

What is a school-based health center (SBHC)?

School-based health centers are like a doctor's office in school. They provide quality primary and mental health services where kids are – keeping them healthier, in school and ready to learn.

What services are offered in an SBHC?

The centers provide quality health care, including routine physical exams, diagnosis and treatment of acute and chronic illness, treatment of minor injuries, and screenings and immunizations. Many also offer dental health services.

They provide primary prevention services including, health education such as obesity counseling, physical activity and tobacco use prevention.

They provide or connect students with mental health services, including grief therapy, help with peer pressure, bullying and suicide prevention.

SBHCs offer services to all students in their school, regardless of ability to pay.

Maine SBHCs engage students, parents and community members in advisory councils that provide leadership, guidance and community perspective to health service staff and school administration.

How are SBHC services decided?

The services offered at the SBHC is decided by the local community, based on the health needs of students and values of the community.

How are SBHCs funded?

Funding mixes vary by site but include state public health dollars, local school, grants and insurance reimbursements.

About the Maine Assembly

The Mission of the Maine Assembly is to ensure that all Maine Students have access to healthcare through advocacy, promotion, support and sustainability of school-based health centers at the local, state and national levels.

We Work To:

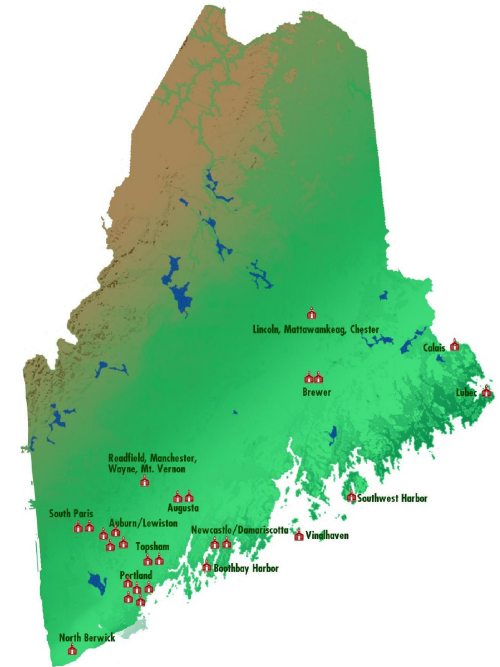
- **Connect** SBHC professionals and supporters across Maine
- **Provide** technical assistance and training to SBHC staff
- **Identify** sustainable funding solutions
- **Educate** local, state and federal policymakers



**MAINE ASSEMBLY ON
SCHOOL BASED HEALTH CARE**

Lisa Burgess, Executive Director
11 Parkwood Drive
Augusta, Maine 04330
Phone: 207-622-7566 ext. 220
Fax: 207-622-3616
lburgess@mcd.org

School-Based Health Care in Maine



**What it Is
and
Why it Works**

Why School-Based Health Care

ACCESS

Many students seen in Maine's school-based health centers would not receive health services without their center.

Barriers to health care that school-based health centers overcome:

- The family may lack medical insurance.
- The insurance policy of working parents may not cover their children or may only provide for catastrophic illness.
- Lack of transportation, especially in rural areas.
- Lack of familiarity with the health care system.

School-based health centers break down these barriers by providing all students with the care they need, regardless of their family's ability to pay. They are conveniently located in a familiar environment where students spend much of their day and staffed by clinicians who are expert in adolescent health care.

CONTINUITY OF CARE

The school-based health center connects students with the health care system

- Helps families find a primary care provider
- Helps families sign up for MaineCare
- Communicates about student's care with the primary care provider
- Carries out administration of therapies for chronic conditions

PREVENTION

Students receive prevention messages when visiting their health center.

SBHCs counsel students individually, in groups, and through school-wide education initiatives. What are some of the health messages SBHCs provide?

- Tobacco and drug prevention
- Healthy eating/obesity counseling
- Exercise
- Emotional health
- Screening for chronic diseases such as asthma and diabetes

School-based health centers are prevention-focused so that health problems and risky behaviors can be caught early or prevented altogether. Prevention and early intervention make financial sense by reducing Medicaid expenditures and inappropriate emergency room use. But most importantly, prevention keeps kids healthy so that they can succeed in school.

SCHOOL SUCCESS

Students are treated quickly and problems caught early so they spend more time in class.

Studies show that school-based health centers decrease absenteeism, tardiness and school discipline problems.

Facts About School-Based Health Care in Maine

Meeting the Needs of Students

During the 2007-2008 school year, there were 27 School-Based Health Centers in Maine

- 54% of students in a school with a SBHC are enrolled, compared with only 25% in 2003.
- There were 15,102 encounters, including medical, behavioral health, dental, nursing, and administrative visits.
- 51% of users reported having had an annual health risk assessment, compared to 44% the previous year
- Almost 30% of medical visits were for a preventive screening—such as a well-child exam, immunization, vision exam, sports physical or lab test.
- 92% of all encounters were covered by public or private insurance.
- 48% of users reported having had a biennial physical (either done at a SBHC or someplace else), up from 38% the previous school year.

A Resource in Our Communities

- Maine has 27 SBHCs in 14 communities.
- SBHCs deliver a core set of medical and mental health primary care services, as well as preventive health services.
- SBHCs are staffed by licensed health professionals, including nurse practitioners, physician assistants, registered nurses, and qualified mental health counselors.

Cost Effective – A Smart Investment in Kids

- A study by Johns Hopkins found that SBHCs reduced inappropriate emergency room use among regular users of school-based health centers.
- Cost of hospitalizations decreased by 85 percent (nearly \$1,000 per child) for children in Cincinnati schools with SBHCs.