

# FY16 School Based Health Initiative Annual Report

## Summaries:

**The Mobile Youth Health Center (MYHC)** grew out of the Community Health Needs Assessment (CHNA) and the identified need for access to care and health care services among our uninsured / underinsured student populations in the Lehigh Valley. These students suffer from health disparities that leave them in poor health, which contributes to poor academic performance, low self esteem and unrealized potential. Because our MYHC is on wheels, we can bring these services to the schools and communities in need. School districts served in FY16 were Allentown (ASD), Bangor (BSD), Bethlehem (BASD), and Panther Valley (PVSD). St. Luke's MYHC is staffed by a multi-disciplinary team that provides clinical assessments, evaluations, and referrals for each student. We provide culturally-sensitive services in Spanish and have a Community Care Coordinator as part of the team. This has become a valuable resource for these students by providing access to care, integrated behavioral health services, adolescent health assessments with alcohol, tobacco, and drug use prevention, reproductive health counseling, healthy eating, active living, and weigh management, and connections to resources such as insurance, medical providers, and establishing a medical home.

**Adopt-A-School Health Services** is an initiative and partnership between St. Luke's University Health Network (SLUHN), area School Districts, several academic institutions and community partners. Several schools were selected, many of them being United Way Community Schools, with the goal of improving access to care for medical, vision, and dental services. Studies support that if these basic needs are met, students will have improved health outcomes, academic performance, and increased graduation rates.

**Behavioral Health Services** - Psychosocial and mental health problems are often are major factors interfering with effective school performance. St. Luke's goal is to enhance the nature and scope of mental health interventions to fill gaps, enhance effectiveness, reduce stigma, and identify and address problems early. Behavioral health services are provided by a Masters level clinical psychologist, through a grant between Pinebrook/Family Answers and United Way of the Greater Lehigh Valley (UWGLV), on the MYHC to students at the middle school level.

The Community Voices Clinic (CVC) is a school-based mental health clinic operating within the family centers at Donegan Elementary and Broughal Middle schools. The CVC was formed in 2012 through a partnership between the Bethlehem Area School District, St. Luke's Health Network, and Lehigh University's graduate programs in Counseling Psychology and Educational Leadership. The CVC offers free individual, family, group, and couples therapy to uninsured and underinsured residents of South Bethlehem who would otherwise be unable to access treatment. The clinic is fully staffed by doctoral and Master's level students in counseling psychology from Lehigh University under the supervision of Dr. Arpana Inman, a licensed psychologist and Lehigh faculty member.

**United Way Community Schools** are both a place and a set of partnerships between schools and other community resources. In FY 16, SLUHN became the first hospital in the region to support the United Way Community Model, and is the lead / corporate partner for Raub Middle School in Allentown. As lead partner, SLUHN employed a full time Community School Coordinator who, with full agency support, worked directly in the school to enhance and coordinate opportunities for students and families to learn and be successful. This past year's goal for Raub Community Middle School was to:

- Increase positive behavior and attendance
- Provide opportunities for student program participation
- Meet the basic health needs of students and families

**The H.E.A.R.T.S. Clinic** was created by the Temple Medical School St. Luke's students as a way to increase access to care and help reduce health disparities in our community.

H.E.A.R.T.S. stands for *Health, Education, and Resource's, Temple St. Luke's* and is part of a collaborative effort in offering a free clinic for the uninsured / underserved residents of Fountain Hill and the Southside of Bethlehem.



The H.E.A.R.T.S. Free Clinic is held at the Broughal Family Center located inside the Broughal Community Middle School. It is open on Saturdays from 9 – 12 Noon, once every month. Working together with the Bethlehem Health Bureau, Bethlehem Area School District, St. Luke's and Lehigh University the mission of this clinic is to connect uninsured individuals with medical care and the resources needed to promote health.



### ***H.E.A.R.T.S.LINK WITH LEHIGH***



H.E.A.R.T.S.Link volunteers are students from Lehigh University who work along side the Temple medical students and volunteer attending St. Luke's physicians.

The primary responsibility of these volunteers is to serve as coordinators for the healthcare team and work directly with individuals and their families to help identify barriers to care. Once these barriers are

identified the students work with these individuals to navigate the complex healthcare system and link them to available resources within the community.



## Highlights / Successes

### Mobile Youth Health Center

#### Allentown School District

- 95 MYHC service days
- 289 unduplicated students provided health services and adolescent screens
- 804 total visits on the MYHC

#### Bangor

- 7 MYHC service days
- 16 unduplicated students provided health services and adolescent screens
- 38 total visits on the MYHC

#### Bethlehem

- 91 MYHC service days
- 387 unduplicated students provided health services and adolescent screens
- 819 total visits on the MYHC

#### Panther Valley School District

- 16 MYHC service days
- 77 unduplicated students provided health services and adolescent screens
- 109 total visits on the MYHC

**Adopt-A-School Access to Care Initiative:** Through care coordination and the MYHC, Community Health staff members worked alongside school district employees to increase completion rate for State mandated physical exams. Coordinate

#### Allentown School District

- Full time Community Care Coordinator on MYHC
- Medical need (physical exam) completion rates for Allentown Adopt-A-Schools:
  - Cleveland Elementary: 38%
  - McKinley Elementary: 64%
  - **Raub Middle School: 95% (St. Luke's Community School)**
  - Union Terrace Elementary: 49%

### Bangor School District

- Medical need (physical exam) completion rates for Bangor Adopt-A-Schools
  - Bangor High School: 73%

### Bethlehem School District

- Full time Community Care Coordinator on MYHC
- Medical Need (physical exam) completion rates for Bethlehem Adopt-A-Schools:
  - Broughal Middle:: 79%
  - Donegan Elementary: 72%
  - Fountain Hill Elementary: 76%
  - Marvine Elementary: 90%
  - William Penn Elementary: 80%

### Panther Valley School District

- Medical Need (physical exam) completion rates for Panther Valley Adopt-A-Schools:
  - Panther Valley High School 74%

## **Behavioral Health Services**

- Each student seen on the van was screened using the PHQ9 standardized depression screening tool.
- Goals were to identify and provide a brief intervention at the time of student visit.
- 52 students in four different schools received integrated behavioral health services on the MYHC, with
- 122 visits on the MYHC (as follow up was often recommended)

## **COMMUNITY VOICES CLINIC Broughal and Donegan Family Centers**

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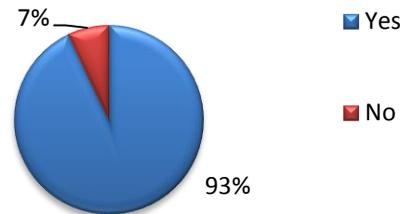
Now in its third year, the Community Voices Clinic has become an important source of support for the Bethlehem area schools and the Southside Bethlehem community. The CVC has provided services to children, and individuals living in the area. The CVC provides a variety of much-needed services to local residents while also enhancing the training and community involvement of Lehigh's graduate students in counseling.



**Donegan Elementary School - Youth Succeeding in School Initiative (YSS).** Through a partnership between the UWGLV and SLUHN, staffing is provided for a full-time Family Development Specialist (FDS) and a part-time FDS assistant. The role of the FDS is to provide intensive case management to students that are chronically absent to improve attendance rates.

- 73 students are enrolled in the YSS program and receiving services
- 68 (93%) of these students have demonstrated improvement in attendance
- Quarterly Attendance Breakfast Ceremonies were held. Students and families were acknowledged for their improved attendance with breakfast, a pin, and certificate from Rep. Steve Samuelson.

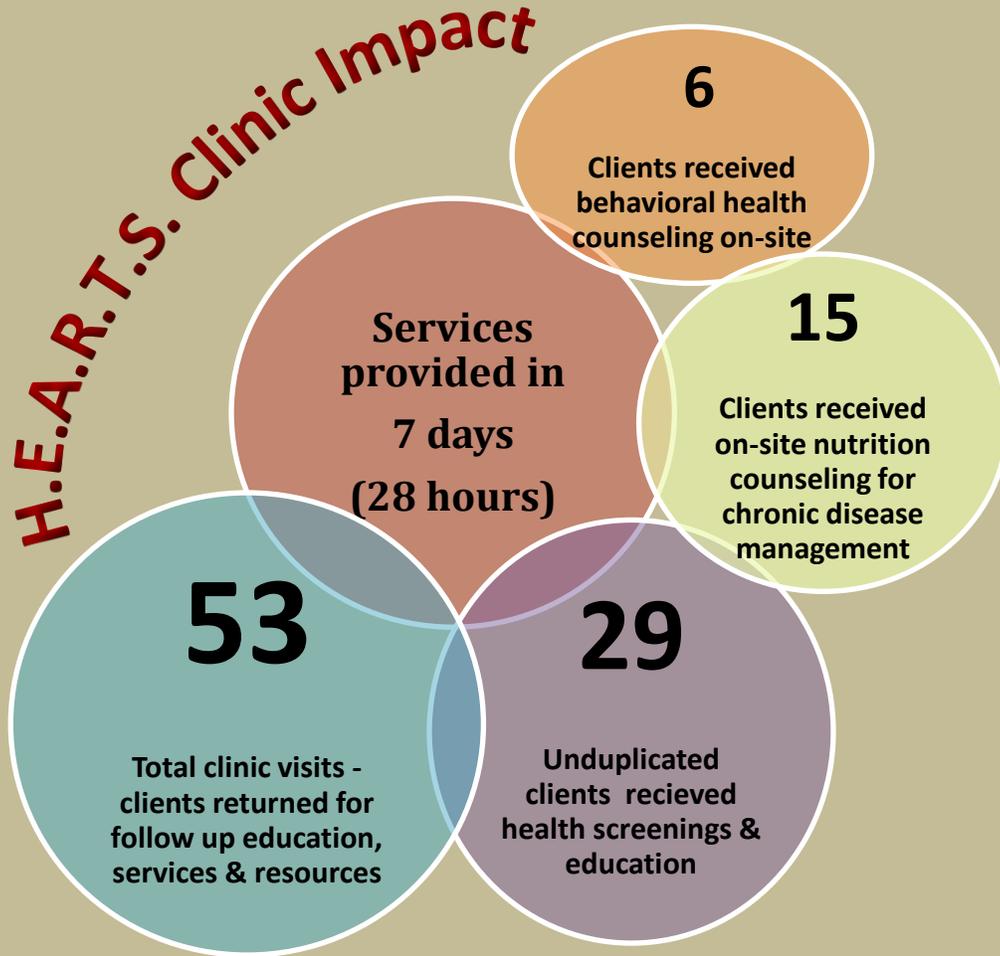
### Donegan YSS 2015-16 Participants' Attendance Improvement



**Raub Community Middle School** held a Community School Launch in November 2015, in which community representatives and school leadership introduced the new partnership.

- Three family recognition events were held throughout the year with increasing parent involvement
- New community partners sponsored game rooms at Raub's family night
- Student program participation increased from 300 students in 2014-2015 to 375 in 2015-2016
- The dollar value of in-kind donations increased by 800% from the previous year due to efforts conducted by the Community School Coordinator
- The number of community partners engaged as volunteers increased from 32 to 60.
- Almost all students received a physical exam, immunizations, and had their vision needs met
- A school-wide Positive Behavior system was introduced and will be implemented in 2016-2017

## H.E.A.R.T.S. Clinic



### Challenges

#### **Mobile Youth Health Center / Behavioral Health Services / Adopt-A-School Initiative:**

- Low return rate of completed consent for treatment forms from parent/guardians
- Change in nursing staff in school district
- School nurses unfamiliar with MYHC services

#### **Donegan Elementary School Youth Succeeding in School Initiative (YSS):**

- Parents are unaware of attendance policy of Bethlehem School District
- Parents do not understand the benefit of their child attending school every day
- Social determinants of health (SDOH) continue to be barriers in children attending school

#### **Raub Community Middle School**

- Afterschool attendance was not always consistent and required extensive monitoring and planning
- Positive Behavior System will require teacher buy-in for full implementation to be effective
- The Community School Coordinator has taken a position with the Allentown School District and resigned her position

#### **H.E.A.R.T.S. Clinic** faced challenges in

- Clients not showing for their appointments
- Having open appointments in the schedule
- Having enough attending MD's to volunteer to precept the medical Students
- Limited hours of operation

#### **Next Steps**

##### **Mobile Youth Health Center / Adopt-A-School Initiative**

- Meet with school district building administrators and faculty to formalize a plan to increase student connection to health services
- Provide info session of services provided by SLUHN at school district in-services to obtain full faculty support
- Apply for VFC license to offer immunization on the MYHC
- Connect students seen to SLUHN medical home

##### **Behavioral Health Services**

- \$3,000 donated by the Northampton County Medical Society Association (NCMSA) to provide in-class mindfulness and yoga to Fountain Hill Elementary Community School
- Partnerships are being formed to provide in-class mindfulness programs and afterschool yoga for students, faculty, and staff at Fountain Hill Elementary Community School in Bethlehem and Cleveland Elementary Community School in Allentown FY17
- Research, identify, apply and obtain funding to bring behavioral health services to additional schools on the MYHC

##### **Donegan Elementary School Youth Succeeding in School Initiative (YSS)**

- Continue with Quarterly Attendance Breakfast Ceremonies with incentives.
- Send mailings home or emailing parents as a way of communication to educate about the importance of school attendance

- Provide “Self Sufficiency Matrix” (a standardized tool to assess for SDOH) during intake to better understand student and family barriers and needs.

## **Community Schools**

### **Raub Community Middle School**

- Will recruit another individual to fill the role of Community School Coordinator for the upcoming 2016-2017 year
- Fitness room will be created through funds from SLUHN, to open in the Fall 2016 for teachers, staff, and students as part of Raub’s participation in Alliance for a Healthier Generation
- **Marvine Elementary School** will become the second Community School that will have SLUHN as their Corporate/Lead partner.

### **H.E.A.R.T.S. Clinic**

- Work with community partners and Lehigh H.E.A.R.T.S.Link students to advertise free clinic services to the community
- Working with SLUHN Residency program for recruitment of attending MD’s. Residency program will contribute one faculty member, as well as a senior resident for each clinic session