



LA CLINICA

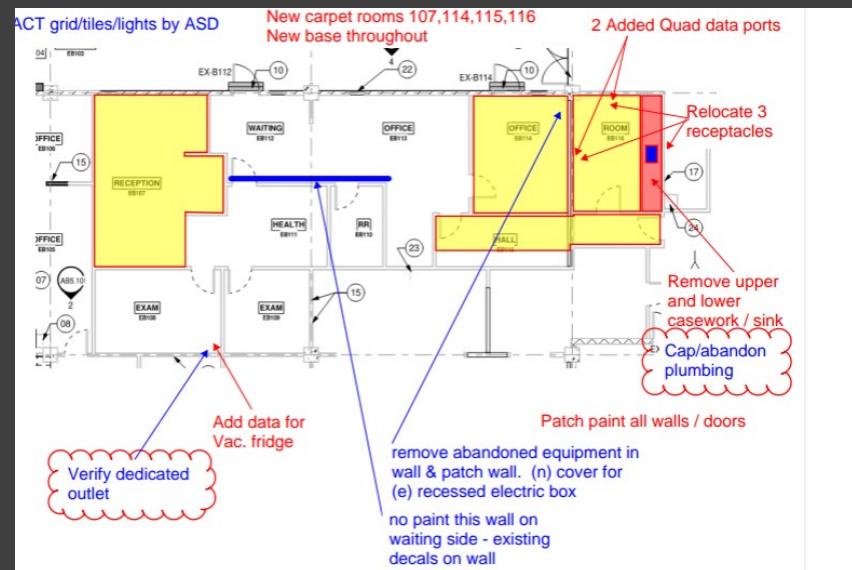
Ashland School Based Services

January 2026

Agenda:

1. Remodel of Health Center
2. 3-year statistics
3. Top 5 reasons to visit the health center
4. Staffing Model
5. Substance Use Prevention Program

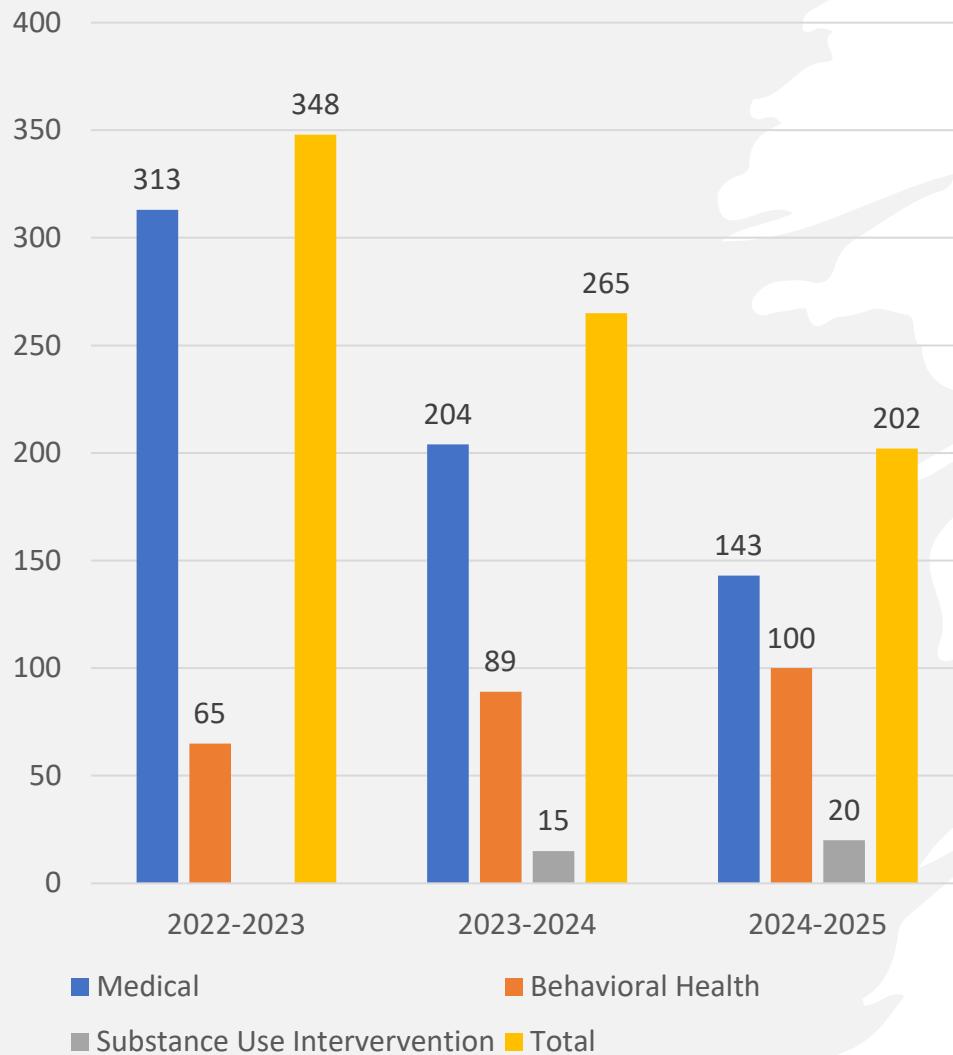




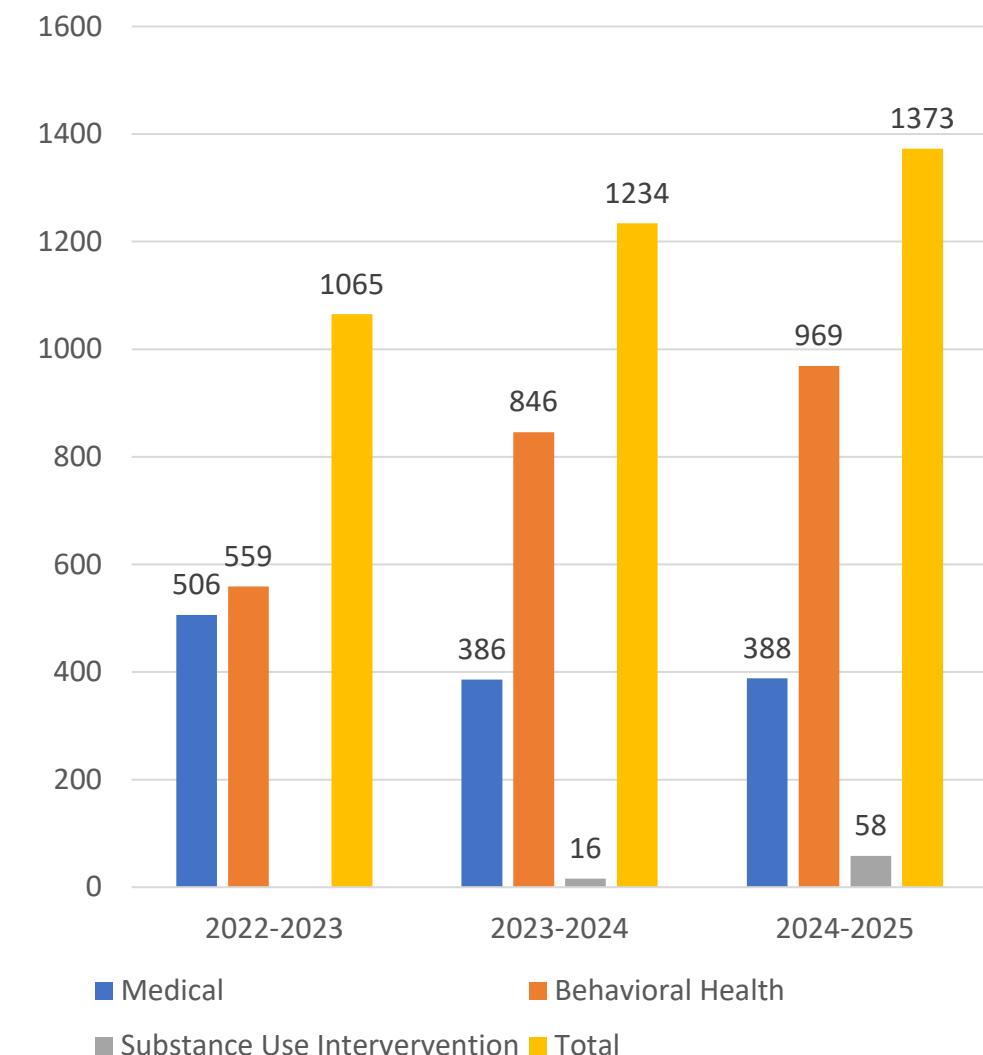
Grant- Funded Health Center
Improvement 2023-2024

La Clinica Health Center Statistics

SY 2022-2025 Patients



SY 2022-2025 Visits



Top Reasons Youth Come to the Health Center



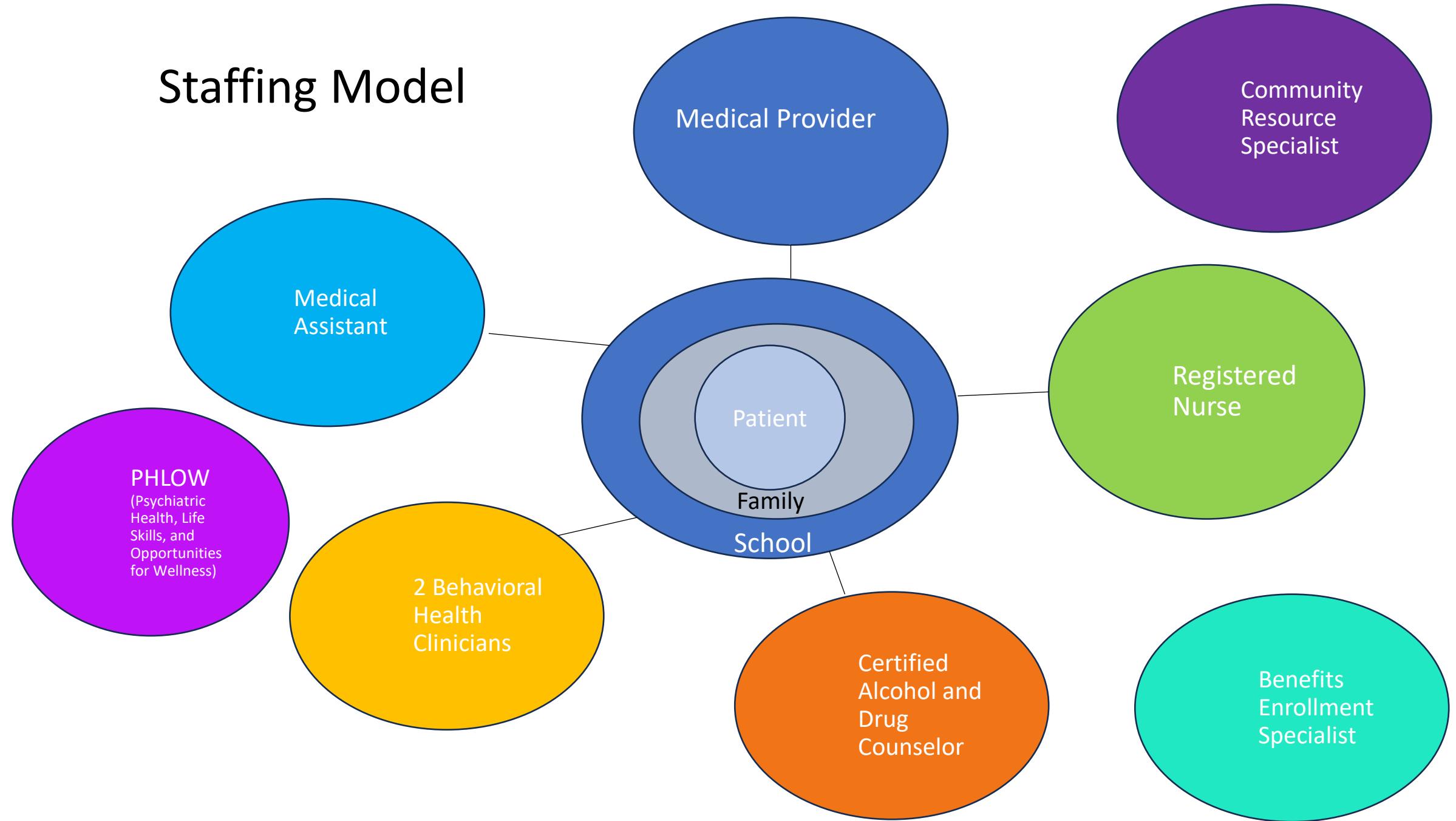
Medical Top 5 Reasons

1. Headaches
2. Abdominal Pain
3. Pain (leg, hand, knee shoulder, arm)
4. Well child checks or Physicals
5. Immunizations

Behavioral Health Top 5 Diagnosis

1. Generalized Anxiety
2. Other reaction to severe stress
3. Major Depressive D/O
4. Other Anxiety Disorder & Social Anxiety
5. Dysthymic disorder

Staffing Model





La Clinica School-Based Health Center Substance Use Prevention, Intervention, and Treatment Services at Ashland High School:

- **Universal and targeted screening** for substance use, behavioral health concerns, and social determinants of health to support early identification and student well-being
- **Brief intervention** utilizing *Teen Intervene*, an evidence-based substance use prevention program for adolescents
- **On-campus substance use treatment and enhanced mental health services** through a partnership with **Kolpia/Options**, allowing students to access timely care without leaving campus
- **Coordinated referrals** to substance use treatment, behavioral health services, medical providers, or community-based supports, based on individual student needs
- **Naloxone (Narcan)** available when clinically indicated, in alignment with student safety protocols

Prevention Education & Compliance

- La Clinica Certified Drug and Alcohol Counselor provides support to Ashland High School health educators in the delivery of the state-mandated opioid prevention lesson, as required by the Oregon Department of Education

Teen Intervene Process

Screening

- Assess for risky substance use and mental health
- Assess for social determinants of health
- Identify severe substance use disorder and refer to treatment

Teen Session 1

- Summarize principles and goals of Teen Intervene
- Distinguish between pros and cons of substance use
- Evaluate readiness to change
- Identify goals for reducing or eliminating substance use

Teen Session 2

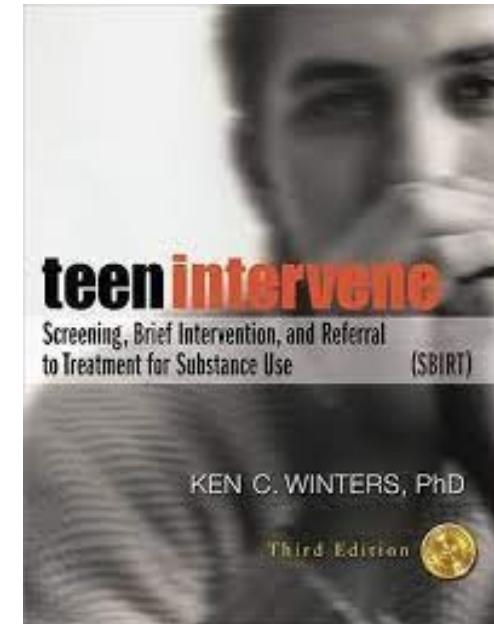
- Evaluate goals and progress from session 1
- Discuss and teach decision making techniques in real world situations with risk
- Identify positive social supports and other support options
- Plan for strategies to say no to dealing with peer influences
- Re-evaluate readiness for change
- Identify long term goals around reducing or eliminating substance use

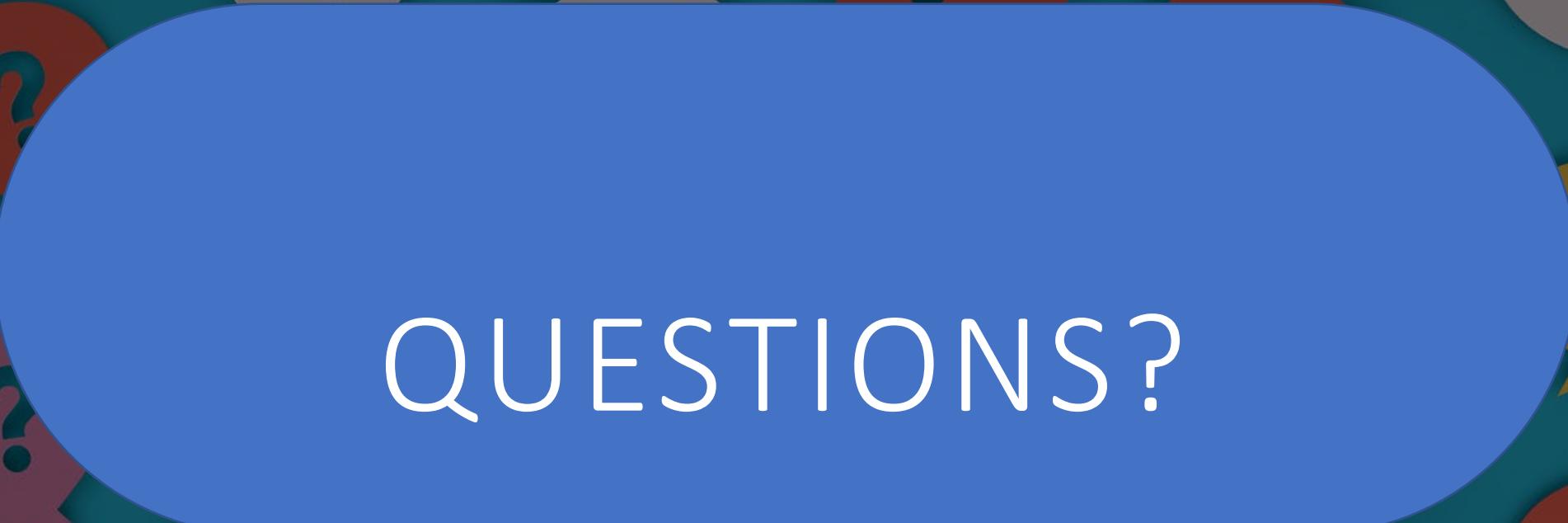
Family or Teen Session 3

- Discuss significant events that lead to the brief intervention
- Promote family communications that support teen health
- Promote family attitudes and behaviors that support teen change in a positive direction

Referral to Treatment

- Recognizes unfavorable changes in teen substance use and progress toward goals
- Explain options for referrals if next steps are needed
- Select appropriate options for next steps





QUESTIONS?



Contact info:

ELISE TRAVERTINI WINDBIGLER, LCSW
Business Development Director

EMAIL: ETRAVERTINI@LACLINICAHEALTH.ORG