

**NEW HAVEN**  
PUBLIC SCHOOLS

Health Care  
Right Here!

SCHOOL HEALTH CENTERS  
DENTAL CLINICS



School Health & Wellness  
Department

# ANNUAL REPORT 2017 - 2018

*Quality healthcare where kids are, when they need it!*

# School Health Centers Support the **WHOLE CHILD**

## Ensuring That All Students Are Healthy, Engaged and Successful Learners

### **School Health & Wellness Department**

*The School Health & Wellness Department oversees multiple health programs, committees and initiatives district-wide to promote the health, well-being and success of students, staff and families and to create a culture of health in all schools. To improve awareness of our programs and resources, we created a new website, a school health newsletter and the first in a series of promotional videos about our programs.*

*Among the department core initiatives: SHCs and Dental Clinics; Healthy Schools Program; Health Education (with PE Department); District Wellness Committee; Compliance of Health Requirements for School Entry; Healthy Attendance Matters!; Mandated Vision and Hearing Screens (with School Health Assistants and school nurses); annual Health & Wellness Summit.*

The School Health Center Program operates 17 school health centers and 9 dental clinics that are staffed by the District and our health partners. Our SHCs offer medical, behavioral and dental services to more than 10,000 students.

Our goals are to reduce health disparities, and to ensure that all students are:

1. Physically and emotionally healthy
2. Able to attend and remain in school every day
3. Engaged and successful learners.

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

Unmet health needs are huge barriers to academic success. Students with a chronic illness are at higher risk of absenteeism, school failure and drop out. According to school

nurse records, one in three NHPS students have a documented chronic illness, up from one in five just three years ago. Further, low-income, urban and minority children often have poor access to healthcare, greater exposure to stress and trauma, and experience higher rates of asthma, obesity, ADHD, PTSD, and untreated dental decay than their peers. NHPS is committed to supporting the “whole child” through its many programs and partnerships, with SHCs playing a central role in addressing student health needs in school through integrative medical, behavioral and dental services. Since SHCs provide equal, free access to care at school for all students, we can also reduce health disparities.

Health problems are a leading cause of absenteeism in our district, and our chronic absenteeism rate is among the highest in the State at 19.6%. Being chronically absent affects a student’s ability to read at grade level, perform academically and graduate on time.

Fortunately, NHPS has made increasing student attendance a priority in the past few years and is maximizing collaboration with families and partners to address the causes of absenteeism using best practice strategies, and SHCs are among them. This year, SHCs enabled over 1,000 students to attend school immediately by providing physical exams and immunizations required for school entry.

SHCs also collaborate with the Youth, Family and Community Engagement (YCFE) department and school nurses to address the leading health problems that cause absenteeism using prevention and intervention strategies, we call Healthy Attendance Matters! This year, SHCs tracked absenteeism among all students in their schools and intervened earlier, before students became chronically absent or missing at least 10% of school days. Our SHCs kept thousands of students healthy and in school by treating health issues at school, thereby preventing absenteeism, missed class time and missed work time for parents.

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

**SUE PETERS,  
MPH, APRN, RN**  
Director, School Health Centers and Dental Clinics

# SHCs Increase **ACCESS** to Healthcare and Reduce Health Disparities



## Challenges

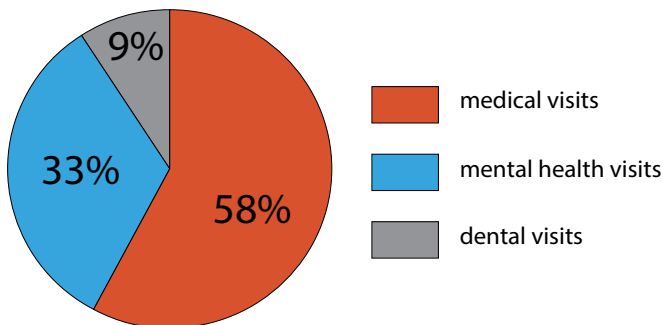
- *Significant disparities in asthma rates exist among minority racial and ethnic groups.*
- *Black children are twice more likely to be hospitalized and have an emergency room visit than white children, and four times as likely to die from asthma.*
- *Uninsured children, and children in a household where English is not the primary language are four times less likely than their peers to have had a dental visit.*
- *Hispanics (25.8%) and non-Hispanic blacks (22.0%) have higher obesity prevalence than non-Hispanic whites (14.1%).*



## Solutions & Impact

Barriers to care, such as transportation, lack of insurance, cost, and language issues result in children not getting the health care they need and cause health disparities, or a “Health Gap” which disproportionately affect minority children from low-income families. SHCs can reduce health disparities and close the Gap by offering FREE and integrative health care to ALL students right in school, regardless of insurance status. SHCs ensure equal access to medical, behavioral and dental services from trusted staff in the SHCs and REMOVE common barriers to care. Research has shown that adolescents are also more likely to use a SHC for health care services than any other setting.

Visits by Type  
N = 18485



• *Nearly 6,700 students used our SHCs this year for medical, behavioral or dental services, an increase of over 800 students compared to last year. There were a total of 18,485 visits to our SHCs.*

• *99% of students seen in a SHC were sent back to class - SHCs keep students IN SCHOOL!*



# SHCs Increase COMPLIANCE With School Entry Immunizations and Physical Exams

## Solutions and Impact

As part of NHPS' recent efforts to increase compliance and attendance, SHC staff and school nurses work closely with schools/families to identify students needing required immunizations or PEs early and to schedule them at our SHCs, preventing absenteeism or missed time from school.

### Challenges

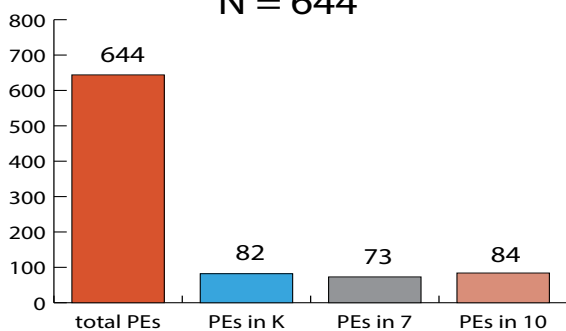
State law requires that all students in grades K, 7 and 10 must have evidence of receiving required immunizations and a physical exam (PE) for school entry.

Non-compliance continues to cause absenteeism for hundreds of our students every year.

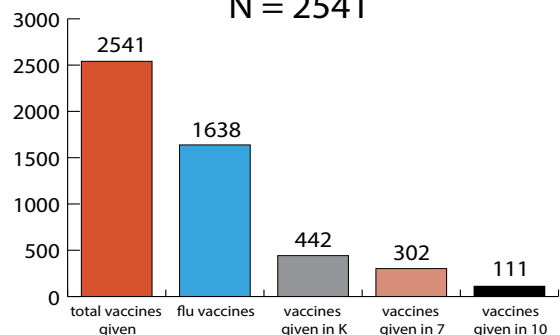
**This year, over 1,000 students needing immunizations or physical exams for school entry were given them at a School Health Center.**

**As a result of these collaborative efforts, compliance for school entry health requirements increased from less than 60% three years ago to 90% compliance among students this year!**

Physical Exams  
N = 644



Vaccines Given  
N = 2541



# HEALTHY ATTENDANCE MATTERS!

Healthy Attendance Matters! is the health “arm” of our District’s Attendance Matters! initiative to increase daily attendance of students and reduce chronic absenteeism. The SHC Department and the Health Department partnered with Youth, Family and Community Engagement (YFCE) to have all school nurses and SHC providers participate on school attendance teams and address health issues of students that are causing absenteeism.

The Healthy Attendance Matters! campaign also educates parents about ways and resources to keep their child healthy and well, how poor health affects learning, and how daily school attendance increases school success.

**HEALTHY ATTENDANCE MATTERS!  
KEEPS KIDS HEALTHY  
AND IN SCHOOL!**



**NH HD** **NEW HAVEN PUBLIC SCHOOLS** **Health Care Right Here!**  
**School Health Centers**

## HEALTHY Attendance Matters!

*Healthy students make better learners!*

Parents, be sure your child has the support she/he needs to stay healthy and well, stay in school and be successful learners!

**Parents, have you**

- seen the school nurse about required school health forms or medical/medication needs at school?
- enrolled your child in the School Health Center?
- enrolled your child in the Dental Clinic?
- ensured that your child receives regular medical and dental health care?
- ensured that your child attends school every day?

**A+** 

**New Haven School Change**  
NEW HAVEN PUBLIC SCHOOLS



**PARENTS:**

Are there days when you are *not sure* if your **CHILD** is *well enough* to go to school?

.....

**WE CAN HELP!**

**Your School Health Center is now offering**

**Walk In health checks, or you can CALL**

the Nurse Practitioner (NP) directly to discuss whether your child should come to school

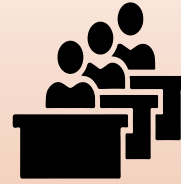
**HOW IT WORKS:**

1. **WALK IN:** Bring your child to the school health center (SHC)
2. The NP will check your child and discuss the best plan of care with you
3. **CALL IN:** you can also call the SHC and ask to speak with the NP about your child's situation

\* Your child must be enrolled in the SHC to use this service

**NEW HAVEN PUBLIC SCHOOLS**  
**Health Care Right Here!**  
**School Health Centers**

# HEALTHY ATTENDANCE MATTERS!



## **SHC Nurse Practitioners (NPs) Keep Students in Class**

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

From 2016-2018 data, our NPs saw 3,161 students for “urgent visits” and nearly 80% (2,465) of them returned to class after the visit, thereby preventing missed class time for these students.

## **SHC Walk-In Assessments Prevent Absenteeism!**

Our K-8 SHCs offer “walk-in health assessments” for parents to bring their child/ren at the start of school to determine if they were well enough to attend school that day.

This year, 742 students had a “walk-in assessment” by a SHC NP, and 616 of them were sent to class (83%) thereby preventing absenteeism for that school day.

## **Educating Parents about How to Handle Common Illnesses**

The SHC and Health Department also developed parent health guidelines to help parents decide whether their child should attend school.

# Health Problems Cause **ABSENTEEISM**

**NHPS Current Chronic Absenteeism Rate - 19.6%**  
**Goal - under 10%**

Research shows that Chronic Absenteeism, or missing 10% or more of school days for any reason, negatively impacts learning, and is considered a warning sign of academic risk, disengagement and school dropout. Health issues are among the leading causes for school absenteeism nationwide and in New Haven.

Through our integrative approach and strong partnerships with school staff and families, SHCs can address the leading health reasons for absenteeism, help students stay healthy and in school, and prevent thousands of students each year from missing school or being absent.

*Below are the top 5 health reasons for absenteeism, and the following pages illustrate the impact that SHCs have made in addressing, reducing or preventing these major health issues.*

## Top 5 Health Reasons for Absenteeism:

### ASTHMA

- Asthma is the leading health cause for absenteeism
- NHPS - over 1800 students have asthma medications with the school nurse

### DENTAL PROBLEMS

- Nationally, 20% of students aged 5-11 has at least 1 untreated decayed tooth
- Of nearly 3000 NHPS students screened this year, 68% were at moderate/severe risk for decay

### ACUTE ILLNESS (FLU, STREP)

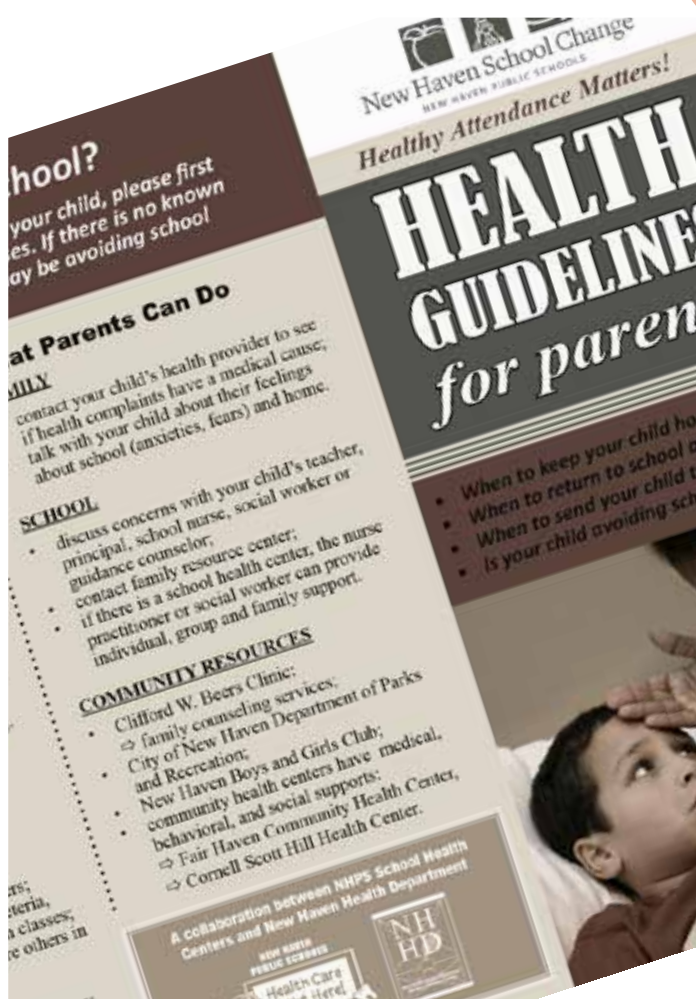
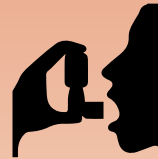
- 40% of children missed 3 or more days of school in past year due to acute illness
- Respiratory illness is the most common illness affecting 30-40% of school-aged children during winter months, with the flu virus making up the majority of these illnesses


### MENTAL HEALTH

- One in 5 children experiences behavioral disorders in a given year but only 25% of them get the help they need

### OBESITY/FOOD INSECURITY

- Children who are obese are nearly twice as likely to be chronically absent in a given year than their non-obese peers
- 11% of all medical visits to our SHCs this year were related to obesity





# SHCs Improve **ASTHMA** Symptoms and Keep Kids in School

## Solutions & Impact

### SHCs Increase the Number of Students having Asthma Action Plans (AAPs)

Best practice dictates that everyone with asthma should have an AAP, a written plan that describes how to manage asthma triggers and symptoms. \* Nurse Practitioners can develop AAPs, in addition to Doctors.

- *Of the 176 AAPs created this year for students needing one, more than half (104) were created by SHC Nurse Practitioners.*
- *Data from last school year revealed that nearly all (99%) or 773 students with asthma meds had an AAP in place in schools with SHCs, compared to only 66% in schools without a SHC.*

### SHCs Keep Students With Asthma in School

*A total of 819 visits to the SHC were for asthma, and 746, or 91% of them resulted in students returning to class.*

### SHCs Help Students to Manage Asthma:

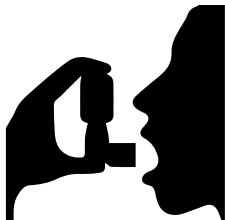
*Of 146 students seen over time for asthma in SHCs:*

- *77 had NO visits to the ER, and 23 had fewer visits to the ER*
- *73 students had well controlled asthma*
- *97 had improved management of their symptoms*

**Asthma is the #1 health reason  
for school absenteeism!**

## Challenges

- *Children with asthma are more than three times as likely to be chronically absent than their peers.*
- *Black children are 20% more likely than white children to be diagnosed asthma.*
- *In NHPS, more than 3,000 students have a diagnosis of asthma.*
- *This year, over 800 visits to our SHCs were for asthma, which was 7% of all medical visits.*







# SCHOOL DENTAL CLINICS

Keep Students Healthy and In School

## Solutions & Impact



### NHPS Dental Clinic Services:

NHPS oversees 9 school dental clinics that offer screens, fluoride treatments, sealants, x-rays, fillings and oral health education. Three clinics are staffed by partners at Fair Haven CHC. We secured grant funding to help expand the number of students receiving dental sealants, which nearly doubled in the past 2 years.

## Challenges

- Dental problems are the 2<sup>nd</sup> leading health reason for school absenteeism.
- In NHPS, more than 65% of students screened are at high risk for untreated cavities.
- Nearly 60% of CT children do not have dental sealants, a well proven strategy to prevent tooth decay.

***This year, a total of 1373 students received dental care in our school clinics.***

### Dental Screens Identify Care Need

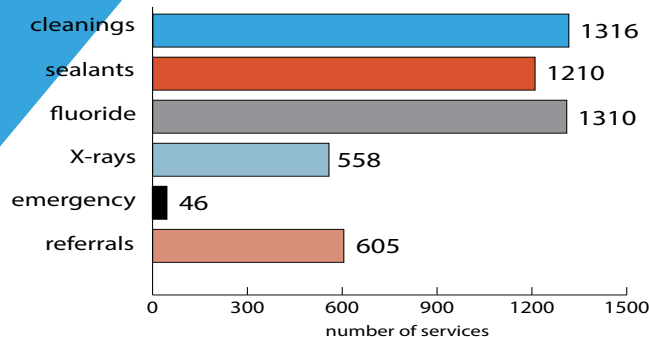
***This year, dental staff screened 2,747 students, which is 554 more than last year:***

- ***68% had moderate/severe risk of tooth decay. The national average is only 20%!***
- ***nearly 500 students needed sealants and further dental care.***

### Dental Care At School Reduces Absenteeism

***An average preventive dental visit results in about 2 hours of missed school time for children. There were 1,612 visits to our dental clinics this year for services, which prevented 3,224 hours of missed school.***

Dental Services Provided  
N = 5045



# SHCs Help to Prevent **FLU/ACUTE** Illnesses



## Challenges

- Acute illnesses such as the flu, strep throat and other contagious diseases are the 3rd leading cause of school absenteeism.
- Students with asthma are at increased risk for serious complications from the flu.
- There are 164 MILLION lost school days each year to respiratory illness among K-12 students, averaging 4.5 sick days per student.

**When to KEEP Your Child Home & Monitor** (Sad Face)

**When Your Child Can RETURN to School** (Neutral Face)

**When Your Child Can ATTEND School** (Happy Face)

**When to KEEP Your Child Home & Monitor**

- Fever (100.4°F or higher)**: Your child needs **SEVERE** pain to return to school with a fever. Fever is a sign of 100 degrees or more.
- Flu-like Symptoms**: Sore throat, headache, vomiting, diarrhea, etc.
- Vomiting / Diarrhea**: Your child has vomited or had diarrhea more than once and is ill for 24 hours.
- Serious Asthmatic Episodes**: Persistent coughing, difficulty breathing, and increasing wheezing.
- Contagious (Spreadable) Illness**: Rubbing eyes, nose, mouth, etc. and coughing.
- Rashes**: A new or broken rash that is on any part of the body with a fever, facial pain, or symptoms of a contagious illness.
- Pink Eye (Conjunctivitis)**: One or both eyes are red with thick yellow-green discharge.
- Pain With or Without Injury**:
  - Severe or persistent pain of any kind.
  - Headache, tooth, or muscle pain.
  - Swelling, dizziness, or fatigue.
  - Headache at the top of the head.
  - Child is unable to participate.

**When Your Child Can RETURN to School**

- Temperature below 100 degrees for at least 24 hours without medication like Tylenol or Motrin.
- Flu checked by health provider with a note to return to school.
- Vomiting checked by health provider with a note to return to school.
- Asthma checked by health provider with a note to return to school.
- 24 hours of medication or more checked by health provider with a note to return to school.
- 24 hours of medication for eye infection and checked by health provider with a note to return to school.
- Checked by health provider with a note to return to school.

**When Your Child Can ATTEND School**

- Minor Cuts**: Check injury with a health provider, cover with bandage and **NO** **EXCUSE**.
- Seasonal Allergy Symptoms**: Cough, sneezing, watery eyes, itchy throat, nose and **NO** **EXCUSE**.
- Mild Stomach Ache**: No vomiting, diarrhea or stool. OK if your child treated or had diarrhea only in the past 24 hours and **NO** **EXCUSE**.
- Head Lice**: Reported. If you think your child has lice, please call your health provider before school. **Prevent!** If your child has reported lice, please call your health provider before sending your child back to school. School nurse will determine if child is lice-free before school.

**SHC Telephone Numbers**

|                |              |
|----------------|--------------|
| Albany Area    | 518-255-6164 |
| Albany East    | 518-255-6164 |
| Albany West    | 518-255-6164 |
| Albany North   | 518-255-6164 |
| Albany South   | 518-255-6164 |
| Albany Central | 518-255-6164 |
| Albany East    | 518-255-6164 |
| Albany West    | 518-255-6164 |
| Albany North   | 518-255-6164 |
| Albany South   | 518-255-6164 |
| Albany Central | 518-255-6164 |

**HEALTHY kids make BETTER learners!**

## Solutions & Impact

- Getting an annual flu vaccine offers the best defense against getting the flu and spreading it to others.
- SHCs offer flu vaccines to all students and staff and ensure that all students with asthma obtain a flu shot annually.

- Of the 2,829 vaccines given at our SHCs this year, more than half (1,638) were flu shots.
- Prevention: SHCs Educate students, staff and families about preventing spread of germs and how to assess and manage symptoms of common illnesses.
- SHC Dept Created Health Guidelines for Parents Brochure.
- 9 SHCs lead school-wide hand washing campaigns and supplied classes with Kleenex and hand sanitizers.
- SHC staff made over 300 class presentations about illness prevention.
- 8 SHCs lead school-wide flu clinics to all students and staff.

# SHCs Improve Emotional, Behavioral and **MENTAL WELL-BEING** of Students



## Solutions & Impact



- NHPS has 16 SHCs with full time Licensed Clinical Social Workers who offer individual, group and family therapy for enrolled students to improve coping and social skills and increase positive behaviors and functioning.
- Research shows that students with access to mental health services in school health centers are 10 times more likely to seek care for mental health or substance abuse than those who do not.

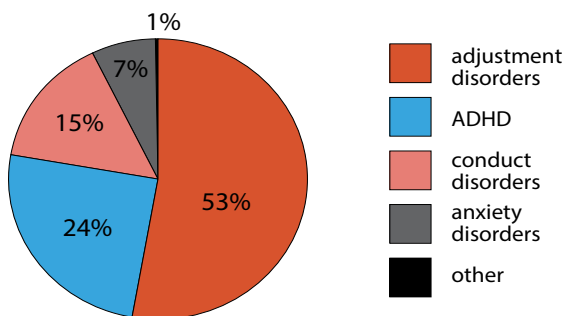
## Challenges

- *12% of youth have a behavior or conduct disorder.*
- *Approximately 50% of students ages 14 and older with a mental illness drop out of high school.*
- *Nearly 80% of children who need mental health services won't get them!*

- ***One third of all visits to our SHCs are for mental health services.***
- ***This year, 633 students were seen for mental health needs in our SHCs having more than 6,000 visits.***
- ***99% of students seen for mental health visits were sent back to class.***

## Top Five Mental Health Diagnoses

N = 4367



## STUDENT IMPROVEMENT WITH THERAPY:

- ***95 students reported improved mood.***
- ***68 students had parent reported improved behavior at home.***
- ***35 students had teacher reported improved behavior in school.***
- ***59 had student reported improved behaviors.***

# SHCs Can Reduce Childhood **OBESITY**



## Solutions & Impact

Our SHCs help obese students obtain healthy weights through counseling, skill development, and regular monitoring.

Best Practice: SHCs screen students for obesity by calculating a BMI (Body Mass Index) and intervene early with those with high BMIs.



## Challenges

- *The number of obese children seen in our SHCs has increased by 40% over 2 years.*
- *Children who grow up in low-income families are at higher risk for obesity.*

*Childhood obesity can lead to:*

- *Diabetes, high cholesterol, sleep apnea*
- *Being bullied, low self esteem, depression*
- *Absenteeism: Obese children are twice as likely to be chronically absent than their peers.*

- *This year, SHCs screened over 3,000 students for obesity, over one third more than last year.*
- *This year, 710 students were seen for obesity with more than 1000 visits, which were 11% of all medical visits.*

### SHC IMPACT ON STUDENT HEALTH/BEHAVIOR

*91 students showed improvements in one or more of the following:*

- *increased awareness of healthy behaviors*
- *improved dietary changes*
- *increased exercise*

*16 students had lowered their BMIs*



# Summary of 2017-2018



## Key Accomplishments

- Licensed and Equipped Riverside School Health Center and new Dental Clinic at Brennan Rogers
- Increased screens for obesity by 1/3 and increased dental screens by 550 more students than last year
- Billing: Increased reimbursement revenue by 30% from prior year
- Awarded \$60K DPH grant for Dental program expansion
- Integrated method to document SHC impact on student health & educational outcomes
- Operating self-sustaining dental program from reimbursement revenue
- SHCs prevented absenteeism or missed class time for over 3,500 students
- Created new departmental website and quarterly newsletters
- Produced a promotional video about school health centers
- Provided over 1,000 students with school entry PEs/Immunizations
- Department held 4th Annual Health/Wellness Summit-Over 300 attendees

## Key Challenges

- Lost 2 full time key school health assistants (SHAs) mid-late year for SHC and dental programs
- SCSU Nurse Practitioner for Riverside left position at SCSU weeks before starting at Riverside, so delayed services until late in year
- DPH grant for SHCs cut by 20% over past 3 years
- Increased time demand on Director to advocate for funding at State

# Plans for 2018-2019



## *Goals & Needs*

- Secure community partner to staff Riverside SHC
- Increase the number of students receiving dental screens and services
- **Need: Require 2 FT support staff for the SHC/dental department to just maintain current level of health services, initiatives, data collection and reporting**
- Increase the number of students in compliance with school entry health requirements by increasing awareness and utilization of SHC services at start of year
- Strengthen efforts and partnerships to improve student health, wellbeing and attendance
- Increase collaborative efforts and impact on preventing/reducing absenteeism and missed school days for health reasons through parent-focused campaigns and stronger collaboration with schools and school nurses to identify and address health issues early
- Secure additional funding to expand school health services and initiatives
- Through the District Wellness Committee pilot, increase staff awareness and utilization of health services available as city employees and create a culture of health in the 3 pilot schools

# NEW HAVEN PUBLIC SCHOOLS

School Health Centers | Dental Clinics

## INTEGRATIVE MODEL OF CARE



## 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
- Lumen Touch - Bright Care

For further information please contact

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**Director of School Health Centers**

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### OUR WEBSITE:

[www.nhps-wellness.nhboe.net/wordpress](http://www.nhps-wellness.nhboe.net/wordpress)

*Graphic design by Liliya Garipova,  
SHC administrative analyst*