHCs are designed to be comfortable and accessible to encourage students to drop by when they need medical attention or want to learn more about a health issue. Although student focused, SBHCs strive to engage families in their children’s care.

Each SBHC is unique and offers different services, which may include:

- Routine physicals, well-child exams, and sports exams
- Diagnoses and treatment of acute injuries and illnesses
- Chronic conditions management
- Vision, dental and blood pressure screenings
- Immunizations and vaccinations
- Prevention and treatment of alcohol and drug problems
- Health education and wellness promotion
- Behavioral health assessment and counseling
- Medication
- Reproductive health services

Types of Services at NM SBHCs

Services Offered On-Site	# of SBHCs	% of SBHCs
Primary Health	53	100%
Behavioral Health	53	100%
Health Promotion/Prevention	51	98%
Youth Engagement	43	83%
Reproductive Health	36	69%
Immunizations	32	62%
Telemedicine	19	37%
Oral Health	9	17%

SBHCs Contribute to Comprehensive Health

Comprehensive well-child visits are an important part of preventative health care for children. As children get older, they are less likely to receive this important service. Low income and uninsured status are associated with a higher risk of not getting a check-up.³ Over 1/3 of SBHC patients receive their annual comprehensive well-child visits at their SBHC, demonstrating that SBHCs are filling a vital role in critical health care delivery.

Increasing the number of children and youth who receive annual comprehensive well-child visits is one of the areas of focus of the SBHC Partners. The SBHC Partners is a group comprised of state and local agencies, the New Mexico Alliance for SBHC, managed care organizations, and SBHC sponsors who meet quarterly to align efforts, seek opportunities to collaborate, and work together to advocate for SBHCs. The SBHC Partners identified the *Optimal Health and Wellbeing for New Mexico Children and Youth* as the result toward which they are contributing. The SBHC Partners identify collaborative activities and track data over time to ensure they reach the desired result.

*Over one third
of SBHC patients
receive their
annual well-child
visit at their SBHC.*

Students Say SBHCs MATTER

SBHCs are youth oriented and meet their needs.

- 93% of students report it being easy to talk to SBHC staff.
- 98% of students are comfortable at their SBHC.
- 89% of students say they are likely to follow the SBHC advice.
- 76% of students say they have changed their health behavior after an SBHC visit.⁴
- 90.9% of high school students say their SBHC is welcoming to youth.
- 81.6% of SBHC users rate their satisfaction with SBHC services highly.⁵

³Irwin, C. E., Adams, S. H., Park, M. J., & Newacheck, P. W. (2009). Preventive care for adolescents: Few get visits and fewer get services. *Pediatrics*, 123(4) e565-e572

⁴Student Satisfaction Survey, 2012-2013

⁵Youth Engagement with Health Services (YEHS), 2013

SBHCs Impact Student Learning

SBHCs protect instructional time by limiting the amount of time students are out of class to receive services. Meeting the primary and behavioral health needs of students reduces important barriers to learning.

SBHCs can have a number of positive outcomes for schools:⁶

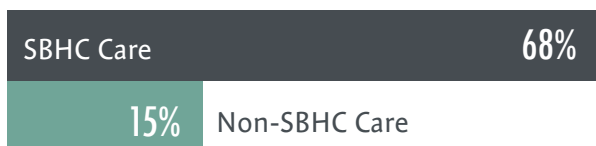
- increased in-class time
- fewer absences
- positive effects on academics
- positive health outcomes

“This SBHC is seen as a safe environment where students feel comfortable and get the services they need.”
-SBHC Youth

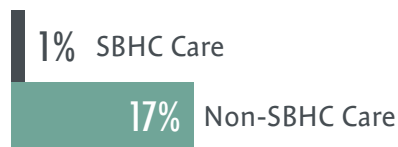
SBHC vs. Non-SBHC Care

The percentage of students who reported missing class time to access healthcare⁷

Missed None or Only Part of Class:



Missed All Day:



SBHC youth report missing 6 times more class time when accessing health care at places other than their SBHC.⁷

⁶Brown & Bolen, 2008; Cura, 2010; Geierstanger, Amaral, Mansour, & Walters, 2004

⁷New Mexico School-Based Health Center Student Satisfaction Survey, 2012-2013

SBHCs Provide Important Health Promotion Messages

SBHCs are ideally situated to help students with health-related challenges and have the opportunity to guide healthy decision-making. Although adolescence and young adulthood are generally healthy times of life, several important public health and social problems either peak or start during these years. For New Mexico youth;

- 27.6% are either overweight or obese.
- 27.8% have smoked marijuana in the past month.
- 26.8% reported being sexually active; of those, 27.5% used a reliable birth control method.⁸

“ I really like the SBHC.
It helps me think twice
about certain things. ”
-SBHC Youth

SBHCs promote positive health behaviors by increasing health knowledge and decision making skills. Students report receiving the preventive health topics listed below at their SBHC:

Healthy Eating and Nutrition

82% of students received
this message

Reproductive Health

80% of students received
this message

Safety and Prevention

78% of students received
this message

Drugs and Alcohol

73% of students received
this message

Dental Health

67% of students received
this message

Emotions

69% of students received
this message

Exercise

82% of students received
this message

Tobacco

70% of students received
this message

⁸Youth Risk and Resiliency Survey (YRRS) 2013

SBHCs Address Behavioral Health Needs

Among New Mexico adolescents,⁹

- 33% felt down, depressed or hopeless.
- 15.6% reported seriously considering suicide in the past year.
- 10.0% experienced sexual dating violence.

These challenges result in many adolescents needing behavioral health services, but alarming numbers of these adolescents do not receive the services they need, with up to 80% of children with a need for behavioral health services not receiving them.¹⁰

Studies show that an adolescent is up to 21 times more likely to access an SBHC for a behavioral health concern than they are to access a community health center or a health maintenance organization.¹¹

Further, students with high levels of caring and supportive adult relationships are far less likely to engage in risky behaviors related to alcohol and substance abuse, violence, suicide attempts, and obesity.

*35.5% of all
SBHC visits were
behavioral health.*

90% of students report having an adult at their SBHC who listens to them, compared to only 65% of students from a statewide sample who said there is an adult at their school who listens to them.¹²

“My experience at the SBHC has been good because they have helped me so much when I needed someone to talk to.”

-SBHC Youth

⁹Youth Risk and Resiliency Survey (YRRS) 2013

¹⁰Kataoka, S.H., Zhang, L., & Wells, K.B. (2002) Unmet need for mental health care among U.S. children: Variation by ethnicity and insurance status. *American Journal of Psychiatry*, 159(9), 1548-55

¹¹Juszcak, L., Melinkovich, P., & Kaplan D. (2003). Use of health and mental health services by adolescents across multiple delivery sites. *Journal Adolescent Health*, 32, 108-118.

¹²Data from the 53 OSAH sponsored SBHCs, 2012-2013

Access to Care

New Mexico has the 34th highest percentage of uninsured children in the nation, with 8% of children in the state being uninsured.

Compared to children who have health insurance, uninsured children are less likely to:¹³

- Have contact with a regular health care provider
- Receive prescription drugs
- Have regular preventive check-ups and immunizations

In 2013-2014, 14% of all SBHC visits were delivered to clients who were uninsured.

Last year in New Mexico, 14% of all SBHC visits were uninsured. 40% of SBHC students do not have or do not know of another place to receive health care.

SBHCs in New Mexico matter because they offer health care access to a school's entire student population and, in some cases, to the entire school district or community. Access to health care is easier and more convenient, relationships with providers are consistent, services are provided regardless of a student's ability to pay, and SBHC providers are focused on adolescent health issues.

Challenges Facing New Mexico's SBHCs

SBHCs matter and are making an important contribution to the well-being of the children and youth of New Mexico. They face challenges, however, that limit the contributions they are able to make.

- Limited resources mean the majority of New Mexico SBHCs are not able to be open full-time.
- The majority of SBHCs are only open 1 or 2 days per week.
- SBHCs cannot currently bill private insurance resulting in 21% of visits that are not able to be reimbursed.
- With 172,588 middle school and high school students in New Mexico, there are not currently enough SBHCs to meet the needs of the children and youth.

The majority of NM SBHCs are only open 1-2 days per week.

¹³Kids Count Data Book: (2014)

New Mexico School-Based Health Center Partners

Apex
Blue Cross/Blue Shield of New Mexico
Casa de Buena Salud
Central Region Education Cooperative
Community Dental Services
De Baca Family Practice
Eastern New Mexico University
El Centro Family Health
Envision New Mexico
First Choice Community Healthsource
Hidalgo Medical Services
Indian Health Service
La Clinica de Familia
La Clinica Del Pueblo de Rio Arriba
Las Clinicas Del Norte
Lovelace Healthcare
Molina Healthcare
NM Alliance for School-Based Health Care
NM Department of Health
NM Human Services Department

NM Public Education Department, School and
Family Support Bureau
NM Primary Care Association
NM School Nurse Association
NM GRADS Program
Nor Lea Hospital
Northeast Regional Education Cooperative
Presbyterian Healthcare
Presbyterian Medical Services
Region IX Education Cooperative
Regional Education Cooperative #6
San Felipe Pueblo
Southern New Mexico Community Foundation
UNM Center for Health Promotion & Disease
Prevention
UNM Center for Rural and Community
Behavioral Health
UNM Dental Programs
United Healthcare

For Additional Information:

Office of School and Adolescent Health
www.nmschoolhealth.org

New Mexico Alliance for School-Based Health Care
www.nmasbhc.org

National Assembly on School-Based health Care
www.nasbhc.org

The Center for Health and Healthcare in Schools
www.healthinschools.org

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