

# New Mexico School-Based Health Center

## Annual Summary School Year 2017-2018



NEW MEXICO  
DEPARTMENT OF  
**HEALTH**



## New Mexico School-Based Health Care 2017-2018

# Health Care Where It Is Needed

School-Based Health Centers (SBHCs) provide quality, integrated, student-friendly, and culturally responsive health care services to keep children and adolescents healthy, in school, and ready to learn. SBHCs are medical clinics on school campuses which operate independently from, but in collaboration with, the school

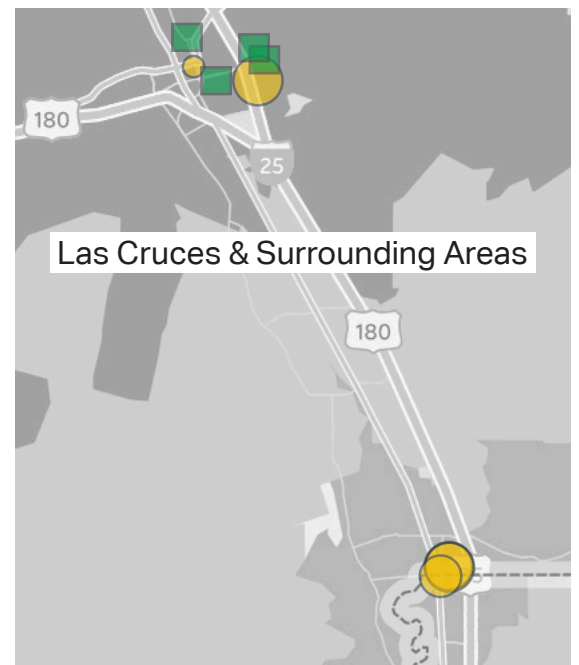
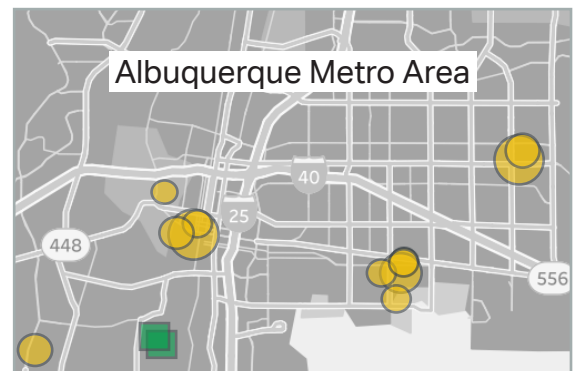
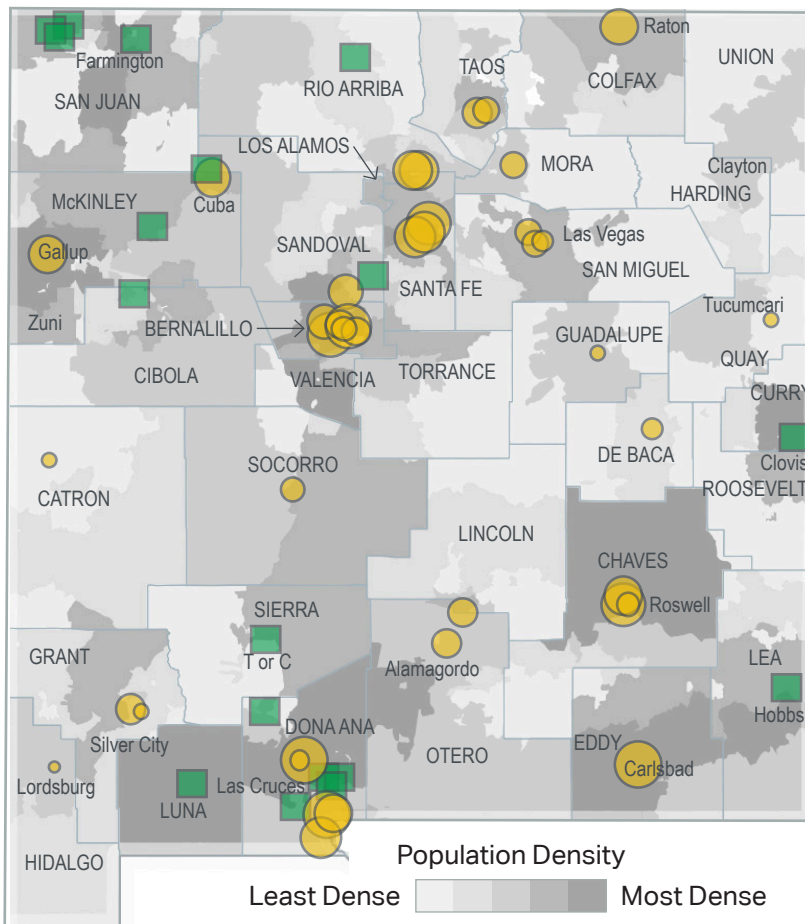
**48**

OSAH-funded  
SBHCs

and school health office. The New Mexico Department of Health Office of School and Adolescent Health (OSAH) provides supplemental operational funding to sponsors of 48 SBHCs statewide to ensure delivery of a model of care which includes provision of integrated primary and behavioral health care, valuing youth as primary partners in their own health, and accessibility of health care to all students regardless of insurance status or ability to pay for services.

### Where are SBHCs located?

OSAH-funded SBHCs are located in **22** of **33** New Mexico counties and all of these SBHCs are in federally-designated health professional shortage areas. The SBHCs are located in **33** high schools, **8** middle schools, **4** elementary schools and **3** combination elementary, middle, and high schools.



Health Care for kids **WHERE** they are and **WHEN** they need it.



## New Mexico School-Based Health Care 2017-2018

# Serving New Mexico Youth

School-Based Health Centers (SBHCs) are an effective strategy for improving health equity.<sup>1</sup> They reach low-income racial and ethnic populations and marginalized groups such as sexual minority youth.<sup>1,2</sup> Nationally, a majority of SBHCs serve teens because this population has unmet

needs for preventive and mental health care and has been shown to more frequently engage in behaviors that put adolescents at risk for sexually transmitted infections (STIs) and pregnancy.<sup>3,4</sup>

# 18,609

Patients seen  
at OSAH-supported<sup>5</sup>  
SBHCs

### What ages do the SBHCs serve?

Based on SBHC Visit Data,<sup>6</sup> more than half of students served are 14-18 years old.

#### Ages served at the SBHCs



### Who are patients of the SBHCs?

According to SBHC Visit Data,<sup>6</sup> more than half of students served by SBHCs are Hispanic. The demographics of students served by the SBHC are representative of the New Mexico population.<sup>7</sup>

63% Hispanic

23% White

9% American Indian

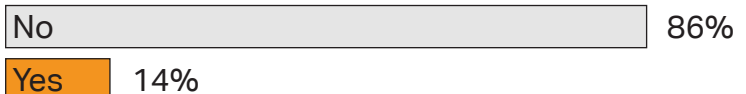
\*Not displayed in the graph:  
African American = 1.6%, Asian/  
Pacific Islander/ Native Hawaiian  
= 0.5% and Other = 3%

According to screening data,<sup>8</sup> patients have these characteristics.

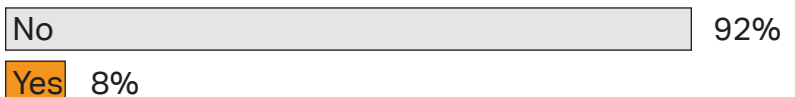
Gender



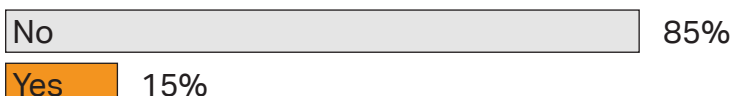
LGBTQ



History of homelessness



History of abuse



## Success Stories: SBHCs diagnose serious health issues

"We had a 16-year-old uninsured female come into the clinic presenting with swelling to her eyelids and face. She was seen by urgent care two days prior and diagnosed with an allergic reaction. After re-evaluating the patient, we drew labs in the clinic to help diagnose the unresolved swelling. Upon receiving lab results, the patient had acute hepatitis due to Epstein-Barr virus. The patient was re-evaluated and followed for 3 months, in which she had a full recovery. The patient is doing great and we will continue to follow her yearly with well exams." (SBHC Staff)



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## New Mexico School-Based Health Care 2017-2018

# Providing Needed Care to Youth

Research shows that SBHCs improve delivery of recommended preventive services, reduce asthma-related episodes, and promote prevention of health risk behaviors. They have also been shown to reduce emergency department and hospital admissions and increase contraceptive use among females.<sup>1</sup> **86%** of OSAH-funded SBHCs are operated by Federally Qualified Health Center (FQHC) or University Medical Groups. This affiliation connects students and families to larger medical organizations which can serve as medical homes and improve continuity of care.

# 56,566

SBHC visits from 18,609 patients seen at OSAH-supported<sup>5</sup> clinics

## What services do patients receive from SBHCs?

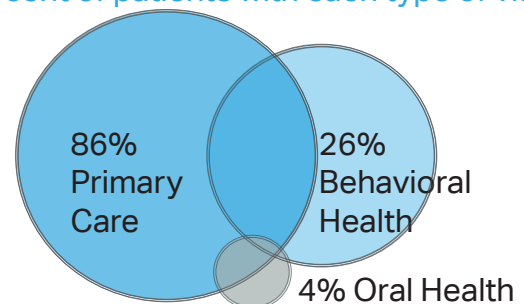
According to the SBHC Visit Data,<sup>6</sup> most students received primary care and approximately one-fourth received behavioral health services. **14%** received both primary and behavioral health services.

**Primary Care:** comprehensive well exams, sick visits, immunizations and reproductive health care

**Behavioral Health:** counseling for anxiety, depression, suicidality, and substance use

**Oral Health:** dental exams, oral hygiene, fluoride varnishes and other preventative services

Percent of patients with each type of visit



68% of SBHCs are open 3 days a week or fewer

<b>13</b>	SBHCs offering services during the summer	<b>8</b>	SBHCs offering dental services
<b>17</b>	Average number of hours per week primary care is offered	<b>22</b>	Average number of hours per week behavioral health is offered

## How often do students visit SBHCs?

Percentage of students with visit frequency



Of those with only one visit, the types of visits were: sick visits (47%), well child check or sports physical (28%), reproductive health (12%), behavioral health (12%), and oral health (1%).

Historically, about half of SBHC patients report not getting health care anywhere else.<sup>9</sup>

## Success Stories: SBHCs help save lives

"A 13-year-old uninsured male came to the clinic for a sports physical. During the visit a heart murmur was noted. The murmur was very pronounced and, according to the father, was never evaluated. During the visit, the student was referred to cardiology and subsequently diagnosed with aortic stenosis. He was then scheduled for surgical intervention in Albuquerque, during which the cardiologist successfully repaired his heart. The student will be evaluated yearly by cardiology. Post surgery the student is able to participate in soccer freely and is living a healthier life."

(SBHC Staff)

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## New Mexico School-Based Health Care 2017-2018

# SBHCs Addressing Behavioral Health

School-Based Health Centers (SBHCs) provide access and eliminate barriers to mental health services. According to research, students with mental health or substance use issues were more likely than other students to use SBHC services.

Students who used an SBHC for mental health services were also more likely to report that they knew where to go for help and were more likely to receive the help they sought.<sup>10</sup>

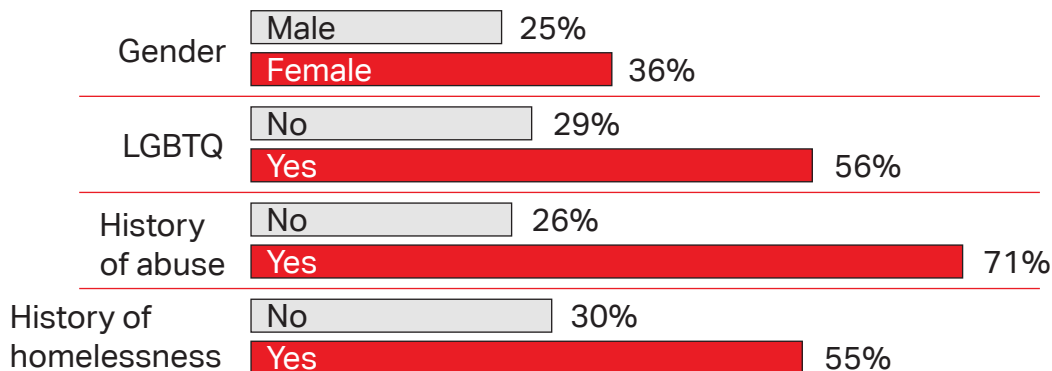
# 32%

of all patients screened<sup>8</sup> reported depression and/or anxiety

## What behavioral health risk factors do SBHC patients have?

According to screening data,<sup>8</sup> **27%** of SBHC patients ages 11-21 had anxiety symptoms, **18%** had depression symptoms, and **12%** reported thinking about, planning, or attempting suicide. Females and LGBTQ students as well as those with history of abuse or homelessness were more likely to report depression and/or anxiety symptoms.

### Percent of SBHC patients reporting depression and/or anxiety symptoms



## What behavioral health services do patients receive from SBHCs?

According to the SBHC Visit Data,<sup>6</sup> **26%** of all SBHC patients received behavioral health services. The most common behavior health counseling types for each visit were:



According to the SBHC Student Survey,<sup>11</sup> **66%** of students needed to talk with their provider about emotions/mood and **59%** needed to talk about stress. Of these, almost all reported their needs being met in regard to addressing emotions/ moods (**88%**) and stress (**85%**).

## Success Stories: SBHCs help students plan for the future

"We started seeing a student for depression, suicidal thoughts and anxiety when he was in high school. Through collaborative mental health services, the student graduated from high school, a goal he imagined he would never live long enough to achieve. Two years later, he no longer suffers from a mood disorder and is confident and secure in his plans for the future." (SBHC Staff)

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## New Mexico School-Based Health Care 2017-2018

# SBHCs Addressing Substance Use

Substance use among students is a public health concern and contributes to increased risk for injuries, violence, HIV and other infections.<sup>12</sup> New Mexico's death rates for alcohol-related injuries and drug overdoses is consistently higher than the national rates for people under 25.<sup>13</sup> SBHCs are

well-positioned to provide substance use intervention and education due to their integrated model of care and location on school campuses. These factors are especially relevant given national screening recommendations and the risks related to student substance abuse.

# 24%

of all patients screened<sup>8</sup> reported using substances

### What substance use risk factors do SBHC patients have?

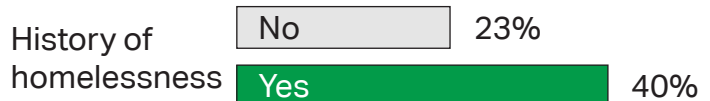
According to screening data,<sup>8</sup> **24%** of all SBHC patients ages 11-21 report using substances. In the past 12 months, this includes:

- **18%** used a form of marijuana
- **17%** drank more than a few sips of alcohol
- **3%** used anything else to get high

LGBTQ students and those with history of abuse or homelessness were more likely to report substance use. Substance use did not vary by gender, race, or ethnicity. In addition, **11%** of patients reported using tobacco.

Of all SBHC patients, only **10%** reported substance use behaviors that suggested the need for behavioral health services.<sup>14</sup>

#### Percent of SBHC patients who reported using substances



### What substance use services do patients get from SBHCs?

According to SBHC Visit Data,<sup>6</sup> approximately 1% of all SBHC patients had a visit that was specifically coded for substance use. However, providers report that in order to protect student confidentiality, they often do not use substance codes. Therefore, more than 1% of patients likely received substance use services.

According to the SBHC Student Survey,<sup>11</sup> **38%** of students needed to talk with their provider about each of these substances. Most of these students felt they received the information they needed.

#### Students who felt they received what they needed from their providers regarding use of:



### Success Stories: SBHCs facilitate peer support groups

"Our SBHC nurse practitioner identified the need for Substance Use education and therapy... Many of our students do not have a reliable male role model in their lives, or their parents are substance abusers themselves. The [peer support group for male students] has helped these male students open up to another male about their experiences at home, school, with their peers, and their relationships to substances. ...These male students have bonded with the provider and have a positive role model." (SBHC Staff)

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## New Mexico School-Based Health Care 2017-2018

# SBHCs Addressing Sexual Health

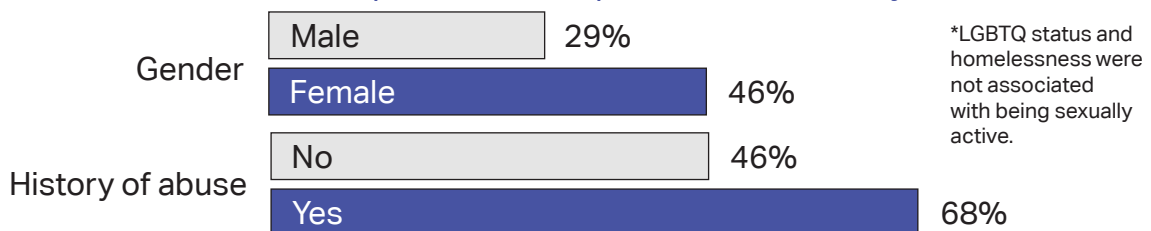
School-Based Health Centers (SBHCs) can provide a broad range of sexual and reproductive health services directly or via referral. Studies have shown that sexually active females are more likely to receive specific care and use hormonal contraception if their schools have a SBHC.<sup>15</sup> In New Mexico, **83%** of SBHCs provide reproductive health care to their patients: **58%** provide hormonal contraceptives and **50%** provide Long-Acting Reversible Contraception (LARC).

**39%**  
of all patients  
screened<sup>8</sup>  
reported  
being sexually  
active

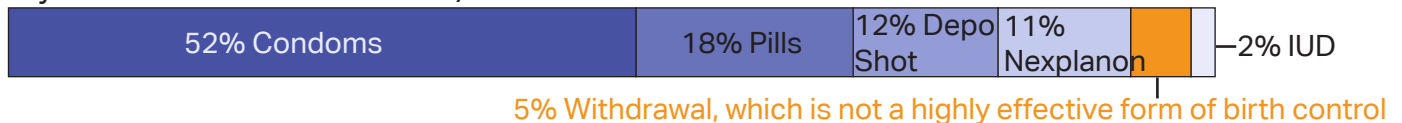
### How many SBHC patients are sexually active?

According to screening data,<sup>8</sup> **39%** of adolescents (11-21) are sexually active. Females or those who have been physically, sexually, or emotionally abused are more likely to be sexually active.

#### Percent of SBHC patients who reported sexual activity



Of those who were sexually active,<sup>8</sup> **24%** reported NOT using any method to prevent pregnancy. However, more than half of sexually active patients used condoms and/or the following methods (they could select more than one):



The percent using an effective method did not differ substantially by gender, LGBTQ status, history of abuse, or homelessness.

### What sexual health services do patients get from SBHCs?

According to SBHC Visit Data,<sup>6</sup> about one-fifth (21%) of all SBHC patients received sexual or reproductive health services. Of these patients, the types of services received were:



\* STI = Sexually transmitted infection

### Success Stories: SBHCs treat the whole patient

"Our student was in a relationship with a male peer that was gradually becoming more abusive. The student was suffering emotionally and academically with low motivation and low grades. After working with Behavioral Health, she became more confident and eventually left the abusive relationship. This student eventually began a new relationship with a supportive male peer. The couple came to the SBHC for couples therapy with the BHP to increase positive communication in their relationship. Our student also met with the SBHC medical provider for reproductive health and was able to benefit from LARC. This student is one of the first in her family to graduate from high school and plans to pursue a nursing degree after receiving care from our clinic." (SBHC Staff)

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## Report References

- <sup>1</sup>Knopf, John A., et al. "School-Based Health Centers to Advance Health Equity." *American Journal of Preventive Medicine*, vol. 51, no. 1, 2016, pp. 114–126., doi:10.1016/j.amepre.2016.01.009.
- <sup>2</sup>Zhang, Lei, et al. "Sexual Orientation-Based Depression and Suicidality Health Disparities: The Protective Role of School-Based Health Centers." *Journal of Research on Adolescence*, 2018, doi:10.1111/jora.12454.
- <sup>3</sup>Keeton, Victoria, et al. "School-Based Health Centers in an Era of Health Care Reform: Building on History." *Current Problems in Pediatric and Adolescent Health Care*, vol. 42, no. 6, 2012, pp. 132–156., doi:10.1016/j.cppeds.2012.03.002.
- <sup>4</sup>"Adolescent and School Health." *Centers for Disease Control and Prevention*, Centers for Disease Control and Prevention, 27 June 2018, [www.cdc.gov/healthyyouth/healthservices/index.htm](http://www.cdc.gov/healthyyouth/healthservices/index.htm).
- <sup>5</sup>Visit data includes Visit Data from 48 SBHCs with sponsors who receive supplemental operational funding from OSAH as well as 2 additional SBHCs that provide Visit data to OSAH.
- <sup>6</sup>Visit data: Electronic medical record data for every SBHC visit during the 2017–18 school year.
- <sup>7</sup>"YRBS." *Healthy Youth*, CDC.gov, [www.cdc.gov/healthyyouth/data/yrbs/pdf/2017/ss6708.pdf](http://www.cdc.gov/healthyyouth/data/yrbs/pdf/2017/ss6708.pdf).
- <sup>8</sup>Screening data from 35 OSAH clinics during the 2017–18 school year: Universal risk screening survey completed by SBHC patients (completion rate = 57%).
- <sup>9</sup>In the 2016–17 Student Survey, 48% of SBHC patients reported not getting health care from any other locations in the past year.
- <sup>10</sup>Bains, R M, and A F Diallo. "Mental Health Services in School-Based Health Centers: Systematic Review." *Current Neurology and Neuroscience Reports*, U.S. National Library of Medicine, Feb. 2016, [www.ncbi.nlm.nih.gov/pubmed/26141707](http://www.ncbi.nlm.nih.gov/pubmed/26141707).
- <sup>11</sup>SBHC Student Survey: Anonymous survey completed during the 2017–18 school year by patients after visiting the SBHC (number of responses = 2593).
- <sup>12</sup>Schulte, Marya T., and Yih-Ing Hser. "Substance Use and Associated Health Conditions throughout the Lifespan." *Public Health Reviews*, vol. 35, no. 2, 2013, doi:10.1007/bf03391702.
- <sup>13</sup>Health, New Mexico Department of. "Substance Use." *NM-IBIS - Complete Health Indicator Report*, <https://ibis.health.state.nm.us/topic/healthoutcomes/SubstanceAbuse.html>
- <sup>14</sup>CeASAR, [ceasar.childrenshospital.org/crafft/](http://ceasar.childrenshospital.org/crafft/).
- <sup>15</sup>"School-Based Health Center Access, Reproductive Health Care, and Contraceptive Use Among Sexually Experienced High School Students." *NeuroImage*, Academic Press, 14 May 2011, [www.sciencedirect.com/science/article/pii/S1054139X11000462](http://www.sciencedirect.com/science/article/pii/S1054139X11000462).

