

Annual Highlights

WEST VIRGINIA SCHOOL-BASED HEALTH CENTERS

2005 - 2006

<http://www.wvsbha.org>



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Our Funders:

Claude Worthington Benedum Foundation
Sisters of St. Joseph Health and Wellness Foundation
Division of Primary Care, WV Bureau for Public Health
Children's Division, Bureau for Behavioral Health and Health Facilities



SBHC ANNUAL HIGHLIGHTS

2005 - 2006

Summary

WV's school-based health centers (SBHCs) continue to increase their reach and services to students and communities. In 2005-2006, the SBHCs provided one-on-one care to 13,844 students in over 68,929 visits. This is an increase in users of 12%. Three more counties added SBHCs, bringing the total to 43 SBHCs serving 54 schools in 23 counties.

School-based health centers bring primary and preventive care, including medical and mental health, health education and sometimes dental services to children and adolescents where they are much of the day – in school.

In addition to the increase in number of sites, students served, and scope of services, the SBHCs participated in many improvement and evaluation initiatives in cooperation with the technical assistance and evaluation team at Marshall University. The Marshall School Health Technical Assistance and Evaluation Center was funded by the Benedum Foundation in 1994 to provide support to the WV School Health Center Initiative. The activities of the Marshall team have evolved over the years from a focus on starting a SBHC to a current focus on clinical and operational quality. Projects during this year included:

Health Check Study: This analysis was undertaken to learn if West Virginia School-Based Health Centers (SBHCs) increase access to primary and preventive health care services. The proportion of students who received their annual Health Check at a

- 43 SBHCs provided care to students in 54 schools in 23 counties.
- 81% of all students had parental consent to be seen in their SBHC.
- 62% of all enrolled students used their SBHC on at least one occasion during the school year.
- There were over 68,000 student visits recorded during the school year.
- There were an additional 4,350 visits by area school students, school staff and community members.
- 2,328 comprehensive health exams that included a risk assessment were provided to students.
- An additional 2,035 students received a partial/sports exam at their SBHC.

• 688 students received the series of three Hepatitis B immunizations.

• 1,031 other immunizations were provided.

• 473 students received help with managing their asthma at a SBHC.

• The average visit per user to the SBHC therapist was 6.7, with anxiety the leading diagnosis.

• Nearly 7000 students were screened to determine BMI, 47% of which were identified as either at risk for or already overweight.



SBHC was compared with counties not having SBHCs. The study concluded that in counties with a SBHC, the completion rate for Health Checks was greater than in counties without a SBHC. Further analysis identified critical factors for success and these lessons were shared with all SBHCs.

Improvement Projects: On behalf of the SBHCs, the Marshall staff applied to the National Assembly on School-Based Health Care (NASBHC) to participate in two of their initiatives to improve SBHC practice management and mental health. WV was one of two states selected to participate in each initiative. Combined, these two projects brought training and resources to WV valued at over \$70,000.

The MHET (Mental Health Education and Training) involved staffs from the two Cabell SBHCs and the two Pendleton SBHCs. Staff participated in several day-long learning sessions on topics including cognitive behavioral therapy, evidence-based programs, coding, integration with primary care, and diagnosis and treatment of common behavioral health problems. During monthly conference calls the staffs set goals for program improvement and developed work plans with the national training faculty.

The Practice Improvement Project involved the Riverside SBHC and the three SBHC sites in Clay County. Consultants from NASBHC visited the programs to conduct program management assessments and chart audits. An in-state team consisting of representatives from the Marshall TA staff, the Division of Primary Care, and AppalHealth, Inc. was trained by national faculty in order to replicate the program at other sites. Staff established improvement goals and work plans and participated in training sessions and monthly conference calls. The expertise gained from

Of the 2,300+ students who were screened for risky behaviors, data for 1,734 middle and high school students were reported in the Clinical Fusion[®] information system.

Using the American Medical Association's risk screening tool, "Guidelines for Adolescent Preventive Services" (GAPS):

- *24% do not exercise or participate in sports;*
- *16% reported having learning problems;*
- *3% were suspended from school during the year;*
- *12% do not wear a seatbelt;*
- *54% live with someone who smokes or chews tobacco;*
- *8% used marijuana, drugs or inhalants;*
- *7% seriously thought about suicide;*
- *9% said they were physically, sexually or emotionally abused;*
- *7% have lived in foster care;*
- *3% have spent a night in a homeless shelter.*

this training will carry over to this coming year, when the in-state team extends the program to other SBHCs.

Both of the improvement projects ended with presentations at the NASBHC annual conference in Portland, Oregon in June.

Obesity: For the fifth year, BMI data were collected on over 7,000 students. The results were shared with SBHC staff as they planned interventions to deal with the issue of overweight.

Three SBHCs (Clay, Fairmont and Mt. Hope) received funding from the Sisters of St. Joseph Health and Wellness Foundation to work on a three-year project with MU to develop a strategy to address overweight in a school-based setting. Based on focus groups conducted by Dr. Kelli Williams, Marshall University Assistant Professor of Dietetics, at some of the SBHCs, Appalachian adolescents have a distorted perception of healthy weight. The MU staff is working with Dr. Williams, the SBHCs, and students to develop a social marketing plan that will appeal to youth and promote healthy weight practices.

Clinical Advisory Group: The SBHC Clinical Advisory Group's priority this year was an asthma initiative. The baseline chart audits were completed and summarized. These results will be shared with the CAG to determine next steps. Training on asthma management was presented at a workshop, and staff worked with the Asthma Coalition to coordinate efforts to implement the "Open Airways" program in elementary SBHCs.

Mental Health Standards: The Mental Health Advisory Committee recommended standards for mental health services in SBHCs. The proposed standards are under review by the WV School Health Assembly and the Office of Behavioral Health, Children's Division.



WV Program Effectiveness Review Tool: Marshall staff assisted the WV Bureau for Public Health's Division of Primary Care (DPC) to develop the West Virginia School-Based Health Center Program Effectiveness Review Tool (WV PERT). In 2004, the tool was distributed to SBHCs for self-assessment of compliance with the *Principles, Standards and Guidelines for SBHCs in West Virginia*. Based on the SBHCs' yearly self-evaluation and external evaluation, the Marshall staff then works with the SBHC staff and administration to address weaknesses.

Workshops and Child Health Conference: Four statewide workshops on topics relevant to SBHCs were offered during the year. Presenters included out-of-state guests provided by NASBHC and in-state experts, as well as staff from SBHCs. In addition, the Marshall staff assisted in organizing the first annual child health conference and presented sessions during the conference.

Medication Policy: Due to a new state policy regarding the dispensing of medications in schools, Marshall staff worked with the WV Department of Education and the Division of Primary Care to develop a sample policy for SBHCs. The recommendations were presented at the August workshop, and the Division of Primary Care sent a letter recommending that all SBHCs have a written policy that is consistent with the state legislative rule.

Satisfaction Tools: Parent, school staff and user satisfaction surveys were developed and distributed to each of the SBHCs. Guidelines on how to distribute and collect the surveys were also developed, as was a Microsoft Access database for SBHC staff to enter the survey results and comments. Databases were sent to the MU TA & Evaluation team for analysis and production of a complete report back to the SBHCs for program improvement and marketing.



Billing Survey: A survey of all SBHC programs sought to clarify the policies and practices of the SBHCs with regard to billing. This survey was conducted by the Marshall team and the results were reported back to the SBHCs, the School-Based Health Assembly, and the Division of Primary Care. Fifteen of 17 programs completed the survey, which revealed that while all SBHC programs do bill third party insurers when possible, their policies with regard to co-pays and deductibles, billing parents, etc., differ greatly.



Barbour County

WEST VIRGINIA SCHOOL-BASED HEALTH CENTER ANNUAL REPORT 2005-2006

School: Philip Barbour High School

School Population: 813

Grades: 9-12

SBHC Enrollment: 94%

Users: 533

Visits: 2,115

Starting Date: September 1993

Funding:

WV Bureau for Public Health

Belington Medical Center



Sponsor: Belington Medical Center Brandon Wellness Center

In 1993, the Belington Medical Center took the lead in raising funds to construct one of the first school-based health centers in West Virginia. Twelve years later, the Barbour High School Health Center is well accepted as part of the school, with 94% of the parents giving consent for their students to be seen at the center.

This year the staff concentrated on improving their outreach to provide health risk screenings, including behavioral health risks, Body Mass Index (BMI), and lipid and glucose tests. Four hundred fifty-five students had their BMIs recorded. The results were reviewed with students, and those at risk received counseling and guidance, monitoring, and referral as appropriate.

One hundred thirty-four students were screened for behavioral health risks using the AMA's Guidelines for Adolescent Preventive Services. Those identified as having risky behaviors were then counseled by the SBHC staff or referred for counseling.

The SBHC sponsors the student group, RAZE, which is very active in promoting anti tobacco messages.



Boone County

WEST VIRGINIA SCHOOL-BASED HEALTH CENTER ANNUAL REPORT 2005-2006

School: Sherman Elementary School

School Population: 518

Grades: PK-6

SBHC Enrollment: 62%

Users: 110

Visits: 303

Starting Date: March 1999

Schools:

Sherman Junior High School

Sherman High School

School Population: SJHS 262; SHS 425

Grades: SJHS 7-8; SHS 9-12

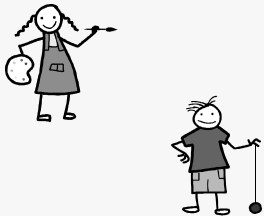
SBHC Enrollment: 89%

Users: 198

Visits: 496

Starting Date: September, 1996

Funding: WV Bureau for Public Health



Sponsor: Hygeia Facilities Foundation

Sherman Elementary School Wellness Center Sherman Jr. High/High School Wellness Center

The Hygeia Facilities Foundation sponsors two SBHCs in Boone County. Staff split their time between the two sites, thus providing services half days at each SBHC.

The Sherman Elementary SBHC reported a 25% increase in the number of student users over the previous school year. This SBHC is located in a building behind the Sherman Elementary School, making it convenient not only for students, but also for members of the community. During the 2005–2006 school year, an additional 125 members of the community, 59 school staff and 19 other school users logged a total of 218 visits to this SBHC.

The number of students who used the Sherman Junior High/High School SBHC increased by 24% when compared to the previous school year. As a result, the number of medical visits also noted a 14% increase when compared to the previous school year.

- 44 students received their sports exam at this SBHC.
- An additional 57 school staff and community users logged 105 visits at this SBHC.



Cabell County

WEST VIRGINIA SCHOOL-BASED HEALTH CENTER ANNUAL REPORT 2005-2006

School: Cabell-Midland High School

School Population: 1,844

Grades: 9-12

SBHC Enrollment: 83%

Users: 621

Visits: 1,887

Starting Date: April 1995

School: Huntington High School

School Population: 1,603

Grades: 9-12

SBHC Enrollment: 83%

Users: 918

Visits: 5,011

Starting Date: September 1997

Funding:

WV Bureau for Public Health

WV Bureau for Behavioral Health

St. Mary's Hospital

Cabell Huntington Hospital

Dept. of Pediatrics, Marshall University

Cabell County Schools

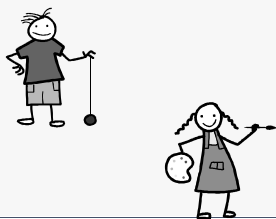
Prestera, Inc.

Sponsor: Valley Health Systems, Inc.

Cabell Midland High School Health Center Huntington High School Health Center

The two SBHCs in Cabell County demonstrate strong community support and collaboration. Valley Health Systems, as the lead agency, sponsors and operates both SBHCs. Partners in the project are the two major hospitals in Huntington – St. Mary's and Cabell-Huntington – which contribute financial support; the Department of Pediatrics at Marshall University, which provides physician consultation; the Cabell County School District, which donates the time of two .5 FTE nurse practitioners, who are also the school nurses; and Prestera Community Mental Health Center, which provides mental health services through a full-time staff that includes a therapist and two case managers. In addition to primary medical care and mental health services, Valley Health Systems provides a dental hygienist and a dietician – each one day per month at each SBHC – for dental screenings and nutrition counseling to students.

This year, the Cabell SBHCs provided the highest number of physical exams and immunizations of any SBHC program: 419 comprehensive physical exams, 89 sports physicals, and 924 immunizations. Thirty-six percent of their Medicaid users received Health Checks at the SBHCs.



Cabell County (continued)

To assess the helpfulness of school-based counseling services at Cabell Midland High School, a form was provided to students with two questions: “How important is it to you to have counseling services available to you at school?” and “If counseling services were not available at Cabell-Midland High School, how likely would it be that you would seek treatment at another facility/location?”

One hundred percent of students rated the school-based counseling services as very important. Ninety-nine percent of students reported that if school-based counseling services were not available, they most likely would not be seeking or receiving treatment elsewhere.



Mental health services include supportive counseling, psychotherapy, case management, assessment, crisis intervention, and psycho-education on mental health-related issues. Students’ families are encouraged to participate in treatment; family therapy and supportive intervention are offered when needed.

The counselors implemented a number of evidence-based programs this year. They provided the American Lung Association’s “Not On Tobacco” cessation program and their “Alternatives to Suspension Program”; provided the Columbia University TeenScreen[®]; and collaborated with other organizations such as the Mountain State Family Alliance and Riverpark Hospital for specialty care needed for students.

Another highlight of the year – both SBHCs participated in a national project sponsored by the National Assembly on School-Based Health Care (NASBHC) to improve and integrate mental health services within SBHCs. All of the staff participated in training sessions that covered topics such as cognitive behavioral therapy, use of evidence-based group counseling, coding, screening for common behavioral health risks, and quality improvement.

At the **Cabell Midland Health Center**, 203 comprehensive exams were provided during this school year, with 70 of those being Health Checks. This represents 42% of their Medicaid users. Over 400 students were screened for behavioral risks, and another 34 students from other area schools also received a comprehensive exam with risk screening. Thirty-six students received an oral health examination by the school-based dental hygienist. The dental hygienist visited many classrooms to promote the importance of good oral hygiene.

A 9th grader was referred to the SBHC due to severe anxiety, related to adjusting to a new school. During the first 6 weeks of school, he rarely attended a full day. His grades were failing. After several sessions with the SBHC therapist, his anxiety decreased, attendance improved, and he is now passing all classes.

Many parents express satisfaction with having counseling services available at the school. For example, one parent talked about how she was depressed as a teenager and how it progressed over time. She did not receive early treatment, which helped her to appreciate the importance of having the services for her daughter who is being treated for depression. This parent also states that due to her work schedule and being a single parent, if services were not available at the school, her daughter would most likely not be receiving treatment.

Cabell County (continued)

At Huntington High School, 188 students received the Hepatitis B series through the SBHC. Two hundred seventy-six other immunizations were provided as well. The dental hygienist recorded a total of 96 visits, with 68 students receiving a dental examination. Students in need of further treatment were assisted in getting the needed care.

Forty-eight students were referred to the SBHC dietician for counseling on nutrition and healthy lifestyles. Mental health services were provided to 117 students in 657 visits.

Two hundred sixteen comprehensive exams were completed this year, 119 of which were annual Health Checks. Thus, 34% of all student users covered by Medicaid received their required annual exam at this SBHC.

The mental health services component, which is sponsored by Pretera Community Mental Health Center, increased their staff to include two case managers at Huntington High School, in addition to the full-time therapist. This was in response to increasing need and the success of their school mental health program.



Calhoun County

WEST VIRGINIA SCHOOL-BASED HEALTH CENTER ANNUAL REPORT 2005-2006

School: Pleasant Hill Elementary

School Population: 257

Grades: K-4; Special Education

SBHC Enrollment: 88%

Users: 118

Visits: 288

Starting Date: June 1996

School: Calhoun County Middle/High School

School Population: 687

Grades: 5-12

SBHC Enrollment: 95%

Users: 535

Visits: 3,424

Starting Date: August 1996

Funding:

WV Bureau for Public Health

WV Bureau for Behavioral Health

Additional Schools Receiving Services:

Arnoldsburg Elementary School

Grades: K-4, Special Education

Population: 226



Sponsor: Minnie Hamilton Health Care Center, Inc.

Pleasant Hill Elementary Wellness Center Calhoun County Middle/High School Wellness Center

In the fall of 2004, MHHCC expanded to include behavioral health services at both of their SBHCs. A full-time master's level counselor was made available to students on a daily basis to provide assessment, individual counseling, family counseling, crisis services, and linkage to more intensive treatment programs when warranted. The counselor works closely with the school team to coordinate care.

The school-based mental health program is vital to Calhoun County due to a lack of local behavioral health services. Referrals are received from parents, school administrators, school counselors, health care providers, IEP teams, and the school psychologist. At the Calhoun County Middle/High School Wellness Center, visits to the SBHC mental health therapist increased by 27% this year. Sixty students benefited from these services, with an average of 6.9 visits per student. In addition to individual counseling and case management, the counselor facilitated psycho-educational groups at the Calhoun/Gilmer Alternative Learning Center. Thirty-three

Thirteen year old “Michelle” was referred to the school-based mental health program in the fall due to repeated somatic complaints, poor peer relations, disruptive behavior and poor academic performance. She participated in counseling for six months. During the 2004-2005 school year, she passed all of her courses, developed friendships with age-appropriate peers, and had only one detention. She is now using the services at the school-based health clinic more appropriately. She reports that this school year was much better and she plans to attend college after graduating.



Calhoun County (continued)

students attended at least one session where they learned about making responsible choices.

At Pleasant Hill and Arnoldsburg Elementary, the SBHC medical provider coordinated several classroom presentations on hand washing and dental/oral hygiene. She was assisted by WV RHEP (Rural Health Education Partnership) medical students. At the Calhoun Middle School, the SBHC nurse practitioner participated in the WVU CARDIAC Project by providing lab services for 28 students screened for hyperlipidemia. Each student received a workbook of age-appropriate activities to reinforce cardiac health.

Other highlights of the year:

- The SBHC assisted the school staff in acquiring height and weight measurements for the wrestling team.
- The SBHC nurse practitioner ran an after-school program using “Dance-Dance Revolution” mats to increase physical activity. An average of 8-10 girls enrolled in this six-week course offered at three different times during the school year. Each class began with a lesson on nutrition, exercise and overall health. In addition to using the dance pads, many fun activities were incorporated in each session. These were designed to increase heart rate, while having fun with fitness.
- Dental screenings by Lynn Gilbert, DDS were provided for 57 students enrolling in Head Start Preschool.



Clay County

WEST VIRGINIA SCHOOL-BASED HEALTH CENTER ANNUAL REPORT 2005-2006

School: Clay County High School

School Population: 615

Grades: 9-12

SBHC Enrollment: 84%

Users: 358

Visits: 775

Starting Date: October 1994

School: Clay County Middle School

School Population: 498

Grades: 6-8

SBHC Enrollment: 79%

Users: 318

Visits: 816

Starting Date: October 1993

School: Clay County Elementary School

School Population: 477

Grades: K-5, Special Education

SBHC Enrollment: 92%

Users: 411

Visits: 1,112

Starting Date: September 1998

Funding:

WV Bureau for Public Health

Sisters of St. Joseph Health and
Wellness Foundation

Sponsor: Primary Care Systems, Inc.
Clay High School Wellness Center
Clay Middle School Wellness Center
Clay Elementary School Wellness Center

Primary Care Systems, Inc sponsors three school-based health centers in Clay County. This year, their program focused on two initiatives: addressing the obesity problem through increased student screening and school-wide programming; and a practice improvement initiative funded by the National Assembly on School-Based Health Care. Users at their SBHCs increased substantially over last year, with user rates of 70% at the high school; 94% at the elementary school; and 81% at the middle school.

The SBHCs are involved in a three-year project with other SBHCs to develop a strategy to address overweight in the school-based setting. Working with the physical education teachers, the SBHC staff at the Clay High and Middle Schools prescribed health and nutrition education during the PE classes. About 200 students participated in the classes. Topics included diet, exercise and BMI.

The staff also participated in a national project sponsored by the National Assembly on School-Based Health Care – the Practice Management Improvement Initiative. NASBHC provided trainers to WV to conduct an analysis of all aspects of the SBHCs' operations. The Clay team set goals and developed work plans. Improvements

“The school wellness center is great because when I get sick, I do not have to wait for my parents to make me a doctor’s appointment.”

--Clay High School Student



Clay County (continued)

were noted in all categories. The project ended with presentations at the NASBHC annual meeting in Portland, Oregon.

The Clay Elementary School participated in the Open Airways for Schools program from the American Lung Association. They had 45 participants who learned about asthma and self-management techniques. Parents were grateful for their children learning about asthma management. The children were coming home and telling their parents what asthma was and the techniques used to control their asthma.

One highlight worth noting is that 421 comprehensive physical exams were provided at the Clay SBHCs. This represents almost 39% of all student users. Of those exams, 202 were Health Checks. Thus, 43% of student users who were covered by Medicaid received their required annual exam at their SBHC.



Fayette County

WEST VIRGINIA SCHOOL-BASED HEALTH CENTER ANNUAL REPORT 2005-2006

Schools:

Meadow Bridge Elementary School

Meadow Bridge High School

School Population:

MBES 219; MBHS 265

Grades: *MBES K-6; MBHS: 7-12*

SBHC Enrollment: *80%*

Users: *204*

Visits: *1,075*

Starting Date: *October 1997*

Funding:

Sisters of St. Joseph Health & Wellness Foundation

WV Bureau for Behavioral Health, Children's Division and Substance Abuse Division

WV Bureau for Public Health, Division of Primary Care



Sponsor: Rainelle Medical Center

Wildcat Wellness Center

Rainelle Medical Center sponsors three SBHCs – two in Greenbrier County and the Wildcat Wellness Center in Fayette County which serves Meadow Bridge Elementary and High Schools. This year, Rainelle’s school behavioral health services achieved their goal of having a full-time counselor in each of the SBHCs. Their core services include mental health education in the classroom and community to reduce the stigma of mental illness; general population mental health screening to identify high risk students; therapy for families and students; and counseling to address high risk factors such as anger and disruptive behavior. At the Wildcat SBHC, 63 students received individual counseling for behavioral health/substance abuse needs.

The behavioral health staff has taken the lead in their communities as well. They acquired funding from Thrivent Lutheran Brotherhood to complete the Search Institute’s Attitudes & Behaviors Survey and were instrumental in forming a community coalition, CHAMP (Community Health Alliance of Multiple Partners), to serve rural areas of Western Greenbrier and Northern Fayette Counties. The group received funding from the Strategic Prevention Framework/State Incentive Grant (SPF-SIG) to develop a county-wide substance abuse prevention plan that will address issues such as behavioral health, domestic violence, accidents and crime.

A student was referred to the SBHC counselor by his coach because he wouldn't dress for gym class and had missed 56 days of school last year. He was repeating 7th grade for the third time. Through counseling, the therapist learned that this student was staying home because he was trying to protect his mother from his alcoholic, abusive father. When he did come to school, he was so tired from dad keeping him up all night that he couldn't function. Through individual and family therapy, the student started coming to school regularly, made good grades and finally passed 7th grade.

*"The school-based health program at Meadow Bridge High School is a very good program. Both of my girls have been to the Wellness Center several times this past year. I am very impressed with the way [the nurse practitioner] contacts me as soon as she sees my girls, and I also get a follow-up call after every visit. I also like the convenience of not having to miss a day of work, and the girls do not get counted absent from school."
- Meadow Bridge High School Parent*

Fayette County (continued)

This year, Rainelle's SBHC behavioral health program received funding through the WV Office of Substance Abuse Programs to establish an Intensive Outpatient Program for Adolescents with substance use, abuse and co-occurring disorders. This is the first time an intensive outpatient program for substance abuse services has been integrated with a SBHC in WV.

The behavioral health staff assessed 304 students to detect clinical depression, risk of suicide, and other mental disorders using the Columbia TeenScreen[®]. Of those students, 38 screened positive and were further assessed by the staff, with appropriate referrals and follow-up.

In addition to providing primary and behavioral health care, the SBHCs offered many other health-promoting activities:

- A health fair at Meadow Bridge High School with 15 participating programs. Every student was given a "goody bag" with back-to-school items; door prizes were given away throughout the day.
- The CATS (Committed Active Trim Successful) physical activity program at Meadow Bridge High School. One hundred three students signed on to participate; 83 of the students completed the program.
- Prom Promise: 67 of the 80 students enrolled to attend the MBHS prom signed a Prom Promise card.
- In-service training for teachers on asset-building in collaboration with the Adolescent Health Coordinator.
- 37 classroom presentations on sexually transmitted diseases, pregnancy, healthy relationships, and drug and alcohol prevention. Eight hundred ninety-eight students attended these presentations.



Fayette County

WEST VIRGINIA SCHOOL-BASED HEALTH CENTER ANNUAL REPORT 2005-2006

School: Mt. Hope High School

School Population: 390

Grades: 5-12

SBHC Enrollment: 97%

Users: 297

Visits: 2,736

Starting Date: January 1994

Funding:

WV Bureau for Public Health

Sisters of St. Joseph Health & Wellness
Foundation

United Way of Southern WV



Sponsor: New River Health Association Mt. Hope High Wellness Center

Fifty percent of all SBHC users received a comprehensive physical exam this year. Of these exams, 74 were annual Health Checks, indicating that 43% of all student users covered by Medicaid received their exam at this SBHC. An additional 141 students were screened for behavioral risks using the AMA's risk screening tool. Staff regularly review charts and use the Clinical Fusion[®] management information system to identify students who are due for a comprehensive physical exam or risk screening and pre-schedule them for the coming year.

In addition to the 337 individual contacts, the SBHC's health educator provided over 100 classroom presentations at both the Mt. Hope High and Mt. Hope Elementary Schools. Using community volunteers or student/peer educators, topics included healthy food choices, substance abuse, tobacco, family relations and communication skills. Good nutrition and exercise were the focus during the month of March. A "Biggest Loser" campaign, with parental consent and close monitoring by SBHC staff, educated students on ways to achieve and maintain a healthy weight.

Fayette County (continued)

Mt. Hope Elementary Wellness Center

The SBHC staff provided a six-week asthma education class to twelve students ages 6–9. Each week the students came to the SBHC to learn how to better manage their asthma. Rewards were given to the students at the end of the six weeks for participating in the project.

This SBHC staff is involved in a three-year project with the Marshall Technical Assistance & Evaluation staff and other SBHCs to develop a strategy to address overweight in a school-based setting. This project is supported through the Sisters of St. Joseph Health and Wellness Foundation. The SBHC staff is also coordinating this initiative with a Robert Wood Johnson Foundation health initiative in their local community.

A total of 74 comprehensive exams were provided, 50 of which were annual Health Checks.

The SBHC moved out of the school and across the street into a renovated small house to provide more space and privacy.

Oak Hill High Wellness Center

The SBHC staff partnered with the physical education teacher in an effort to assess BMI on physical education students. Students were privately screened in the SBHC for weight, height, and BMI. The staff discussed with each student their BMI results, nutritional eating habits, healthy eating tips, and fat content in different popular foods. A nutrition information packet was given to each student.

The medical provider and nurse went into the classrooms and did presentations on drugs and STDs. As a result, the health teacher requested that this be done every semester.

School: Mt. Hope Elementary School

School Population: 281

Grades: K-4, Special Education

SBHC Enrollment: 96%

Users: 220

Visits: 1,085

Starting Date: October 2002

Funding:

WV Bureau for Public Health

Sisters of St. Joseph Health & Wellness Foundation



School: Oak Hill High School

School Population: 746

Grades: 9-12

SBHC Enrollment: 99%

Users: 467

Visits: 4,104

Starting Date: February 2002

Funding:

WV Bureau for Public Health



School: Collins Middle School

School Population: 759

Grades: 5-8

SBHC Enrollment: 82%

Users: 445

Visits: 2,839

Starting Date: August 1996

Funding:

WV Bureau for Public Health

Federal Bureau for Primary Health Care

Fayette County (continued)

The behavioral health therapist provided services to 105 students, recording a total of 977 visits, or 9.3 visits per student. 50% of all visits were for treatment of anxiety and 24% for depression.

The staff at the Oak Hill High SBHC state that they receive many expressions of appreciation from students for “helping them with their problems.”

Collins Middle School Wellness Center

Ninety comprehensive exams including a behavioral risk assessment were provided to Collins Middle School students. Of these exams, 40 were annual Health Checks. An additional 87 students received a partial/sports exam at this school-based health center. Thirty students received the 3-dose Hepatitis B immunization series.

During National Nutrition Month, the SBHC staff worked with the physical education teachers to complete BMIs on over 100 students in the physical education classes. Parental consents were received for each child participating in the assessment. Information on nutrition, healthy eating choices, diet and exercise were discussed with each of the students who participated. The staff provided educational literature to reinforce the information.

The SBHC behavioral health therapist counseled 76 students during the year, recording a total of 390 visits, or 5.1 visits per student. Fifty-two percent of all visits were for treatment of anxiety and 16% for depression.

The SBHC provided 68 sports exams to students from other schools and provided immunizations for the school staff so that they would not have to leave school.



Gilmer County

WEST VIRGINIA SCHOOL-BASED HEALTH CENTER ANNUAL REPORT 2005-2006

School: *Gilmer County High School*

School Population: 435

Grades: 7-12

SBHC Enrollment: 87%

Users: 207

Visits: 745

Starting Date: *November 2000*

Funding:

WV Bureau for Public Health

WV Bureau for Behavioral Health



Sponsor: Minnie Hamilton Health Center Gilmer County High School Wellness Center

In 2004 MHHC expanded services at the Gilmer SBHC to include behavioral health care. A full-time social worker is shared between the Gilmer High School SBHC and their two SBHCs in Calhoun County. (Refer to Calhoun County description for more detail about Minnie Hamilton's program.)

Highlights this year:

- In January 2006 the mental health counselor began facilitating weekly psycho-educational groups at the Calhoun/Gilmer Alternative Learning Center in response to a recommendation of the ALC advisory team. Thirty-three students have attended at least one group session. The groups are based on the handbook by William Glasser, MD, entitled, "Teaching Choice Theory to High School Students in Class Meetings." The program was deemed to be successful and will be continued next year.
- 24% of all visits to the Gilmer SBHC were for mental health services; 35 students were served.
- In addition to providing services to students at the high school, the SBHC provided health care to 50 staff and students from other schools.



Greenbrier County

WEST VIRGINIA SCHOOL-BASED HEALTH CENTER ANNUAL REPORT 2005-2006

School: *Western Greenbrier Middle School*

School Population: 348

Grades: 6-8

SBHC Enrollment: 77%

Users: 168

Visits: 744

Starting Date: *March 2000*

School: *Greenbrier West High School*

School Population: 433

Grades: 9-12

SBHC Enrollment: 79%

Users: 157

Visits: 1,257

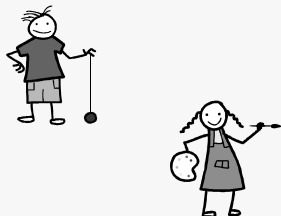
Starting Date: *October 2003*

Funding:

WV Bureau for Public Health

WV Bureau for Behavioral Health

Sisters of St. Joseph Health & Wellness Foundation



Sponsor: Rainelle Medical Center

Western Greenbrier Middle School Health Center Greenbrier West High School Health Center

Rainelle Medical Center sponsors three SBHCs – one in Fayette County and two in Greenbrier County. (Refer to Fayette County for additional information about Rainelle’s program).

Rainelle’s behavioral health services have increased from one counselor to three full-time counselors since receiving initial funding in 2001. Their core services include mental health education in the classroom and community to reduce the stigma of mental illness; general population mental health screening using the Columbia TeenScreen®; therapy for families and students; and counseling to address high risk factors such as anger and disruptive behavior. At the Western Greenbrier Middle School SBHC, 41 students received individual counseling for behavioral health/substance abuse needs this year. At Greenbrier West High School, 76 students received individual counseling.

This year, Rainelle’s SBHC behavioral health program received funding to establish an intensive outpatient program for adolescents with substance use, abuse and co-occurring disorders. This is the first time an intensive outpatient program for substance abuse services has been integrated with a SBHC in WV.

Greenbrier County (Continued)

Highlights of this year:

- Behavioral health services achieved their goal of having full-time mental health staff at each of the three SBHCs;
- Staff doubled the number of screenings to detect clinical depression, risk of suicide, and other mental disorders using the Columbia TeenScreen[®]. Of the total 304 students screened, 38 screened positive and were further assessed by the staff, with appropriate referrals and follow-up.
- The medical team along with a local dentist, Gene Ray Carr, conducted personal hygiene/oral health education presentations to 150 seventh graders at Western Greenbrier Middle School. Goodie bags were distributed with personal hygiene products (soap, shampoo, deodorant, lotions) donated by local hotels/motels and toothbrushes & toothpaste donated by Dr. Carr.
- “Threw with Chew Week”: a tobacco display at Greenbrier West High School was presented, with literature and promotional items given away during lunch time.
- Prom Promise: 125 students participated at Greenbrier West High School.
- The Greenbrier West High School SBHC almost doubled their number of users and visits this year. The increase is attributed to having a full-time counselor on site and the addition of 9th graders at the high school.

Comments from a satisfaction survey of SBMH clients in response to the question, “What has been the most helpful thing about the counseling you received in the past 6 months?” included:

“They have helped me with my drinking problems.”

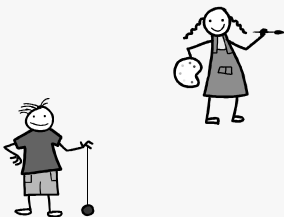
“I don’t worry as much.”

“My counselor teaches me how to cope with my problems. I’ve had a great experience with my counseling.”

“I don’t get as mad.”

“She has helped me learn not to give in to temptation.”

“Dealing with people in my family dying.”





Hardy County

WEST VIRGINIA SCHOOL-BASED HEALTH CENTER ANNUAL REPORT 2005-2006

Schools:

East Hardy Early/Middle School

East Hardy High School

School Population: EHEM 568; EHHS 232

Grades: EHEMS K-8; EHHS 9-12

SBHC Enrollment: 96%

Users: 522

Visits: 3,690

Starting Date: April 1993

Schools:

Moorefield Elementary School

Moorefield High School

School Population: MES 634; MHS 438

Grades:

MES K-4, Special Education

MHS 9-12

SBHC Enrollment: 86%

Users: 344

Visits: 1,282

Starting Date: October 1995

Sponsor: E. A. Hawse Health Center

**East Hardy School-Based Health Center
Moorefield Elementary and High School
Health Center**

Moorefield Middle School Health Center

E. A. Hawse Health Center sponsors three school-based health centers in Hardy County that serve five schools with a total of 2,330 students – nearly 100% of the entire county public school population. The percentage of students who are enrolled in the SBHCs is higher than the state average, indicating strong community and parent support.

Medical services are provided at each school wellness center in the county every school day that children are present. The physician's assistant and her team of two medical assistants split their time between the three sites, seeing up to 50 students a day.

Their mental health staff consists of one full-time master's level therapist and one full-time bachelor's level licensed social worker. One hundred eight students received individual counseling with the therapist. The social worker provides case management, small group and supportive counseling, and school-wide health promotion

Hardy County (continued)

School: Moorefield Middle School

School Population: 458

Grades: 5-8

SBHC Enrollment: 91%

Users: 252

Visits: 1,083

Starting Date: April 1999

Funding:

WV Bureau for Public Health

Sisters of St. Joseph Health &
Wellness Foundation



programs, including a student peer tobacco education group, RAZE, whose purpose is to "Tear Down Tobacco's Lies." Eight East Hardy High School students gave over 1,300 hours of community service work with the RAZE program to prevent the use of tobacco, including presentations to the 2nd, 3rd, 4th and 5th grade students.

Other projects started this year include grief-loss groups at EHEMS for grades 1-4 and grades 5-8 for 20 students with 3 sessions each (which will continue into the '06-'07 school year); parenting education classes; and the "Open Airways" asthma education program for small groups of asthmatic students at each of the schools.

At Moorefield Elementary/High School Health Center, the social worker held several small group sessions as well as individual supportive counseling. Topics addressed included peer relationships, conflict resolution, grief, and substance abuse prevention.

At Moorefield Middle School, the health educator focused on the RAZE program, working with the faculty and student peer educators to provide resources and presentations on tobacco.



Jackson County

WEST VIRGINIA SCHOOL-BASED HEALTH CENTER ANNUAL REPORT 2005-2006

School: Ripley High School

School Population: 980

Grades: 9-12

SBHC Enrollment: 22%

Users: 59

Visits: 99

Starting Date: August 2005

Funding:

WV Bureau for Public Health

Sisters of St. Joseph Health & Wellness Foundation

Wirt County Health Services

Additional Schools Receiving Services:

Ripley Middle School

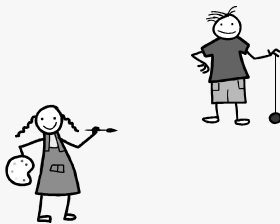
Grades: 6-8

School Population: 775

Ripley Elementary School

Grades: K-5, Special Education

School Population: 684



Sponsor: Wirt County Health Services Association

Jackson County Schools Wellness Center

After three years of discussion and planning, Jackson County opened their first SBHC this year in August 2005. Due to space limitations in the school, the Wirt County Health Services Association requested funding from the Sisters of St. Joseph to purchase a modular office building for the SBHC, which is on the campus of Ripley High School, and also serves Ripley Elementary School and Ripley Middle School located nearby.

School-based services actually began in 2003 with dental services when portable dental equipment was received from the WV BPH Office of Maternal, Child and Family Health. Dr. Jason Roush travels to each of the 12 county schools to provide cleanings, fluoride treatments, and sealants. Referrals to area dentists were made when appropriate. Ninety-eight children received dental health care at the Ripley SBHC this year.

Primary care was added this year with a full-time care coordinator and part-time nurse practitioner. Lab services are available. Staff also assisted school nurses with preschool screenings, where over 250 children are screened each year.

Smoking cessation classes were also offered at Ripley Middle School for students interested in quitting; 10 teenagers participated.



Kanawha County

WEST VIRGINIA SCHOOL-BASED HEALTH CENTER ANNUAL REPORT 2005-2006

School: Riverside High School

School Population: 1,295

Grades: 9-12

SBHC Enrollment: 52%

Users: 407

Visits: 1,312

Starting Date: February 2001

Funding:

WV Bureau for Public Health

Sisters of St. Joseph Health & Wellness Foundation



Sponsor: Cabin Creek Health System Riverside Health Center

The Riverside School-Based Health Center is part of a primary care health center located within Riverside High School. The health center provides health care to children and their families, school staff, and the community. Staff includes a family nurse practitioner, pediatrician and a master's level social worker.

Highlights of this year include:

- Lunch time access to the social worker for information on behavioral health topics.
- Depression screening on October 6th, National Depression Screening Day.
- Educational bulletin boards on various mental health topics.
- Once a month during lunch periods, the staff and the RHEP (Rural Health Education Partnership) students presented on common health issues such as the food pyramid; cough, cold and flu symptoms; and healthy hearts.

"Riverside Health Center has an awesome staff. The staff supports you in every decision you make and they give you lots of options. They make everyone feel welcome. As a Riverside student, I understand how beneficial it is for the school and community. If you need a clinic, the Riverside Health Center is the way to go."

The school psychologist reports that she is glad to have a counselor on site for students who need to talk with a counselor.



Kanawha County (continued)

The staff participated in a national project sponsored by the National Assembly on School-Based Health Care (NASBHC). The Practice Management Initiative (PMI) program brought trainers to WV to conduct a Strengths/Weaknesses/Opportunities/Threats (SWOT) analysis and chart reviews for the participating sites, as well as for training on various aspects of operating a SBHC. The SWOT analysis included facilities, business operations, care management, human resources and compliance.

The SBHC team set goals and developed work plans based on opportunities for improvement that were noted during the SWOT analysis and chart reviews.

Staff received training on topics such as practice management, continuous quality improvement and productivity. Improvements were noted in all categories. The project ended with presentations at the NASBHC 2006 annual conference in Portland, Oregon and the August 2006 Back-To-School Workshop in Flatwoods.



Lincoln County

WEST VIRGINIA SCHOOL-BASED HEALTH CENTER ANNUAL REPORT 2005-2006

School: Guyan Valley High School

School Population: 550

Grades: 7-12

SBHC Enrollment: 73%

Users: 249

Visits: 1,295

Starting Date: November 1995

Funding:

WV Bureau for Public Health

Sisters of St. Joseph Health & Wellness Foundation

Additional Schools Receiving Services:

West Hamlin Elementary

Grades: K-6, Special Education

Population: 560



Sponsor: Lincoln Primary Care Center Guyan Valley Wellness Center

Lincoln Primary Care Center opened the SBHC at Guyan Valley High School in 1995. In addition to the services provided to the students in grades 7-12 at the high school, they have emphasized outreach to area schools. A total of 122 comprehensive exams, representing 49% of all their patients, were provided at this SBHC. The exams included a behavioral risk assessment. For those student users who are covered by Medicaid, 51% of those users received their required Health Check without having to miss a day of school. This SBHC consistently provides the highest percentage of comprehensive physical exams for the number of users.

A new service this year was an immunization initiative for meningococcal vaccine. Staff sent home information about the vaccine and consent forms for 7th, 9th, and 12th grades and made follow-up calls to explain the importance of this preventive service. Their efforts resulted in 60 students receiving the vaccination.

Mental health services were added two years ago. This year, 79 students received counseling from the SBHC therapist.

A health fair for the students and community was held in April. Various screenings were offered, such as cholesterol, glucose, EKG, blood pressure, hemoglobin, and vision. An exercise physiologist provided BMIs and body composition education.



Marion County

WEST VIRGINIA SCHOOL-BASED HEALTH CENTER ANNUAL REPORT 2005-2006

School: East Fairmont High School

School Population: 878

Grades: 9-12

SBHC Enrollment: 84%

Users: 417

Visits: 2,238

Starting Date: January 1995

Funding:

WV Bureau for Public Health

Bureau for Behavioral Health

Valley Healthcare System, Inc.

Sisters of St. Joseph Health and Wellness
Foundation



**Sponsor: Monongahela Valley
Association of Health Centers, Inc.
East Fairmont High School Wellness Center**

Nearly 84% of students are enrolled at this SBHC. This is a substantial increase for this site. By offering enrollment at the SBHC as part of the high school registration process, increases have been noted for the past 3 years. Also noted were increases in the number of students who used their SBHC during the school year. There were 88 comprehensive exams provided, 56 of which were annual Health Checks. Thus, almost 40% of student users covered by Medicaid received their required annual exam at this SBHC. The AMA's GAPS (Guidelines for Adolescent Preventive Services) risk screening questionnaire was used during these visits.

The mental health services program at East Fairmont SBHC has been operated by the community behavioral health agency – Valley Healthcare System – for five years. The program focuses on care that is consumer and family-driven to increase positive social, emotional, and behavioral functioning. Core services include individual supportive counseling, group counseling, mental health assessment, crisis and case management, parent and school staff consultation, and classroom education.



Marion County (continued)

Recently, the mental health counselors, who are certified addictions counselors, have increased their efforts in identifying and counseling students at risk for or using alcohol and other drugs through individual and small group counseling. Visits to the SBHC mental health therapists were documented at 457, with 52 students receiving services during this school year.

North Marion Campus Wellness Center

During the month of October, the medical staff worked with the group, Mannington Main Street, and the West Virginia DHHR on a CDC-funded project called Physical Activity and Nutrition (PAN) Awareness. Students were screened for BMI, blood pressure and respiration. Students identified on the initial screen with elevated blood pressure were asked to return that week for a repeat blood pressure check and counseling on reducing risks. Even though the funding has ended, the SBHC staff will continue the program at North Marion and expand to East Fairmont. This SBHC staff is also involved in a three-year project with Marshall University School-Based Health Technical Assistance & Evaluation Center and other SBHCs to address overweight in a school-based setting. This project is supported through the Sisters of St. Joseph Health and Wellness Foundation.

The North Marion Wellness Center also saw a substantial increase in the number of registrants, users and visits as a result of their outreach to parents and students during school enrollment in the fall.

School: North Marion High School

School Population: 909

Grades: 9-12

SBHC Enrollment: 82%

Users: 490

Visits: 1,709

Starting Date: December 1995

Funding:

WV Bureau for Public Health

Bureau for Behavioral Health

Valley Health Care System, Inc.



McDowell County

WEST VIRGINIA SCHOOL-BASED HEALTH CENTER ANNUAL REPORT 2005-2006

Schools:

Mount View Middle School

Mount View High School

School Population:

MVMS 389; MVHS 525

Grades: 6-12

SBHC Enrollment: 45%

Users: 344

Visits: 1,787

Starting Date: August 2005

Funding:

WV Bureau for Public Health

Sisters of St. Joseph Health & Wellness Foundation

Additional Schools Receiving Services:

Big Creek High

Grades: 9-12

Population: 278

Iaeger High

Grades: 9-12

Population: 456



Sponsor: Tug River Health Association Tug River/Mt. View Wellness Center

In their first year, the Mt View SBHC has achieved an enrollment of 45%, with user rate of 83%, and had over 1,700 visits which include comprehensive physical exams for 56% of their student users. 58% of their student users have Medicaid; 24% are privately insured; 8% are covered by WV CHIP and 10% had no coverage or were private pay.

The SBHC is open during the school day for students, and in the evening it opens to the entire community.

In addition to the full-time SBHC at Mt. View Schools, the Tug River Health Association reaches out to students at Big Creek High School and Iaeger High School by conducting risk screenings and providing follow-up referral and counseling. An additional 122 individual visits and 27 risk assessments were provided at Big Creek and Iaeger High Schools



Nicholas County

WEST VIRGINIA SCHOOL-BASED HEALTH CENTER ANNUAL REPORT 2005-2006

Schools:

Richwood Junior High School

Richwood High School

School Population: RJHS 385; RHS 322

Grades: RJHS 7-9; RHS 10-12

SBHC Enrollment: 91%

Users: 450

Visits: 4,179

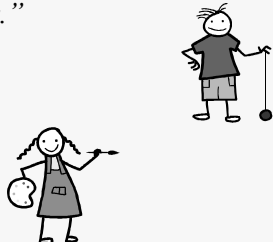
Starting Date: March 1995

Funding:

Federal Bureau of Primary
Health Care

United Way of Southern WV

"They have helped me a lot since 7th grade; now I'm a senior. I will miss them from helping me. They do a pretty good job. I think people should choose the wellness center."



Sponsor: New River Health Association

Richwood Wellness Center

The New River Health Association operates SBHCs in Fayette and Nicholas Counties. The Richwood SBHC had over 4,000 visits this year, 65% of which were medical encounters.

Highlights this year:

The medical staff provided 153 comprehensive exams (34% of all users). Of these, 40 were annual Health Check exams for students covered by Medicaid.

The SBHC staff worked with a nutritionist from Richwood Community Hospital and RHEP (Rural Health Education Partnership) students to take height, weight and BMI on over 300 Richwood Junior High School students. During the assessment, the staff discussed nutrition, healthy eating habits, diet and exercise with the students. The SBHC staff offered nutrition counseling throughout the school year for students who had extremely high BMIs.

Schools:

Summersville Junior High School

Nicholas County High School

School Population: SJHS 678; NCHS 611

Grades: SJHS 7-9; NCHS 10-12

SBHC Enrollment: 92%

Users: 781

Visits: 4,100

Starting Date: September 2000

Funding:

WV Bureau for Public Health

Sisters of St. Joseph Health & Wellness Foundation

"I really do like this wellness center. If it was like this at all the schools it would be cool!!"

"I really like the people at the wellness center. They are very nice and polite to me and I really appreciate them."

Nicholas County (continued)

Sponsor: New River Health Association, Inc.

Summersville Wellness Center

Summersville Wellness Center, through a grant project with Nicholas County High School, provided over 100 BMI, cholesterol and LDL screenings for high school students and teachers. A representative from Summersville Memorial Hospital spoke to the participants about the importance of diet and exercise during the screenings.

The Wellness Center sponsored a health fair for Summersville Junior High School students. There were over 26 topics covered ranging from bullying to dental hygiene. There were 8 sessions and each student attended all discussion areas. Community members donated door prizes for each student that participated in the Health Fair. More than 690 students participated.

With the acquisition of the new modular unit, funded in part by the Sisters of St. Joseph, student users at the SBHC have increased by over 65% this year. Visits totaled over 4,100 and additional services were provided to other area students, community members and school staff. The mental health therapist accounted for 22% of all visits.



Pendleton County

WEST VIRGINIA SCHOOL-BASED HEALTH CENTER ANNUAL REPORT 2005-2006

School: Pendleton County High School

School Population: 542

Grades: 7-12

SBHC Enrollment: 78%

Users: 199

Visits: 648

Starting Date: September 1991

Funding:

WV Bureau for Public Health

Sisters of St. Joseph Health & Wellness Foundation

Sponsor: Pendleton Community Care Pendleton High School Health Center North Fork Elementary Health Center

Pendleton Community Care opened the first SBHC in WV at Pendleton High in 1991. With funding from the Sisters of St. Joseph three years ago, the SBHCs added two full-time behavioral health specialists – a master’s level counselor and a bachelor’s level behavioral health educator. The SBHCs now are able to offer more comprehensive and preventive services. The behavioral health educator provides several preventive and targeted interventions in the schools.

Among the highlights this year:

- The Great Young Men’s Club. Third through sixth-grade boys attend weekly sessions with the SBHC educator to discuss topics identified by the teachers as important, such as teamwork, communication, peer pressure and relationships. They also do fun things, such as their back-to-school hiking and caving weekend.

- A motor skills program based on principles of educational kinesthesiology to promote coordination, attention, cooperation, self-challenge and peer teaching to individual students who are identified as needing extra attention.



School: North Fork Elementary School

School Population: 124

Grades: K-6, Special Education

SBHC Enrollment: 97%

Users: 75

Visits: 347

Starting Date: September 1991

Funding:

WV Bureau for Public Health

Sisters of St. Joseph Health &
Wellness Foundation



Pendleton County (continued)

- A tobacco cessation group at the high school – 35% quit and others reduced use significantly.
- Alcohol/drunken driving program.
- Weekly “Dance-Dance Revolution” games to encourage exercise.

This year, the Pendleton SBHCs were one of two programs in WV to participate in a national improvement project with the National Assembly on School-Based Health Care (NASBHC). The Mental Health Education and Training (MHET) Initiative brought trainers to West Virginia for six days of training on various aspects of school-based mental health services. The Pendleton team set goals and developed work plans in addition to receiving training on topics such as cognitive behavioral therapy, evidence-based group programs, coding, and integration with primary care. The project ended with presentations at the NASBHC annual conference in Portland, Oregon.

There were 30 comprehensive exams provided during this period, 23 of which were annual Health Checks. Forty percent of all SBHC users received a comprehensive exam at the North Fork Elementary SBHC.



Pleasants County

WEST VIRGINIA SCHOOL-BASED HEALTH CENTER ANNUAL REPORT 2005-2006

Schools:

Pleasants County Middle School

Belmont Elementary School

School Population: *BES 253; PCMS 414*

Grades:

BES Preschool-4, Special Education

PCMS 5-8

SBHC Enrollment: *87%*

Users: *321*

Visits: *1,035*

Starting Date: *September 2003*

Funding: *Ritchie County Primary Care*



Sponsor: Ritchie County Primary Care Association

**Pleasants County Middle / Belmont Elementary School-Based Health Center
St. Mary's High School-Based Health Center**

In response to requests from the school system, the Ritchie Primary Care Association expanded their SBHC program to Pleasants County by opening two SBHCs in 2003. In two years, the program has achieved an 87% registration rate, indicating strong parental support.

Highlights at Pleasants Middle/Belmont Elementary this year:

- The number of students who used their SBHC on at least one occasion during the school year increased by 35% over the previous school year.
- The number of student visits also increased by 28%.
- 91 students received a comprehensive exam.
- 65% of student users who are covered by Medicaid received their annual Health Check exam at this SBHC.
- An additional 120 sports exams were provided.

School: St. Mary's High School

School Population: 403

Grades: 9-12

SBHC Enrollment: 72%

Users: 175

Visits: 547

Starting Date: September 2003

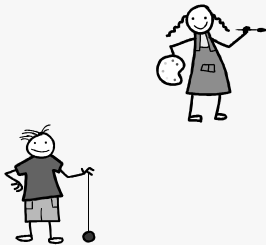
Funding: Ritchie County Primary Care

Additional Schools Receiving Services:

St. Mary's Elementary School

Grades: K-4, Special Education

Enrollment : 316



Pleasants County (continued)

Highlights at St. Mary's High SBHC:

- 72% of students have a signed consent to use this SBHC.
- 60% of enrolled students used their SBHC on at least one occasion during the school year.
- The number of student visits increased by 60% when compared to the previous school year.
- Over half of the students covered by Medicaid received a Health Check at this SBHC.
- In addition to serving students from St. Mary's High School, this SBHC also provides medical care to students from nearby St. Mary's Elementary. Fifty-five students accompanied by their parents recorded an additional 138 visits. While most of the visits were for acute or sick care, some 19 students received a comprehensive exam. With a focus on prevention, some of these exams included immunizations when indicated.



Ritchie County

WEST VIRGINIA SCHOOL-BASED HEALTH CENTER ANNUAL REPORT 2005-2006

Schools:

Ritchie County Middle School

Ritchie County High School

Student Population:

RCMS 387

RCHS 464

Grades: *RCMS 6-8; RCHS 9-12*

SBHC Enrollment: *98%*

Users: *742*

Visits: *5,920*

Starting Date: *January 1995*

Funding:

WV Bureau for Public Health

Sisters of St. Joseph Health & Wellness Foundation



Sponsor: Ritchie County Primary Care Association

Ritchie County School-Based Health Center

Highlights:

- This SBHC had a 98% user rate, the highest among all the WV SBHCs.
- A total of 55 students have benefited from receiving an oral evaluation and treatment on site by a local area dentist.
- The SBHC coordinates with Camden Clark Memorial Hospital for their “Asthma Van” to make monthly visits to the school, encouraging proper use of inhalers by students identified with asthma, as well as monitoring their compliance with treatment.
- There were 168 comprehensive exams provided at this SBHC, including 113 annual Health Checks.
- An additional 237 students received a partial/sports exam
- An additional 303 area school students, community members and school staff received services at this SBHC.
- The Ritchie SBHC staff was the first to participate in the national practice improvement project sponsored by the National Assembly on School-Based Health Care (NASBHC) in 2004-2005. Their pilot work in this project paved the way for a Practice Improvement Initiative in West Virginia and contributed to the quality improvement efforts statewide.



Roane County

WEST VIRGINIA SCHOOL-BASED HEALTH CENTER ANNUAL REPORT 2005-2006

School: Geary Elementary/Middle School

School Population: 345

Grades: Preschool-8

SBHC Enrollment: 59%

Users: 96

Visits: 308

Starting Date: January 2005

School: Spencer Middle School

School Population: 473

Grades: 5-8

SBHC Enrollment: 62%

Users: 39

Visits: 90

Starting Date: March 2001

School: Walton Elementary/Middle School

School Population: 380

Grades: K-8, Special Education

SBHC Enrollment: 89%

Users: 122

Visits: 241

Starting Date: August 2002

Funding: Roane General Hospital

Sponsor: Roane General Hospital

The three SBHCs in Roane County are supported entirely by Roane General Hospital. A full-time nurse practitioner and part-time physician cover the three SBHCs on a regular weekly schedule. In addition to the 639 medical visits by students of these three schools, the SBHCs provided 387 preventive and acute care visits to school staff and area school students. Highlights this year:

- At Geary Elementary/Middle School, the “Open Airways” program developed by the American Lung Association was introduced into the elementary schools by the SBHC medical provider.
- At Spencer Middle School, 192 visits were recorded for school staff and area students in addition to the visits by students at the school.
- At Walton Elementary/Middle School, 99 visits were recorded for school staff and area students in addition to those of Walton Elementary/Middle School students.

The SBHC staff report that they receive frequent comments from school staff and parents about the convenience of having a SBHC on site. Children can be seen when needed and many times can stay in school. Parents appreciate that they can pick up prescriptions on their way home from work because they were called in by the SBHC medical provider for their child.



Wayne County

WEST VIRGINIA SCHOOL-BASED HEALTH CENTER ANNUAL REPORT 2005-2006

School: Spring Valley High School

School Population: 1,075

Grades: 9-12

SBHC Enrollment: 97%

Users: 729

Visits: 3,111

Starting Date: October 1998

Funding:

WV Bureau for Public Health

St. Mary's Hospital

Cabell Huntington Hospital

Valley Health Systems, Inc



Sponsor: Valley Health Systems, Inc
Spring Valley High Health Center
Wayne Middle and High School Health Center

Valley Health Systems operates two SBHCs in Wayne County – one at Spring Valley High School and another at Wayne Middle/High School and provides outreach to Tolsia High that includes well child exams, sports physicals, acute care, and dental and nutritional assessments.

The SBHC services include a registered dietician who is available once per month to counsel students referred by the medical providers.

Highlights at Spring Valley SBHC :

- 34 students were referred to the SBHC dietician for counseling on healthy lifestyles and nutrition.
- School-based dental services were offered again this year with 15 students receiving a screening with the dental hygienist. During the month of October, the hygienist provided classroom presentations to 107 students on oral health and disease prevention.
- Immunizations were offered to all students who were seen in the health center. Twenty-five students received the series of three Hepatitis B immunizations.

Schools:

Wayne Middle School

Wayne High School

School Population: WMS 572; WHS 625

Grades: WMS 6-8; WHS 9-12

SBHC Enrollment: 88%

Users: 653

Visits: 2,003

Starting Date: November 1999

Funding:

WV Bureau for Public Health

St. Mary's Hospital

Cabell Huntington Hospital

Valley Health Systems

Additional Schools Served:

Tolsia High School

Grades: 9-12

Population: 499



Wayne County (continued)

Highlights at Wayne Middle/High SBHC:

- 201 comprehensive physical exams were provided, 164 of which were annual Health Checks. Thus, 55% of student users covered by Medicaid received their required annual exam at this SBHC. An additional 193 students received a partial (sports) exam.
- 42 students completed the series of 3 Hepatitis B immunizations.
- In addition to the 95 one-on-one contacts, the dental hygienist provided classroom health education to a total of 152 students. Topics discussed included disease prevention, oral hygiene and health risks associated with tobacco use.
- The registered dietitian provides one-on-one health education to students in the health center as well as classroom education. Health education topics were discussed with 34 students in the 9th and 10th grades in November and again to 36 students in each of those grades during the month of December. Topics included nutrition, weight control and overall growth and development geared toward this age group.