

MARCELLA NIEHOFF SCHOOL OF NURSING

LOYOLA SCHOOL-BASED HEALTH CENTER

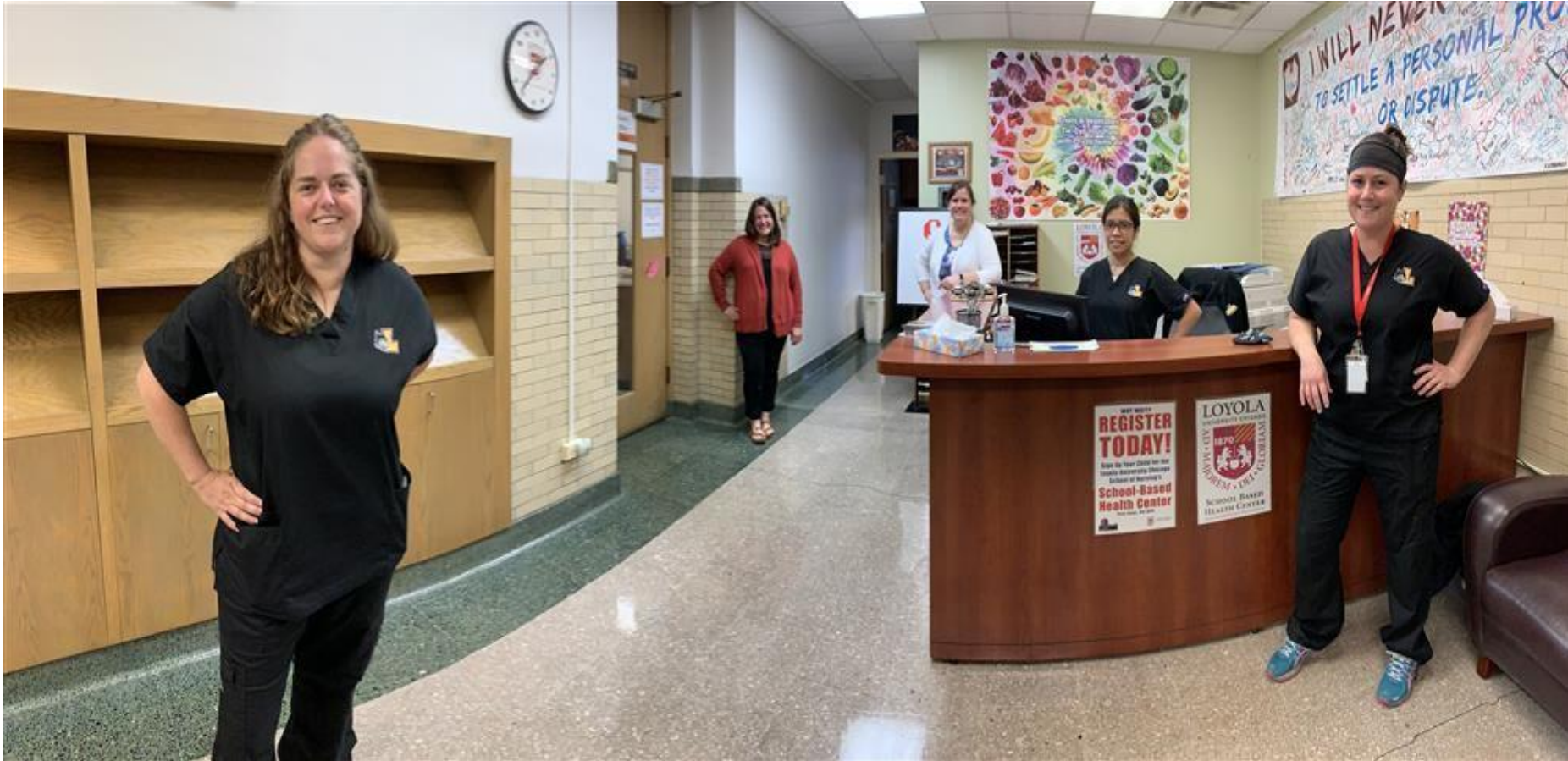
Proviso East High School—Maywood, IL

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Overview



Loyola School-Based Health Center: Our Model



- Primary Care
 - Nurse Practitioner
 - Family Practice/Sports Medicine Doctor
 - Registered Medical Assistant
 - Nursing students (undergrad/graduate)
 - Medical students and residents
- Nutrition
 - Dietitian
 - Dietetic Interns
- Behavioral Health
 - 2 Social Workers (LSW & LCSW)
 - Psychiatrist
 - 2nd Year MSW Students

Primary Care & Nutrition Services



- School & Sports Physicals
- Immunizations
- Treatment for minor injuries
- Diagnosis and management of asthma, diabetes, high blood pressure, and other chronic illnesses
- Treatment for urgent care needs: sinus infections, strep throat, UTIs,
- Pregnancy tests
- STI testing
- Medical nutrition therapy/counseling (underweight/overweight)
- Health education on a variety of topics

Management of Chronic Medical Conditions

- Asthma, diabetes, obesity, seizure disorders, high blood pressure, etc...
- NP will diagnosis and refer if needed
- NP will work with outside medical providers
- NP will coordinate with families, while also providing adolescent-centered care
- NP will work with families and students to understand the importance of transition to care (l.e. scheduling and maintaining appointments, picking up prescriptions, etc.)



Behavioral Health Services

- Individual therapy services
- Group therapy services
- Case management
- Psychiatric evaluations
- Medication management
- Health education
- Part of school crisis team
- Facilitate and assist with school programming

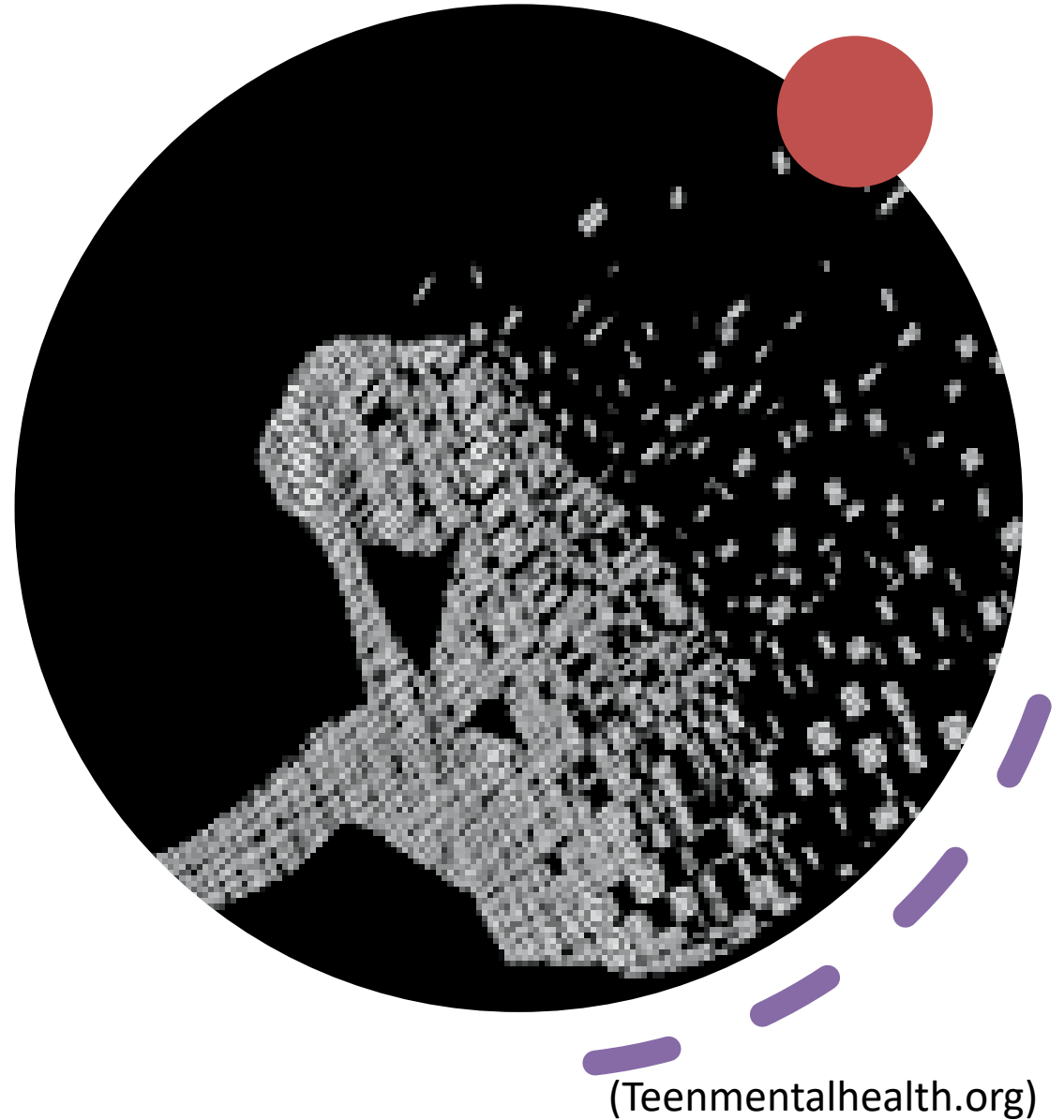


Students We Serve

- D209 Students, including students who attend PAEC programs
- D89-Middle school students
- Students with and without IEPs

Common Mental Health Issues Among Adolescents

- Depression (MDD)
- Anxiety
- Generalized Anxiety Disorder
- Social Anxiety Disorder
- Panic Disorder
- Post-traumatic Stress Disorder (PTSD)
- Attention-deficit Hyperactivity Disorder (ADHD)
- Eating Disorders



Billing & Insurance

- SBHCs are able to bill insurance (private or MCOs)
- Students and families will not be turned away due to an inability to pay
- Students and families will be provided with information about how to obtain insurance
- Providers will assist students and families with obtaining lower cost prescriptions if uninsured
- Providers will assist students and families with seeking specialists or other providers within their medical plan

How are Students Referred for BH?

- Routine mental health screening at SBHC
 - PHQ-9 Modified for Teens (depression screening)
 - Bright Futures Risk Assessment
- Teachers/counselors/social workers
- Parents
- Referral from a friend
- Self-referral



How are Services Determined?

- Initial meeting with social worker will determine frequency of appointments
- Initial meeting with social worker required before appointment with psychiatrist
- All students are eligible for services
 - some students may be referred out (i.e. attend alternative school or for family therapy)
- No current limitations on number of visits with behavioral health providers
- Clinicians can see students (12+) without parental consent for up to 8 sessions in the state of Illinois



Collaboration with the School

- Work well with the school
- Ensure that we have signed ROI before releasing any documentation to school staff (i.e. psychiatric evaluation for special education meeting)
- Participate in special education meetings
- Connect with school in case of emergencies (i.e. harm to self/others, DCFS)
- Students will often request assistance in communicating with teachers for additional support
- Serve on the crisis intervention team, MTSS team, and CARE team

Collaboration with the School continued...

- Participate in discipline meetings or restorative conferences
- Serve as a referral source for Deans of Students for individual therapy
- Facilitate the PIRATE Program (3-day brief anger management program)
- Collaborate with teachers to implement Community Building Circles in the work program (Restorative Practices)
- Advocate for the reduction of in and out of school suspensions
- Provide professional development and training for staff



Transition Services & Support

- Medical and BH providers work with students and families on transition of care
 - How to make appointments
 - Importance of taking medication as prescribed
 - Maintaining records
 - Provided with transition packet with community-based providers before they graduate
- Students in need of ongoing BH services are referred to a community-based provider
- Students who need ongoing medication management can continue to be seen at Loyola Medicine for psychiatry if the family has private insurance or if they have 1 of the 2 Medicaid plans that are currently being accepted

Impact of Behavioral Health Services

18 yo AA male, with Complex Trauma/PTSD, Major Depressive Disorder

"I loved you guys services together...not only having someone to talk to but having someone else to help you understand some things medically and mentally. The two of you have made a huge impact on me and my mental health on how much you guys have helped me. Wouldn't trade you two for anything".

– met with LCSW and psychiatrist regularly

17 yo AA female with Major Depressive Disorder & Relationship problems

"Ms. V. is like the best friend you never asked for, she had been there for all of my situations and never judged the choices I made unless she heard me judge them first, she always up for a conversation no matter how long, and she's the type to give you enough advice for you to think for yourself so that it really doesn't feel like you're being helped but you are if you understand what I mean. But you chose a good one for this job!" –meets with LCSW weekly

18 yo Latina female with Depression and Anxiety

"My experience has been great so far! I like the fact that you try to do anything in your power for everyone and like you try to make a connection with them which makes us students more comfortable talking with you. If it wasn't for you, I wouldn't know where I would be at".

–met with LCSW weekly

Partnerships with Community Agencies

- National Alliance on Mental Illness (NAMI): we support the *Ending the Silence* program that is facilitated in each of the freshman health classes each semester
- Elyssa's Mission: we support the *Signs of Suicide* program. The SOS program seeks to teach youth that depression is a treatable illness, empower them to respond to a potential suicide (themselves, a friend or a family member), and prevent teen suicide.

Classroom Education



- Classrooms
 - Human Development
 - Physical Education
 - Health
 - ROTC
 - Special Education-TST
- Topics
 - Depression
 - Stress Management
 - Anxiety
 - Self-Esteem

Encouraging Healthy Coping Skills & Self-Care

- Meditation
- Deep breathing
- Journaling
- Eat healthy, well-balanced meals
- Exercise
- Make time to connect with others
- Make time for yourself
- Avoid use of alcohol/drugs
- Get connected with a therapist!
- Don't be afraid to ask for help!!



Questions & Contact Information

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References & Resources

- Crisis Hotlines & Numbers:
 - *National Suicide Prevention Hotline: 1-800-273-8255
 - *The Trevor Project (LGBTQ) Hotline: 1-866-488-7386
 - Crisis Text Line: Text HOME or START to 741-741 (all ages)
 - AMITA 24-hour crisis line: 708-681-HELP
 - PILLARS 24-hour crisis line: 708-482-9600
- EverThrive Illinois, Child & Adolescent Health Initiative/IL SBHA: <http://www.everthriveil.org>
- Child & Adolescent Health Initiative: <http://www.everthriveil.org/initiatives/child-adolescent-health>
 - Policy: <http://www.everthriveil.org/policy>
- Hellebuyck, Halpern, Nguyen & Fritze,(2019): The state of mental health in America 2019. *Mental Health America*, retrieved from <https://mhanational.org/sites/default/files/2019-09/2019%20MH%20in%20America%20Final.pdf>
- Illinois Children's Mental Health Partnership 2019 Annual Report: http://icmhp.org/wordpress/wp-content/uploads/2019/10/FY2019-ICMHP-Annual-Report-Electronic.pdf?fbclid=IwAR3q9pzwPu_DEmtBvlj2V2C9Z11fwUrVdFaHN30iogf8tbBnKD7kK6VH8kE
- Mindwise Innovations: <https://www.mindwise.org/what-we-offer/suicide-prevention-programs/>
- NAMI Metro Suburban: <https://namimetsub.org/>
- National Institute on Drug Abuse: <https://www.drugabuse.gov/>

References & Resources

- National Child Traumatic Stress Network: <https://www.nctsn.org/>
- Proviso East School-Based Health Center: <https://sites.google.com/site/healthyprovisosbhctwo/>
 - <http://pehswellnesscommittee.weebly.com/about.html>
- Sawyer, Azzopardi, Wickremarathne, & Patton (2018): The age of adolescence. *The Lancet Child & Adolescent Health, Viewpoint* 2(3), 223-228)
- School Based Health Alliance: <http://www.sbh4all.org>
 - Census: <http://www.sbh4all.org/school-health-care/national-census-of-school-based-health-centers/>
 - Literature Database: <http://www.sbh4all.org/resources/sbhc-literature-database/>
 - Policy/Advocacy: <http://www.sbh4all.org/advocacy/>
 - Training: <http://www.sbh4all.org/training/>
- Suicide Prevention Resources Center: <https://www.sprc.org/>
- Teen Mental Health.org: http://teenmentalhealth.org/wp-content/uploads/2019/10/parentyourteen_October-29th-2019.pdf
- WHO (2014): <http://apps.who.int/adolescent/second-decade/section2/page1/recognizing-adolescence.html>



Preparing people to lead extraordinary lives