

## 2014 Program Report Card: Windham Middle School, Windham, CT, Grades 6-8

*Quality of Life Result:* All Connecticut children will grow up in a stable environment, safe, healthy and ready to succeed.

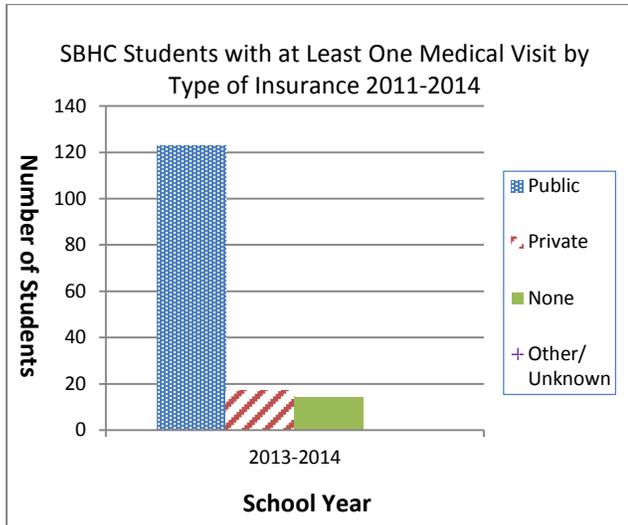
*Contribution to the Result:* School Based Health Centers provide healthcare access for school aged students, so that they are healthy and ready to learn.

Program Expenditures	DPH SBHC Funding	Other State Funding	Federal Funding (MCHBG, ACA)	Total Other Funding (Other federal, Local, Private)	Reimbursement Generated	Total Site Funding
Actual SFY 14	\$151,185.	\$0	\$0	\$0	\$0	\$151,185.
Estimated SFY 15	\$160,335.	\$0	\$0	\$0	\$0	\$160,335.

*Partners:* Parents, Students, CASBHC, DPH, School Based Health Alliance, Planned Parenthood, Generations, other Community Mental Health Agencies, Windham Hospital, Natchaug Hospital, Windham Board of Education, School Administrators and Faculty

### How Much Did We Do?

Access and Utilization



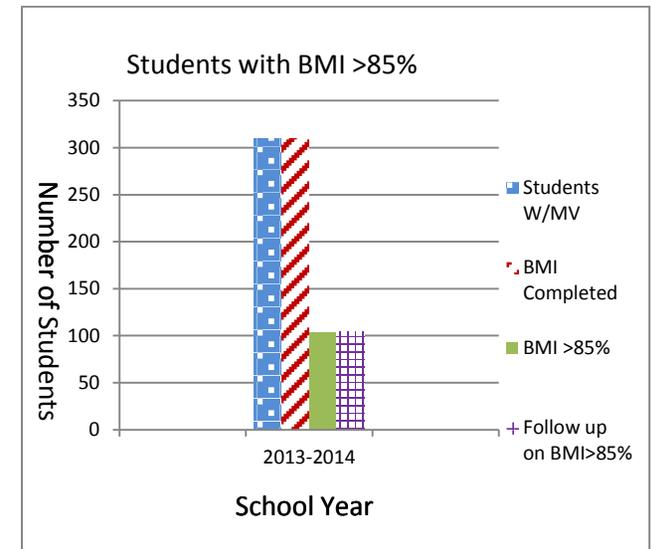
**Story behind the baseline:** The total school population of Windham Middle School in 2013-2014 was 651 students in grades 6-8. The beginning of the school year saw enrollment at the School-Based Health Center (SBHC) at 56 percent of the school population. By the conclusion of the 2013-2014 year the enrollment had increased to 397 students (61%). This represents a 5 percent increase over the course of the year. Of the 397 students in the SBHC at Windham Middle School, 154 (39%) had at least one medical visit. For those students 123 (80%) had public insurance (Medicaid/Husky), 17 (17%) had private insurance and 14 (9%) had no insurance.

SBHC staff increased marketing efforts during the 2013-2014 school year. Enrollment forms were disseminated to all 6<sup>th</sup> grade parents. The staff was involved in creating a tri-fold pamphlet in English and Spanish to be used by school administration, guidance office and special education staff. The pamphlet was also distributed to community agencies. A one-page insert in English and Spanish was developed to be included in the mailing of November report cards and was available at Open House, Parent-Teacher conferences and other school events to promote the SBHC. The LCSW visited the small team meetings of staff at the beginning of the school year to explain to new teachers the intent of the SBHC. Every opportunity during the school year to speak to parents directly was taken. SBHC staff spoke in small group staff meetings regularly regarding the services provided. SBHC staff and the coordinator also participated in a local morning radio show to speak about the intent and purpose of the health center. SBHC staff attended Parent Teacher Organization meetings to promote the SBHC services.

**Trend:** ◀▶ Flat/ No Trend

### How Well Did We Do?

Reduce Obesity in SBHC Users.



**Story behind the baseline:** Body Mass Index (BMI) is now collected for every student at the health center for every medical visit. During the 2013-2014 year the Windham Middle School Advanced Practice Registered Nurse (APRN) saw 352 students for medical visits. Of those, 309 (88%) had BMI's taken. Students with repeat medical visits within a short time period did not have a BMI retaken which accounts for the 43 other medical visits. Of the 309 students with a BMI taken, 104 (34%) had a BMI of >85 percent. Of these 104 students all were seen for a

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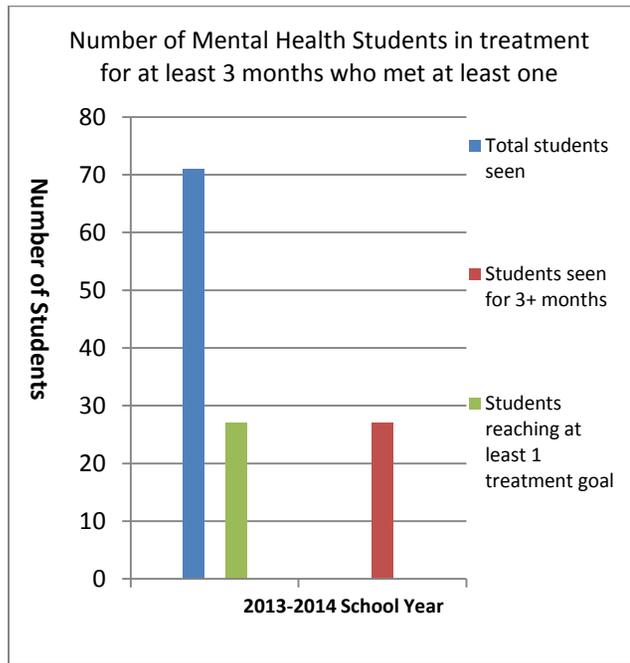
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follow-up visit during which the APRN worked to educate the students about good nutrition, smart snack choices and various forms of physical activity even if they are not athletes. The APRN also works with students to gain knowledge of healthier options in food choices, although for middle school age students it is a challenge as they are often bound by what their parents' food choices are. Working with these constraints discussions took place with the students regarding portion control. With the results of the 2014-2015 school year the staff will be better able to determine exactly where the trend in BMI numbers will head.

**Trend:** ◀▶ Flat/ No Trend

### Is Anyone Better Off?

Mental Health Improvement



**Story behind the baseline:** As staff or the APRN referred students to the Licensed Clinical Social Worker (LCSW) they were all given an initial assessment from

which treatment goals were determined for therapy. Of the 71 students in the LCSW's caseload there were 27 students (38%) who were seen for three months or more. Of the 27 students seen, all 27 (100%) completed at least one treatment goal. After the initial evaluation the other 44 students received services from the LCSW for less than 3 months. Potential areas which did not require over 3 months of treatment were short-term issues such as bereavement or peer conflict. Over 90 percent of the approximately 80 staff members received information about the mental health services of the SBHC through their team meetings and distribution of SBHC materials. The APRN referred students to the LCSW if their Guidelines for Adolescent Preventative Services (GAPS) score indicated potential mental health issues. All students who exceeded the scope of treatment of the LCSW were referred to outside providers. Also, all students who needed support over the summer months were referred to community agencies. Whenever necessary the LCSW provided support to students with outside providers within the school day if warranted.

**Trend:** ◀▶ Flat/ No Trend

### Proposed Actions to Turn the Curve:

#### Access and Utilization:

- 1) SBHC staff will attend school events such as Open House, Parent Teacher Conferences and Fifth Grade Welcome Night to advocate and disseminate information about the Windham Middle School SBHC. Staff will also stay in close contact with the building administration to keep the lines of communication open and healthy.

#### Obesity Reduction:

- 2) The APRN will work to identify students that are at risk for obesity. A search for additional funding to support parent informational sessions focusing on child and adolescent nutrition and physical activity will be on-going.

#### Mental Health Services:

- 3) SBHC staff will provide SBHC orientation sessions to all new and existing school personnel. Orientation will include information on the mental

health services offered through the SBHC, the referral process and the importance of linkages with community service providers and other resources. SBHC will work collaboratively with school staff to identify students at risk and ensure a coordinated approach to addressing student/family need. SBHC staff will also establish and maintain collaborative relationships with new and existing community based providers to ensure continuity of care and access to needed resources.

### Data Development Agenda:

1. Due to the difficulty of data manipulation presently with the Access Program, the staff will attempt to learn ways to manipulate the data from the Allscripts EMR.
2. The Windham Hospital IT Department will work with SBHC staff to find an ICD-10 compatible EMR for Windham Middle School. Presently Windham Middle School is using Allscripts My Way as an EMR.

\*Data presented represents the 2013-2014 school year and is only to be used to establish a baseline.