

Sites and Partners

15 schools are participating in five states: Oregon, Washington, Georgia, California and Maryland.

The Oregon and Washington sites are:

- Milwaukie High School SBHC, sponsored by Outside In
- Merlo Station High School SBHC, sponsored by Oregon Health Sciences University
- Century High School SBHC, sponsored by Virginia Garcia Memorial Health Center, funded by Kaiser Permanente Northwest
- Washington Middle School SBHC in Seattle, sponsored by Group Health

Strategies

Improvement

- Increasing the integration of SBHCs into the school and building on strengths to address the three focus areas
- Skill building, peer learning, shared accountability, and leadership development.
- Partnering with local, state and national partners to build on existing programs; utilizing local expertise, time and resources; and working together to create sustainable change.



Oregon School-Based Health Alliance (OSBHA)

OSBHA is a statewide nonprofit serving SBHCs and building a stable, effective, and accessible school-based health care system. OSBHA believes that all children and youth are healthy, learning, and thriving and that school-based health care is essential to promoting the health and academic success of children and youth.



OREGON

SCHOOL-BASED
HEALTH ALLIANCE

HALLWAYS TO HEALTH

A two-year initiative from Kaiser Permanente and the School-Based Health Alliance to promote student-focused initiatives and workforce health

PROJECT OBJECTIVE: to elevate the role of SBHCs in facilitating approaches **to improve the social and emotional health of students** both clinically as individuals and outside of the clinic and in the school, with population-based health services. SBHCs are one piece of the equation to bring the resources together to address the multi-faceted challenges facing youth today.

- Twenty-five percent of all visits to a SBHC had documentation of either a mental health diagnosis or therapy visit code.
- Suicide is the second leading cause of death among Oregon youth aged 15-24. Data shows that nearly eight out of 10 youth who attempted suicide in 2010 had at least one diagnosable mental health condition.
- Other conditions affecting social & emotional wellness include: eating disorders, tobacco, alcohol and other drugs, sexual behaviors; anxiety; abuse/violence, bullying, learning problems, school connectedness, attention deficit disorder, adjustment disorder.



Based on Kaiser Permanente's national Thriving Schools Initiative

Expands the role of the school-based health centers in advancing obesity prevention, social and emotional health, and school employee wellness, working with schools and communities

PROJECT OBJECTIVE: To define how SBHCs can contribute **to optimal employee wellness programs**, as this is not a traditional role of the centers. SBHCs can serve as an information source to school staff, participate in school wellness councils, and assist with delivering wellness programs.

- School employees are one of the most valuable workforces in the U.S., because they nurture and substantially shape each and every generation of children.
- Poor eating habits, inadequate physical activity, tobacco use, and overweight all contribute to cardiovascular disease, cancer and diabetes.
- Addressing stress and burnout and having a highly developed employee wellness program contributes to staff retention. Currently 1/3 of new U.S. teachers leave the profession during their first 3 years and almost half leave before 5 years.

PROJECT OBJECTIVE: to train SBHC staff in Expert Committee Recommendations for **clinical practices surrounding** the screening, counseling and treatment of **overweight and obese**; expand the role of SBHCs in delivering and facilitating healthy eating and active living efforts outside of the clinic in the school; and improve SBHCs capacity to refer students to resources outside of the school in the community.

- Childhood obesity more than doubled in children and quadrupled in adolescents in the past 30 years.
- In 2012, more than one third of children and adolescents were overweight or obese.
- Childhood obesity increases the risk for bone and joint problems, sleep apnea, becoming prediabetic, and social and psychological problems such as stigmatization and poor self-esteem.

Year One Milestones

A sampling of strategies and activities:

- “GO Groups” (Get Outside): teachers and students moving together
- “Stall News”: monthly health news in the bathrooms
- SWAT: School Action Wellness Team developed
- 75210
 - 7: eat breakfast everyday
 - 5: eat 5 or more servings of fruits/veggies/day
 - 2: limit screen time to <2 hours day (not related to school work)
 - 1: get hour or more of exercise a day
 - 0: cut out sugary drinks
- Depression support groups
- Staff wellness events such as Massage and Yoga
- Staff walking groups
- Dietician referrals
- Health fairs during school hours
- Walking competition with staff/students pairs
- Mental Health 1st Aid training for staff
- Cooking classes
- 1:1 clinical interventions
- Coaching
- After school classes: domestic and sexual violence prevention, cooking classes, Zumba, yoga



Funding Partners

