

SCHOOL HEALTH CRISIS RESPONSE 2024

House Interim Committee On Behavioral Health and Health Care

November 8, 2023



OREGON'S YOUTH MENTAL HEALTH CRISIS

Oregon ranks miserably for addressing mental health. The reasons are complex

A mother spent years trying to get her son mental health services but the system failed



The most troubling findings are for the state's children. At 21%, Oregon has the most youth ages 12 to 17 who reported having a mental illness. Idaho, Vermont and Montana trail with only slightly lower percentages.

Oregon has held similarly poor rankings [year after year](#).

Oregon's abysmal chronic attendance problem grew even worse last year, state reveals

More than 38% of Oregon students missed at least three weeks of school in 2022-2023, worsening from the previous year, when students first returned to school buildings full time.

“This is a real crisis. Chronic absenteeism is such a strong predictor of dropping out of high school. You cannot learn if you are not in school.”

In the past two years, mental health challenges and

and behavioral issues have ramped up in schools.

"It isn't fair for our educators, who are equipped to be teachers of reading and writing and math, and maybe not mental health in this way," Perry said.

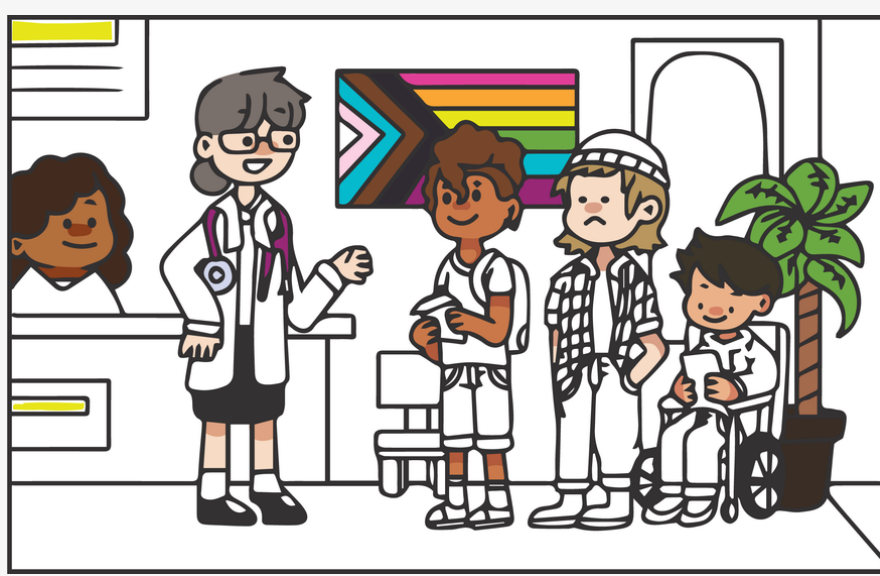


SB 549 (2023) was Created Collaboratively

- In response to community listening sessions, school health advisory committees, and youth statewide
- A coalition of over 90 individuals from multiple sectors met over the course of 4 months to work on the language
- Students were engaged in the process



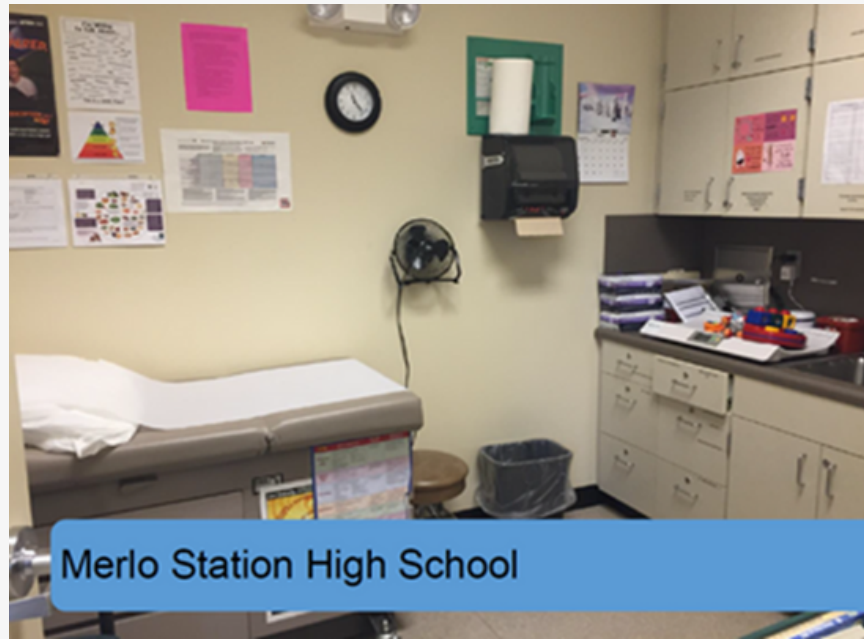
Unfortunately, SB 549 stalled in Ways and Means



2024 School Health Proposal

- SBHC inflationary adjustment to preserve workforce - \$522,000**
- 10 two-year planning grants for districts to convene their community to establish SBHCs and school nursing - \$1.1 million**
- Mental health funding for schools with and without a SBHC - \$5.85 million**
- Capital construction bond for ready-made SBHC modular units - \$10 mil**

What is a School-Based Health Center (SBHC)?



Merlo Station High School
Washington County



Scenic Middle School
Jackson County



Lincoln Elementary School
Benton County

1

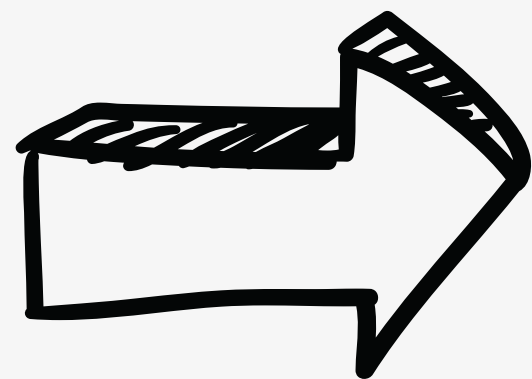
SBHCs are medical clinics that offer a full range of physical, behavioral and preventive health services.

2

SBHCs offer services to all students in a convenient and youth-centered environment, regardless of ability to pay.

3

SBHCs reduce barriers such as cost, transportation, students missing school, and parents missing work.



SBHCs provide easy access to health care

[Link to SBHC Data, maps and Certification Standards](#)

Where are SBHCs?

SBHC fast facts from the 2022–2023 service year

As of July 1, 2022, there are:

85 ~~81~~ State-certified SBHCs in 26 counties

Types of schools



- 52** high schools
- 6** middle schools
- 10** elementary schools
- 13** combined-grade campuses

Types of counties

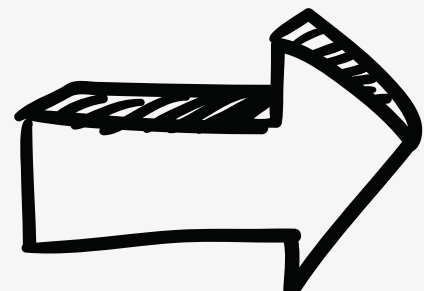


- 38** urban
- 39** rural
- 4** frontier
- 64% are in primary care health professional shortage areas (HPSAs)

All SBHCs are sponsored by a medical entity:

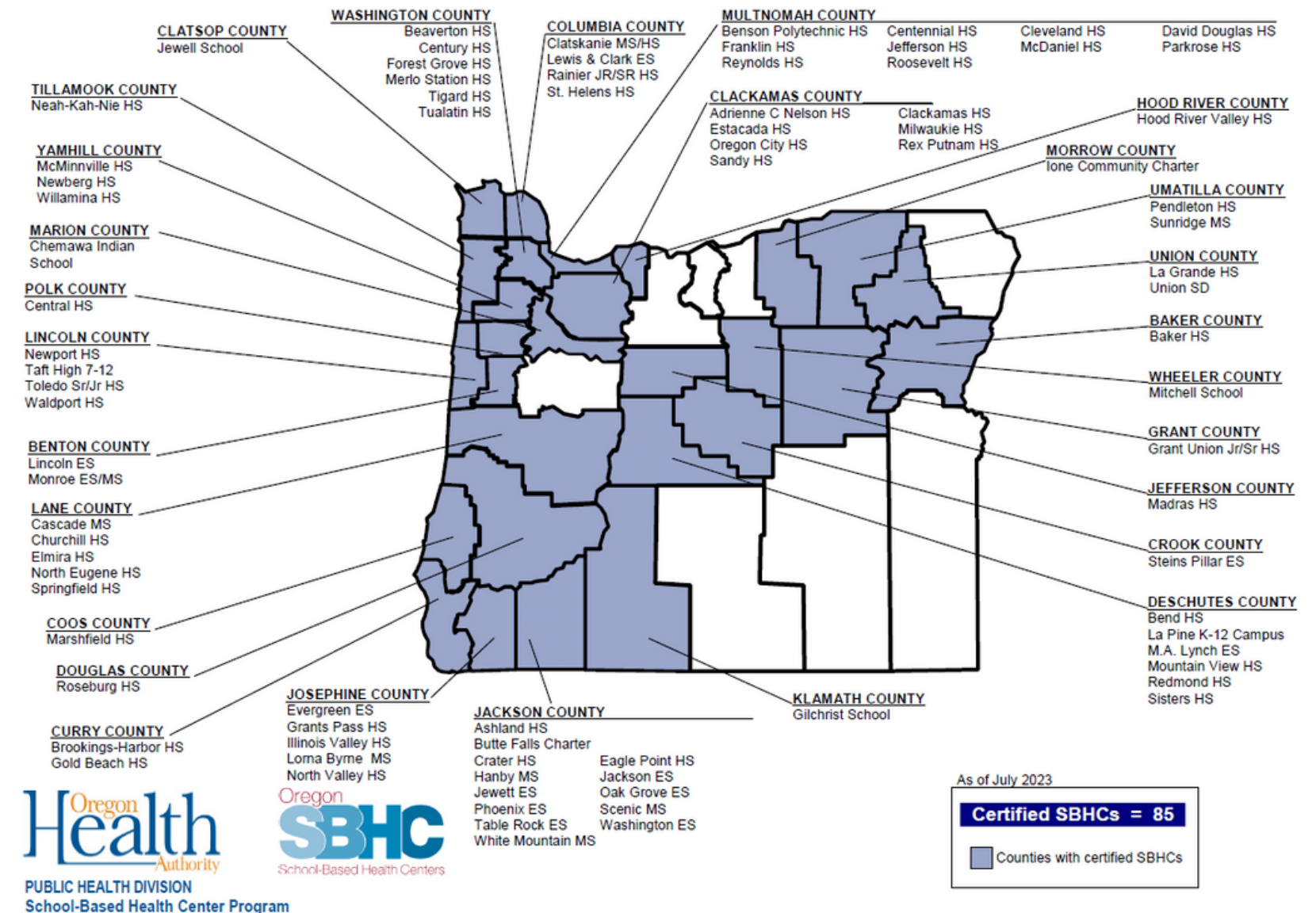
- 73% are federally qualified health centers (FQHCs)
- 46% are state-recognized patient-centered primary care homes (PCPCH)

Oregon has >1,200 public K-12 schools and 197 school districts



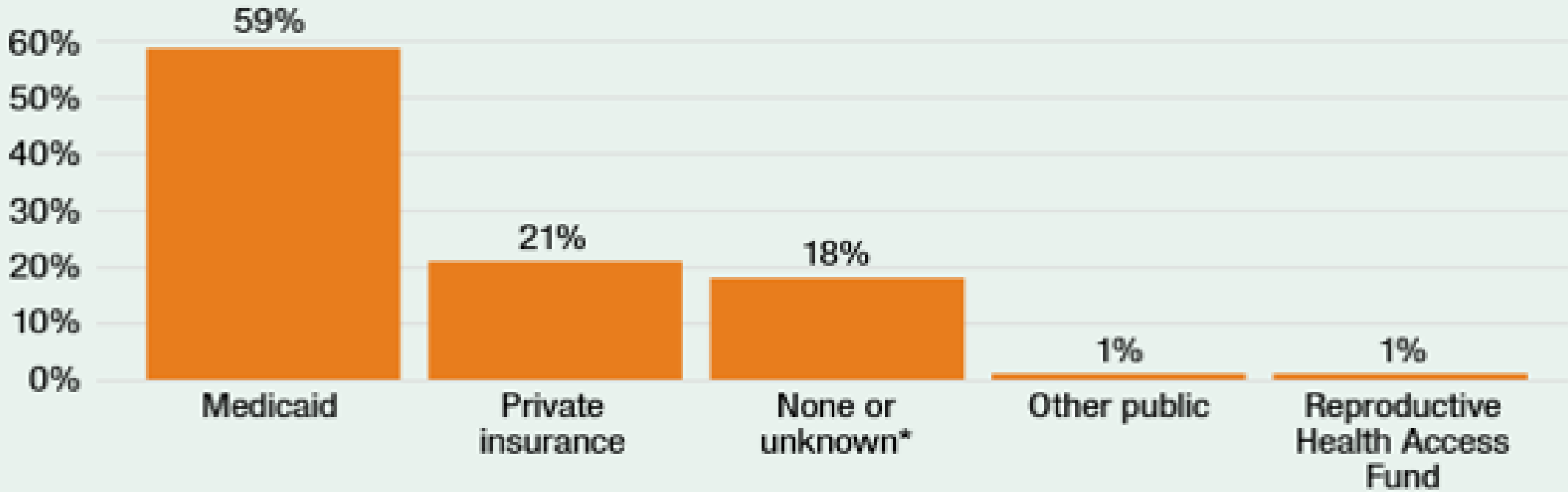
Only about 25% of school districts have SBHCs

OREGON SCHOOL-BASED HEALTH CENTERS 2023



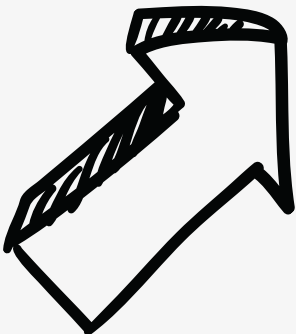
Who Uses SBHCs?

Health insurance status of SBHC school-aged clients at the first visit, 2021-2022



Source: Oregon SBHC encounter data

SBHCs are a trusted source of care for many youths who belong to communities that have been economically or socially marginalized.

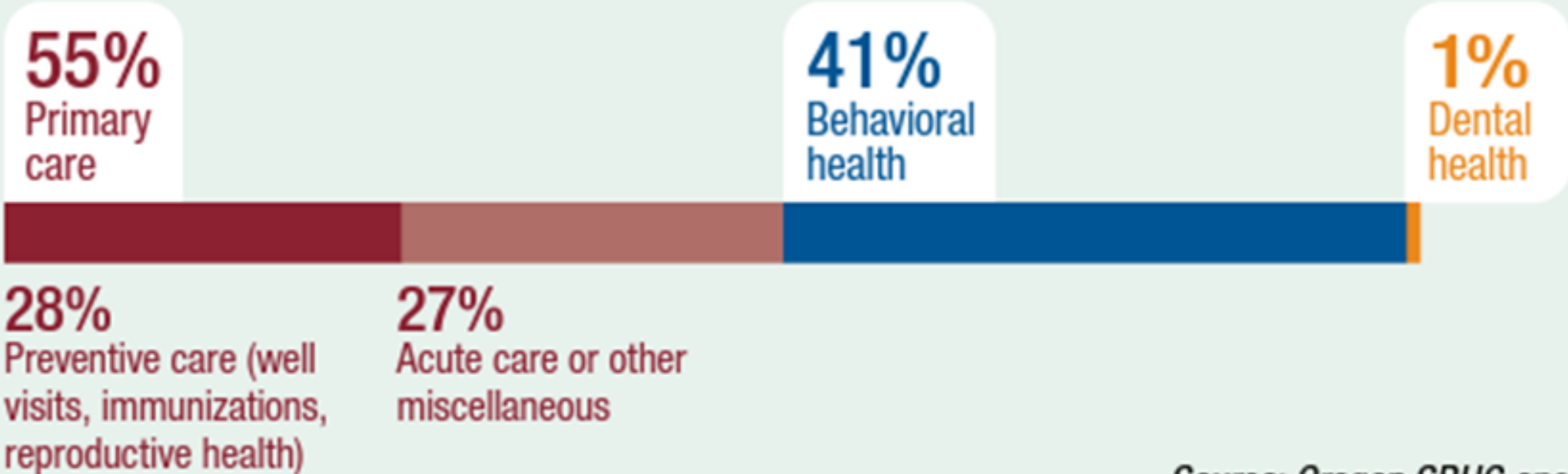


SBHC school-aged clients reported speaking **63 languages**

- 79% English
- 15% Spanish
- 0.4% Vietnamese
- 0.2% Russian
- 2.2% Other
- 2.5% Unknown/declined

45% of SBHC school-age clients identified as persons of color

Reasons for SBHC visits among school-aged youth, 2021-2022



Source: Oregon SBHC encounter data

How do SBHCs Help?

Mental Health

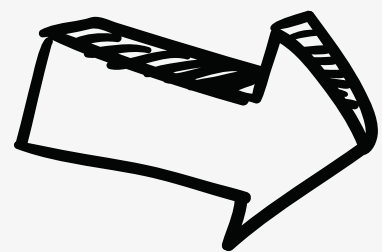
Community

- ❖ Adolescents 10-21x more likely to get mental health services at an SBHC.
- ❖ Youth at SBHCs with increased mental health capacity were:
 - ✓ 12% less likely to report depressive episode
 - ✓ 16% less likely to report suicidal ideation
 - ✓ 18% less likely to report a suicide attempt

- Primary care and behavioral health services at school, where kids and families are
- Leverage >\$3 for every \$1 the state invests.
- Improve attendance and decrease behavioral issues
- Support parents – no need to miss work or pay for gas; some serve families
- Reduce costs related to ER visits and unnecessary hospital stays

Society

A review by the National Institute of Health estimates each SBHC yields a total social benefit ranging from \$15,028 to \$912,878.



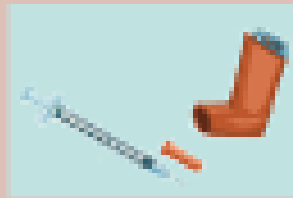
SBHCs are evidence-based

The Community Preventive Services Task Force found evidence of improved educational and health outcomes, and recommends the implementation of SBHCs in low-income communities.



What about School Nurses?

In schools across Oregon, **Registered Nurses provide critical health services** for individuals and populations **so students can access their education.**



Chronic condition management

- Care planning, care coordination, skill building
- RN is a member of 504 and IEP teams



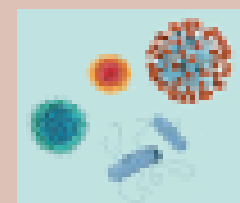
Mental health support

- Direct care and related trainings
- RN is member of crisis response team



Staff training

- Life-saving treatments; medication administration
- Condition-specific education; COVID-19 protocols



Health education

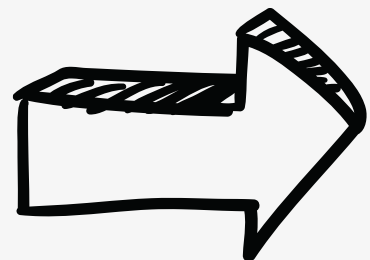
- For individuals
- Classroom lessons & community health messaging



Health policy development

- Health room practices & protocols
- District policies
- RN is member of Safety & Wellness Committees

Source: OHA 2021 School Nurse Survey (n=251)



Not an either/or choice! School Nurses and SBHCs work together and both are necessary to support the health of all students.

Part 1 : Inflationary Increase for School-Based Health Centers (SBHCs)

- SBHCs haven't received an increase since around 2013 yet in the last year alone inflation was upwards of 10%.
- Need to keep them sustainable
- Challenge finding medical providers to operate new SBHCs
- Exacerbates workforce issues by making it harder to hire at a competitive rate.
- Already more difficult for rural sites, especially those without FQHC sponsorship



“We continue to experience waitlists for behavioral and mental health services, which means that youth needing urgent services are required to look outside the community. Families often need to travel further to obtain services, which is met with varied transportation obstacles...”

-Rural SBHC Provider

Part 2 : School Health Services Planning Grants

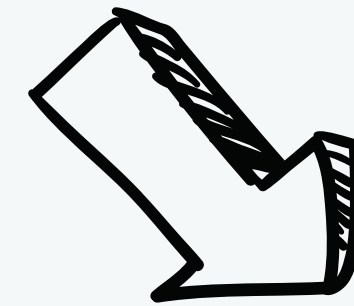
Community Engagement &
Needs Assessment



Partnership Development



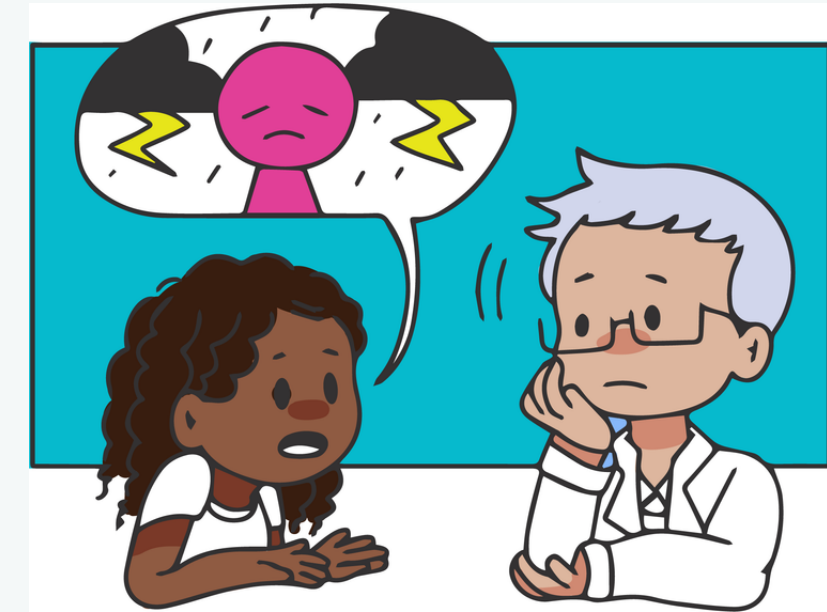
Business Planning



**Community Specific,
Leverages Existing
Resources**

Part 3: School-Based Mental Health Capacity Grants

➤ Grants to new and existing SBHCS to increase their capacity to meet the need

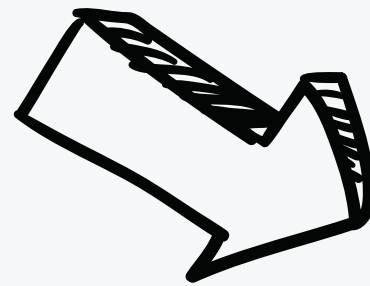


➤ Grants to local behavioral health entities to place providers in schools

➤ Flexible funding to accommodate workforce shortages

“It has been very difficult to not have the capacity to meet the needs of our students. Having a long waiting list has been so hard.”

-Current SBHC Provider



Utilizes existing behavioral health expertise and supports educators

Part 4: SBHC Capital Construction

- Bonds for SBHC Development
- Pre-built modular clinics ready for districts to use
- Reduces implementation delays





2023 Session Endorsements for SB 549

Everytown for Gun Safety, Oregon Association of Relief Nurseries, Washington County Kids, Families First Parent Resource Center, Friends of Outdoor School, Oregon Resource Family Alliance, Oregon PTA, Oregon Kids Read, IRCO, Community Action Team, Inc, Reach Out and Read Northwest, Prevent Child Abuse Oregon, Oregon Student Voice, Oregon Attorney General's Sexual Assault Task Force, Oregon Coalition of Local Health Officials, Catholic Community Services of the Mid-Willamette Valley, Neighborhood Partnerships, Oregon CASA Network.

