

Behavioral Health Services in School-Based Health Centers in New Mexico: A Low Cost Setting Serving High-Need Students

This issue brief examines behavioral health needs of adolescents in New Mexico and services provided by School-Based Health Centers (SBHCs) to meet these needs. The primary data sources are the 2009-2010 school year claims dataset from the 61 SBHCs. From this dataset we selected teenagers 14-19 years of age. This subpopulation total 10,018 students and 33,859 visits to a SBHC, representing 62% of all students and 67% of all student visits.

A Few High Need Students Make Most of the Visits

About one-fifth of SBHC-users, 21%, have 5 or more visits and make up 60% of all SBHC services.

But Most Users Have Just 1 or 2 Visits

A majority of SBHC-users, 62%, make just one or two visits to SBHCs and comprise 23% of all services.

Figure 1: Percent of Students with One or More Visits To School-Based Health Centers (2009-2010 School Year)

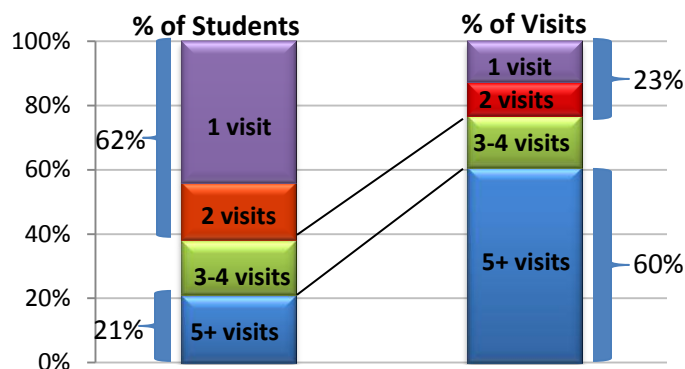
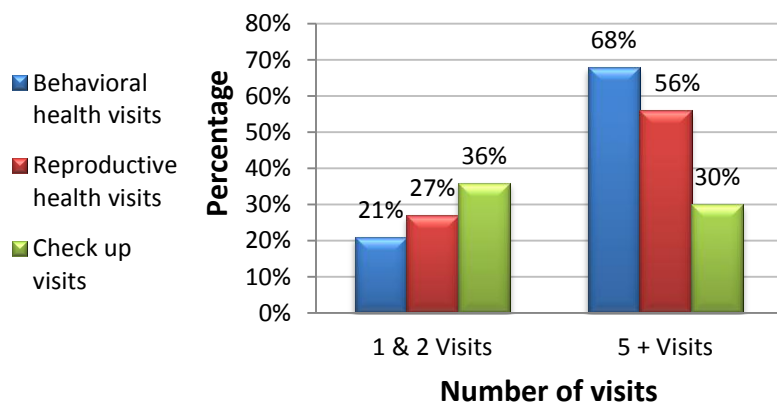


Figure 2: Percent of Low- & High-User Students That Have At Least One Visit to a SBHC by Category



High-User Students Have Behavioral Health Needs

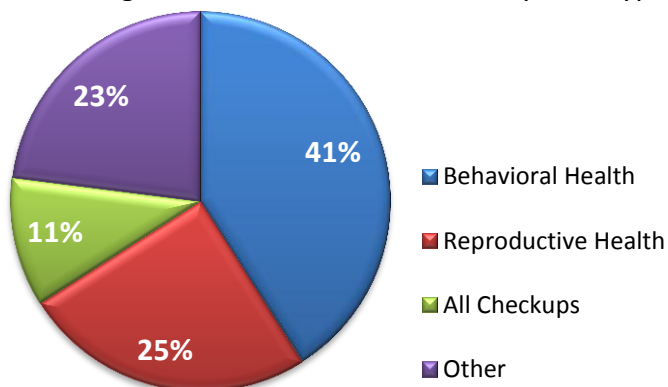
68% of high-user students have at least one behavioral health visit. One-third of ALL students (35%) have at least one behavioral health visit.

Low-user students often receive health check-ups.

Behavioral Health Is a Substantial Fraction of All Services

41% of all school-based health center visits are for behavioral health.

Figure 3: Percent of Visits to a SBHC During The 2009-2010 School Year by Visit Type



Adjustment Reaction, Counseling and Major Depressive Disorder are the most frequent behavioral health diagnoses

Diagnosis	Number of visits	% of total visits	% of behavioral health visits
Adjustment Reaction	4,482	13.2%	32.6%
Counseling*	2,801	8.3%	20.3%
Major Depressive Disorder	2,658	7.9%	19.3%
Family Disruption*	912	2.7%	6.6%
PTSD (subset of Adjustment Reaction)	733	2.2%	5.3%
Anxiety	646	1.9%	4.7%
Psychosocial Academic Problems*	583	1.7%	4.2%
Dysthymic Disorder	527	1.6%	3.8%
Disturbance of Emotion	510	1.5%	3.7%
Attention Deficit Disorder	328	1.0%	2.4%
Bipolar	241	0.7%	1.8%

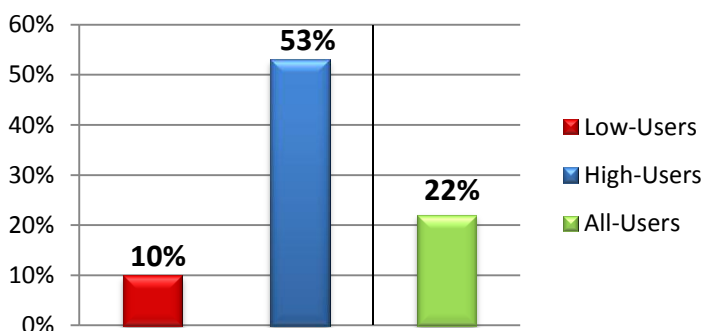
*These are classified in ICD-9 as “V-codes” or diagnosis codes.
Please also note: categories are not mutually exclusive.

One in Five Students Receive Psychotherapy Treatments

22%* of all students received at least one psychotherapy treatment. Those that received psychotherapy treatments received an average of 4 to 5. The number of psychotherapy treatments provided to students ranged from 1 to 41.

* **10,092 psychotherapy treatments** for individuals and families were provided to **2,154 students**. Numbers for psychotherapy treatments were assessed using all psychotherapy CPT codes

Figure 4: Percent of Students That Had At Least One SBHC Visit for Psychotherapy Services



High-User Students Often Visit SBHCs for Psychotherapy Services

53% of high-user students had at least one visit to the SBHC for psychotherapy services. Only 10% of low-user students and 22% of all students had at least one visit for psychotherapy services.