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October 16, 2013

MEMORANDUM

TO: Legislative Education Study Committee

FR: David T. Craig

RE: FACT SHEET: SCHOOL-BASED HEALTH CENTERS

Shortly after the conclusion of the 2013 legislative session, the New Mexico Alliance for School-Based Health Care (NMASBHC) requested that the topic of school health, and more specifically, school-based health centers (SBHCs) be discussed during a Legislative Education Study Committee (LESC) interim meeting.

According to the request, a SBHC:

- brings the healthcare provider's office into the school – where the kids are;
- allows nearly 50,000 students to have access to services through New Mexico's SBHCs, which provide critically needed physical, behavioral, and oral health services;
- can have a positive effect on students' health-risk behaviors, health outcomes, and academic performance;
- can improve school attendance;
- can reduce student discipline referrals;
- reduces the need for parents to miss work to take their children to a doctor; and
- can reduce overall healthcare costs.

Finally, the NMASBHC's request states that the program has suffered a series of budget reductions since 2009, impacting SBHCs' services and New Mexico children and youth. For example:

- reductions occurred in both physical and behavior health service delivery hours;
- in FY 09, SBHCs delivered approximately 800 hours/week of physical and behavioral health services;
- in FY 13, it is estimated that only 650 hours of services/week will have been delivered, thereby reducing the number of students who could be seen by SBHC's;
- in FY 09, students made 60,187 SBHC visits; in FY 12, only 42,900 visits were made; and
- reductions in access lead to fewer youth receiving comprehensive well exams, and fewer youth being screened, assessed, and treated for serious conditions, such as substance use, suicide risk, and sexually transmitted diseases.

In order to keep the committee informed of recent developments in New Mexico's school-based healthcare, LESC staff has arranged for a presentation by the NMASBHC. Also providing information is Dr. Winona Stoltzfus, Health Systems Bureau Medical Director & School Health Officer, Public Health Division, Department of Health.

In addition, the NMASBHC has provided the following information as attachments:

- **Attachment 1, *NMASBHC 2014 Policy Agenda*;**
- **Attachment 2, *NMASBHC School-Based Health Centers in New Mexico*;**
- **Attachment 3, *New Mexico's School-Based Health Centers Status Report 2012-13*;** and
- **Attachment 4, *The NM Alliance for School-Based Health Care*.**



NMASBHC 2014 POLICY AGENDA

- Continue to advocate for restoration of previously cut funds to school-based health centers (SBHCs) and public health programs in the Department of Health Office of School and Adolescent Health budget.
- Support policy efforts, including legislation, that promote youth health and educational success.
- Support policy decisions that protect children’s programs and sustain existing SBHCs.
- Identify and advocate for innovative sources of support for SBHCs.
- Support SBHCs in accessing federal SBHC funds under the Patient Protection and Affordable Care Act.
- Support appropriate early childhood initiatives and their connection to SBHCs.
- Support SBHCs’ full participation in the New Mexico Medicaid Centennial Care program.

School-Based Health Centers in New Mexico

School based health centers (SBHC) are an important component of the New Mexico health care delivery system. SBHCs bring the health care provider's office into the school – where the children and youth are.

Unfortunately, the New Mexico SBHC program has suffered a series of budget reductions since 2009, seriously affecting SBHCs' services and New Mexico children and youth.

Number of Vists at SBHC Follow Levels of Funding



What effect have the budget cuts had on SBHCs and New Mexico children and youth?

When funding was reduced, it had a cascading effect on SBHCs and, in turn, on New Mexico students, resulting in:

- A decreased number of hours and days/week that the centers were open for both primary care and behavior health services;
 - In FY 2010, SBHCs delivered approximately 1,550 hours/week of primary care and behavioral health services.
 - In FY 2013, 1,218 hours of each service/week were delivered, thereby reducing the number of students who were seen by SBHCs.
 - Difficulty in hiring providers who could only be given part-time hours.
- In FY 2010, students made over 60,000 visits to SBHCs; in FY 2013, approximately 37,735 visits were made.
- Fewer youth were screened, assessed and treated for serious conditions, such as substance use, suicide risk, and sexually transmitted diseases.
- Sadly, some SBHCs have closed.

Why is it important to support New Mexico SBHCs?

In New Mexico, our adolescents have unique health issues that demand our attention:

- **Our youth suicide rates are consistently higher than national averages. CDC data from national school surveys indicate:**
 - Almost 17 percent of high school students seriously considered a suicide attempt in previous year;
 - 13 percent made a suicide plan;
 - Almost 9 percent attempted suicide;
 - 3 percent required medical treatment for their attempt.
 - In New Mexico, Native American youth suicide rates are approximately five times those of white youth.
- **Our rates of substance use among youth are worrisome. We lead the nation in many categories:**
 - Use of alcohol before the age of 13 years.
 - Use of marijuana before the age of 13 years.
 - Current use of cocaine and having ever used cocaine.
 - Ever having used ecstasy.

In addition, New Mexico can and should expect a return on the investments it is making in SBHCs:

- 13 New Mexico SBHCs received capital grants through the Affordable Care Act, and New Mexico should build upon this investment.
- New Mexico is investing in early childhood education and services; ensuring access to SBHC services for children builds upon that investment.
- SBHCs can assist in providing access to the anticipated 170,000 newly eligible with the expansion of the Medicaid program.
- The Centennial Care managed care organizations are investing in youth engagement and other initiatives through SBHCs to improve youth health and health literacy.
- Increasing access to health care improves readiness to learn, leading to Improved grades and improved graduation rates.
- Increasing graduation rates is a workforce answer. A 2012 study in East Baton Rouge showed an estimated return of \$3.28 for every \$1.00 invested. Furthermore, it is estimated that the net present value for one child who graduates from high school is \$98,000 based on the lifetime income tax benefit.

Legislative Request:

NMASBHC is increasingly concerned about the sustainability of New Mexico SBHCs, at a time when the need has never been greater. In this regard, NMASBHC is advocating for increased spending on SBHCs in the Department of Health's FY 2015 budget. In order to restore funding so that SBHC services could reach their previous level in 2009, a total of \$1 Million is needed.

New Mexico's SCHOOL-BASED HEALTH CENTERS STATUS REPORT 2012-13

Increasing Access: Improving Readiness to Learn

School-Based Health Centers (SBHCs) have become a vital part of the health care delivery system in New Mexico (NM). This Status Report presents information about the 56 SBHCs across NM currently supported by the NM Department of Health's Office of School and Adolescent Health (OSAH). SBHCs are comprehensive primary health care centers, housed in elementary, middle and high schools that provide developmentally and culturally appropriate physical, behavioral, and, in some cases, oral health care to students who might otherwise not have access to care.

Access to Care

SBHCs are staffed like a pediatric or family practice office with a receptionist and clinical provider, such as a nurse practitioner, physician assistant, or physician. SBHCs are also staffed with a qualified behavioral health professional and some sites provide oral health services. SBHCs are designed to be youth friendly and accessible to encourage students to drop by when they need medical attention or want to learn more about a health issue.

Health Promotion

SBHCs promote positive health behaviors by increasing health knowledge and decision making skills.

SBHCs Support Learning

SBHCs protect instructional time by limiting the amount of time students are out of class to receive services. Moreover, meeting the primary and behavioral health needs of students reduces important barriers to learning and makes students more prepared to benefit from instruction. Research has found that the presence of an SBHC can have a number of positive outcomes for schools, including increased in-class time and fewer absences, positive effects on academics, and positive health outcomes (Brown & Bolen, 2008; Cura, 2010; Geierstanger, Amaral, Mansour, & Walters, 2004).



56 school campuses in New Mexico have SBHCs supported by OSAH.

33,000 students have access to a SBHC in their frontier, rural, reservation, urban, and suburban area.

14,500 students received care at a SBHC in 2012-2013.

SBHCs IN ACTION

In 2012-13, SBHCs provided **45,535 health care visits to 14,500 patients**

SBHCs provide health care access to a school's entire student population and, in some cases, to the entire school district or community. Access to health care is easy and convenient. Relationships with providers are consistent, services are provided regardless of ability to pay, and SBHC providers are focused on adolescent health issues.

This care includes:

- Performing routine physical and sports exams
- Diagnosing and treating acute and chronic illnesses
- Treating minor injuries and illnesses
- Providing vision, dental, and blood pressure evaluations
- Preventing and treating alcohol and drug problems
- Providing health education and wellness promotion
- Providing students with behavioral health counseling
- Prescribing and dispensing medication
- Providing reproductive health services

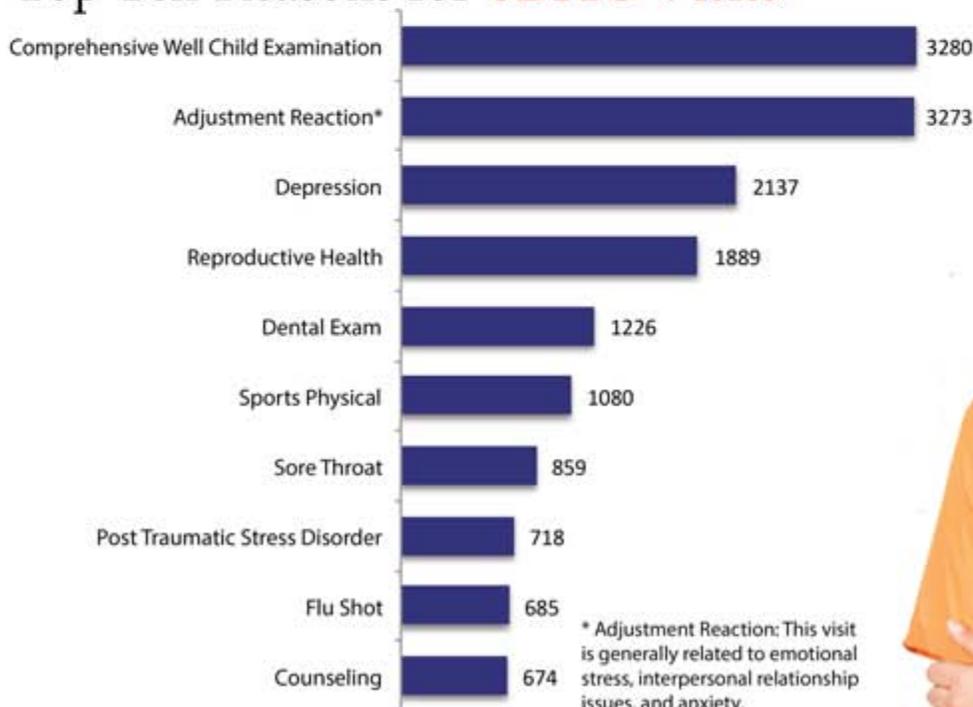
A primary goal of New Mexico's SBHC program is to ensure access to comprehensive, high-quality care for children and youth. This care is important particularly for those at risk for health problems and those with poor access to or utilization of primary or behavioral health care.

SBHCs help families enroll eligible children in Medicaid so they will have coverage when the SBHC is not open or when they need emergency treatment.

40% of SBHC students do not have or do not know of another place to receive health care.

My experience in the SBHC has been good because they have helped me so much when I need someone to talk to. -SBHC Student

Top Ten Reasons for SBHC Visits



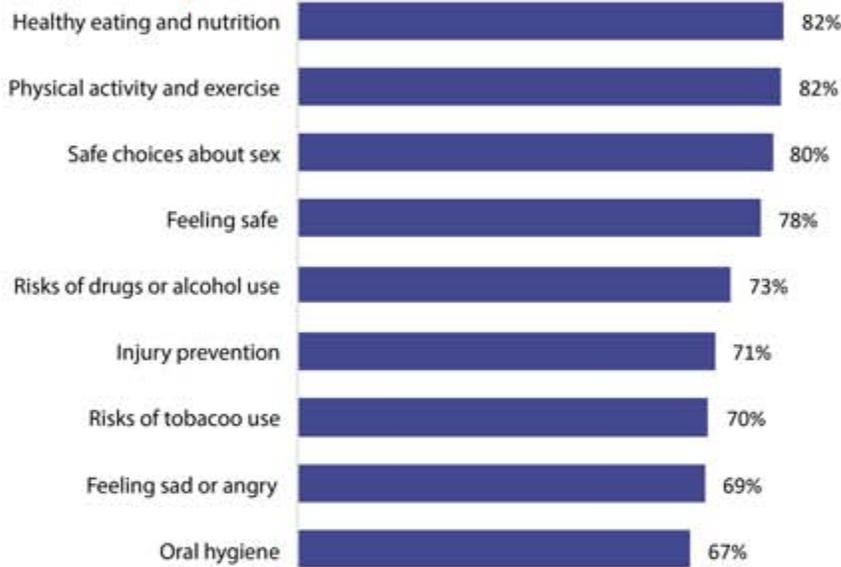
SBHCs and Caring Adult Relationships

Students with high levels of caring and supportive adult relationships are far less likely to engage in risky behaviors related to alcohol and substance abuse, violence, suicide attempts, and obesity.

90% of students report having an adult at their SBHC who listens to them, compared to only 65% of students from a statewide sample (2011 Youth Risk and Resiliency Survey) who said they had an adult at their school who listened to them.

98% of students report both it being easy to talk to SBHC staff and being comfortable at their SBHC.

Students Receive Important Health Promotion Messages



89% of students say they are likely to follow the SBHC's advice.

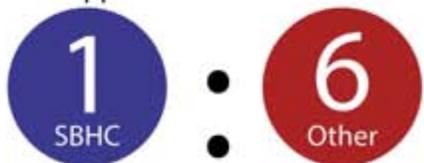
76% say they have actually changed their health behavior after an SBHC visit.

I really like the SBHC. It helps me think twice about certain things. -SBHC Student

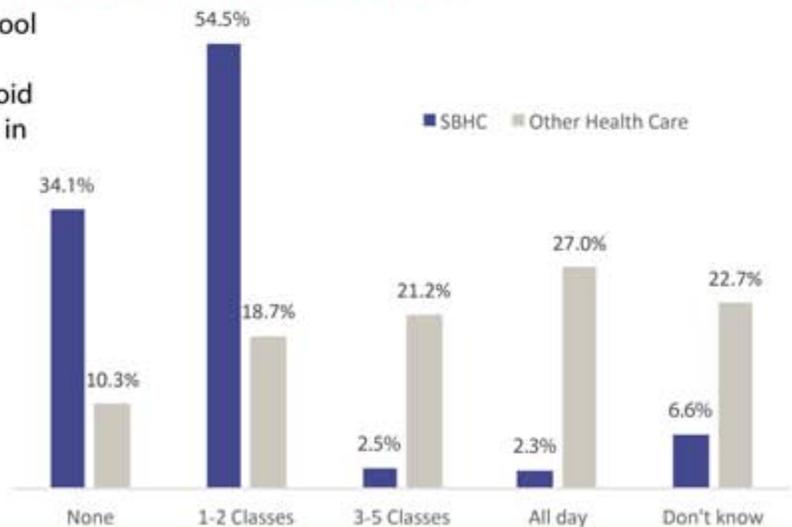
SBHCs Protect Instructional Time

Having access to comprehensive care within the school building supports academic success by allowing students to receive care where they learn so they avoid health-related absences and get support to succeed in the classroom.

93% of students say it is easy to make an appointment at their SBHC.



Ratio of instructional time missed when students receive services at a SBHC compared to other healthcare options



Spotlight on an SBHC: Integral to the School and Community

At West Las Vegas High School, collaboration and cooperation are foundational to the relationship between the SBHC staff, school staff, and the community. SBHC staff:

Promote health and wellness in the whole school

Provided sports-related health education to athletic teams and medical coverage at home games

Helped form the school's School Health Advisory Committee and hold a health fair

Collaborate and support the school nurse and teachers

Provided education on suicide prevention to school staff

Collaborate with other local agencies who serve students

Partnered with Juvenile Probation and Parole Office to support students involved with the legal system

Promote health career awareness

Created a club for students interested in the health professions



SBHC Partners

Apex Education

Blue Cross/Blue Shield of New Mexico

Casa de Buena Salud

Central Region Education Cooperative

Dance Exposé Production Company

De Baca Family Practice

Eastern New Mexico University

El Centro Family Health

First Choice Community Healthsource

Hidalgo Medical Services

Indian Health Service

La Clinica de Familia

La Clinica Del Pueblo de Rio Arriba

Las Clinicas Del Norte

Lovelace Healthcare

Molina Healthcare

NM Alliance for School-Based Health Care

NM Department of Health

NM Human Services Department, Medical Assistance Division, School Health Office

NM Public Education Department, School and Family Support Bureau

Nor Lea Hospital

Northeast Regional Education Cooperative

OptumHealth New Mexico

Presbyterian Healthcare

Presbyterian Medical Services

Region IX Education Cooperative

Regional Educational Center #6

San Felipe Pueblo

Southern New Mexico Community Foundation

UNM Center for Health Promotion & Disease Prevention

UNM Center for Rural and Community Behavioral Health

UNM Dental Programs

UNM Envision NM

UNM Pediatrics

YDI - Elev8 NM

For More Information:

For information on SBHCs in New Mexico including a listing of locations, visit the New Mexico Alliance for School Based Health Care at www.nmasbhc.org



New Mexico Department of Health
Office of School and Adolescent Health
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Albuquerque, NM 87108
505-841-5880
www.nmschoolhealth.org

The NM Alliance for School-Based Health Care

Bringing health care to schools for student success.



What is a School-Based Health Center?

A school-based health center brings the doctor's office into the school.

It provides a comprehensive range of services that meet the specific physical, behavioral, and oral health needs of young people in the community.



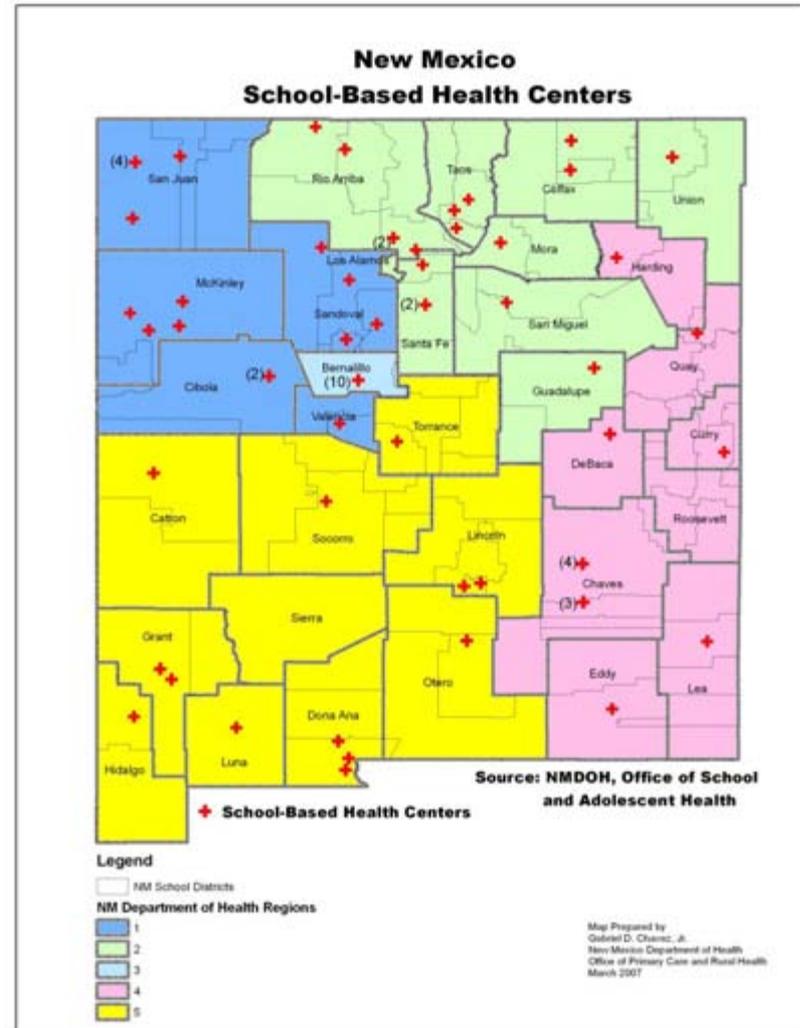
School-Based Health Centers Positively Impact Student Success by:

- Offering convenient access to health care – students who don't get medical treatment anywhere else can get it at school – regardless of their ability to pay.
- Giving students medical attention when they need it, catching problems early on and preventing bigger problems later in life.
- Keeping students healthy and learning so they can lead successful, happy lives.
- Reducing students' time out of class and parents' time away from work for health appointments.

New Mexico's SBHCs

There are about 80 SBHCs in NM

They are in all but 3 NM counties.



Find SBHC by county at: <http://www.nmasbhc.org/NMsbhc.html>

Just a few examples of rural communities that have SBHCs

- Roy
- Des Moines
- Mountainair
- Ft. Sumner
- Dexter
- Quemado
- Lordsburg
- Shiprock
- Laguna
- Chaparral
- Mora
- Dulce

Where SBHCs are located

Many SBHCs are on the campus of middle and high schools. Some are in elementary schools or near a school.





Services Offered

Primary Care - annual exams, sports physicals, well-child care, care for illnesses, immunizations, reproductive health services

Behavioral Health - individual, group, and family therapy, alcohol and substance abuse counseling, outreach and education

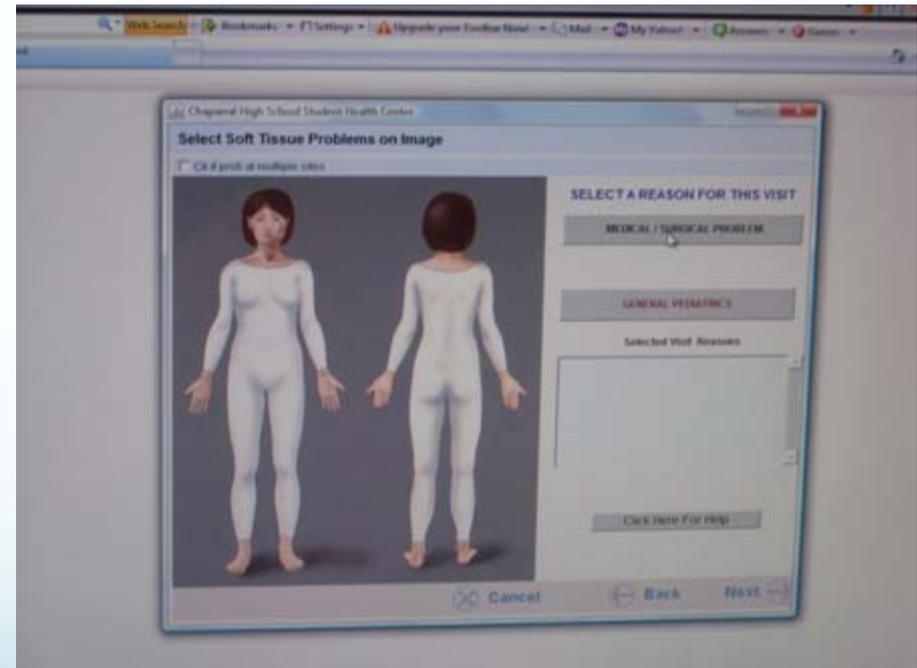
Dental Care - cleanings, fluoride treatments, exams, sealants, treatment for cavities, education, referrals

Prevention and Education - health promotion and risk reduction programs, classroom-based health education, support for lifestyle related health issues such as physical activity, diet and overweight

They also operate as a “Youth Center”- summer programs, movie nights, field trips, youth empowerment groups, mentoring, a healthy place to “hang out”

Some SBHCs provide quality, state of the art medical services

- Telehealth
- Electronic medical records



Service Data

Data dates: 7-1-08 to 6-30-09

| Usage Data | |
|--------------------------|--|
| 46,497 students | Have access at to SBHCs at their schools |
| 16,121 clients served by | DOH's 59 SBHCs |
| 44,806 visits at | DOH's 59 SBHCs |
| 47 SBHCs | Approved to bill Medicaid |

| Reason for Visit/Diagnosis | |
|---------------------------------|-----|
| Primary Care Office Visits | 42% |
| Behavioral Health Office Visits | 33% |
| EPSDT/Well child | 7% |
| Immunization | 6% |
| Screening/Tests | 5% |
| Family Planning | 3% |
| Sports physical | 2% |
| Medication | 2% |

Need for School-Based Health Care

LACK OF ACCESS

- Adolescents ages 10-19 have the lowest use of health care services of ANY age group.
- New Mexico ranks 46th for # of children in poverty and 47th for # of uninsured children. ⁽¹⁾
- 70% of all New Mexico children live in rural areas with no regular source of healthcare and are least likely to obtain preventive care. ⁽²⁾

Adolescent Access to Health Care

Alarming Rates of Risky Behaviors

- IN NM, Youth suicide is twice the national rate and the 3rd leading cause of death. ⁽³⁾
- New Mexico has the 2nd highest rate of teen pregnancy and youth addicted to drugs/alcohol. ⁽⁴⁾

ADOLESCENT HEALTH ISSUES

PHYSICAL HEALTH

- Approximately **8%** of youth in NM are affected by asthma.
- Almost **1 in 10** (9%) children with asthma missed more than two weeks of school in the past year as a result of their condition.
- **24%** of high school students in NM are overweight or at risk for overweight.
- New evidence suggests that overweight students **miss more school days** than normal weight students.

BEHAVIORAL HEALTH

- By conservative estimate, approximately 20% of youth need mental health intervention.

ORAL HEALTH

- Single most common chronic childhood disease in New Mexico is tooth decay. ⁽¹²⁾
- An estimated 51 million school hours are missed each year due to dental-related illness.

Our Youth Cannot Learn and Be Successful in School if They Are:

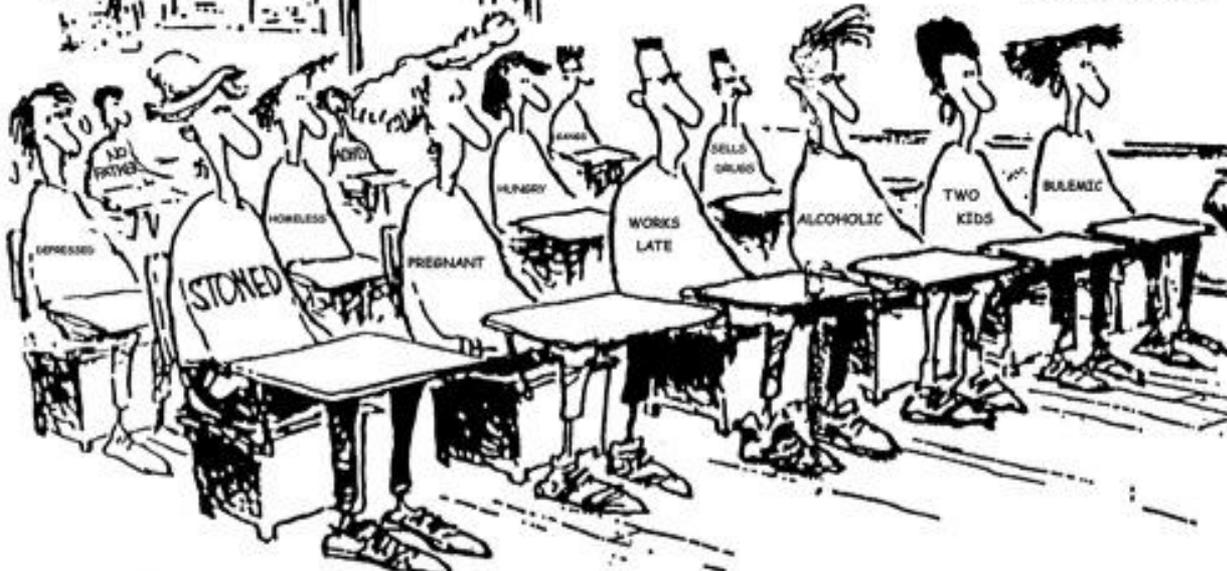
- depressed
- using alcohol or other drugs
- tired
- hungry
- being bullied
- sick
- stressed
- abused
- in pain
- suicidal

JIM BERGMAN
CARTOON
SYNDICATED

**Test Today:
Othello**

*PSAT Tutoring
after school today*

**Aging Parent
Divorcing**



Good Morning, Teacher

A student's perspective

“If students have problems on their mind, they are not going to be focused on school work. They have to be physically, mentally, socially, and even in some cases, spiritually aligned so they can focus on what needs to be done with their school work. This place [school-based health care center] is seen as a safe environment where students feel comfortable and get the services they need.”

Jaron, age 17, Laguna NM

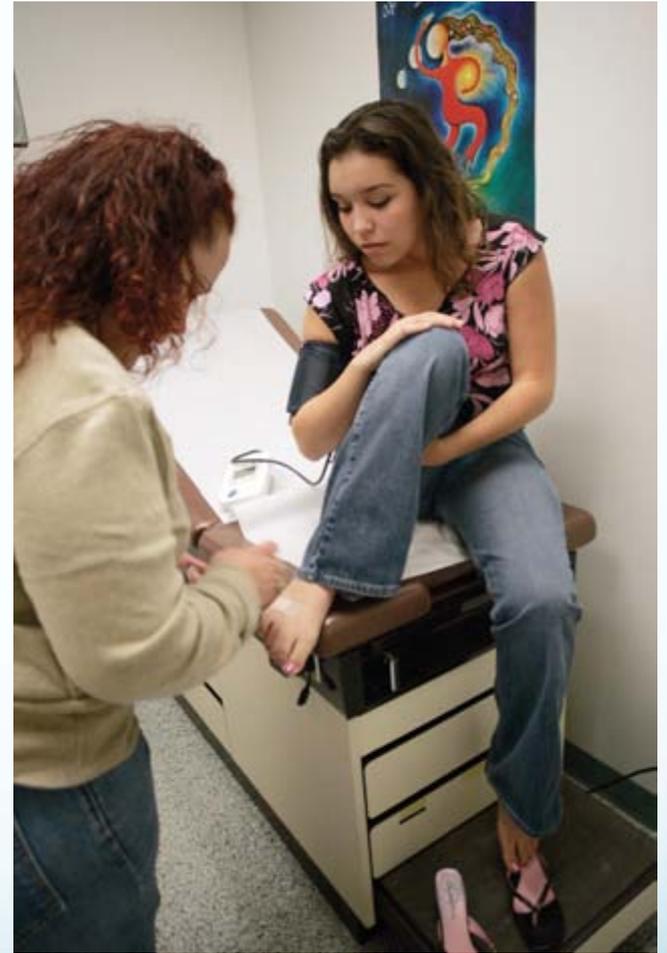
New Mexico's SBHCs

Sponsored by:

- ✓ School districts
- ✓ Tribes or tribal organizations/Indian Health Service
- ✓ Federally qualified health centers
- ✓ Local public health offices
- ✓ Local private providers

SBHC impact

A school-based health center's impact on a student is invaluable. They truly improve lives.



SBHC impact

- ↑ Increase access to care in rural areas
- ↑ Increase use of preventive and primary care ⁽¹⁵⁾
- ↓ Reduce number of inappropriate emergency room visits and ER visits for asthma by half ⁽¹⁶⁾
- ↓ Reduce Medicaid expenditures ⁽¹⁷⁾

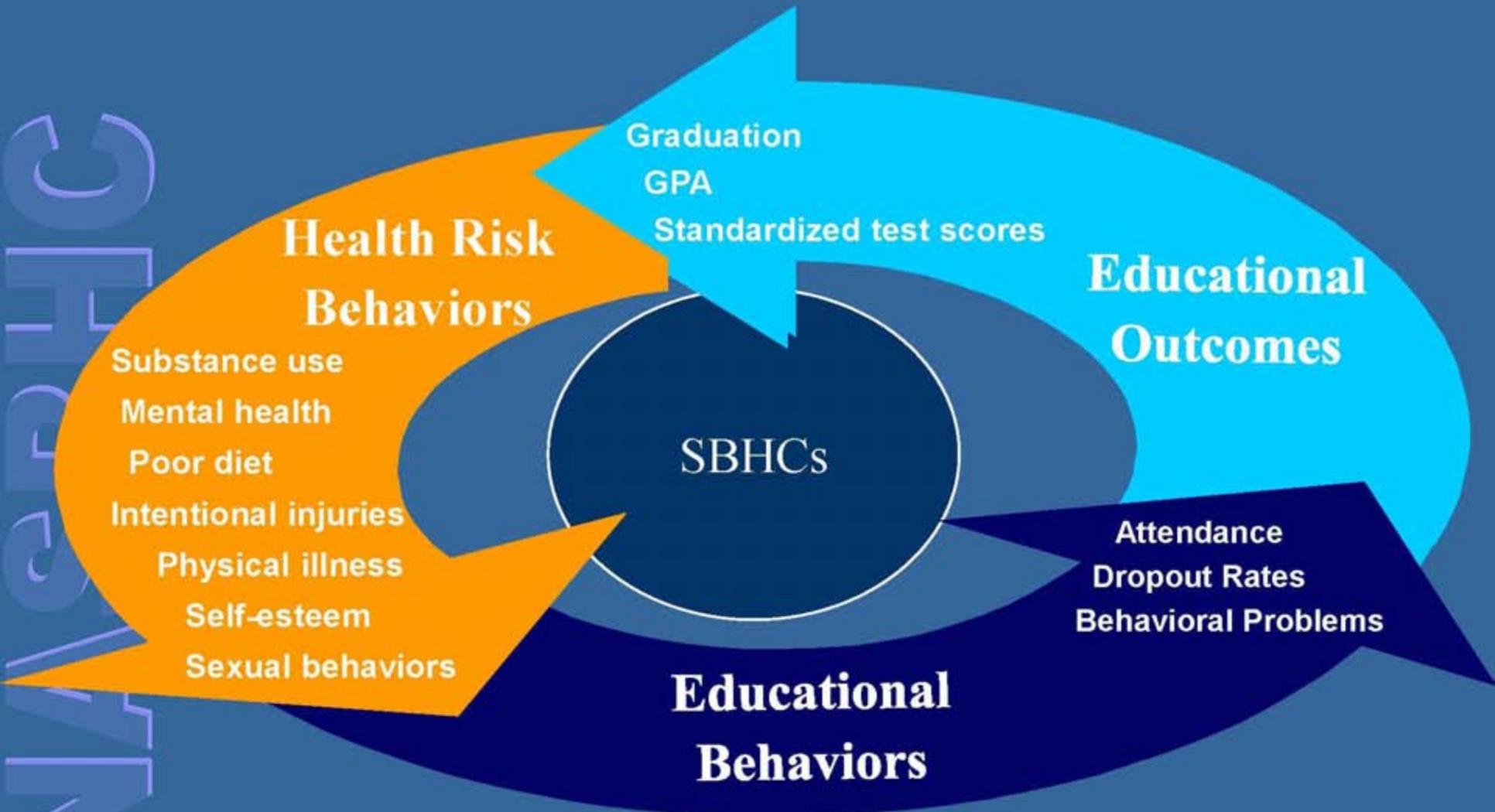
SBHC impact on school

SBHC users who utilized mental health services:

↓ had a 50% decrease in absenteeism and 25% decrease in tardiness 2 months after receiving services ⁽¹⁸⁾

↓ 85% decline in school discipline referrals ⁽¹⁹⁾

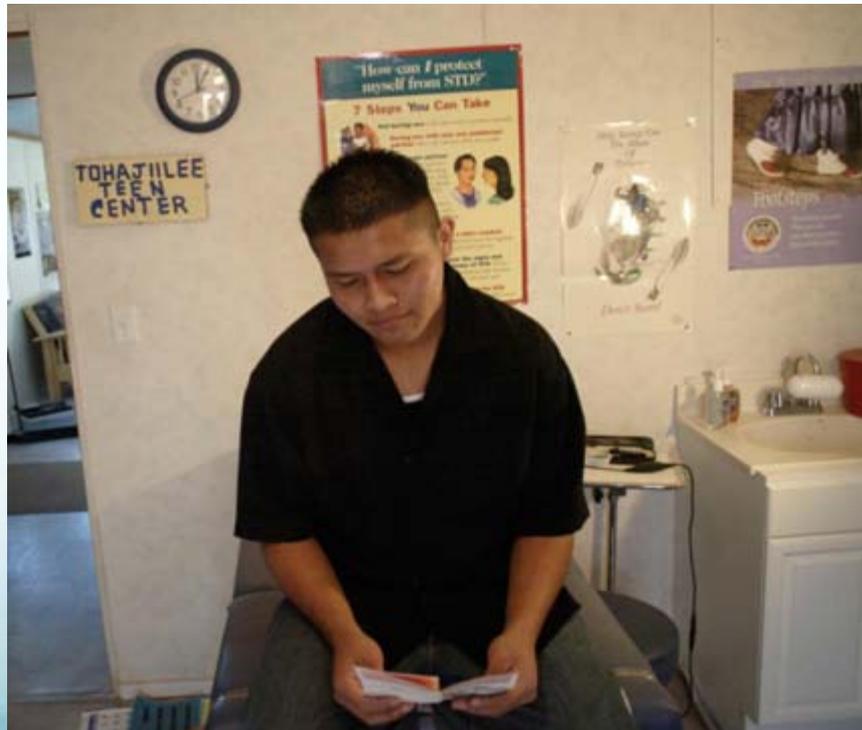
The Health-Academic Outcomes Connection



SBHCS meet our youth's health needs

AND YET

New Mexico's SBHCs are extremely vulnerable due to a patchwork of funding and health policy.



OPPORTUNITIES

Federal

- Health Care Reform
 - SBHCs authorized
 - “Bricks and Mortar”
 - EMR
- “Let’s Move” – First Lady’s obesity prevention initiative
- Teen Pregnancy Prevention

State

- Health education graduation requirement - .5 credit in middle or high school

The NM Alliance...

- Advocates at a state, tribal, and federal level for funding to sustain NM SBHCs.
- Secures strategic resources that sustain, grow, and integrate school-based health care into our health care and education systems.
- Represents those who support, receive, and provide health care in NM's schools.
- Manages a statewide clearinghouse for SBHC resources, data, toolkits.
- Provides leadership, technical assistance, and training to SBHCs in NM and around the country.

NM Alliance Core Programs

Technical assistance/ training

- Grant writing
- SBHC marketing
- Medicaid outreach
- School – SBHC partnership development

Advocacy/ Health Policy Change

- Focus on sustainability of SBHCs
- Focus on NA health policy to support SBHCs
- Engage state legislative process

Resources

- SBHC manual
- Website
- Statewide directory of school-based health centers
- School Health News

THANKS!

- For supporting NMASBHC's Annual Meeting Gala

Partnership Opportunities

- Advocacy for SBHCs and their role in the health care delivery system
- Corporate sponsorship of NMASBHC
- Policy development – Medicaid, health reform rollout
- Personnel/programs to help with...
 - Outreach and enrollment
 - Health education and health promotion
 - SBHC support and training
 - Health reform support
 - Case management

