

Our mission is to improve the health and academic success of children and youth by advancing health services in schools. We envision a day when all children and youth are healthy and achieving at their full potential.



School Health Centers

California School Health Centers Association
1203 Preservation Park Way, Suite 302
Oakland, CA 94612
P 510.268.1260
F 510.268.1318
info@schoolhealthcenters.org
www.schoolhealthcenters.org

School-based health centers are a

**great
idea**

A Message from the Executive Director

School-based health centers: Health care...



I never tire of hearing the success stories of school-based health centers in California, some of which are recounted in this 2011 Impact Report. In 2000, California had 108 school-based health centers. Twelve years later, there are 183 with 16 scheduled to open within the next few years. Amazingly, the number of school-based health centers continues to grow despite budget cuts and the recession. It makes me think – we must be on to something!

We have made great progress in expanding access to school-based health care, however our work is not done. There are still a large number of children whose health care needs go unmet. In California, an estimated one million children still do not have health insurance, and a growing number are living in poverty.

On a positive note, health care reform presents a tremendous opportunity to get health care to more children. But we can't forget that many decisions about our health care system are influenced by business interests and existing bureaucracies. Without strong voices for children, there is no guarantee that our "reformed" health care system will be consumer-friendly or more successful in making services accessible for children and families.

School-based health centers are a viable solution to these health care challenges. That's why the California School Health Centers Association plays a unique dual role. We are that strong voice for children in Sacramento and Washington, D.C. by working to shape policies to improve access to care. Simultaneously, we are on the ground with individual schools and communities to make school-based health centers a reality – from simply envisioning the center, to breaking ground, to finding funding for expansion, and pioneering new programs and services.

We are moved by students who are failing not for lack of aptitude but because of health and mental health issues. We know that if they could get treatment, the course of

their lives could be changed. We are humbled by students who, despite innumerable challenges, are committed to creating powerful change for themselves and their peers. We are inspired by the creative ways that distressed schools and communities have combined resources to get health care to their students.

We are also grateful for your support of school-based health centers and remain dedicated to putting health care where kids are because we *are* on to something.

Serena Clayton, PhD
Executive Director

... where **Kids** are

A Health Care Provider's Perspective

keeping kids Healthy

When we can prevent health issues from developing into something worse, that to me epitomizes the strength of a school-based health center.

I think about Nathan, who wanted to play football in the 9th grade but missed tryouts because his family had no health insurance and couldn't afford to pay for his physical. In 10th grade, Nathan was referred to our school-based health center and received his sports physical without charge. Unfortunately, his BMI was over 30 (considered obese) and he had Stage 1 hypertension.

He needed laboratory tests before we could clear him for sports, but we could not do them at the center. His parents faced two challenges: they couldn't afford the tests and they couldn't get time off work to take him to a community clinic. He missed the deadline for tryouts again.



“I can't think of a better way to deliver primary care and preventive care to not only students but their families than through school-based clinics.”

Kathleen Sebelius, *U.S. Secretary of Health and Human Services*

But Nathan was incredibly motivated to improve his health. He spent 10th grade taking full advantage of our services, checking in regularly with health educators and physicians for tips on eating healthy portion sizes and getting constant reminders about decreasing both his screen time and soda intake. He worked on his fitness with regular exercise. We worked on getting him to the community clinic and making the laboratory tests affordable for his family.

In 11th grade, Nathan did it! He returned for his sports physical and even though his blood pressure was elevated, it was not as severe. Nathan is now on

the football team, working out with the team daily and still comes to see us for health check-ups.

The success we celebrate is not only Nathan making the football team but what's more, our school-based health center prevented his health from deteriorating further and empowered him to make positive changes that are sustainable for the rest of his life.

Shaila Serpas, MD

Scripps Mercy Hospital and
Southwest High School Student Health Center

Kids with access to school-based health centers:

- Have fewer hospital stays and 3 more days in school among children with asthma.
- Get more physical activity and eat healthier foods.

Studies showed:

- School-based health centers can achieve significantly higher rates of full immunization across a wide range of vaccinations—including Hep B, Tdap, MMR, and HPV—than other types of vaccine providers.
- School-linked outreach efforts to enroll children in health insurance from 2001 to 2007 resulted in the highest percentage of new enrollments (12%) of any strategy.

A Parent's Perspective

Supporting Academic Success



I have had too many nights when all I could do was cry because my heart ached so much knowing that my son was being teased at school, he had no friends, and was failing. I felt powerless to help. Kenny was always a happy child but by the time he was 10 years old, he had become angry. I had nowhere to go for help.

I am forever grateful to his teacher, the staff at the school-based health center and people at the school for helping Kenny improve his grades and turn his life around. They not only helped him, they helped our whole family.

Before getting support from the school-based health center, a typical day for Kenny was, go to school, get teased for being overweight. He'd respond with angry outbursts and then end up sitting alone during recess and lunch. At home, he would snack on soda and chips. I admit that we ate a lot of fast-food but that's only because I was so busy with work.

It has been wonderful working with this team of people – the school-based clinic staff, his teacher, mental health counselors, medical people, a case manager and even a dietician. Because of them, everything has changed for the better.

“School-based health centers are one of those fundamental building blocks that has to be in place if we really want children to fulfill their tremendous academic and social potential.”

Arne Duncan, U.S. Secretary of Education

There's no more talk about holding Kenny back a grade. He's lost a lot of weight and he's definitely not as angry. And as a family, we cook healthier meals, we eat healthier snacks and we go on walks together to stay active.

There's no more crying for me. I spend my nights now smiling and listening as Kenny proudly talks about his friends or asks to read together. The best part is that I don't worry about him as much because I know he has the school-based health center as a safe place to go when he's feeling down or just needs to talk. For a parent, that's so comforting.

Gloria F., mother with children at Columbus Middle School, Los Angeles

When students received services at a school-based health center they:

- Improved their grades more quickly than did their peers.
- Reduced their disciplinary referrals by an average of 90%.

A study revealed:

States that have policies to provide oversight in health education and health services at each school had higher test scores and lower dropout rates than states that did not.



Our school health center has everything! Comfort. Respect. Honesty.

My freshman year, my dad hit me, and I needed therapy for it but I didn't really want to go into it. I think I just kept everything to myself. I was one of those people where I just never talked about it, and I just absorbed everything and never let anything out.

So when I went to the health center, it was a lot easier to express myself. Everyone at the health center was really comforting, and it's a different environment once you step in there—because when you're at school you're pressured to do everything, you're pressured to have good grades, you're stressing about school. The people there are just so different. They can help calm you down and reenergize you.

a path to a

If I didn't have my school health center, I don't think I'd be as level-headed as I am now. I want to be where I'm at right now. Everything that had happened from freshman year to now, I don't know how I would have reacted or what I would have done if I didn't have the self-restraint and communication skills that I learned by being part of the health clinic's teen leadership team.

I've gained so much. A lot of people come to me for advice and guidance now. I like being able to answer their questions and I try to get them into the school health center.

Brittany, Hercules High School, 12th grade

“When young people come into a space that lifts up their hopes and dreams, they are able to re-position themselves as activists, artists, advocates and leaders. This chance to matter, to be an agent of change, has a profound impact.”

Jennifer Rader, Executive Director, The James Morehouse Project, El Cerrito High School

positive future

A Student's Perspective

Did you know?

- 30% of the high schools with an SBHC have a youth leadership program directly linked to the center.
- Through the SBHC youth engagement programs, youth from across California have gotten involved in shaping local, state and federal policy.

A School Administrator's Perspective

a Common-Sense approach



A great deal of our district's time and energy was spent on trying to help students in the Kerman Unified School District receive the most basic health services. Our students have challenges that are unique to rural, working class communities. They do not have easy access to a hospital, health clinic or mental health services.

Many of our students go without any kind of health care due to a lack of transportation to Fresno, which is approximately 25 miles away.

“We at The California Endowment say ‘health happens in schools’ because we understand the pivotal role that schools play in the well-being of children. If we want to make sure that health care services reach as many children as possible, it’s a smart strategy to work with schools.”

Robert K. Ross, MD, *President and CEO of The California Endowment*

Teachers and administrators have voiced their frustration over the years on how to provide a quality education to our children when the kids are not receiving primary medical and mental health services. What we finally decided is that having services on campus would be much more efficient and a smarter use of our limited resources—and that being able to provide primary health services for our families could help students be better prepared to learn with minimal distractions.

The reality is that children come to school sick when they have nowhere else to go. Their parents cannot stay home with them because if they don't work,

they will not get paid. When children are sick, the last thing they are thinking about is schoolwork. This can be a huge distraction for the teacher and other students.

Our teachers and staff already know these students and students trust them. The school is also a convenient location, so it just makes sense to have a school-based health clinic as a key component to providing a quality education.

Robert Frausto
Superintendent
Kerman Unified School District

A good investment: Healthy Start, California's school-linked services initiative that launched many school health centers, found that for every \$1 schools put into the program, they were able to bring \$3-\$17 of outside resources for the school.

A Look at Our Progress

School-based health centers: a Great Idea, and Growing

The California School Health Centers Association (CSHC) is at the forefront of the movement to put health care where kids are – in schools. Our work focuses on promoting the health and academic success of children and youth by increasing access to high-quality health care and support services.

Thanks to our supporters, our work has not gone unnoticed. The California State Legislature has recognized the important role of school-based health centers by passing two bills we co-sponsored. AB 2560 created a state office for school health centers, and SB 564 established a school health center grant program. These bills were signed by the Governor in 2006 and 2008.

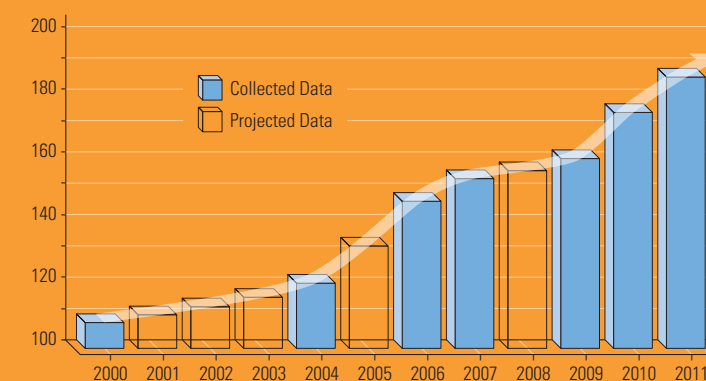
Our efforts have had an impact nationwide. The federal government made an unprecedented commitment by creating a program specifically for school-based health centers in the health care reform law signed in 2010.

While we continue advocating for public policies that make school health services an integral part of the health care and education systems, our work on the ground is also essential to our mission. We provide workshops and individualized assistance for SBHCs, school districts and providers. We have established ourselves as the state's leading resource for opening and expanding SBHCs at elementary, middle and high schools and developing model youth leadership programs.

FINANCIALS

Total Fiscal Year 10/11 Revenue:	\$1,112,781
Grants:	\$956,992 (86%)
Contracts:	\$66,767 (6%)
Conference Registration/ Event Sponsorship:	\$55,639 (5%)
Membership/Donations:	\$33,383 (3%)
Total Fiscal Year 10/11 Expenses:	\$1,052,803
Policy, Technical Assistance and Outreach to strengthen CA SBHCs:	\$829,917 (79%)
Administration:	\$193,421 (18%)
Fundraising:	\$29,465 (3%)

SBHC GROWTH DESPITE DIFFICULT ECONOMIC TIMES



ACCOMPLISHMENTS IN 2010-2011

- Helped secure \$14 million in federal grants for more than 40 school-based health centers in California to expand or open new facilities.
- Trained more than 430 school-based health center stakeholders on youth engagement and how to start, fund and operate a school health center.
- Assisted school-based health centers in keeping pace with the evolving health care system by securing funding for adopting electronic health records.
- Addressed the childhood obesity crisis by securing funding and providing assistance for school-based health centers to develop nutrition and fitness programs.
- Provided individualized support on planning school-based health centers to 35 schools and communities, which helped them move one step closer to opening their new health centers.
- Worked with the Chair of the Assembly Education Committee, Julia Brownley, to pass Assembly Joint Resolution 10 – School-Based Health Centers. The Resolution requests that Congress fund SBHCs and calls for the inclusion of SBHCs in policies that create medical homes for children in national education reform.
- Established California's first statewide network to connect youth who take a leadership role in raising awareness about the benefits of school-based health care.

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