



Beaverton School Based Health Center & Merlo Station Health Center**Policy Issue/Situation**

The Beaverton School Board is interested in hearing an update on the services and progress of the two School Based Health Centers in the Beaverton School District.

The Beaverton School District has two School Based Health Centers, one located at Merlo Station High School and the other on the Beaverton High School campus. The Merlo Station High School Health Center, operated in partnership with Oregon Health & Science University has provided services for over 15 years. The Beaverton School Based Health Center in partnership with the Virginia Garcia Health System opened in December 2014 on the Beaverton High School Campus.

Representatives from both Health Centers are here tonight to present information and answer questions.

Background

School-Based Health Centers (SBHCs) are medical clinics that offer primary care services either within or on the grounds of a school. With easy access to health care in a school setting, SBHCs reduce barriers such as cost, transportation, and concerns surrounding confidentiality that often keep children and youth from seeking the health services they need. SBHCs provide a full range of physical, mental and preventive health services to all students, regardless of their ability to pay.

Each SBHC is staffed by a primary care provider (i.e., doctor, nurse practitioner or physician's assistant), other medical, mental, or dental health professionals and support staff such as a receptionist.

SBHCs have existed in Oregon since 1986 and succeed through unique public-private partnerships between the Oregon Public Health Division, school districts, county public health departments, public and private practitioners, parents, students, and community members.

Recommendation:

It is recommended that the School Board discuss the information presented.

Additional Information and Resources:

For more information about Oregon's School-Based Health Centers, please visit www.healthoregon.org/sbhc.

There is more information in regards to the general health of Washington County youth contained in the **Oregon Healthy Teens Survey** that was last completed in 2013. The entire document is available from the Oregon Health Authority at: https://public.health.oregon.gov/BirthDeathCertificates/Surveys/OregonHealthyTeens/Documents/2013/County/34_Washington_County.pdf -

The Oregon School-Based health Alliance is also a resource for more information at <http://www.osbha.org> and the National School-Based Health Alliance, as well at <http://www.sbh4all.org>

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LOCAL-LEVEL DATA

Service Year: July 1, 2012 to June, 30, 2013

SBHC Basics	SBHC Name:	Merlo Station High School	
	Year SBHC opened:	1994	
	SBHC Host School:	Merlo Station High School	
	School District:	Beaverton SD 48J	
	County:	Washington	
	CCO(s):	FamilyCare, HealthShare	
Partnerships	Medical Sponsor Name:	Oregon Health & Science University <input type="checkbox"/> FQHC	
	PCPCH Recognition Status:	<input type="checkbox"/> Tier 1 <input type="checkbox"/> Tier 2 <input type="checkbox"/> Tier 3 <input type="checkbox"/> N/A	
	Other Local Partnerships:		
	EHR system used:		
	Mental Health EHR system used:		
Operations (2013-14 School year information)	Population(s) Served:	<input type="checkbox"/> Pre-K (Children from birth through 5 years of age) <input type="checkbox"/> Post-High School Individuals <input type="checkbox"/> Faculty/Staff of the school <input type="checkbox"/> Other	
	Hours of Operation:		
	Summer Hours:		
	SBHC Staffing Model:	<input type="checkbox"/> MD <input type="checkbox"/> DO <input type="checkbox"/> ND <input type="checkbox"/> PA <input type="checkbox"/> NP <input type="checkbox"/> RN <input type="checkbox"/> LPN <input type="checkbox"/> CNA <input type="checkbox"/> Medical Assistant <input type="checkbox"/> QMHP <input type="checkbox"/> LCSW <input type="checkbox"/> Dental Provider <input type="checkbox"/> Alcohol & Drug Counselor <input type="checkbox"/> Health Educator	
Visit Statistics	Total Clients Served:	236	
	% School-Aged Clients Served (ages 5-21):	71.6%	
	% "Established" Clients (3+ visits in a year):	31.8%	
	Total Visits:	612	
	% of visits with mental health concern:	33.0%	
	% of visits with dental concern:	4.1%	
	% of clients who received immunizations:	51.3%	
% of clients who received Adolescent Well Visit (ages 12 to 21):	32.2%		
Insurance	% Visits by Payor-	OHP/Medicaid:	52.8%
		Ccare:	0.0%
		Private:	28.3%
		Other /Unknown /None:	19.0%
Billing	Total Charges:	\$0.00	
	% of Visits Billed:	0.0%	
	Total Reimbursement:	\$0.00	
	% Visits Reimbursed:	0.0%	

School-Based Health Centers

General Information



What is an SBHC?

School-Based Health Centers (SBHCs) are medical clinics that offer primary care services either within or on the grounds of a school. With easy access to health care in a school setting, SBHCs reduce barriers such as cost, transportation, and concerns surrounding confidentiality that often keep children and youth from seeking the health services they need. SBHCs provide a full range of physical, mental and preventive health services to all students, regardless of their ability to pay.

Each SBHC is staffed by a primary care provider (i.e., doctor, nurse practitioner or physician's assistant), other medical, mental, or dental health professionals and support staff such as a receptionist.

SBHCs have existed in Oregon since 1986 and succeed through unique public-private partnerships between the Oregon Public Health Division, school districts, county public health departments, public and private practitioners, parents, students, and community members.

What do SBHCs do?

SBHCs provide patient-centered care services for all students whether or not they have health insurance coverage.

SBHCs can:

- Perform routine physicals, well-child exams, and sports exams;
- Diagnose and treat acute and chronic illnesses;
- Treat minor injuries/illnesses;
- Provide vision, dental and blood pressure screenings;
- Administer vaccinations;
- Prevent and treat alcohol and drug problems;
- Deliver preventive health and wellness messaging;
- Provide and/or connect students with mental health counseling;
- Provide reproductive health services;
- Give classroom presentations on health and wellness;
- Prescribe medication;
- Help students find social supports.

School-based health centers...

- Improve access to affordable and high quality physical, mental, dental and preventive health services.
- Treat children and youth who otherwise may not receive care.
- Reduce costs related to unnecessary hospital stays and use of emergency rooms.
- Save parents time by reducing missed work hours.
- Get students back to the classroom faster and ready to learn.
- Support students while they take charge of their health care as they become young adults.
- Meet community needs through patient-centered care.

STATE-LEVEL DATA		Service Year: July 1, 2012 to June, 30, 2013			
General SBHC Information	Number of certified SBHCs in Oregon:	68			
	Total number of clients served:	22,408			
	Total number of visits:	65,705			
	# of Oregon school - aged children (5-21) with access to an SBHC:	54,233			
Health System Transformation	% SBHCs with PCPCH recognition:	42.6%			
	Tier 1 /Tier 2 /Tier 3:	T1/ 0	T2/ 25.0%	T3/ 17.6%	
Sponsorship	% SBHCs sponsored by FQHCs:	64.7%			
	% SBHCs sponsored by LPHAs (& FQHC status):	32.3%			
Billing/ Sustainability	Insurance status of SBHC clients-	OHP/Medicaid:	37.6%		
		Ccare:	2.1%		
		Private:	17.3%		
		Other/ Unknown/ None:	43.1%		
	% billing private insurance:	79.4%			
State-level Patient Data	Average number of visits per client:	3.0			
	Male % clients, % visits:	44.2%, 39.5%			
	Female % clients, % visits:	55.8%, 60.5%			
	School-aged youth: % clients, % visits:	85.1%, 88.5%			
	Most common reasons for SBHC visits:	Routine Child Health Exam, Contraception Management, Flu Vaccine			
SBHC Services	% of visits for mental health concern:	17.9%			
	% of visits for dental concern:	1.1%			
	% of clients who received immunizations:	29.9%			
	% of clients who received Adolescent Well Visit (ages 12 to 21):	33.8%			
SBHC Staffing	% of visits provided by Nurse Practitioners (N.P.):	50.7%			
	% of visits provided by Physician Assistants (P.A.):	3.8%			
	% of visits provided by Medical Doctors (M.D.):	5.1%			
	% of SBHCs with Dental Providers:	1.1%			
	% of SBHCs with Mental Health Providers:	17.9%			
% of visits provided by Mental Health Providers:	13.0%				

LOCAL-LEVEL DATA

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	Total Reimbursement:	\$0.00	
	% Visits Reimbursed:	0.0%	



2015 Status Report: Fact Sheet

38 high schools

6 middle schools

11 elementary schools

13 combined-grade campuses

68 certified SBHCs in 20 counties

9 planning sites in 8 counties

Oregon's School-Based Health Centers (SBHCs) offer a patient-centered health care model where comprehensive physical, mental and preventive health services are provided to youth and adolescents, regardless of their ability to pay. SBHCs are located on school grounds and are open and operating when kids are in school.

SBHCs Improve access to affordable quality physical, mental and preventive health services.

For 2013–14 Service Year:¹

- SBHCs served **23,797** clients in **70,666** visits.
- **52,466** school age children (5–21 years old) had access to an SBHC in Oregon.
- Mental health:
 - **57** SBHCs had a mental health provider on-site.
 - **5,410** SBHC clients received mental health services over the course of **18,691** visits.
 - **15%** of all visits were provided by a mental health professional.

Percent of 11th graders with access to an SBHC who used it at least once in the past year:

34%

2013 Oregon Healthy Teens Survey

SBHCs Get students back to the classroom faster and ready to learn.

According to surveyed students who used the SBHCs:

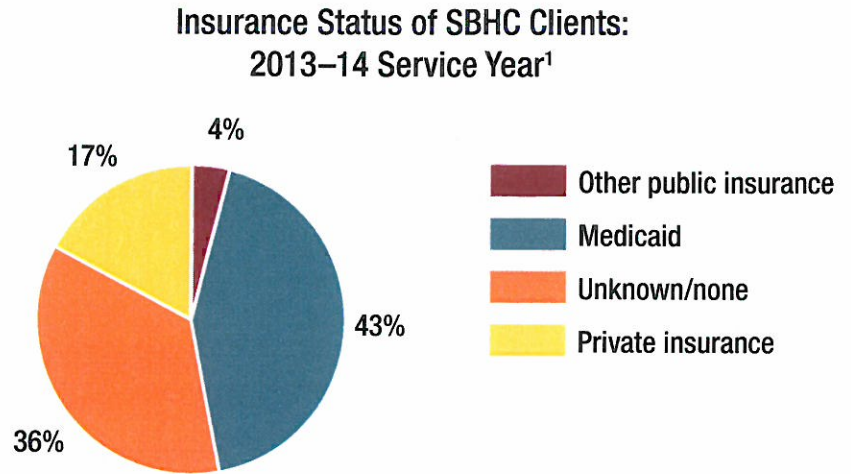
- **63%** reported they didn't miss a class while using SBHC services.
- **77%** estimated they would miss one class or more if they had to go to a clinic located elsewhere.²





SBHCs Reduce high costs associated with inappropriate use of emergency rooms and unnecessary hospitalizations.

- Youth who identified the SBHC as their usual source of care were less likely to have an ER or urgent care visit (25%), compared to those whose usual source of care was some other place (34%).²
- For every state dollar invested, SBHCs leveraged an estimated additional \$2.40 from grants, billing, donations and other sources.³



SBHCs Provide quality care and developmentally appropriate services.

- 65% of students who were surveyed in the SBHCs reported their overall health was better because of their use of the SBHC and 84% were very satisfied with their center.²
- 88% of surveyed students reported the discussion of at least one prevention message and 73% reported three or more messages.²

SBHCs Succeed through public and private partnerships and are recognized by partners as an important and effective part of the health care delivery system.

For 2013–14 Service Year, SBHCs:⁴

- 72% are sponsored by Federally Qualified Health Centers (FQHCs).
- 57% are sponsored by local public health authorities and 38% have FQHC status.
- 49% are recognized as Patient-Centered Primary Care Homes.
- 94% currently use electronic health records.

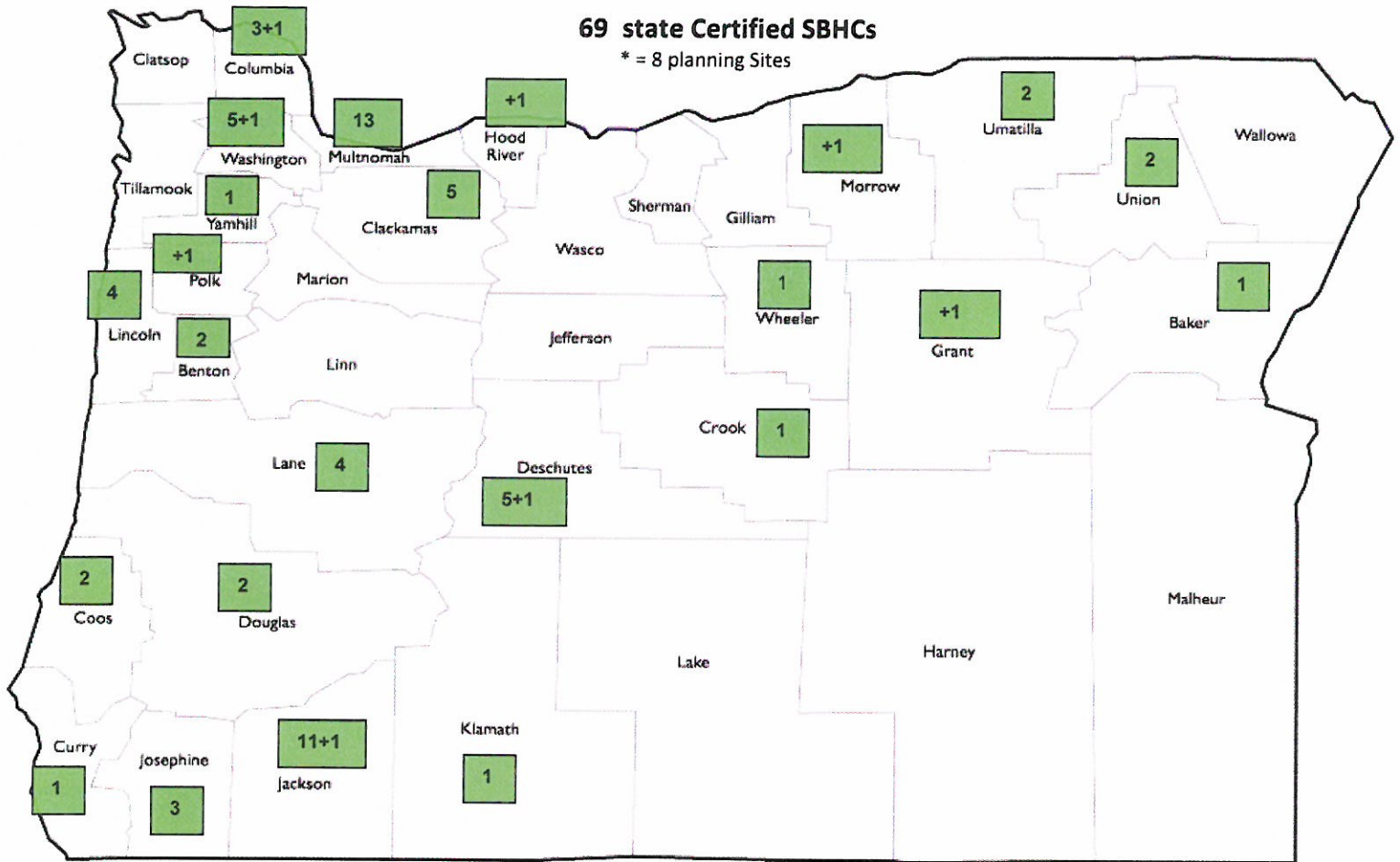
¹ Based on 2013–14 Oregon SBHC utilization data

² Oregon Health Authority Public Health Division (2013–14) SBHC Patient Satisfaction Survey

³ Data based on estimates from the 2012–13 and 2013–14 school years

⁴ Based on 2013–14 Oregon SBHC operational profile data

School-Based Health Care



Baker

Baker HS (Co Health Dept.)

Benton

Lincoln K-8
Monroe Family Health
(Co Health Dept.)

Clackamas

Canby HS (Co Health Dept.)
Estacada HS (Legacy)
Milwaukie HS (Outside In)
Oregon City HS (Co Health, Dept.)
Sandy HS (Co Health Dept., CHC)

Columbia

Clatskanie*
Rainier JR/SR High
Sacagawea Health Center
Vernonia
(Public Health Foundation of Columbia County)

Coos

Marshfield HS
Powers ES
(Waterfall Clinic)

Crook

Crooked River ES (Mosaic Medical)

Curry

Brookings-Harbor HS (Co Health Dept.)

Deschutes

Bend HS*
Ensworth ES (Mosaic Medical)
La Pine K-12 (La Pine Community Health Center)
Lynch ES (Mosaic Medical)
Redmond HS (St. Charles Hospital)
Sisters HS (St. Charles Hospital)

Douglas

Douglas HS
Roseburg HS
(Umpqua Community Health Center)

Grant * site TBD

Hood River

Hood River SD*

Jackson

Ashland HS (Rogue Community Health)
Butte Falls Chart. (Rogue Community Health)
Crater HS (La Clinica)
Eagle Point HS (Rogue Community Health)
Jackson ES (La Clinica)
Jewett ES (La Clinica)
Medford SD*
Oak Grove ES (La Clinica)
Phoenix ES (La Clinica)
Prospect Charter (Rogue Community health)
Scenic MS (La Clinica)
Washington ES (La Clinica)

Josephine

Evergreen ES
Illinois Valley HS
Lorna Byrne MS
(Siskiyou Community Health Center)

Klamath

Gilchrest School (La Pine Community Health Center)

Lane

Cascade MS (Peace Health)
Churchill HS (Tony Diehl, MD)
North Eugene HS (Tony Diehl, MD)
Springfield HS (Co. Health Dept.)

Lincoln

Newport HS
Taft HS
Toledo HS
Waldport HS
(Co Health Dept.)

Morrow

Ione SD*

Multnomah

Centennial HS
Cesar Chavez K-8
Cleveland HS
David Douglas HS
Franklin HS
George MS
Grant HS
Harrison Park K-8
Jefferson HS
Lane MS
Madison HS
Parkrose HS
Roosevelt HS
(Co Health Dept.)

Polk

Central SD*

Umatilla

Pendleton HS
Sunridge MS
(Co Health Dept.)

Union

La Grande HS
Union School District
(Co Center for Human Development)

Washington

Beaverton HS (Virginia Garcia)
Century HS (Virginia Garcia)
Forest Grove HS (Virginia Garcia)
Centennial HS
Merlo Station HS (OHSU)
Tigard HS (Virginia Garcia)
Tualatin HS*

Wheeler

Mitchell K-12 (Asher Community Health Center)

Yamhill

Willamina HS (Virginia Garcia)

Annual report for OHSU School of Nursing/Merlo Station High School School-based Health Center,
Beaverton, OR 97006

Academic year: 2013-2014

The 2013 -2014 academic year at Merlo Station High School School-based Health Center has been an exciting, challenging and adventure-packed one! The Staff of the SBHC now includes a PNP 4 days per week, an FNP 1 day per week, and a social worker 5 days per week. Support staff now includes a medical assistant all 5 days of the week. All providers continue to embrace the spirit of teamwork in providing high quality care at our SBHC to an exceedingly diverse community of adolescents within our unique high school setting. There have been many opportunities for growth and learning about SBHC decision-making and execution of services with new staff, particularly for the on-site clinical director.

Among the many services we are able to provide are: preventative health services, health promotion, anticipatory guidance, mental health therapy, vaccines, treatment for acute and chronic illnesses, well-child and adolescent care, and general pediatric health education. The SBHC providers offer referrals on an as-needed basis, as well. This year, we have:

- ~Celebrated our second year in our new location
- ~Rolled out the first year of our Hallways to Health grant
- ~Rolled out half the year with extra mental health services thorough our Mental Health expansion grant (now able to provide mental health the entire week)
- ~Added an extra medical assistant for the last half of our year (solid, full-week coverage)
- ~Added a fifth day of primary care (FNP on Thursdays)
- ~Established a Youth Advisory Wellness Council for SBHC guidance
- ~Precepted several FNP & DNP students
- ~Have enjoyed collaboration and support from Merlo Station High School & Beaverton School District Administrators, teachers & staff
- ~The Medical Teams International Mobile Dental Van returned twice to provide dental services (saw a total of 26 patients, including some children ages 2-4 years)
- ~Have been able to order a stand-alone freezer unit for vaccines
- ~Was invited to & attended the Back-to-School night for the entire School
- ~Attended Oregon SBIRT screening meetings in the Fall/early Winter
- ~Attended the annual Oregon SBHC conference in the Fall

~Hosted a visit from Central High School Independence, Oregon SBHC Staff in February

~ We held "flu clinics" in the Fall and early Winter

Having full-time medical assistant support has allowed us to provide continual, high-quality front and back-office services. Having full-time mental health in the SBHC on the same day as the health care providers are on-site has been helpful with continuity of care, has allowed for seamless referrals, and has significantly enhanced the overall depth and quality of holistic care that we are able to provide for our patients. We continue to use the Oregon Dental Program's Children Program to refer un-insured children ages 5-18 for dental care, and the Oregon Lions Sight and Hearing Foundation KEX Kids' Fund for referrals of un-insured patients with vision impairment for glasses.

There have been many visits by SBHC staff to Merlo Station High School classrooms to discuss our services and to conduct SBHC outreach. This in turn, has familiarized the staff with students, many of whom have then become new patients to our SBHC, and some of whom have opted to inquire about career pathways to becoming a nurse, a social worker, or a medical assistant. I have continued to participate in the Washington County SBHC Initiative Steering Committee meetings and have been part of the conversations to add more SBHCs within the County.

Our visits with Pam Hellings RN, PhD, CPNP-R, Special Assistant to the Dean for Practice of OHSU School of Nursing have kept us current with what is happening with the School of Nursing and with the SBHC and have provided parties with a means of communication and assessment for quality of care for the services provided. The SBHC has maintained our State Certification and we expect a State Program Office Certification visit to occur in December, 2014. We plan to be re-Certified once again, without any difficulties.

This second year of being in the front of the building, right in the main entrance of the school has provided increased accessibility for all students. We are grateful for our physical space, however with our very recent and rapid growth, the space is simply not suitable for the provision of services. There is a need for a larger space for mental health services, as well as for a confidential reception area, and a meeting space. An additional exam room, confidential office spaces for providers, as well as an SBHC-specific restroom would be well-received.

What follows is an overall report of what sorts of services were provided and to/by whom this academic year. There are pieces of demographical information, as well. This data is current as of the end of May, 2014. The attached spreadsheet is useful for SBHC-specific data points, as well.

The total number of visits as of May 2, 2014 at Merlo Station HS SBHC is 688 by 277 clients. Community School students comprised the majority of visits at 59.5%, Continuing Education of the Young Parents students at 26.37%, School of Science & Technology at 6.7%, Passages at 4.7%, and other Beaverton School District students at 2.6%. 56.4% of patients seen were female and 43.6% were male. 54.6% of

patients claimed to be Hispanic, 42.3% claimed to be non-hispanic and 3.1% stated their ethnicity was "unknown."

74.9% of patients were seen by the PNP or FNP, 25% by the social worker.

35.9% of patients seen reported having Oregon Health Plan/State Medicaid insurance, 30.5% reported some sort of private health insurance, 18.6% do not know what type of health insurance they may have, if any and 15% report not having any health insurance at all.

The top most common diagnoses were: adjustment disorders with anxiety (16%), 13% for flu vaccine, 10% for general health counseling, 10% for depression, 9% for eating disorders, 7% for adjustment disorder with mixed disturbance of emotions and conduct, and 4% for family planning advice.

Results of the 2013 State-supplied Student Satisfaction Survey (we collected 20; State: 1,191) indicated that 80% of surveyed students were very comfortable going to the SBHC (State: 75.6%) and 20% were somewhat comfortable (State: 22.6%). 55% stated they were likely to follow the advice that the SBHC staff gave (State: 38.4%), and 45% were very likely to follow SBHC-given advice (State: 56.3%). 20% of surveyed-Merlo respondents reported that their health was in general, excellent (State: 14%). The Merlo Station High School students responded similarly with State peers regarding the status of their emotional and mental health. Their replies on this measure were as follows: mental health in general was excellent 15% (State: 16.9%), very good 20% (State: 26.4%), good 35% (State: 35.3%), fair 25% (State: 17.8%), and poor 5% (State: 3.6%). 75% of Merlo students replied that their health was better (75%) because of the SBHC (State: 63.2%), and 25% stated it was the same because of the SBHC (State: 36.2%). 70% of Merlo students stated that care they received at the SBHC helped them change unhealthy behaviors (State: 50%). Topics discussed with SBHC staff included: tobacco (31.3% Merlo/State: 16.3%), healthy eating (75% Merlo/State: 41.1%), drugs (25% Merlo/State: 22.6%), brushing & flossing (31.3% Merlo/State: 12.4%), feelings (56.3% Merlo/State: 34%), alcohol (25% Merlo/State: 18.9%), sexual health (81.3% Merlo/State: 46%), safety and injury prevention (25% Merlo/State: 19.4%), healthy body weight (75% Merlo/State: 34.1%), exercise (43.8% Merlo/State: 38.3%), and healthy relationships (43.8% Merlo/State: 25.2%). 85% of Merlo respondents replied that the SBHC staff gave easy to understand instructions about taking care of health problems (State: 75%) & 95% thought SBHC staff were usually-always as helpful as expected, and felt as though they were treated with courtesy and respect (State: 95%). Written comments on the survey were provided (anonymously/surveys are confidential) to Merlo SBHC from the State Program Office and chiefly praised SBHC staff for being reliable and patient, as well as asking for family planning services to be allowed at the SBHC.

We are eager to return in the Fall to provide Merlo Station High School students with high-quality health care within their learning environment. With the support of the Mental Health Expansion grant, and the Hallways to Health grant we are thrilled to be adding to the depth of areas we can holistically focus on with this population. We expect to expand on and develop new ways to promote health for the entire Merlo community, addressing physical well-being, addressing social and emotional health, nutrition and exercise.

I am grateful for the chance to do such important work in this dynamic and inspiring school.

Respectfully submitted,

Elizabeth Pruett RN, MSN, CPNP on behalf of Jo Ann Houck, CMA; Freddie Mora; Gina Silva,CSWA; Stacy Hartline, RN, PMHNP, Mandy McKimmy RN, FNP, DNP

Merlo Station High School/OHSU School of Nursing

School-Based Health Center (SBHC)

503.259.5592

Hours:

Monday

8:30am – 3:15pm

Thursday – Friday

7:30am – 3:00pm

What is a School-Based Health Center (SBHC)?

- We provide medical care and/or mental health services for all Merlo station HS students and CEYP children
- Required paperwork at initial visit to establish a medical chart (confidential)
- *All meetings are confidential according to HIPPA guidelines, unless there is a concern for imminent danger to self or others, in which case the student will be made aware of the need to breach confidentiality.*

Who is the Staff?

- ❖ **Elizabeth Pruett RN, MSN, CPNP** – On-site Medical Director & Pediatric Nurse Practitioner
 - Monday, Tuesday, Wednesday, and Friday
- ❖ **Mandy McKimmy DNP, FNP-C, APRN** – Family Nurse Practitioner
 - Thursday
- ❖ **Gina Silva M.S.W., CSWA** – Mental Health Specialist
 - Monday – Friday
- ❖ **Jo Ann Houck** – Certified Medical Assistant
 - Monday, Wednesday, and Friday
- ❖ **Freddie Mora** – Medical Assistant
 - Tuesday and Thursday

Making appointments:

- Drop in to the SBHC and make appointments ahead of time
- Walk-ins are often available

Parental Consent: *Oregon State law requires a parent or legal guardian's signature for consent of medical service when the patient is less than 15 years of age.* We always welcome, encourage and support familial involvement in decisions about their teen's health care.

What are some services offered at the SBHC?

- Diagnosis & treatment of minor illnesses & injuries, colds, ear infections, rashes, asthma, & sinus infections
- Diagnosis/Treatment: limited labs & prescriptions, handout information
- Wellness/health physical exams or check-ups
- Sports physicals
- Immunizations
- Blood pressure or vision screening
- Referrals to specialty providers, i.e., dental, vision, dermatology, orthopedic, etc.
- Mental health evaluations, counseling, and referrals
- Health counseling on a variety of topics such as nutrition, tobacco use/cessation, weight management, safety, wellness, substance use/abuse, and health risk assessment/identification/reduction
- Addressing safe & responsible sexuality, menstrual disorders, & pregnancy testing

Dear *New Parents*,

The nurses at Merlo Station would like to congratulate you on your new baby! Since we might not have had a chance to meet you & your baby, we want you to know that the Merlo Station School-based Health Center is a great resource for new moms, dads & babies. We would love to meet with you and your baby, so please come by & meet us. If the door is closed, please come back another time - we don't want to miss you!

We offer help with:

Weighing your baby

Weighing you

If you think you or your baby is sick, has a rash, something is wrong

For check-ups & well-baby visits, for vaccines ("shots")

Breastfeeding concerns, formula and feeding questions

Ways to care for babies, toddlers, pre-schoolers

Fussy babies or toddlers

New parent frustration

Postpartum depression

Relationship issues

Sleep concerns for you and baby

Changes in your mood

Feelings of worry and sadness

And many other things!

Even the tiniest questions need answers. And even the "best" parents need a hand every now and then. Being a new parent can be a tough job, so please come by & see us to schedule an appointment.

We would like to remind you that any care you receive from the school health center is free AND confidential.

Sincerely,

Elizabeth Pruett RN, MSN, CPNP

Mandy McKimmy RN, MSN, FNP, DNP

Jo Ann Houck, CMA

Gina Silva, MSW, CSW

Freddie Mora, MA

As a nurse practitioner at Merlo Station High School Based Health Clinic, I am afforded many opportunities to partner with our student population, from our infants in the childcare to our adolescents in the various programs, in an effort to improve their overall health. I am able to provide same day sick visits, which help determine if a student can stay in class with supportive treatment or if they truly need to be sent home to rest or due to a contagious condition. I am able to provide well-child/adolescent appointments and address their immunization status, physical health, mental and emotional health, as well as delve into their academic achievements/struggles, social and home situations. I am also able to serve in a school nurse role, triaging or treating simple complaints so students are able to quickly return to the classroom.

Another opportunity here is mentorship through role modeling. Many of these students are curious about the health care field, interested in nursing, or just want to speak about the possibility of attending college to further their education. All of us, from the MA's to the mental health provider to the nurse practitioners are able to offer professional interactions with these students and to show them examples of different health care professions and answer questions they may have regarding a future in health care.

Additionally, we have the unique opportunity to offer guidance for our students who are parents or becoming parents. These students face challenges that others will not, and it is amazing to watch them learn to balance home/work/parenting with schoolwork and not only to balance it, but to do it successfully.

It is an honor and a privilege to work with the students and staff at Merlo.

Mandy McKimmy, DNP, FNP-C, APRN

Family Nurse Practitioner

Elizabeth Pruett

To: Elizabeth Pruett
Subject: FW: note you requested

My name is Jo Ann Houck. I am a Medical Assistant working in the SBHC at Merlo on Monday, Wednesday and Friday, for the last four years. I enjoy the amount of time spent on preventive care. I like working with the students to get answers to their questions and meet their needs. Those needs can include getting them new glasses, dental care, first aid care, testing for strep throat, anemia, updating necessary vaccines and making their appointments for Primary care or mental health care.

Having worked in Family Medical Clinics and Internal Medicine Clinics for a number of years, where you may have a short appointment a couple of times a year with a teenager, I appreciate the opportunity to really get to know the students on a personal level and the ability to build trust that is created because with the ability to see them every day for up to 4 years.

I feel that the investment in preventative care is giving these students the ability to be healthier adults with fewer physical and mental health problems, who will go on to promote and encourage healthy behaviors that in return, will make a big difference in their lives and the lives around them.

I am currently employed as a certified medical assistant at the Merlo High School – School Based Health Center. My role at the health center is clinical, administrative, and to be awesome! I am involved with the students when taking their vitals, giving them immunizations, and when they want to talk about something personal and confidential. My main intent is to help the student gain trust in their medical providers and to maintain a regular student/staff relationship, along with advocating for their needs.

I have had the honor to work with the students not only as a medical assistant, but also with the health fair. I volunteered to do a high intensity interval training class for the health fair and since then I have kept in contact with some students who want to live a healthy and active life. I have been able to help them understand why it is important to live a healthy lifestyle and explained all the benefits that come with being active. The students are great and have a lot of potential and are very open to learning more.

Coming from a background in working with kids from kindergarten to college students, I have found that this school represents something bigger than most schools in the Beaverton school district. The school based health center has helped not only for medical attention purposes, but also for those that need someone to believe in them. Coming from a Hispanic culture, it is really hard to have people who believe in you and who push you to thrive not just survive. The Merlo High School has a great Hispanic population, which makes it easier for me to communicate and motivate these students to not only strive for success, but also to be healthy in everything that they do.

The Merlo Station High School School Based Health Center has been a tremendous asset to the Merlo Community. Originally organized to support our teen parents and their children, the Health Center serves a wide variety of needs to students in both Community School and the School of Science and Technology. In addition to daily services, students in both schools have benefitted greatly in the past two years from participation in Health Fairs at which businesses and organizations in health-related areas come and engage all students in activities to promote better physical and mental health habits. Zumba dancing, martial arts, meditation, yoga, and sessions on healthy relationships are just some of the classes offered. Staff, students and parents are grateful for the convenience of having medical professionals onsite to provide guidance and treatment. The partnership between OHSU and the Beaverton School District is long-established and serves a real need in our community.

Mary Jean Katz
Principal

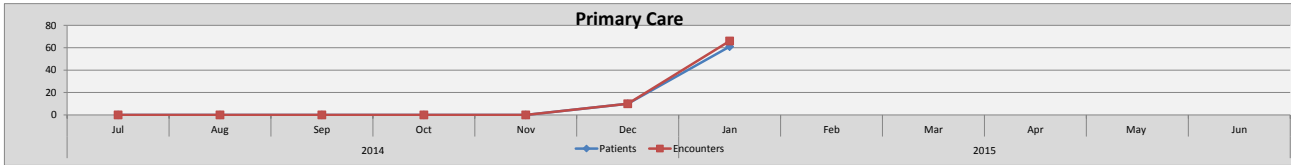
Virginia Garcia Beaverton School Based Clinic

January 2015

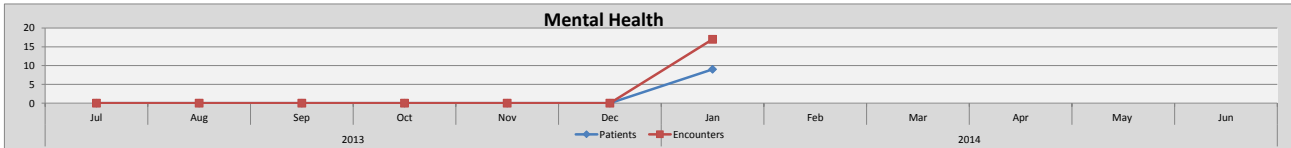
Gendor	Current Month			YTD		
	Primary Care	Mental Health	Dental	Primary Care	Mental Health	Dental
Female	59%			58%		
Male	41%			42%		
Grand Totals	100%			100%		
Age	Primary Care	Mental Health	Dental	Primary Care	Mental Health	Dental
A. Under age 1	0%			0%		
B. Ages 1 - 5	3%			4%		
C. Ages 6 - 10	35%			39%		
D. Ages 11 - 15	25%			24%		
E. Ages 16 - 20	37%			33%		
Grand Totals	100%			100%		
Race	Primary Care	Mental Health	Dental	Primary Care	Mental Health	Dental
American Indian	0%			0%		
Asian	2%			4%		
Black	11%			10%		
Hispanic/Latino	54%			56%		
Native Hawaiian	0%			0%		
Not Collected or Unknown	0%			0%		
Pacific Islander	0%			0%		
White	33%			30%		
Grand Totals	100%			100%		
FPL	Primary Care	Mental Health	Dental	Primary Care	Mental Health	Dental
1. 100% and below	46%			48%		
2. 101 - 150%	5%			8%		
3. 151 - 200%	5%			4%		
4. 201 - 300%	6%			5%		
5. Over 300%	38%			35%		
Grand Totals	100%			100%		

Beaverton School District	
Demographics	
Enrollment	%
Female	0%
Male	0%
Race	
American Indian	0%
Asian	0%
Black	0%
Hispanic/Latino	0%
Multi-Race	0%
Pacific Islander	0%
White	0%
Free and Reduced Lunch	
Free	100% FPL
Reduced	185% FPL

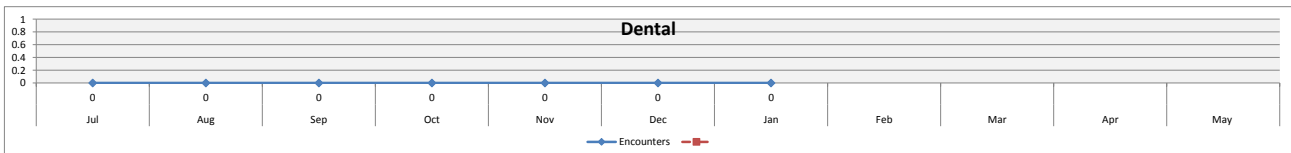
Primary Care	Jan-15	Jan-14	% Change	YTD 2014-15	YTD 2013-14	% Change	Payor	YTD 2014-15	YTD 2013-14	% Change
Days Open	13	0		16	0		MEDICAID	60%		
Patients	61	0		71	0		None/Uninsured	39%		
Encounters	66	0		76	0		Commercial	1%		
Encounters per Day	5.1			4.8			GF-WASHINGTON COUNTY DEP1			
Encounters per Patient	1.1			1.1						



Mental Health	Jan-15	Jan-14	% Change	YTD 2014-15	YTD 2013-14	% Change	Payor	YTD 2014-15	YTD 2013-14	% Change
Days Open							MEDICAID			
Patients							None/Uninsured			
Encounters							Commercial			
Encounters per Day							GF-WASHINGTON COUNTY DEPT			
Encounters per Patient										



Dental	Jan-15	Jan-14	% Change	YTD 2014-15	YTD 2013-14	% Change	Payor	YTD 2014-15	YTD 2013-14	% Change
Days Open	0	0		0	0		MEDICAID			
Patients	0	0		0	0		None/Uninsured			
Encounters	0	0		0	0		Commercial			
Encounters per Day							GF-WASHINGTON COUNTY DEP1			
Encounters per Patient										



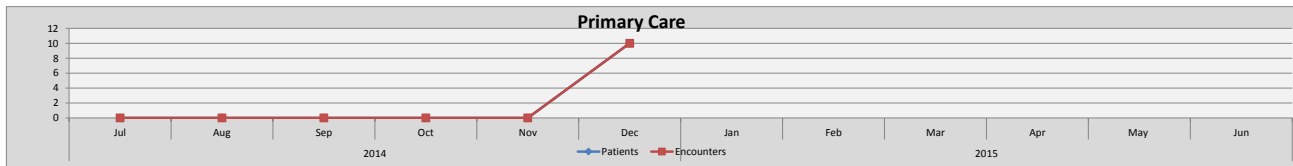
Virginia Garcia Beaverton School Based Clinic

December 2014

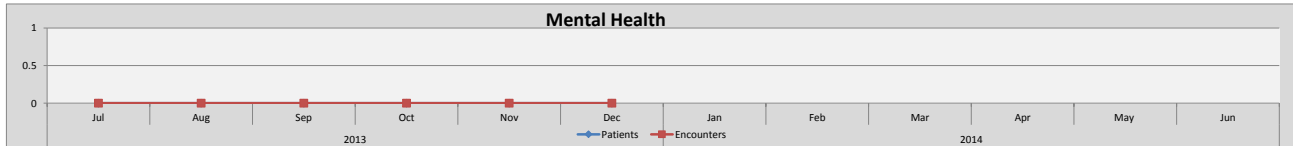
Gendor	Current Month			YTD		
	Primary Care	Mental Health	Dental	Primary Care	Mental Health	Dental
Female	50%			50%		
Male	50%			50%		
Grand Totals	100%			100%		
Age	Primary Care	Mental Health	Dental	Primary Care	Mental Health	Dental
A. Under age 1	0%			0%		
B. Ages 1 - 5	10%			10%		
C. Ages 6 - 10	60%			60%		
D. Ages 11 - 15	20%			20%		
E. Ages 16 - 20	10%			10%		
Grand Totals	100%			100%		
Race	Primary Care	Mental Health	Dental	Primary Care	Mental Health	Dental
American Indian	0%			0%		
Asian	20%			20%		
Black	0%			0%		
Hispanic/Latino	70%			70%		
Native Hawaiian	0%			0%		
Not Collected or Unknown	0%			0%		
Pacific Islander	0%			0%		
White	10%			10%		
Grand Totals	100%			100%		
FPL	Primary Care	Mental Health	Dental	Primary Care	Mental Health	Dental
1. 100% and below	60%			60%		
2. 101 - 150%	30%			30%		
3. 151 - 200%	0%			0%		
4. 201 - 300%	0%			0%		
5. Over 300%	10%			10%		
Grand Totals	100%			100%		

Beaverton School District		
Demographics		
Enrollment	1	%
Female		0%
Male		0%
Race		%
American Indian		0%
Asian		0%
Black		0%
Hispanic/Latino		0%
Multi-Race		0%
Pacific Islander		0%
White		0%
Free and Reduced Lunch		% FPL
Free	100%	FPL
Reduced	185%	FPL

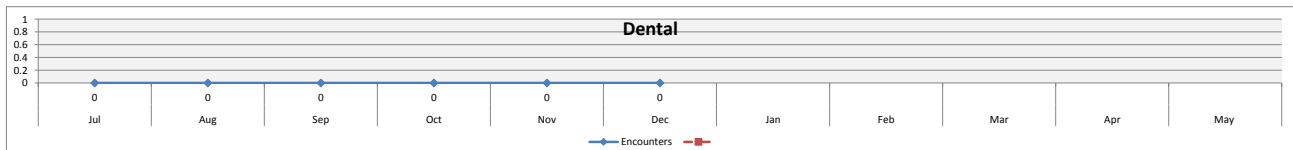
Primary Care	Dec-14	Dec-13	% Change	YTD 2014-15	YTD 2013-14	% Change	Payor	YTD 2014-15	YTD 2013-14	% Change
Days Open	3	0		3	0		MEDICAID	90%		
Patients	10	0		10	0		None/Uninsured	10%		
Encounters	10	0		10	0		Commercial	0%		
Encounters per Day	3.3			3.3			GF-WASHINGTON COUNTY DEP1			
Encounters per Patient	1.0			1.0						



Mental Health	Dec-14	Dec-13	% Change	YTD 2014-15	YTD 2013-14	% Change	Payor	YTD 2014-15	YTD 2013-14	% Change
Days Open							MEDICAID			
Patients							None/Uninsured			
Encounters							Commercial			
Encounters per Day							GF-WASHINGTON COUNTY DEPT			
Encounters per Patient										



Dental	Dec-14	Dec-13	% Change	YTD 2014-15	YTD 2013-14	% Change	Payor	YTD 2014-15	YTD 2013-14	% Change
Days Open	0	0		0	0		MEDICAID			
Patients	0	0		0	0		None/Uninsured			
Encounters	0	0		0	0		Commercial			
Encounters per Day							GF-WASHINGTON COUNTY DEP1			
Encounters per Patient										





BEAVERTON
SCHOOL-BASED HEALTH CENTER

Access

Your

Health

Your life has just been made a little easier.

Your Beaverton School-Based Health Center is now open!

Your Family's Convenient Healthcare Option

The Beaverton School District has partnered with Virginia Garcia Memorial Health Center and Washington County to provide **all students in the Beaverton School District** with a convenient healthcare option.

Located on the Beaverton High School campus, the health center is affordable and eliminates the need for transportation, giving many students the opportunity to get healthcare that many not otherwise get the care they need. It means students miss less class time, and parents miss less work time!

Keeping kids healthy, in school, and ready to learn!

Providing Professional Medical Care and Services

The SBHC is a healthcare facility similar to a doctor's office. It is staffed with a licensed medical provider and a licensed mental health counselor who provide comprehensive physical, mental, and preventive health services including physical exams, treatment of minor injury and illness, lab tests, immunizations, concussion clinics, sports physicals and mental health counseling.

Make an appointment!

Appointments are recommended, however urgent health concerns are seen on a walk-in basis. Before students come to their first visit it is recommended to fill out the SBHC Registration Form, which can be picked up at the school front office. Call 503-259-5045 for more information.



Beaverton High-School Based Health Center

13000 SW 2nd Street, Beaverton, OR. 97005

Appointments: 503-259-5045

Operated by Virginia Garcia Memorial Health Center with support from Washington County and the Beaverton School District.

Your Health Center

Serving all students in the Beaverton School District.

Your Family's Convenient Healthcare Option

The Beaverton School District has partnered with Virginia Garcia Memorial Health Center and Washington County to provide all students in the Beaverton School District with a convenient healthcare option.

Located on the Beaverton High School campus, the School-Based Health Center (SBHC) is a health-care facility that is affordable and eliminates the need for transportation for many families. It also provides access to healthcare to those students who may not otherwise get the care they need. It means students miss less class time, and parents miss less work time! Keeping students healthy and in the classroom results in fewer absences and higher grades.

Although the health center is located on the Beaverton High School campus, it is not run by the school or the school district. Grants from the federal government, State of Oregon, Kaiser Community Foundation at Northwest Health Foundation, PacificSource Charitable Foundation, Tuality Healthcare and others have provided the funding for the health center's initial start up costs. Virginia Garcia Memorial Health Center operates the health center.

Professional Medical Care

The SBHC is a healthcare facility similar to a doctor's office. It is staffed with a licensed medical providers from Virginia Garcia who provide comprehensive physical, mental, and preventive health services including physical exams, treatment of minor injury and illness, lab tests, immunizations, and mental health counseling and more. The health center will also be providing dental services soon. The staff coordinates with family doctors to provide the most effective medical care.

Prevention and Education

Through school-wide education initiatives, the SBHC promotes healthy lifestyle choices and teaches students how to take responsibility for their health and well-being. Its prevention- focused messaging aims to catch health problems and risky behaviors before they start. It encourages parent involvement to support successful health outcomes.

Make an appointment!

Appointments are recommended, however urgent health concerns are seen on a walk-in basis. Before their first visit, it is recommended that students fill out the SBHC Registration Form, which can be picked up at your school front office. Call 503-259-5045 for more information.



Virginia Garcia Memorial
HEALTH CENTER



Beaverton School-Based Health Center

13000 SW 2nd Street, Beaverton, OR. 97005

Hours: Mon-Thurs 9:00-6:00

Friday 7:30-4:30

Appointments Call: 503-259-5045

Su Centro de Salud

Sirviendo a todos los estudiantes en el Distrito de Beaverton.

Una Opción de Servicio de Salud, conveniente para su Familia

El distrito escolar de Beaverton se ha asociado con el Centro de Salud, Memorial Virginia García y con el Condado de Washington para proveerles a los estudiantes del Distrito una opción de salud conveniente.

El Centro de Salud escolar (SBHC) estará localizado en el campus de Beaverton High School, como una base que ofrecerá servicios de salud a costo módico y que eliminara la necesidad de transporte personal a muchas familias. También proveerá acceso a asistencia medica a aquellos estudiantes que de otra manera, no recibirían el cuidado necesario. Además, esto significara que los estudiantes perderán menos tiempo de clase y los padres menos tiempo de trabajo. Manteniendo a los estudiantes saludables y en sus salones de clase, se reflejara en la disminución de ausencias y en mejores calificaciones.

Aunque el Centro de Salud esta localizado en el campus de Beaverton High School, no está dirigido por la escuela o el distrito escolar. Los fondos para el centro fueron provistos por medio de subsidios del gobierno federal, el Estado de Oregon, Kaiser Community Foundation & Northwest Health Foundation, PacificSource Charitable Foundation, Tuality Healthcare y otras organizaciones, quienes proveyeron los fondos para los costos iniciales del centro de salud. El centro de salud, Virginia García Memorial, operará el centro de salud

Cuidado Medico Profesional

El Centro de Salud Medico es una organización de salud similar a una oficina médica. Está compuesta de proveedores médicos

licenciados, empleados por Virginia García; quienes ofrecerán extensivos exámenes físico-mentales y servicios de salud preventivos; incluyendo chequeos médicos, tratamientos de lesiones y enfermedades básicas, exámenes de laboratorio, vacunaciones, consejería de salud mental y otros servicios adicionales. El centro también estará ofreciendo servicios dentales en un futuro próximo. Los empleados coordinan los servicios con médicos de familia para ofrecer el mas efectivo cuidado medico.

Prevención y Educación

Por medio de las amplias iniciativas de educación escolar, El Centro de Salud Escolar (SBHC), promoverá la elección de estilos de vida saludables y les enseñara a los estudiantes a tomar responsabilidad de su propia salud y bienestar. Su mensaje se enfoca en la prevención y tiene como objetivo el de captar los problemas y comportamientos riesgosos, antes de que se desarrollen. En adición, anima a la involucración de padres para apoyar un resultado exitoso en la salud.

Haga una cita!

Se les recomienda hacer citas; dando por entendido que la necesidad de servicios de salud urgentes, se atenderán sin turno previo. Antes de la primera visita, se recomienda que el estudiante complete la aplicación del Centro de Salud Escolar (SBHC). Las aplicaciones estarán disponibles en la recepción de su escuela.

Para mas información, por favor llame al teléfono: 503-259-5045.



Beaverton School-Based Health Center

13000 SW 2nd Street, Beaverton, OR, 97005

Monday-Friday 8:30-4:30

Appointments Call: 503-259-5045



Registration Form

Please complete this form and return it to your school or call 503-259-5045 to provide the information over the phone.

Student

Date of Birth

Parent and/or Guardian (Individual responsible for account.)

Phone: Home

Address

Phone: Cell

City

State Zip

Medical Insurance Company

Policy ID / Patient #

Group #

Subscriber

Subscriber DOB

Subscriber Relationship to Student

Dental Insurance Company

Policy ID / Patient #

Group #

Subscriber Name

Subscriber DOB

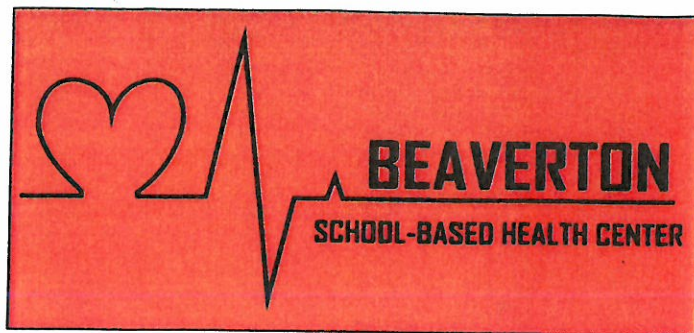
If you do not have insurance, you must provide proof of income at the time of your appointment to qualify for the sliding fee scale.

Thank you for filling out this form for the School-Based Health Center. Having this information on file will help expedite the paperwork on your student's first visit.

Oregon state law requires a parent or legal guardian's consent to provide medical treatment to an individual under 15 years of age and/or to provide mental health services to children under 14 years of age. Oregon law allows individuals 15 and older to seek medical treatment without.



The SBHC is operated by Virginia Garcia Memorial Health Center with the support from LifeWorks NW, Washington County, and the Beaverton School District



Services Provided

The SBHC is a healthcare facility similar to a doctor's office. It is staffed with a licensed medical provider and a licensed mental health counselor who provide comprehensive physical, mental, and preventive health services.

Physical Health Services

- Routine physical exams and sports physicals
- Treatment of minor illness, infection and injury
- Diagnosis and treatment of acute and chronic illness
- Routine lab tests to monitor health conditions
- Immunizations
- Vision and blood pressure screenings

Are you ready to begin practice?

If you're involved in fall, winter, or spring sports programs, a sport physical is required prior to the start of practices. The Health Center gives students the opportunity to fulfill this requirement right on the school campus. The SBHC medical provider administers a sports physical exam just as your doctor would administer a routine annual check up.

Do you have a [chronic condition] such as asthma?

You can take some comfort in knowing that you have a qualified health professional that can provide you services should you need them during school hours. Drop in for a [lab test?] or to pick up a prescription...

Immunizations

The Health Center has them! Fulfill this health requirement without student and parent taking a morning or afternoon off school and work to do it.

Are your eating habits unhealthy?

Are you feeling like you can't do some of the activities you used to be able to do? Are you eating more than you should? Or are you eating very little? If so, meet privately and confidentially with our medical provider to discuss a personal health plan for you. We can help you feel healthy again.

Mental Health Services

- " Mental health and substance abuse assessments and referrals
- Mental health counseling.

The SBHC mental health counselor is a highly qualified healthcare professional who provides counseling to address issues including depression, addiction and substance abuse, suicidal thoughts, stress, and grief. She can also help with issues related to family or other relationship problems.

Do you think you drink or smoke too much?

Is it affecting your home life, school, and relationships? You want to quit. Or maybe you just want to talk about it. The Health Center offers you a safe place to meet privately and confidentially regarding alcohol, drugs, or tobacco addictions. We can help you. Your visit will remain completely confidential. Please give us a call or drop in. If you're considering the phone call, you've already taken the important first step.

Feeling overwhelmed? Depressed?

Have you been feeling like life has dealt you more than you can handle? You're overwhelmed with the pressures from home life, school, work, and relationships? Is the stress making you feel sick? Have you been feeling down more than usual, lack energy, can't sleep, and sleep too much? You don't want to eat, eat too much, can't concentrate, don't want to hang with your friends anymore? If so, we can help you.

Monday-Thursday 9:00am-6:00pm

Friday 7:30am-4:30pm

Your visit will remain completely confidential. For more information or to schedule an appointment please call 503-259-5045 or visit: www.beaverton.k12.or.us/schools/health-clinic/