



NM School Mental Health

School-Based Health Centers (SBHCs): An Update

Kristin Oreskovich, NMDOH/OSAH - SBHC Program Clinical Operations Manager
Nancy Rodriguez, NMASBHC Executive Director

Legislative Health and Human Services Committee
July 12, 2022

Presenters



Kristin Oreskovich, DNP, CPNP

SBHC Program Clinical Operations Manager, NMDOH Office of School and Adolescent Health

kristin.oreskovich@state.nm.us

(505) 459-8567



Nancy Rodriguez

Executive Director, NM Alliance for School-based Health Care (NMASBHC)

nancy@nmasbhc.org

(505) 250-2693

Map of NM SBHCs and other tools: www.nmasbhc.org

THANK YOU FOR INVITING US TO BE HERE

Our discussion today

- I. NMDOH Office of School and Adolescent Health & NM Alliance for School-based Health Care: Who We Are
- II. SBHCs: Brief Overview
- III. SBHCs: 2021 – 2022 Updates
- IV. SBHCs: 2022 – 2023 Priorities
- V. Questions

NMDOH Mission

To ensure health equity, we work with our partners to promote health and well-being, and improve health outcomes for all people in New Mexico.



NMDOH Goals



We expand equitable access to services for all New Mexicans



We ensure safety in New Mexico healthcare environments



We improve health status for all New Mexicans



We support each other by promoting an environment of mutual respect, trust, open communication, and needed resources for staff to serve New Mexicans and to grow and reach their professional goals

NMDOH's Office of School and Adolescent Health (OSAH) works to improve student and adolescent health through integrated school-based or school-linked health services.

NM Alliance for School-Based Health Care

Who We Are

NMASBHC Mission

Represent school-based health centers in New Mexico and collaborate with other partners to promote, facilitate, and advocate for comprehensive, integrated, and culturally competent health care, including health education, in schools.

NMASBHC Services:

- NMASBHC provides training and technical assistance to SBHCs and related field partners.
- NMASBHC creates and disseminates SBHC tools and resources.
- NMASBHC supports and leads policy development and revision related to the school health field.
- NMASBHC provides legislative education and does local, state and federal advocacy in support of the school-based health care field.
 - Note: NMASBHC is the NM affiliate of the national School-Based Health Alliance, which leads federal advocacy for SBHC funding; last year, SBHA's advocacy led to first-time operation funding for SBHCs.

New Mexico School Based Health Centers Provide Convenient, Comprehensive Healthcare

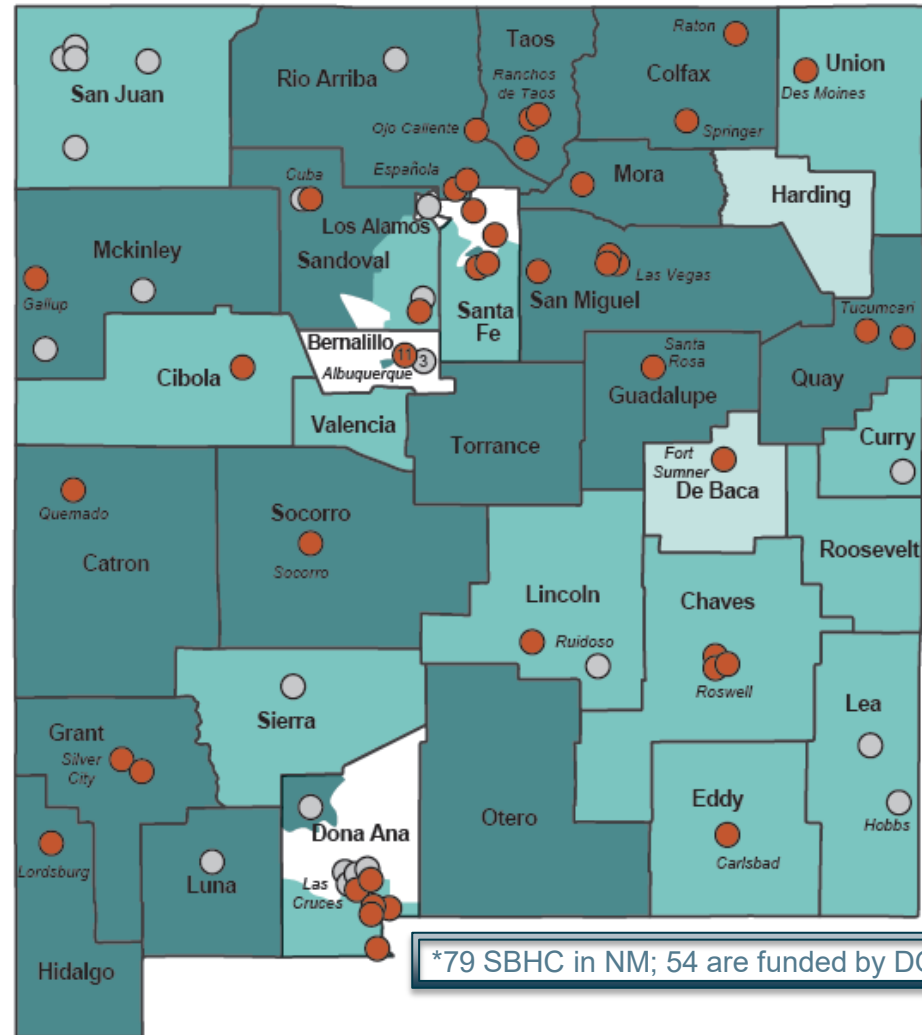
- Provide care in schools: a uniquely convenient and helpful access point.
- Provide integrated primary and behavioral healthcare to children/youth.
- Provide special expertise and resources to the school community.
- Collaborate with school health partners, including nurses and social workers.
- Improve health AND academic outcomes.



Funding Structure and Current Locations

- NMDOH provides multi-year contracts to SBHC sponsors via an RFP process; general funded.
- Contracts cover 1/3 to 1/2 of operating costs. About 70% of NM SBHCs are receiving this funding.
- SBHCs provide care to students regardless of ability to pay.
- NMHSD/NMDOH- federal Medicaid match available for contracts to SBHCs.

Providing Care in Underserved Communities ¹



Primary Care Provider Shortage



¹ 32 out of 33 counties are also designated Mental Health Professional Shortage Areas.

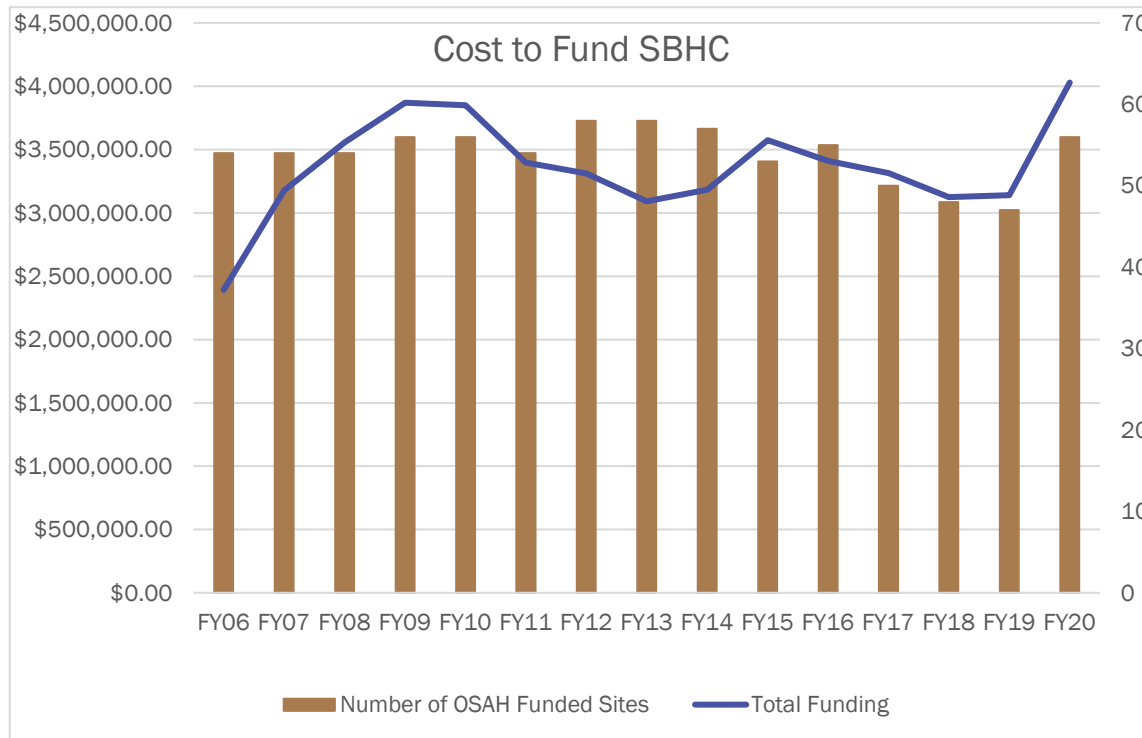
□ Does not meet the criteria for HPSA designation

● OSAH-funded SBHCs

● non-OSAH-funded SBHCs

*79 SBHC in NM; 54 are funded by DOH/OSAH

Impact of Underfunding



- Number of OSAH funded SBHC is roughly unchanged in 15 years
- Budget cuts result in closing or reduction of SBHC services
- From 2006 to present, employees with FTE dedicated to SBHC efforts reduced from 8 to 1.2
- The DOH is seeking increased funding for SFY24 to expand and enhance SBHCs

Continuity of Care for New Mexico's Youth

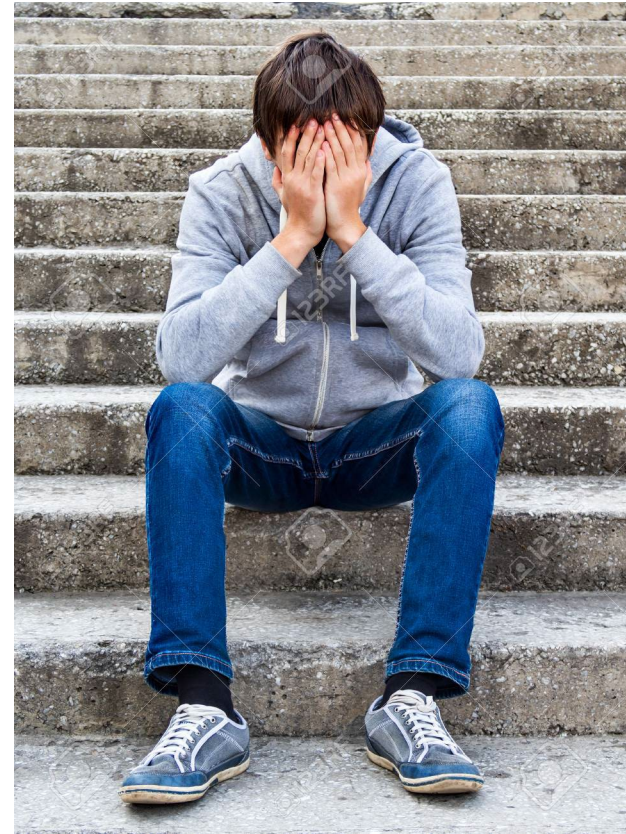
- Increase **access to both primary care and behavioral health** care, including suicide prevention and SUD screening
- Improve **continuity of care** through sponsorships with local health care organizations
- Increased **seat time** at school for students and at work for parents
- **Performance measures:**
 - *Comprehensive risk screening*
 - *Depression screening*
 - *Well-child check*
 - *BMI assessment and counseling*
 - *Chlamydia screening (age appropriate)*
 - *Substance use screening and counseling*
 - *Unintended pregnancy prevention*

NM's Youth Utilize SBHCs for Primary Care and Behavioral Health

	SY 18-19	SY 19-20	SY 20-21	SY 21-22 (thru April)
# Patients	16,037	15,549	7,197	14,808
Total Visits	50,988	46,686	19,673	37,354
% Primary Care	55%	50%	44%	59%
Acute care	31%	28%	32%	40%
Well Visits/Sports PE	9%	8%	3%	10%
Reproductive Health	15%	14%	9%	9%
% Behavioral Health	39%	40%	43%	34%
Total Telehealth Visits	0	1,924	4,588 (23% of total)	1,929 (5% of total)

Meet Jose*

- Jose was referred to the SBHC by a teacher because he had a sore throat and a cough
- Comprehensive risk screening done by the SBHC identified Jose had also been kicked out of his house, had anxiety, and suicidal ideation



* Based on a real NMDOH client, whose name and photo are changed.

New Mexico Students Face Loss and Trauma

- **Wildfires**- Increased need for BH services to address resulting trauma and loss
- **COVID 19** - Grief services for children who suffered caregiver loss
- **Suicidality, self-harm, substance abuse, eating disorders**- Front-line support to reduce utilization of acute care in overwhelmed hospitals and acute care facilities in NM.
- **SUD**- Screening, Brief Intervention, Referral, and Treatment (SBIRT) services to address substance abuse disorder among young people.
- **LGBTQIA+** Increasing numbers of students with fears driven by political/societal attacks on their rights.



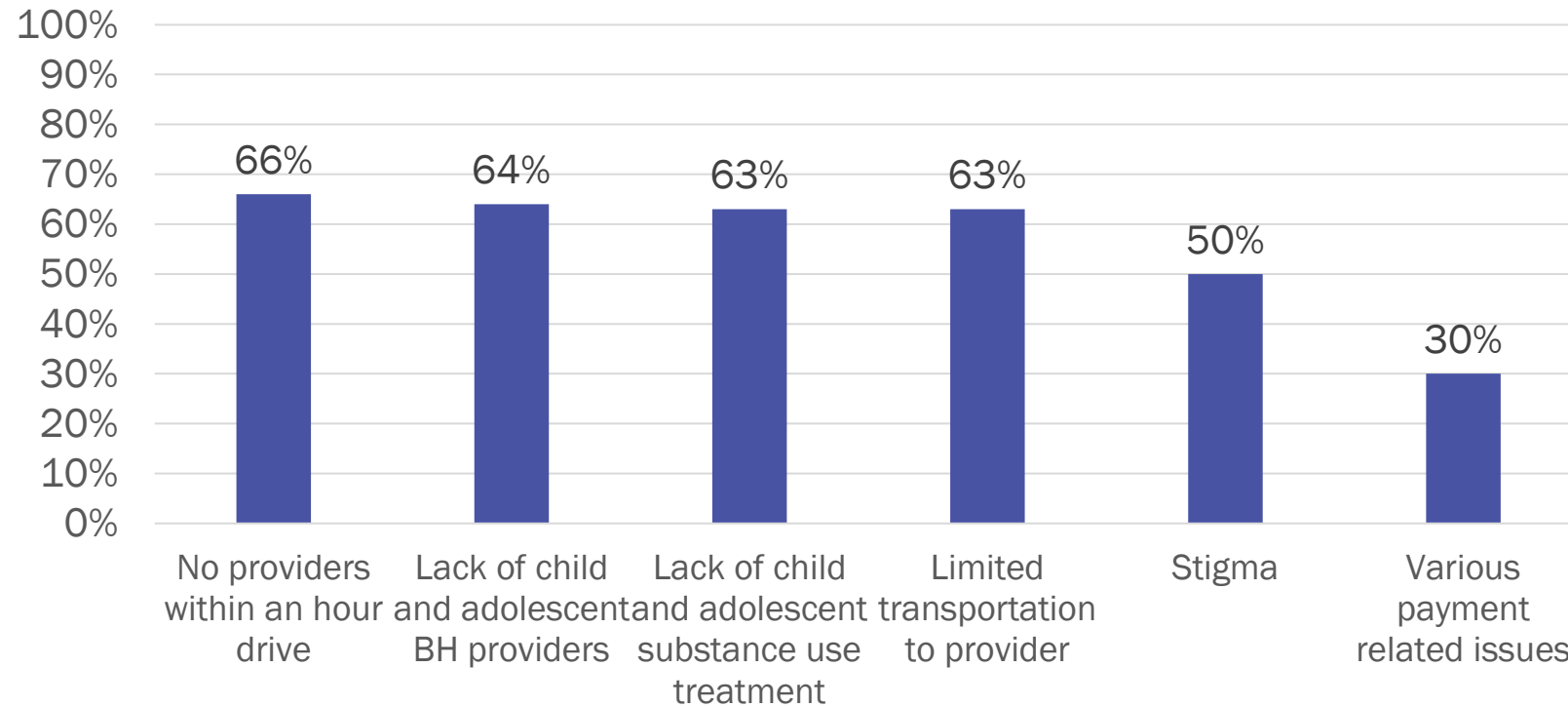
Increasing Behavioral Health Needs Among NM Youth

At present, SBHCs are especially focused on behavioral health for patients due to concerns about trauma, grief/loss, suicide risk and school disengagement.

NM Comprehensive Risk Screenings (n=1587)

	SY 19-20	SY 21-22
Problems at Home	14%	10%
Problems at School	24%	17%
Feel anxious/on edge	50%	56%
Can't stop worrying	31%	46%
Feel down, depressed, hopeless	38%	42%
Less enjoyment/interest	42%	45%
Having difficulties from anxiety	81%	83%
Better off dead/hurt self	34%	43%
Difficulties with life	73%	83%
Thought of ending life	8%	9%
Hurt self on purpose	17%	18%

SBHCs Address Barriers in Accessing BH Services



2020 Inventory of School Behavioral Health Services in New Mexico Public Schools. April 2021. University of New Mexico Dept of Pediatrics and Pacific Institute for Research and Evaluation

Delivering Services to Students

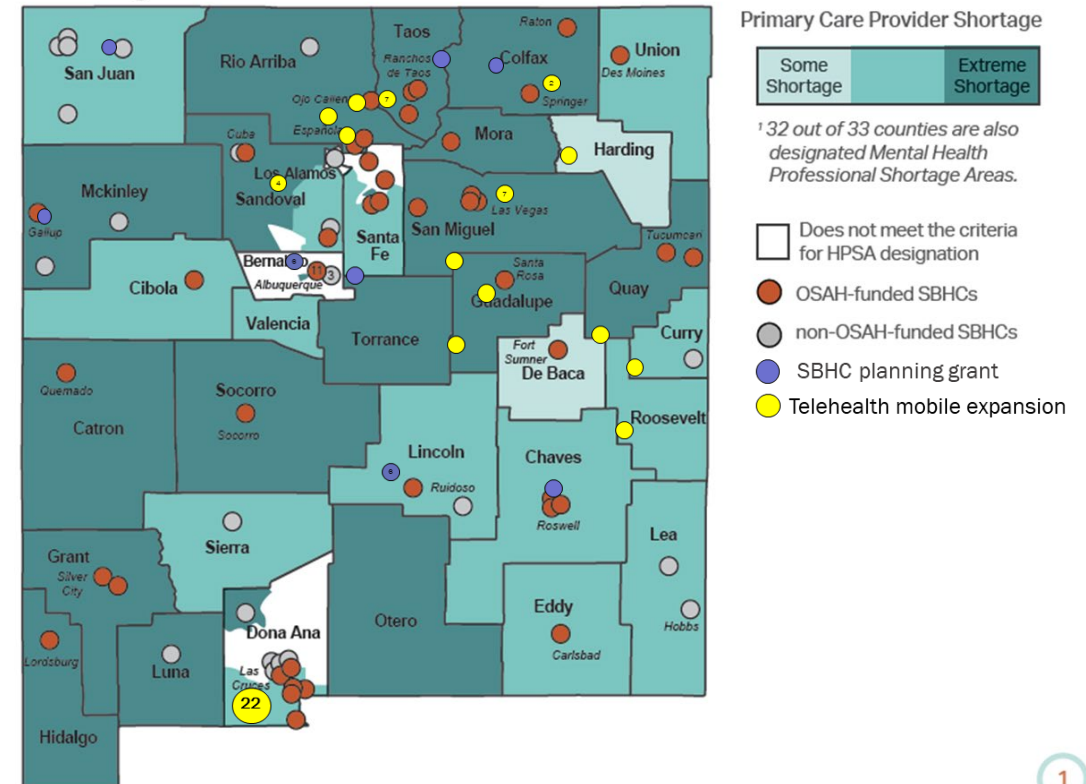
- Many SBHCs continue to expand use of telehealth particularly in rural schools This is crucial for addressing behavioral health needs.
- SBHCs are the **ONLY** on-site option for **CONFIDENTIAL** behavioral health services.
- SBHCs offer **INTEGRATED** physical and behavioral health, allowing an opportunity to reveal needs that may be presenting in less than obvious ways.



The Legislature has an Opportunity to Expand SBHCs in NM Communities

- Increase hours and services in existing SBHCs.
- **13 new locations** working on SBHC planning with NMASBHC.
- Partner with Federally Qualified Health Centers (FQHC) and medical organizations that currently operate SBHC to increase access to care in underserved communities in their service areas through:
 - Expanding school-based telehealth hub and spoke models and mobile health care delivery.
 - This design will expand health care access to 55 schools and nearly 15,000 students across New Mexico and connect children and youth with medical organizations that operate near them and may serve as medical homes to improve continuity of care.
 - Pilot program is at 270% productivity compared to pre-COVID by continuing to offer telehealth to every school in San Miguel County.

Providing Care in Underserved Communities ¹



Students and Schools Support SBHCs

What Student Users Say

- **11%** don't go anywhere else for care
- **91%** are likely to follow the advice of their SBHC provider
- **84%** have made changes in health risk behaviors because of guidance from the SBHC provider
- **87%** say SBHC providers explain things in a way they understand

What Partnering Schools Say

- **57%** of school staff agree that students' health issues limit academic achievement
- **72%** agree that SBHC benefit their students
- **69%** view their SBHC as a partner in students' success

SBHC are a Good Investment

- The US Prevention Task Force (USPTF) found:
 - Economic benefit outweighs costs and saves Medicaid dollars
 - Improves health related outcomes and academic achievement
 - Improves health equity
 - [Task Force Recommends School-Based Health Centers to Promote Health Equity | The Guide to Community Preventive Services \(The Community Guide\)](#)
- ROI Study of NM SBHC - **\$1 invested** → **\$6 return**

Jose Tomorrow

- Medical provider made a warm-hand-off to the behavioral health provider
- The BH provider and Jose made a safety plan and set up regular visits
- Partnering with the school they helped find Jose a place to stay and get him some extra clothes and toiletries
- By graduation, Jose no longer had suicidal ideation, was managing his anxiety and was starting a job!



NMASBHC Recommendations

- Support NMDOH expansion of SBHC funding
- 5 counties in NM do NOT have an SBHC
- DOH/OSAH staffing for SBHC programs is low; only 1 staff person in DOH dedicated to SBHCs vs. similar states with 3-7 staff.
- NMDOH needs additional funding to expand contracts to support new grantees.
- The 2019 NMASBHC survey of existing SBHCs indicate that 46% of clinics have waiting lists for behavioral health services and could use a funding increase in this category.
- The legislature's funding of community schools via PED (to the tune of \$8M in 2022) has increased demand for SBHC expansion.
- Legislature should support and fund mandate of one school nurse per district with long-term goal of a nurse in every school. 20
- Fully fund the Medicaid budget to ensure that the free care rule reversal pilot is successful and replicable.
- Maintain telehealth funding parity beyond PHE, including telephonic care, until broadband challenges are solved.

“The future wellbeing of our country depends on how we support and invest in the next generation.” – Vivek Murthy, M.D., M.B.A., U.S. Surgeon General



We want to hear from legislators about how we can help improve health and educational outcomes for New Mexicans

Questions or Feedback?

Please submit written comments or questions for DOH to:
Xavier Vallejo
Xavier.Vallejo@state.nm.us