

New Mexico's School-Based Health Centers 2015-2016

Adolescence is a time of transition, when health care and health messages have the potential to positively impact future health and use of health care services. **Adolescents are the least likely age group to use health care services.** They have the lowest rates of primary care use and most do not receive preventive health care services. Consequently, many adolescents have unmet physical and behavioral health care needs.

New Mexico's School-Based Health Centers (SBHCs) are uniquely positioned to meet the needs of adolescents. SBHCs provide access to a broad spectrum of primary and preventive care services, including medical, oral, nutritional, case management and behavioral health services designed specifically for adolescents. New Mexico SBHCs partner with school administrators and teachers in the academic success of students. **SBHC users are 29% less likely to dropout**¹. Increased access to health care services at school decreases the amount of time students spend out-of-class to address their primary and behavioral health needs. Healthy students who are present at school are ready to learn and more likely to graduate.

OSAH Supported SBHCs By The Numbers:

48

School campuses have SBHCs sponsored by OSAH.

33,000

Students in NM have access to services at an SBHC at their schools.

16,963

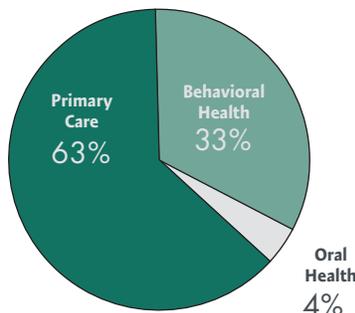
Clients received care by an OSAH sponsored SBHC.

48,204

Visits at OSAH sponsored SBHCs.



Types of Visits at School Based Health Centers



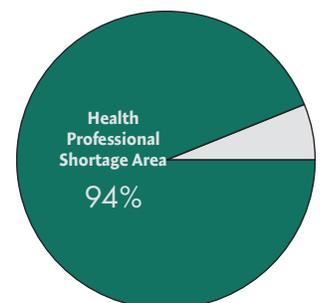
Average Visits Per Patient:

2.8

SBHCs increase healthcare access for NM youth

SBHCs are located on school campuses and serve as an important access point to health care for students who have limited options to receive health care in their community. 38% of students who sought health care services from an SBHC stated the SBHC was their only source of health care.

Most of NM SBHCs are in designated Health Professional Shortage Area



¹<http://www.thecommunityguide.org/healthequity/education/RRschoolbasedhealthcenters.html>

NM School Based Health Centers provide students with the information they need to make healthy decisions and students are listening!²

Most students reported receiving important health information from their SBHC on the following topics:

- Handling their moods and emotions
- Suicide prevention
- Dealing with stress
- Reducing or quitting cigarette and tobacco use
- Reducing or quitting alcohol use
- Reducing or quitting drug use (including prescription drug abuse)
- Supporting themselves and their friends to not use drugs
- Improving eating and nutrition habits
- Increasing physical activity and exercise
- Making safe choices about sex

Overall, **90% of students** reported they are **comfortable going to their SBHC**, are likely to **follow the advice they received at the SBHC**, and have **improved their health related behaviors after an SBHC visit.**