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Testimony of Paula Hester, Executive Director, Oregon School-Based Health Care Network before the Ways and Means Subcommittee on Human Services, Oregon State Legislature

The Oregon School-Based Health Care Network is a nonprofit 501(c)3 that seeks to promote the health and academic success of Oregon's children and youth. This mission:

- drives the expansion of school-based health centers in Oregon—currently with 63 state-certified sites;
- leverages best business practices for sustainability, billing and reporting outcomes—43% of SBHCs have Tier 2 or 3 Patient Centered-Primary Care Home status;
- improves the value of preventive, primary and mental health services in schools—47 centers offer on-site mental health care at least one day a week—and each medical visit includes prevention messages;
- and assists youth in finding their own voice to advocate for their personal health and the improved health in their schools and family homes—22 centers have Youth Advisory Councils actively participating in various elements of design and implementation of services.

We believe that every child deserves the opportunity for a healthy life, and it is for this reason that we support allocating \$35 million from the MSA for children's health and wellness. Substance abuse at an early age can have detrimental effects in a youth's life not only in areas of health but also school. Research has shown a relationship between adolescent substance abuse and academic performance; students who performed poorly in school were at greater risk for using alcohol and drugs, and vice versa. Those associations also seem to hold true among some of Oregon's youth. Among Oregon eighth-grade girls, the percentage who reported getting As or Bs was almost twice as high among nonsmokers (80 percent) versus smokers (42 percent).

For decades, public health professionals—including SBHC practitioners—have focused on tobacco prevention, particularly for youth, due to the immediate and long-term health effects caused by cigarettes and smokeless tobacco. A Nurse Practitioner at Oregon City High School reports that every student that comes in

is asked about tobacco use. One disturbing fact is that she is seeing an increase chewing tobacco use among young women. Research shows that adolescents who started smoking at an earlier age were more likely to use drugs and compared to adults, teen smokers experience more episodes of depression and cardiac irregularities, and are more likely to become quickly and persistently dependent on smoking.

SBHCs are not reimbursed for prevention messaging, but in a recent patient satisfaction survey, students overwhelmingly agreed that they find it easy to talk to SBHC staff and that they are likely to follow the advice they receive there. Eighty percent of surveyed students were unlikely to have received care that day if there was not an SBHC available to them.

Where could funding help?

SBHCs

Certified, but not in 2013 formula: 6 @ \$120k	\$	720,000
New sites under construction to open by 2014: 5 @ \$120k	\$	600,000
Funding formula parity 62 (of 69) sites @\$38k	\$	2,356,000
Prevention Practices Payment (10K per site)	\$	690,000
Expansion Study for 5 year outlook	\$	109,000
Competitive grants: infrastructure development for up to 10 non-FQHC sites	\$	500,000
Technical Assistance and Training (TAT) contract(s)	\$	250,000
	\$	5,225,000

Sincerely



Paula Hester

PRIORITY HEALTH AREA

TOBACCO, ALCOHOL AND OTHER DRUGS

Biological, psychological and social processes shape youth risk for substance use and abuse. Self-esteem, coping skills, parental and peer relationships, academic achievement, neighborhood attributes, media, and advertising all contribute to or protect against substance use.³ Conversely, research shows that youth who abuse substances are at higher risk for injury, violence, risky sexual behavior, and poor academic performance.⁴

TOBACCO USE

Preventing tobacco use is a priority for the Oregon Public Health Division because it remains the number one cause of preventable

You have an amazing staff that is always helpful and kind, and always explain things in a very understandable way! I feel you guys are much more helpful than going to my regular doctor and talk about the same stuff I do here.

—15-year-old student

death in the state, and across the nation. Tobacco use is especially harmful to the developing brains of children and youth. Compared to adults, teen smokers experience more episodes of depression and cardiac irregularities, and are more likely to become quickly and persistently dependent.⁵

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30 Day Cigarette Use
Oregon Healthy Teens Survey

