

School-Based Health Alliance of Arkansas

Spring 2014

The School-Based Health Alliance of Arkansas was founded in 2014 and is the Arkansas voice for school-based health centers (SBHCs). Built from the grassroots up by individuals from state agencies, local school based health centers, child health and education organizations, we are a true reflection of the field we support. The Arkansas Affiliate of the School-Based Health Alliance advocates for national and state policies, programs, and funding to expand and strengthen SBHCs, while also supporting the movement with training and technical assistance.

The School Based Health Alliance of Arkansas believes that:

- Children and adolescents need high quality, accessible, culturally competent, comprehensive health care.
- The school setting is a sensible and appropriate place to deliver health care because that is where students are.
- SBHCs reduce health inequities and improve health outcomes for underserved youth.

Medical services



Sports physicals are a mandatory annual visit for athletes. More often than not students move quickly through a sports physical clinic with the goal of getting their form completed.

At the Paris SBHC things move a little slower. The staff at the SBHC decided to be intentional about these yearly appointments and give students a thorough exam. As a SBHC they have the ability to provide sports physicals throughout the school year and spend more time with each athlete. The Paris SBHC detected 3 heart murmurs last year and facilitated referrals for further testing.

A sports physical is more than getting a note signed to play ball, it's an opportunity to provide quality healthcare to students every year.



Currently, most of the SBHCs across the state are funded by the School Based Health Center Initiative grant.

Grantees submit program reports quarterly which include basic information regarding demographics, staff hours, most frequent diagnoses and number of students served.

More than 24,000 medical encounters have occurred in the SBHCs funded by this grant since its implementation.

Mental Health Services

Quietly walking through the halls, smiling with friends, and getting average grades, you might never know that Sarah* thinks about dying everyday. She goes under the radar because she doesn't disrupt the classroom or her family, she doesn't talk back or act out, but she is silently suffering. School Based Mental Health is a safety net for her. A teacher at school noticed that she was even quieter than usual, and when Sarah turned in a writing assignment with a few red flags, the teacher referred her to the school counselor. After spending some time with the school counselor Sarah revealed her constant thoughts of death. The school counselor coordinated with the School Based Mental Health therapist to help Sarah receive the kind of therapy and treatment she needs. Sarah admits that seeing a counselor outside of school would never work with the financial and transportation limitations her family experiences. She now has a school counselor she trusts with her feelings, as well as a professional counselor to talk to while she is at school.

School Based Mental Health is a safety net for students all over Arkansas, identify problems early is the key to the best possible care. Mental health counselors work together with medical providers at School Based Health Centers to wrap around students and meet their needs holistically.

*Student name changed to protect identity

More than 37,000 students have used mental health services in our SBHCs. There are many more users of school based mental health (SBMH) services across the state as most schools have a school based mental health program.

When a school adds a SBHC they integrate their existing SBMH program with the medical services.

This is a powerful model that allows health care providers to work in their areas of specialty collaboratively for the benefit of our students.

Dental services



The Jasper School District is a remote district with 3 campuses. The Oark campus is 90 minutes from Jasper and is the most isolated campus of the three. Jasper's SBHC conducted penlight screenings on the Oark Campus last fall and followed up by bringing a bus load of students to the SBHC who needed cleanings, x-rays and dental care. SBHCs are reaching out and bringing services to our most isolated youth. Jasper's dental program has seen a number of students who had never received dental care until they received it at the SBHC. Dental hygiene education has been performed on each campus for all elementary students, and every student received a toothbrush, toothpaste and floss. Kids are thrilled to get their dental goodie bag and they are engaged in their healthcare through this wonderful service.

Oral health services are being offered in progressively more of the SBHCs in Arkansas. There are still several counties in our state that do not have a dentist.

School based health centers are responding to this deficit and beginning to fill the need.

More than 2,200 students have received dental services in SBHCs since the grant's implementation.

Optometry services



A non-verbal student came to the Magazine Wellness Center for an eye exam and they quickly realized she had a huge deficit. This child had spent the first 14 years of her life without her visual needs being addressed. Her eye deficiency caused problems with walking, going up steps, depth perception, and the list goes on. During the exam this non-verbal child smiled and said, "Chicken!" It was exciting to see her finally able to recognize the pictures that were being used in the exam. At first it was a challenge for her to keep the glasses in place so the team purchased the band to help keep them on. Within a few weeks the student realized what a difference they were making and now she keeps her glasses on independently. She made it through the summer and came back to school wearing her glasses!

School Based Health Centers are definitely influencing students' lives and taking services to where the students are.

New SBHCs emerge each year, adding to our numbers and expanding healthcare across the state.

Vision and hearing screens are a part of the healthcare provided by school nurses in every school statewide. Too often students are in need of glasses but do not receive them due to barriers to care.

Over 680 students have received vision testing from an optometrist and have had an opportunity to pick out and receive eye-glasses at school.

What parents and professionals are saying

"I appreciate being a part of a school district that places importance on student health, both mental and physical. A student is not going to adequately learn or focus if they are worried about if there will be food for supper, if mom and dad are fighting, or if they simply do not feel well and need evaluated by a physician or nurse practitioner. I am very proud of Prairie Grove School District for making School Based Health a priority for our students." - *Danielle Randolph, School Nurse/Parent*

"I do not have a car, I do not know how to drive. I live across the street from the school. Whenever my daughter is sick they call me and when I get there, they are ready to treat her. This is very important for me, there are lots of services and they speak English and Spanish." - *Ana Villafranca, parent*

"Best thing to ever happen to a school!! Keeps kids in school more, lets parents stay at work, catches illness before its gotten very bad or spread! Wonderful Staff!!" - *Edie Dana Blake, parent*

"Kids and families are getting health care they never had before! A few years ago, before we had the clinic, two young mothers died from very preventable diseases. I always thought that if they had preventative care available to them or resources for early diagnosis, those tragedies would have been averted. Families are now reaching out to the clinic and having their needs met." - *Melissa Fink, Principal of Jones Elementary School, Springdale School District*

How you can help

- *Become a member of the SBHAA! Our membership form is attached.*
- *If your school has a SBHC, get involved and use the services!*

Advocacy Day in Washington DC



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School Based Health Centers in Arkansas

| School District | Campus | Medical | Mental Health | Dental | Optometry | SBHC Coordinator | Phone |
|------------------|---------------------------|---------|---------------|--------|-----------|-------------------|----------------------|
| Cedarville | | ✔ | ✔ | ✔ | ✔ | Susanne Roth | 479-922-6140 |
| Cross County | | ✔ | ✔ | | | Ashley Buie | 870-442-2242 |
| Dollarway | | ✔ | ✔ | | ✔ | Felicia Miller | 870-535-0722 |
| ElDorado | Washington Middle School | ✔ | ✔ | ✔ | | Debbie McAdams | 870-310-3300 |
| Fayetteville | Owl Creek School | ✔ | ✔ | | | Carol Stone | 479-718-0293 |
| Gurdon | | ✔ | ✔ | | | Wendy Schaeffer | 870-353-5123 ext 122 |
| Jasper | Jasper Campus | ✔ | ✔ | ✔ | | Nicole Fairchild | 870-446-9305 |
| Lamar | | ✔ | ✔ | | | Michele Brown | 479-774-9529 |
| Lavaca | Middle School Campus | ✔ | ✔ | ✔ | ✔ | Jennifer Teague | 479-674-5611 |
| Lincoln | | ✔ | ✔ | | | Martie Cousar | 479-824-3000 |
| Little Rock | Franklin Elementary | ✔ | ✔ | ✔* | | Margo Bushmaier | 501-447-7383 |
| Magazine | | ✔ | ✔ | ✔ | ✔ | Donna Robinson | 479-969-8381 |
| Mansfield | Elementary Campus | ✔ | ✔ | ✔ | ✔ | Tracey Sadoski | 479-269-6058 |
| Ouachita River | | ✔ | ✔ | ✔* | | Lisa Falls | 479-394-2932 |
| Paris | | ✔ | ✔ | ✔ | | Carrie Brewton | 479-963-1516 |
| Prairie Grove | | ✔ | ✔ | ✔ | ✔ | Carmel Perry | 479-957-2038 |
| Siloam Springs | | ✔ | ✔ | | | Aron Henderson | 479-524-8175 |
| Springdale | Jones Elementary | ✔ | ✔ | | | Mary Miller | 479-750-8880 |
| Springdale | George Elementary | ✔ | ✔ | | | Mary Miller | 479-750-8880 |
| Springdale | Elmdale Elementary | ✔ | ✔ | | | Mary Miller | 479-750-8880 |
| Southside | Southside High—Batesville | ✔ | ✔ | | | Vickie Hembrey | 870-569-4934 |
| Waldron | | ✔ | ✔ | ✔* | | Kim Bennett | 479-207-5033 |
| Yellville-Summit | | ✔ | ✔ | | | Valerie Davenport | 870-449-9742 |

* School linked service