

## Impacting academic performance by improving health and emotional wellbeing

**School-Based Health Centers (SBHCs)** are an important bridge between health and education, delivering results that matter to schools, including decreases in absenteeism and improvements in grade point averages.

### OVERVIEW

SBHCs provide on-site health services that promote the success of school-aged children and adolescents. They work hand-in-hand with school communities to provide safe, age-appropriate, culturally competent services when and where students need it.

Health services may include:

- preventive well-child care
- mental and behavioral health counseling
- drug and alcohol counseling
- family planning
- immunizations
- chronic care
- nutritional counseling
- dental care

### KEY FACTS

- Poor health severely limits a child's motivation and ability to learn.<sup>1</sup>
- SBHC use is significantly associated with improvements in GPA and attendance.<sup>2</sup>
- Adolescents were 21 times more likely to access mental health services at the SBHC than community clinics.<sup>3</sup>



### BENEFITS OF SCHOOL-BASED HEALTH CENTERS

- **Increase attendance** by providing services on campus so students can miss less classroom time.
- **Reduce barriers to learning** with early detection of developmental delays and assistance in coordination of subsequent intervention.
- **Save parents and employers time** by allowing students to stay in school to get their health care needs met and easily facilitate follow-up care.
- **Support teachers and school personnel** by educating teachers on how to incorporate strategies that promote child health and development into their daily curriculum.
- **Increase school connectedness** through the provision of mental health services and integration with other community services brought to the school.
- **Engage parents and community** by working with families to help them receive services for the physical and emotional development of their children.

Notes: <sup>1</sup> Basch, CE. *Healthier Students are Better Learners: A Missing Link in School Reforms to Close the Achievement Gap. Equity Review: Research Matters* Vol. 6., 2010.

<sup>2</sup> Walker S, Kerns S, Lyon A, Bruns E, Cosgrove T. *Impact of school-based health center use on academic outcomes. J Adolesc Health.* 2009; 1-7.

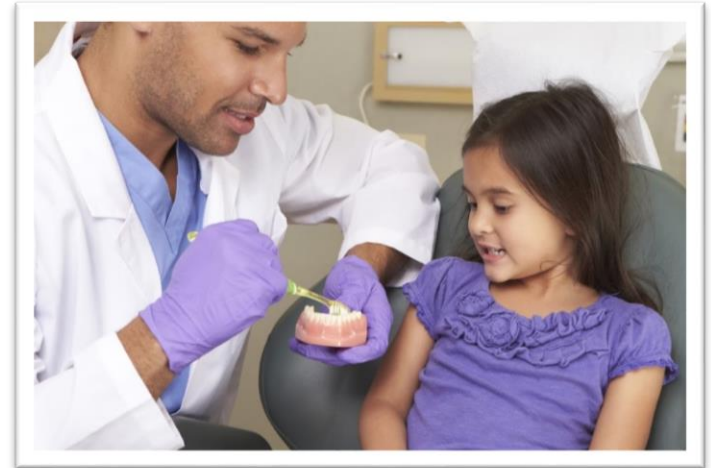
<sup>3</sup> Juszcak, L., Melinkovich, P., & Kaplan, D. *Use of health and mental health services by adolescents across multiple delivery sites. Journal of Adolescent Health,* 2003; 32, 108-118.

## LOCATIONS

School-Based Health Centers in Seattle provide comprehensive medical and mental health care to students at 25 schools. The Families and Education Levy funds health centers in all comprehensive high schools, Interagency Academy, Seattle World School, five middle schools and eight elementary schools. Dental services are also provided at ten locations.

*“A fourth grader was feeling extremely anxious about her dentist appointment and did not want to come at all. She was on the verge of tears until a couple of her classmates (one of whom had also seen the dentist that day) reassured her and made her feel brave. She brought a friend to hold her hand and she was able to finish her treatment.”*

– SBHC provider



## COMMUNITY PARTNERS

- International Community Health Services
- Kaiser Permanente
- Neighborcare Health
- Public Health – Seattle & King County
- Seattle Children’s Hospital/Odessa Brown Children’s Clinic
- Swedish Medical Center



## IMPACT

Seattle’s SBHCs served over 7,000 students in the 2016-17 school year with more than 38,000 visits.

Top reasons for visits:

- Counseling
- Immunization
- Anxiety and Depression
- Academic Issues

Estimated 40,000 seat time saved per year by receiving health services at school.

**For more information about School-Based Health Centers in Seattle & King County, visit <http://www.kingcountyschoolhealth.com>**