

NEW HAVEN PUBLIC SCHOOLS

Quality Health Care: Where Kids Are, When They Need It!



School Health Centers ANNUAL REPORT 2016 - 2017





School Health Center (SHC) Program

NHPS operates 17 school health centers and 8 dental clinics that are staffed by the District and our health partners: Yale- New Haven Hospital, Cornell Scott Hill Health Center, Fair Haven Community Health Center, Clifford Beers and The Health Department. Our SHCs offer medical, behavioral and dental services to more than 10,000 students.

Our goal is to ensure that all students have access to needed health services, are healthy, engaged learners and able to reach their full potential in school and in life.

This report describes the progress/impact SHCs are making through collaboration with schools, families and our health partners.

Health and achievement are strongly linked. Students with a chronic illness are at higher risk of absenteeism, school failure and drop out. Sadly, more of our students are coming to school with health care needs each year. Last year, one in three (7,637) NHPS students had a chronic illness, an increase of 5% from the previous year though student enrollment increased by only 1%. Further, the District's chronic absenteeism rate is among the highest in the State at 19%, with health issues among the leading causes. Being chronically absent affects a student's ability to read at grade level, perform academically and graduate on time.



Despite the challenges, NHPS is maximizing collaboration to address the increasing health needs of students and prevent absenteeism using best practice strategies, and SHCs are one of these. Our SHC health partners invest significant time/resources to ensure that our SHCs remain open and support the health and learning of all students, as vital "safety nets" for our most vulnerable students/families. Our partners also serve on the SHC Advisory Committee, which develops strategies to improve SHC services and ensure sustainability as state funding shrinks. We value their continued support and commitment to improving the health and success of all our students.

Last year, working with Youth, Family and Community Engagement (YFCE) and school nurses, SHCs focused on the leading health problems that cause poor health outcomes and absenteeism using prevention and intervention efforts.

We had success in keeping thousands of students healthy and in school, and prevented absenteeism, but need to expand prevention efforts further to reach more students/families and intervene earlier, before health issues occur or worsen.

As partners with schools and families, we will continue to support the whole child to be healthy and successful in school and in life.

Yours in health,

**Sue Peters,
Director,
School Health
Centers**



SHCs INCREASE ACCESS to Healthcare and REDUCE HEALTH DISPARITIES



Facts:

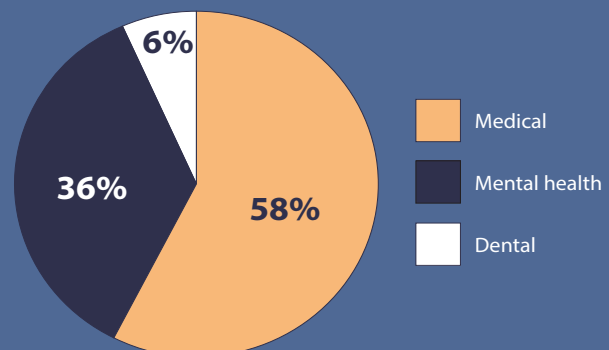


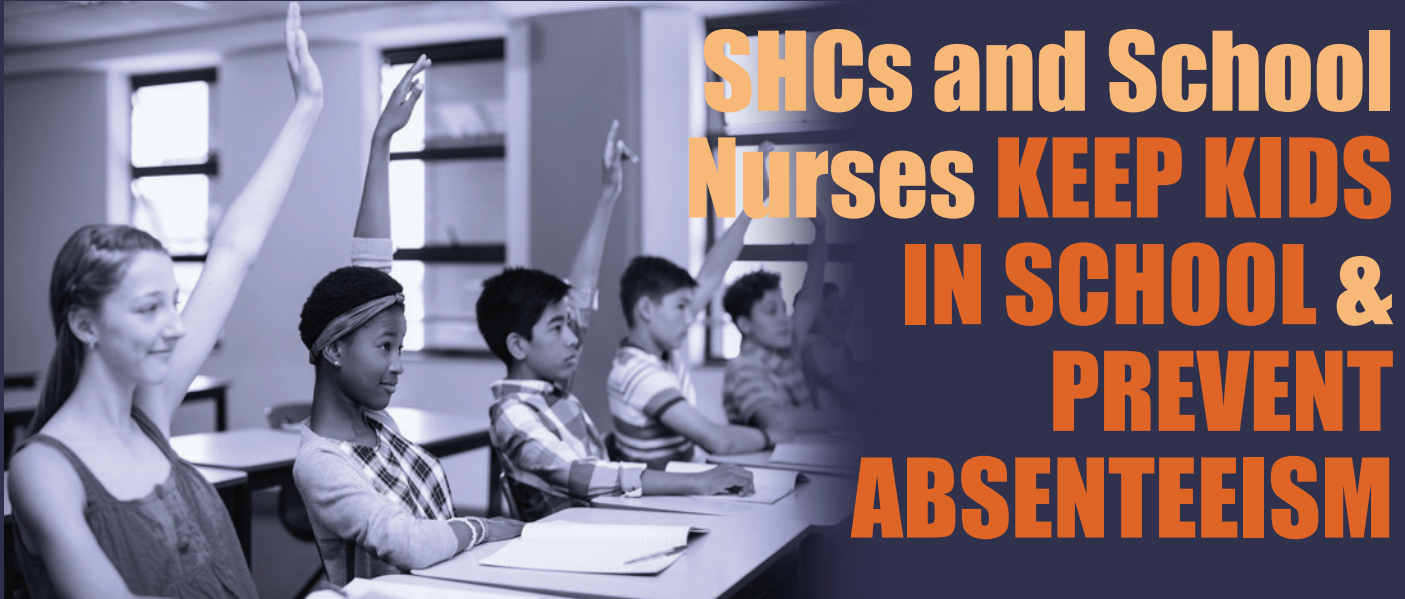
- Adolescents have one of the lowest rates of primary care use of any age group in the United States.
- Children from low-income families experience disparities in health, which are due in part to barriers in access and utilization of health care.
- Low-income, urban, and minority children often have poor access to needed healthcare and experience higher rates of asthma, obesity and other chronic health conditions.

Results:

- SHCs offer immediate medical, behavioral and dental services **IN SCHOOL to ALL STUDENTS**, regardless of health insurance status. Because no child is turned away, SHCs ensure equal access to care and **REMOVE COMMON BARRIERS** that contribute to health disparities among low income, minority groups at high risk for chronic disease, such as transportation, lack of insurance, language and cost. Adolescents are more likely to use a SHC for health care services than any other community setting.
- Nearly **6,000** students were seen by a SHC or dental provider last year with a total of **19,423** visits.
- **OVER 93%** of students seen in a SHC were sent **BACK TO CLASS = Keeps students IN SCHOOL**

Visits by Type (N = 19423)
2016 - 2017 school year





Healthy Attendance Matters!

The Health “Arm” of NHPS Attendance Matters!

In 2016, the SHC department partnered with the Health Department (school nurses) and the YFCE’s District effort, Attendance Matters! to help reduce absenteeism for health reasons, a leading cause of missed school. SHC staff, school nurses and attendance teams identify, address and prevent health related issues that cause students to miss school.

Results:

1. Schools with SHCs and full-time nurses have FEWER EARLY DISMISSALS (ED):

Of 1,819 ED from 5 schools over 5 months:

- Schools WITH SHCs and full-time school nurses averaged 24% ED for health reasons;
- Schools WITHOUT SHCs and only part-time nurses averaged 41% ED for health reasons.

2. SHCs KEEP STUDENTS IN SCHOOL!

School nurses referred 2,120 students to the SHC nurse practitioners (NP) for “urgent” health issues. These students would have been sent home if not seen by the NP.

- Of these, 1574 students (~75%) went back to class after the NP visit, preventing missed class time for these students.

3. SHCS PREVENT ABSENTEEISM!

11 SHCs offered parents WALK-IN HEALTH ASSESSMENTS of their child to determine if they were well enough to attend school that day.

- Of the 389 students assessed by the SHC NP, 261 (67%) were sent to class, PREVENTING absenteeism.
- Nearly all (95%) parents who used this service indicated that they would have either kept their child home or brought him/her to an outside provider if the SHC did not exist.

The SHC and Health Department developed a parent health guidelines brochure.

POOR HEALTH and Chronic ABSENTEEISM



Chronic absenteeism, or missing 10% or more of school days for any reason, detracts from learning and is a proven early warning sign of academic risk and school dropout.

- Children who are chronically absent in both kindergarten and first grade are much less likely to be reading at grade level by third grade.
- By sixth grade, chronic absenteeism becomes one of the leading indicators that a student will drop out of high school.

Health reasons are leading causes of school absenteeism

Top 5 Health Reasons for Absenteeism

SHCs Address All Five!



ASTHMA

- Asthma is the leading health cause of absenteeism.
- NHPS - Over 1800 students had Asthma medications in school this year.

- Children with asthma are more than three times as likely to have 10 or more absences than their peers.



DENTAL PROBLEMS

20% of students aged 5-11 has at least 1 untreated decayed tooth - NHPS students - up to 56%!



ACUTE ILLNESS (FLU, STREP)

40% of children missed 3 or more days of school in past year due to acute illness.



MENTAL HEALTH

One in 5 children experience behavioral disorder in a given year - only 25% get the help they need.



OBESITY

- Children who are obese are nearly twice as likely to have 10 or more absences in a given year than their non-obese peers.



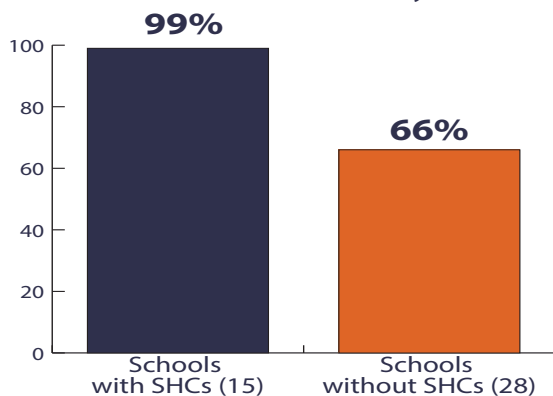
SHCs IMPROVE ASTHMA Management and KEEP KIDS IN SCHOOL!

Facts:



- Asthma is the #1 health reason for school absenteeism;
- 3,291 NHPS students had an asthma diagnosis and **MORE THAN HALF (1,861)** had asthma meds with the school nurse;
- 10% (461) of all students having a SHC medical visit were seen for asthma.

Percentage of Students with Asthma Action Plan in Place
2016 - 2017 school year



Results:

SHCs INCREASE ASTHMA ACTION PLANS (AAP)

Best practice dictates that everyone with asthma should have an AAP, a written plan that describes how to control asthma symptoms.

* Nurse Practitioners in SHCs can develop AAPs, in addition to doctors.

In schools WITH SHCs nearly all (99%) students with asthma meds had an AAP in place compared to only 66% in schools WITHOUT A SHC.

IMPROVED ASTHMA MANAGEMENT

Of **140** students seen multiple times for asthma in SHCs:

- **37** had no visits to ER, and **20** had fewer visits to ER;
- **40** had well-controlled asthma;
- **36** had improved management of symptoms.

SHCs PREVENT MISSED CLASS TIME

Of **891** asthma visits to the SHCs, **807** or **91%** students **RETURNED TO CLASS, or NINE OUT OF TEN STUDENTS WERE KEPT IN SCHOOL.**

SHC Dental Clinics Increase ACCESS To Preventive Care!



Facts:



- Dental problems are the 2nd leading health reason for school absenteeism;
- One in 5 children (20%) have at least one untreated cavity;
- In New Haven Public Schools - up to 56% are at high risk for untreated cavities;
- Untreated tooth decay can cause pain that can lead to difficulty eating, speaking, socializing and sleeping;
- Nearly 60% of CT children do not have dental sealants, a well accepted intervention to prevent tooth decay.

Results:

DENTAL SERVICES:



- We opened dental clinics in 8 schools in the past 2 years that offer students screens, fluoride varnish, sealants, x-rays, oral health education and referrals. Last year, over **1200** students received dental care.

SCHOOL-WIDE SCREENS



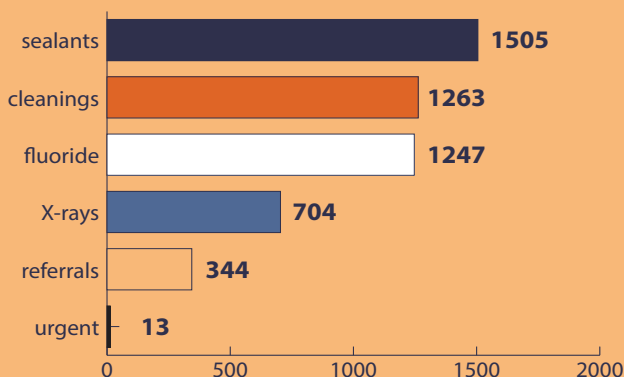
- Our dental staff screened over **2000** students, and **MORE THAN HALF (56%)** had **MODERATE/SEVERE RISK OF TOOTH DECAY** and nearly **500 NEEDED SEALANTS** and further dental care.

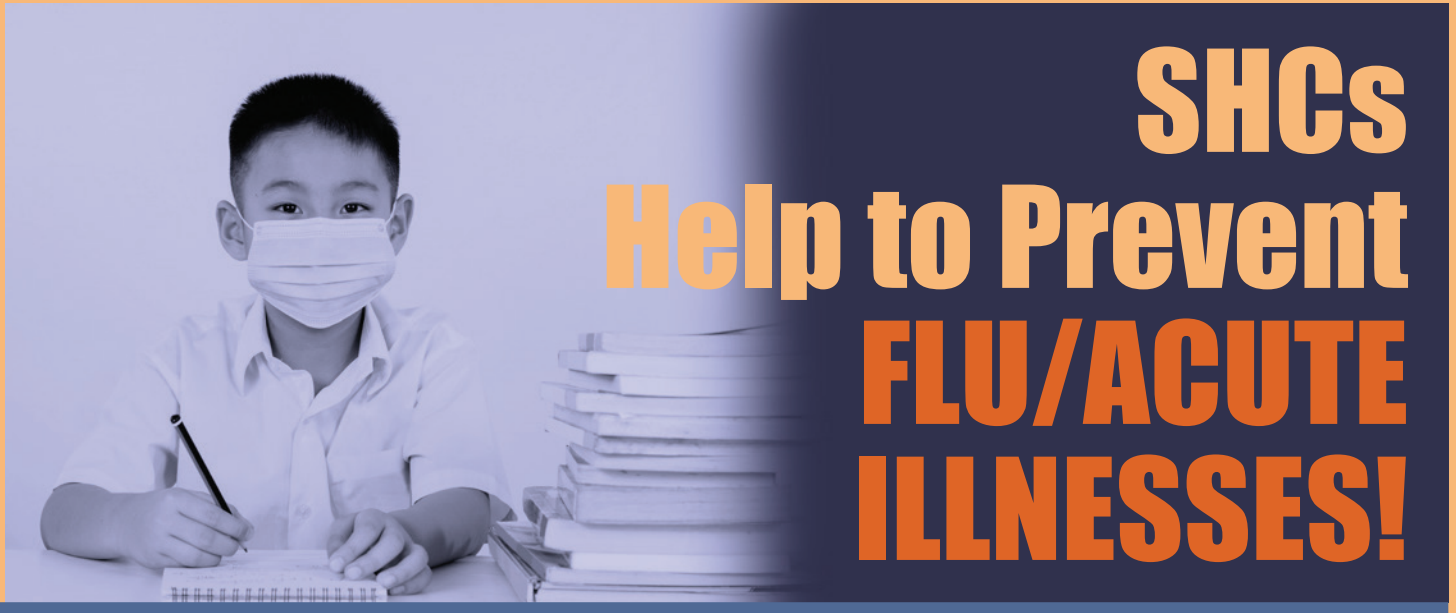
ORAL HEALTH EDUCATION



- The number of students receiving oral health education last year more than **TRIPLED** compared with the previous year with **1,133** receiving education in 16-17 compared to only **367** in 15-16.

Dental Services Provided (N = 5076)
2016 - 2017 school year





SHCs Help to Prevent FLU/ACUTE ILLNESSES!

Facts:



- Acute Illness such as the Flu, strep throat and other infectious diseases are the third leading reason for absenteeism.
- Some people, such as seniors, young children, and people with asthma are at high risk of serious flu complications.
- Getting an annual flu vaccine offers the best defense against getting the flu and spreading it to others.
- The flu caused 32 million missed school days - 100 million missed work days in 2015.

Results:

SHC FLU CLINICS



- SHCs offer flu vaccines to all students and, in some schools, staff, before/during flu season.

In 16-17, the SHCs gave 1,801 students flu shots



PREVENTING ACUTE ILLNESS



- SHC staff provide class presentations and individual counseling to students/staff about ways to prevent the spread of germs and manage symptoms of common illnesses.



- The SHCs and School Nurse Departments developed the new “Health Guidelines for Parents” to help parents decide when to keep their child home for illness.

Is Your Child Avoiding School?
If you notice an increase of health complaints from your child, please first contact your child's health provider to discuss causes. If there is no known medical cause found, consider that your child may be avoiding school!

Common Avoidance Behaviors

- sudden disinterest in school;
- frequent physical complaints on school days;
- headaches, stomach aches, feeling tired, nausea or stomach pain;
- less complaints on weekends/non-school days;
- increase in tardiness or absence from school;
- increase in temper tantrums or crying before school;
- frequent requests to go to the nurse's office or home with no known illness;
- difficulty getting out of bed in the morning.

Common Reasons for Avoiding School

ANXIETY ABOUT:

- school failure (testing, homework);
- being teased or not accepted by others;
- social situations, on the bus, in cafeterias, classrooms, and transitions between classes;
- stressful events, performing before others in class or gym.

TOLGEL:

- attention from parents like wanting to stay home or go to work with them.

TODDL:

- preferred activities like sleeping late, watching TV, playing with friends or siblings.

What Parents Can Do FAMILY:

- contact your child's health provider to see if health complaints have a medical cause;
- talk with your child about their feelings about school (anxieties, fears) and home.

SCHOOL:

- discuss concerns with your child's teacher, principal, school nurse, social worker or guidance counselor;
- contact family resource center;
- if there is a school health center, the nurse practitioner or social worker can provide individual, group and family support.

COMMUNITY RESOURCES:

- Clifford W. Beers Clinic;
 - ↳ family counseling services;
- City of New Haven Department of Parks and Recreation;
- New Haven Boys and Girls Club;
- community health centers have medical, behavioral, and social supports;
- Fair Haven Community Health Center;
- ↳ Cornell Scott Hill Health Center.

HEALTH GUIDELINES for parents

- *When to keep your child home*
- *When to return to school after illness*
- *When to send your child to school*
- *Is your child avoiding school?*

A collaboration between NHPS School Health Centers and New Haven Health Department

SHCs Improve BEHAVIOR and Keep Students in School



Facts:



- Young people with access to school health centers are 10 times more likely to seek care for mental health issues than those who do not.



- Up to one in five children (17.1 million) in the U.S. shows signs of a mental health disorder in a given year such as depression, anxiety, substance abuse.



- Yet nearly 80% who need mental health services won't get them!



- Whether treated or not, children do go to school. The problems

they face are often related to problems for schools: chronic absence, low achievement, disruptive behavior and dropping out.

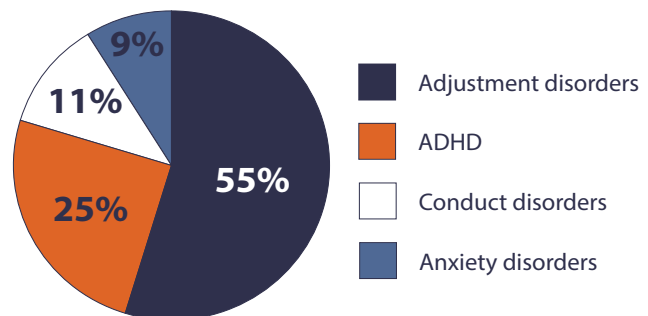
Results:

- Last year, a total of 617 students were seen in SHCs for mental health issues, having over 7,000 visits.
- 95% of students returned to class after visits.
- SHC social workers reported improved student behavior after multiple sessions:

133 students reported improved mood;
59 students had parent reported improved behavior at home;
67 students had teacher reported improved behavior in school;
88 had student reported improved behavior.

The top **four** mental health reasons students were seen in the SHCs: **1. adjustment disorders, 2. ADHD, 3. conduct disorders, 4. anxiety disorders**

Top Mental Health Diagnoses (N = 5745)
 2016 - 2017 school year





SHCs REDUCE AND PREVENT Childhood OBESITY

Facts:

- Nearly one third (31.3%) of children ages 10 to 17 are overweight/obese;
- The number of obese students seen in SHCs has increased by 1/3 in one year.
- SHCs worked with **672** obese students in 16-17, compared with **449** in 15-16.
- Visits for obesity accounted for **11%** of all SHC medical visits last year, compared to only **6%** in 15-16.



Childhood obesity can lead to :

- Diabetes, high cholesterol and asthma;
- Being bullied, low self esteem and depression;
- Absenteeism: obese children are twice as likely to have 10 or more absences a year than their peers.



Results:

Obesity is PREVENTABLE!

SHCs reduce/prevent obesity through individual, group and family counseling, monitoring weight, and school wide health promotion efforts.

SHCs screen students for obesity by calculating a BMI (Body Mass Index) during medical visits at least annually, and intervene early with those with high BMIs.

- Over **2000** students had a BMI done in SHCs last year;
- Nearly **350** had ongoing intervention and counseling (dietary, physical activity, weight control).



SHCs Increase Compliance with SCHOOL ENTRY IMMUNIZATIONS and PHYSICAL EXAMS



Facts:



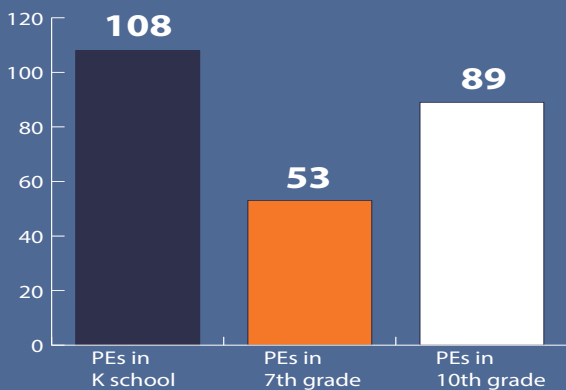
- State law requires that all students in grades K, 7 and 10 must have immunizations and physical exams (PEs) for school entry.
- Non-compliance continues to cause preventable absenteeism for hundreds of NHPS students each year.

Results:

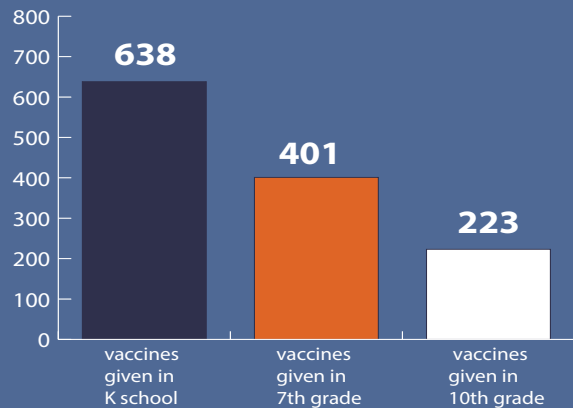
SHC staff and School Nurses worked closely with schools/families to identify and provide students with needed immunizations or PEs in our SHCs early to avoid missed time from school.

- Last year, SHCs provided over **1,500** students with immunizations and/or physical exams required for school entry (grades K, 7, 10).
- Over **4,000** vaccines were administered by SHCs last year.

Physical Exams (N = 703)
2016 - 2017 school year



Vaccines Given (N = 4060)
2016 - 2017 school year



School Health Centers keep students healthy
and help them succeed in school and in life

OUR SCHOOL HEALTH CENTERS

Clinton Ave*	(475) 220-3318
Fair Haven*	(475) 220-2643
Hillhouse	(475) 220-7555
Brennan-Rogers	(203) 946-2934
King Robinson*	(475) 220-2791
Wilbur Cross	(475) 220-7444
Lincoln-Bassett	(475) 220-8516
Roberto Clemente	(475) 220-7617
Career	(475) 220-5041
Davis	(475) 220-7815
Mauro Sheridan	(475) 220-2815
Hill Central*	(475) 220-6119
Truman*	(475) 220-2122
Troup*	(475) 220-3076
Barnard*	(475) 220-3584
Riverside Academy	(475) 220-6704
Martinez*	(475) 220-2017

*SHCs with dental services

OUR PARTNERS IN HEALTH

- Yale New Haven Hospital
- Cornell-Scott Hill Health Center
- Fair Haven Community Health Center
- Clifford-Beers Clinic
- New Haven Health Department
- CT Association of School Based Health Centers
- CT Department of Public Health

For further information please contact

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