

# School-Based Health Centers (SBHC) 101: Partnerships and Pathways to Expand Students' Access to Healthcare

**September 10, 2024**



# School-Based Health Alliance

## Transforming Health Care for Students

### Our **Focus**

The School-Based Health Alliance Works to Support & Grow SBHCs

#### Policy



Establishes and advocates for national policy priorities

#### Standards



Promotes high-quality clinical practices and standards, including for telehealth

#### Data



Supports data collection and reporting, evaluation, and research

#### Training



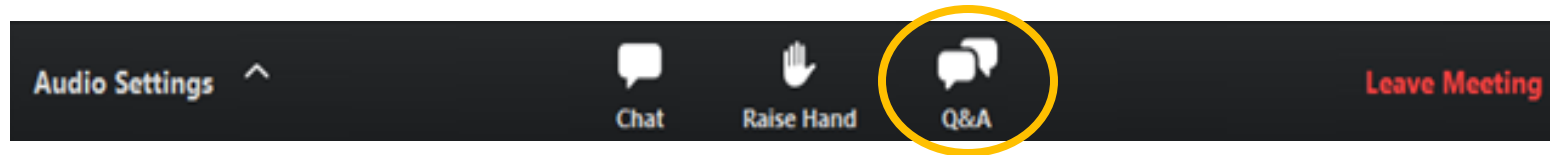
Provides training, technical assistance, and consultation

We support the improvement of students' health via school-based health care by supporting and creating community and school partnerships.

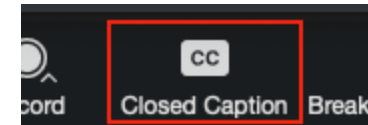
[www.sbh4all.org](http://www.sbh4all.org)

# REMINDERS

- All attendees are in listen-only mode.
- To ask a question during the session, use the “Q&A” icon that appears on the bottom of your Zoom control panel.



- To turn on closed captioning, click on the “CC” button.
- Please complete evaluation poll questions at the end of the presentation.



# Learning objectives

## Participants will be able to...

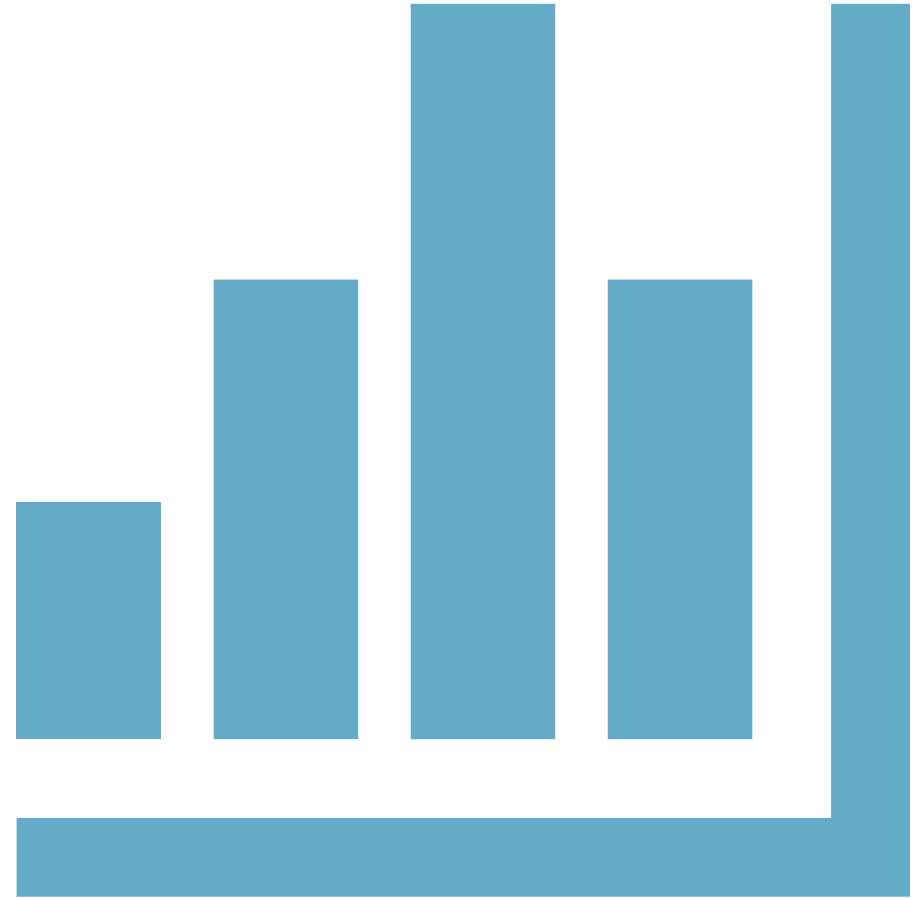
- Describe how school-based health centers (SBHCs) increase students' access to healthcare
- Identify three considerations for successful SBHC start-up
- Identify no-cost resources available from the School-Based Health Alliance to support SBHC planning, implementation, and expansion

# Agenda

- Welcome and introductions
- School-Based Health Centers (SBHC) 101
- Framework for Excellence and Sustainability in SBHCs
- Panel featuring Health Center staff with recent SBHC start-up experience
- Questions & Answers
- Reflections and closing

# Welcome!

Please complete our Zoom poll.



# TODAY'S PRESENTERS



**Emily A. Baldi**

Senior Program Manager

School-Based Health Alliance  
(Washington, DC)



**David Godinez**

School-Based Health Integrated Co-Chief

Project Vida (El Paso, TX)



**Laura Weishaar**

School-Based Health Center Manager

Community Health Center of Snohomish  
County (Mountlake Terrace, WA)



# School-Based Health Centers 101



# How Do **Schools** Support Student Health?

1

Provide students with comprehensive school health and wellness services, which are powerful tools for achieving health equity among children and adolescents regardless of their race, ethnicity, or family income.

2

Create and uphold intersecting systems of care that support children in being healthy, feeling safe, and effectively engaging with school.

3

Schools can support student health through several models: school health services and school-based health care.

# What Are School Health Services?

**School health services include, but are not limited to:**



**School nurses**



**School  
psychologists**



**School  
counselors**



**School social  
workers**

# What Is School-Based Health Care?

School-based health care is healthcare provided to students at school by a community healthcare organization in collaboration with school administration and health services staff.

**This care includes but is not limited to**



**Primary care**



**Mental health**

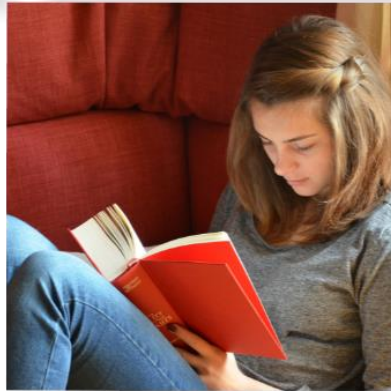


**Oral health**



**Vision services**

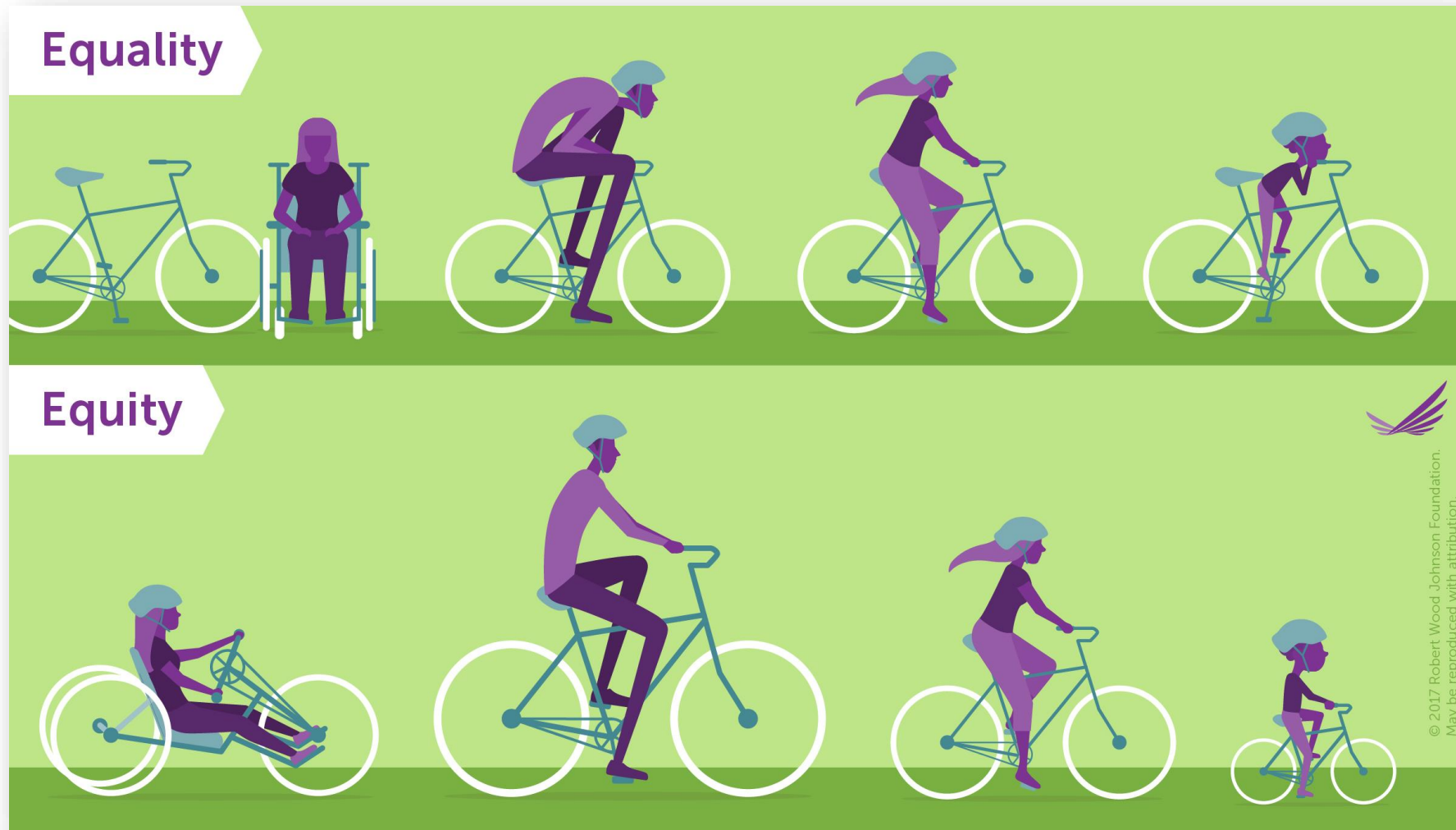
**School-based health centers (SBHCs)** offer the most comprehensive type of school-based health care. An SBHC is a collaborative effort among school administration, school health service staff, community-based healthcare organizations, and community members to make health services (at a minimum, primary care) available to students at school in a consistent location on a consistent schedule.



**Students come to school with strengths and with health and social needs.**

**School-based health centers work to maximize children's potential by building on their strengths and working across systems to address their needs.**

# Equality vs. Equity



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# School-Based Health Centers (SBHCs) reduce barriers for students and their families



**Transportation**



**Time**




**Language**



**Financial**

SBHCs are planned and implemented via partnerships at the local level to meet the specific needs of the students, families, schools, and communities they serve.

# SBHCs: Evidence-Based Approaches and Recommendations



## The Community Guide

 <https://www.thecommunityguide.org/findings/social-determinants-health-school-based-health-centers.html>



### Health Equity

SBHCs: recommends implementing and maintaining SBHCs in low-income communities to improve educational and health outcomes.



### Cost Savings

The economic benefit of SBHCs exceeded the intervention operation cost. Further, SBHCs were related to net savings to Medicaid.



SBHCs

**School-based health centers (SBHCs) are a collaboration and shared commitment among a school, health care organizations, and a community**





# What is an SBHC?

- **SBHCs offer the most comprehensive type of school-based health care to support student health, well-being, and academic success.**
  - Located in or near a school
  - Prioritizes providing health services for students
  - At a **minimum**, services includes comprehensive **primary care** (federally defined)
  - May also provide mental health, oral health care, vision care, and other services
- **Works with existing school services and community providers but does not replace**



# Frequently Asked Questions (FAQs)

## Consent and Scope of Services

- Parent/guardian involvement is important and encouraged. Their consent for services is required, except as allowed by state minor consent law. Importantly, SBHCs do not necessarily provide services to which minors can consent under state laws.
- Services are determined at the local level and in accordance with state and local policies and/or law.
- Confidentiality laws and requirements between patients and providers differ across states.

## Existing Services

- Does NOT replace required school health services for Free Appropriate Public Education but instead supports and enhances.
- Does NOT replace parents/guardians, school nurses, school counselors, pediatricians, or other existing services.

# School-based health centers (SBHCs) are a unique model of care

## SBHC providers need ...

- Desire, skills, and time for relationship-building with students, families, school staff, and community partners
- Flexibility/comfort with including parents in visits virtually; completing follow-up with parents as necessary
- Ability to navigate the Health Insurance Portability and Accountability Act (HIPAA) and the Family Educational Rights and Privacy Act (FERPA)

## Keep in mind ...

- SBHC provider role may include more consultation, crisis intervention, school-wellness related activities, and building partnerships with school staff
- Productivity and sustainability may be different than sponsor organization
- Additional considerations for engaging parents/guardians in care

# Health sponsor

## Common Health Sponsor Responsibilities

- Manage the consent process for the school-based health center (SBHC)
- Employ, supervise, and credential SBHC staff
- Provide malpractice insurance for SBHC providers
- Bill insurers
- Complete and regularly update Pro Forma for SBHC services
- Provide health information technology infrastructure
- Provide medical equipment and supplies
- Drive quality improvement
- Conduct outreach for the SBHC
- Lead/member of planning group/advisory committee

School  
partner

# Common School Partner Responsibilities

- Provide space for the school-based health center (SBHC)
- Implement policies that facilitate students' use of the SBHC during the school day
- Conduct outreach in partnership with the SBHC (for example, consents)
- Liaison with school-based health center
- Lead/member of planning group/advisory committee

Health +  
Education +  
Community

# Planning Group/Advisory Committee

## Members

- Health sponsor (convenes planning group)
- School staff (for example, school principal, coach, teacher, counselor, social worker)
- School health staff
- Students
- Families
- Youth serving organizations
- Community members: faith leaders, business leaders, et cetera.

## Responsibilities

- Facilitate communication between school-based health center (SBHC) and community members
- Determine the SBHC vision and mission
- Provide input into the SBHC's services and marketing
- Facilitate the collection of feedback from students, families, and staff regarding the SBHC
- Seek funder relationships and conduct fundraising
- Evaluate planned/existing services and provide feedback on proposed service expansion
- Advocate for SBHCs at the local, state, and national levels

# School-based health centers (SBHCs) are often more sustainable if:



Readiness



School  
population  
>750 for  
full time  
staffing



~ 70% free  
and  
reduced  
lunch rate



50% of  
students  
consented/  
registered  
end of year 1



70% +  
students  
consented/  
registered  
end of year 2



50%  
one visit to  
the SBHC

# Considerations For Readiness

- Leadership support
- Mission and vision alignment
- Relationships and community trust
- Organizational capacity
- Staff capacity
- Space for school-based health center (SBHC)
- Policies supportive of SBHCs
- Outreach capacity



**Readiness**



# The National Landscape of School-Based Health Centers

# School-Based Health Centers (SBHCs) Serving Students – A National Perspective



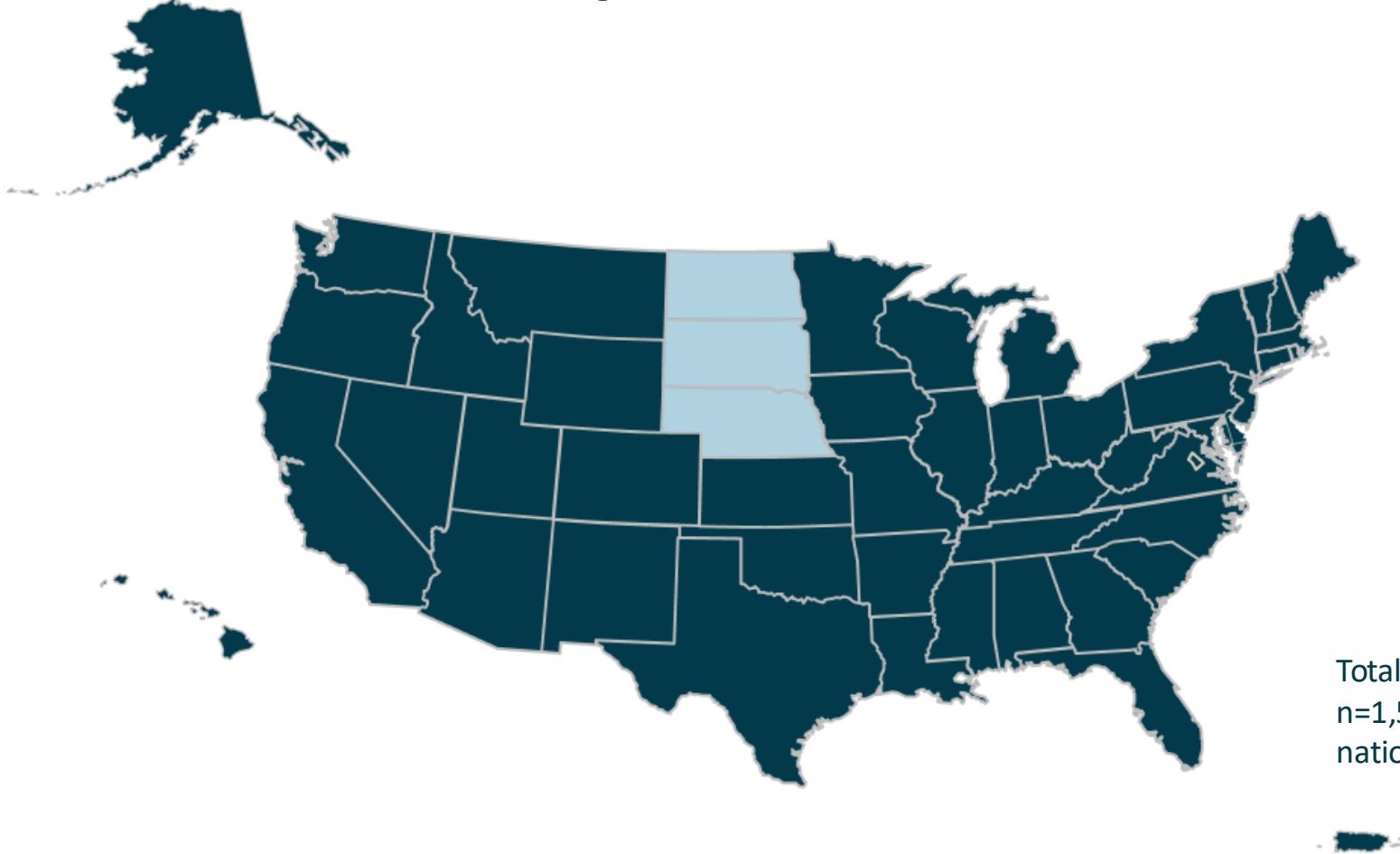
## School-Based Health Alliance National Data Collection

- Conducted for more than 20 years
- Historically, every three years

Provides detail on the SBHC landscape  
across the country

- Delivery Models
- Sponsorship and Funding
- Operations
- Services and Staffing

# 2022-23 Census of School-Based Health Centers: Represented States



Total responses to the survey in 2022:  
n=1,518 (approximately 40% of SBHCs nationwide)



Soleimanpour S, Cushing K, Christensen J, Ng S, Yang J, Saphir M, Geierstanger S, Even M, Brey L. (2023). Findings from the 2022 National Census of School-Based Health Centers. Washington, DC: School-Based Health Alliance.



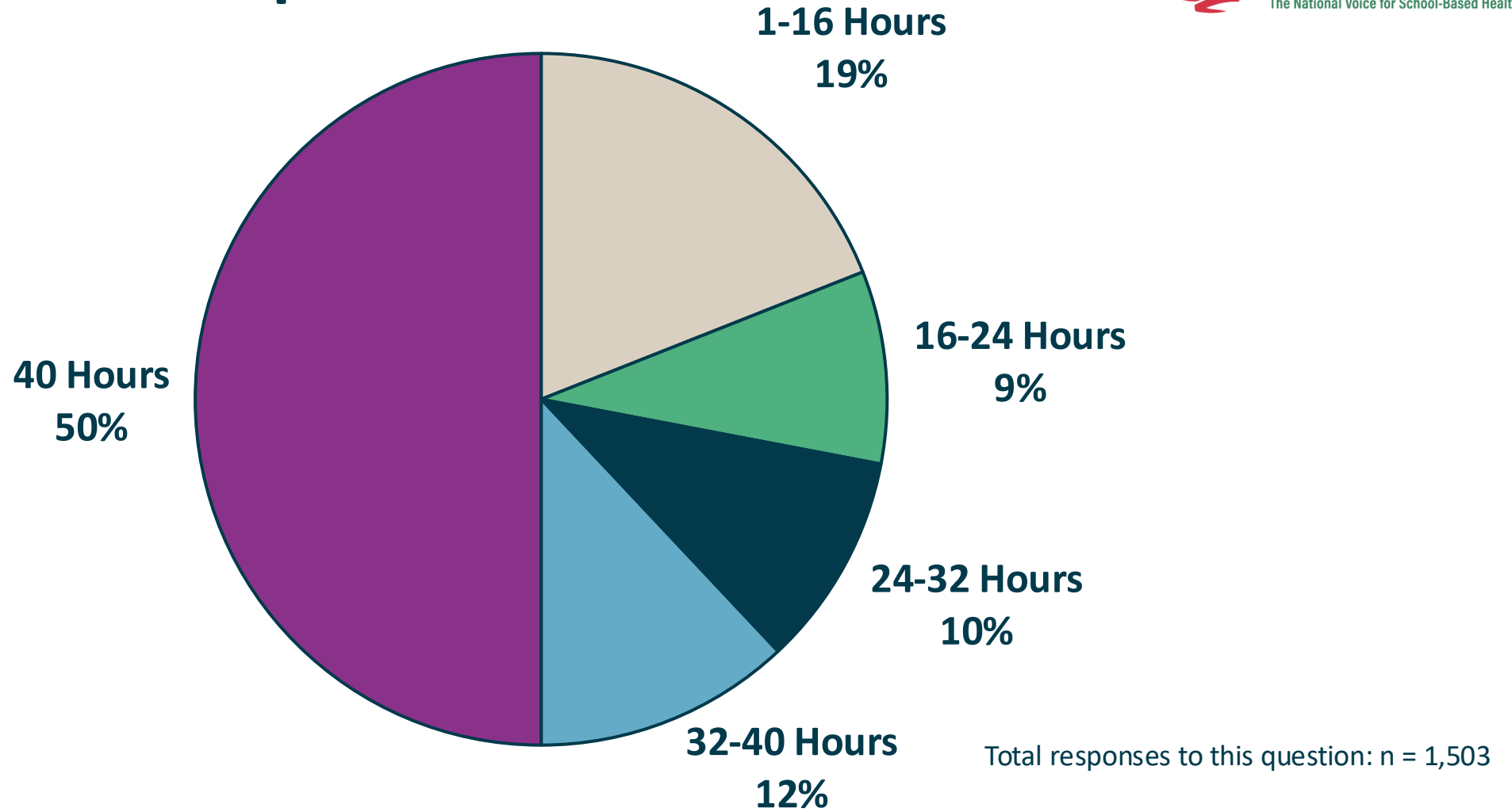
- 
- About 8 out of 10 schools served by school-based health centers (SBHCs) were Title 1 schools
  - About 7 out of 10 students in schools with access to SBHCs were Black, Indigenous, and People of Color youth.



Soleimanpour S, Cushing K, Christensen J, Ng S, Yang J, Saphir M, Geierstanger S, Even M, Brey L. (2023). Findings from the 2022 National Census of School-Based Health Centers. Washington, DC: School-Based Health Alliance.



# Most SBHCs are open full-time



Soleimanpour S, Cushing K, Christensen J, Ng S, Yang J, Saphir M, Geierstanger S, Even M, Brey L. (2023). Findings from the 2022 National Census of School-Based Health Centers. Washington, DC: School-Based Health Alliance.



# SBHC Delivery Models

	<b>Traditional SBHCs</b>	<b>School-Linked SBHCs</b>	<b>Mobile SBHCs</b>	<b>100% Telehealth SBHCs</b>
<b>Location where <u>patient accesses care</u></b>	A fixed site on school campus	A fixed site near school campus	Mobile van parked on or near school campus	A fixed site on school campus
<b>Location where <u>providers deliver care</u></b>	Physically onsite, and remotely for some services	Physically onsite, and remotely for some services	Physically onsite, and remotely for some services	Remotely for all services
<b>2021-22</b>	<b>92%</b>	<b>4%</b>	<b>3%</b>	<b>2%</b>

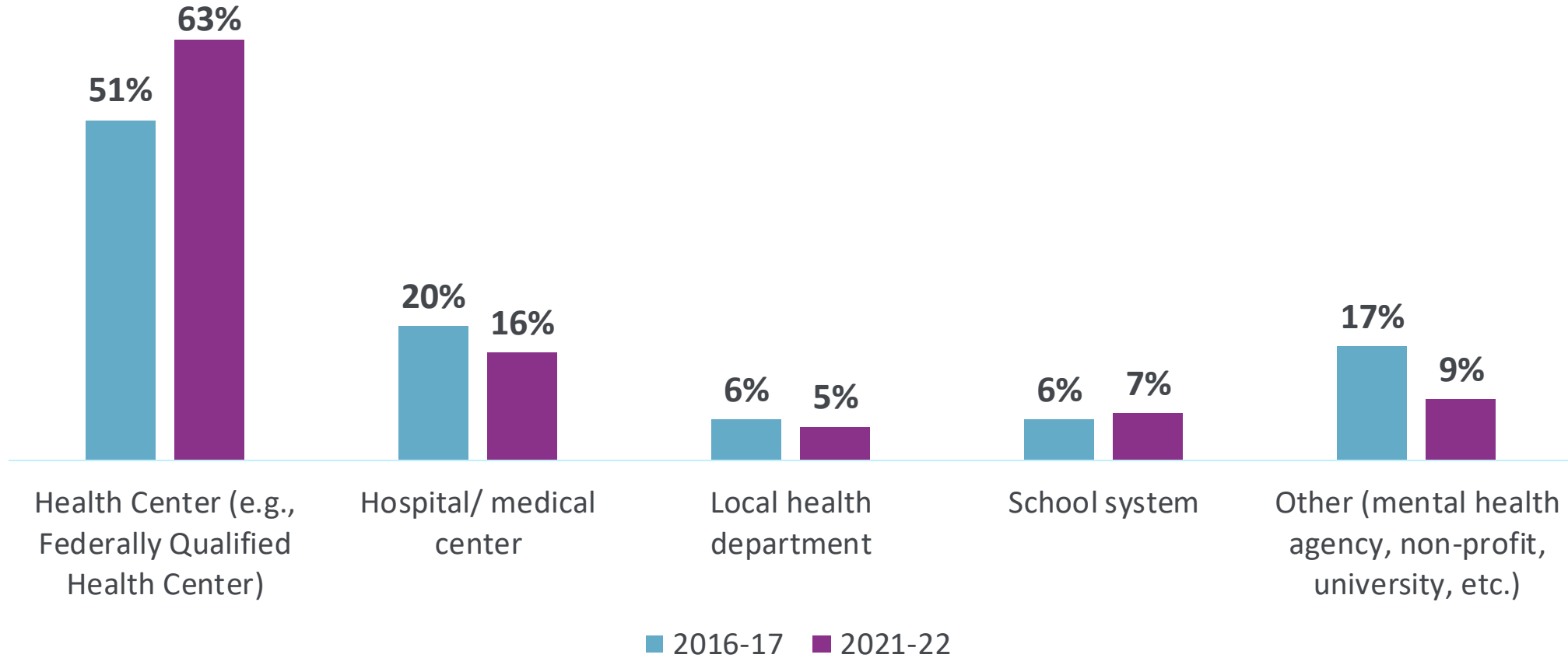
Total responses to this question: n=1,518



Soleimanpour S, Cushing K, Christensen J, Ng S, Yang J, Saphir M, Geierstanger S, Even M, Brey L. (2023). Findings from the 2022 National Census of School-Based Health Centers. Washington, DC: School-Based Health Alliance.



# SBHC Lead Sponsors Trends



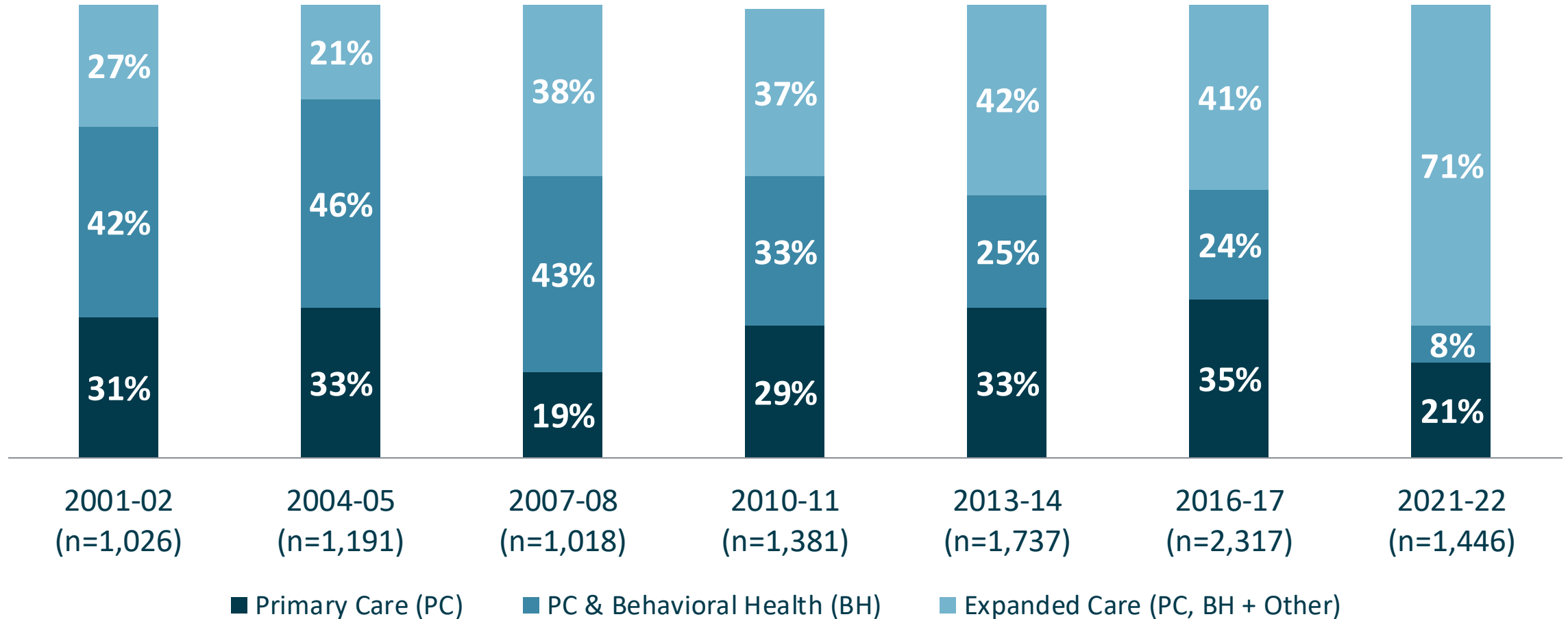
Total responses to this question: n=1,518 in 2022; n=2,317 in 2017



Soleimanpour S, Cushing K, Christensen J, Ng S, Yang J, Saphir M, Geierstanger S, Even M, Brey L. (2023). Findings from the 2022 National Census of School-Based Health Centers. Washington, DC: School-Based Health Alliance.



# Trends in Staffing Models

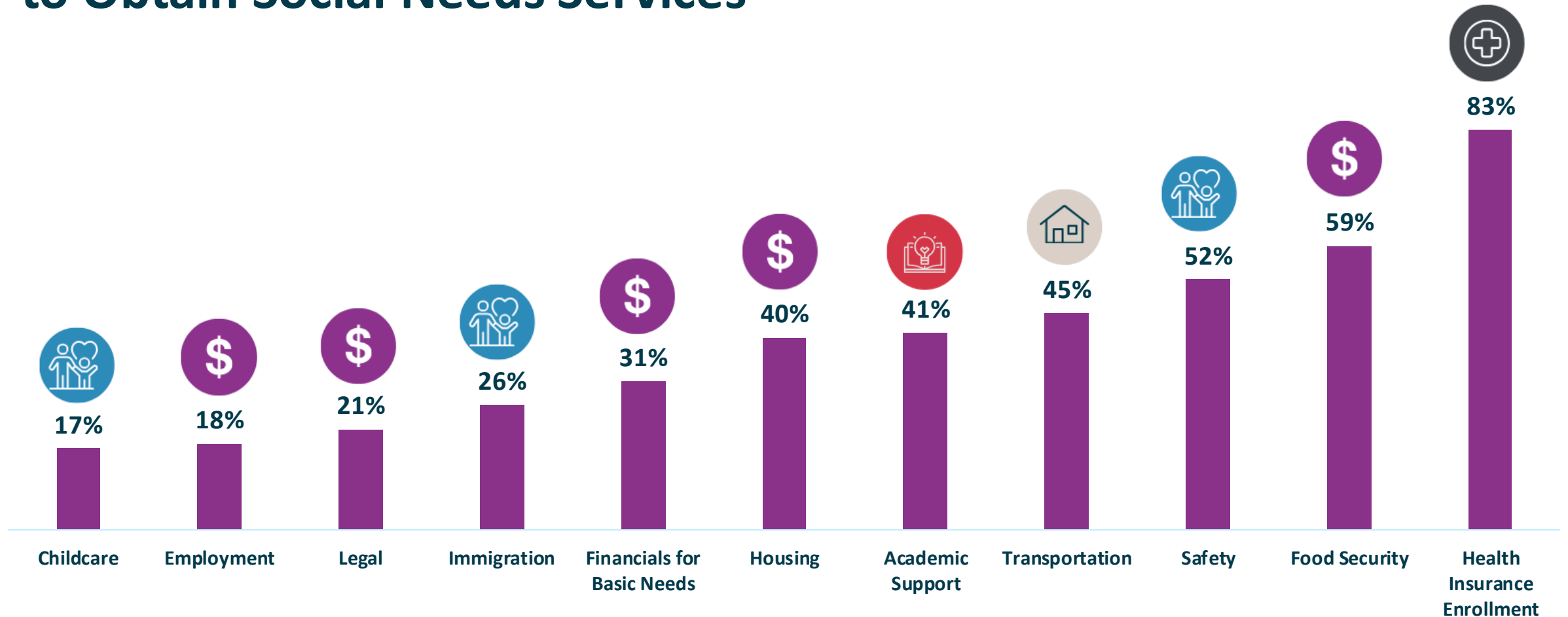


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# Supports Provided to Clients and/or Their Families to Obtain Social Needs Services



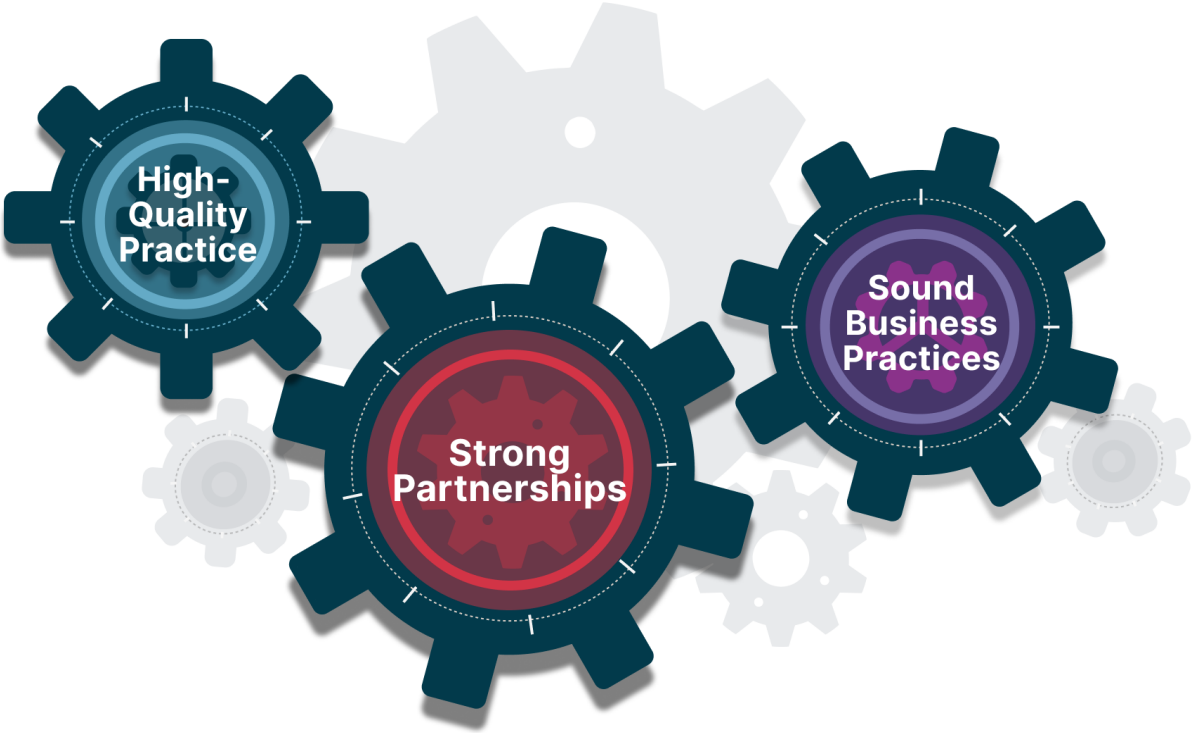
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Total responses to this question: n=1,516

# Framework for Excellence and Sustainability in School-Based Health Centers

# A Framework For Excellence And Sustainability: Core Competencies and Nuts & Bolts

<p><b>ACCESS</b></p> <p>SBHC assures students' access to healthcare and support services to help them thrive.</p> 	<p><b>STUDENT FOCUS</b></p> <p>SBHC team and services are organized around student well-being and academic success.</p> 	<p><b>HIGH-QUALITY CARE</b></p> <p>SBHC delivers high-quality, comprehensive care to achieve optimal outcomes for students.</p> 
<p><b>COLLABORATIVE SCHOOL PARTNERSHIPS</b></p> <p>SBHC is typically governed and administered separately from the school, works collaboratively with the educational environment to support the school's mission of student success.</p>	<p><b>SCHOOL WELLNESS</b></p> <p>SBHC engages with the school to participate, support, and improve a culture of health across the school community.</p> 	<p><b>SYSTEMS COORDINATION</b></p> <p>SBHC coordinates across relevant systems of care that share in the well-being of its patients.</p> 
<p><b>SUSTAINABILITY</b></p> <p>SBHC employs sound business management practices to ensure that health services are sustained long-term.</p> 		



## ACCESS

SBHC assures students' access to healthcare and support services to help them thrive.



## STUDENT FOCUS

SBHC team and services are organized around student well-being and academic success.



## HIGH-QUALITY CARE

SBHC delivers high-quality, comprehensive care to achieve optimal outcomes for students.



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SBHC is typically governed and administered separately from the school, works collaboratively with the educational environment to support the school's mission of student success.

## SCHOOL WELLNESS

SBHC engages with the school to participate, support, and improve a culture of health across the school community.



## SYSTEMS COORDINATION

SBHC coordinates across relevant systems of care that share in the well-being of its patients.



# Core Competencies

## SUSTAINABILITY

SBHC employs sound business management practices to ensure that health services are sustained long-term.



Learn more about the Core Competencies [here](#).

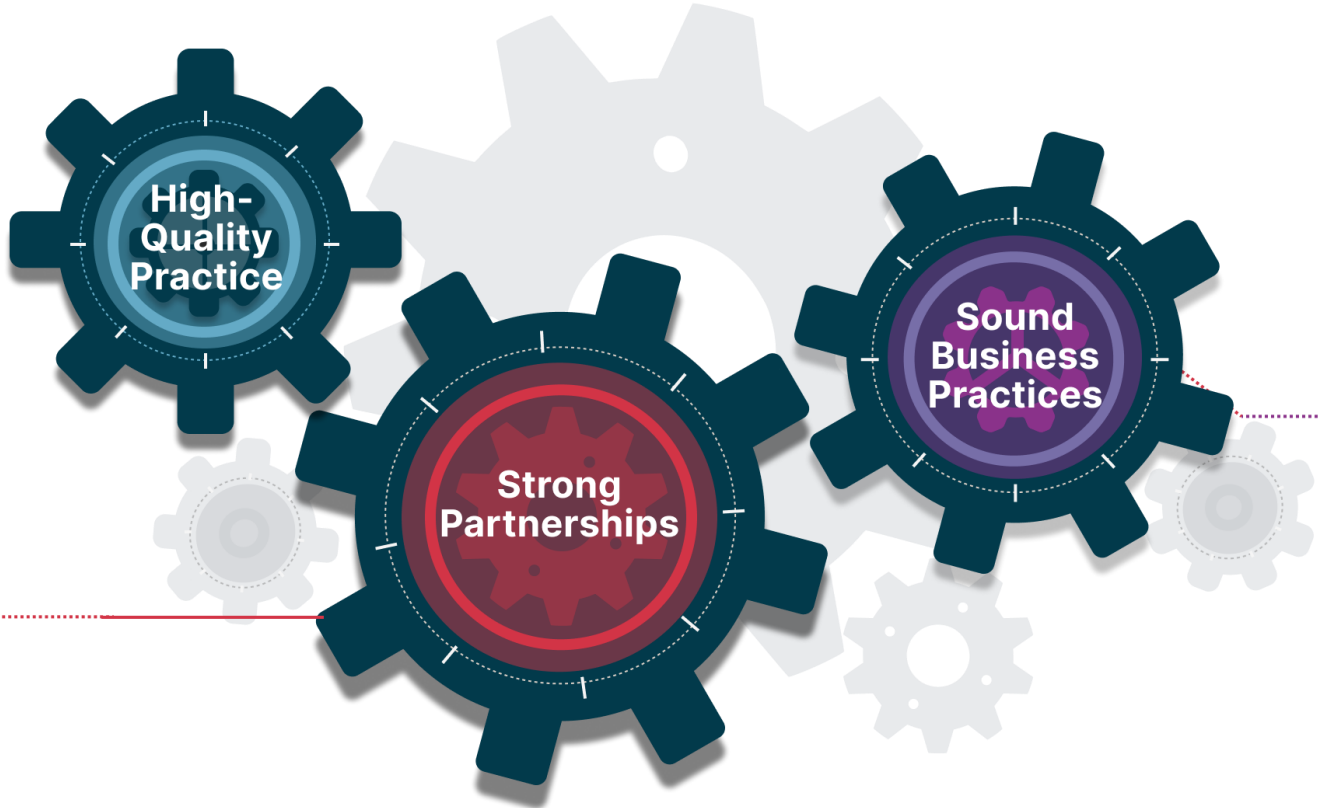
Business planning    Pro forma/cost analysis    Utilization    Billing & reimbursement

Quality indicators & improvement

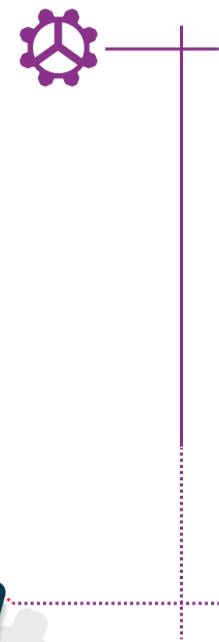
Effective data collection & extraction

Routine workflow analysis

Reporting & analysis



School(s)    SBHC sponsor(s)    Local healthcare providers    Students & families    Community organizations



# Nuts & Bolts

Learn more about the Nuts & Bolts [here](#).



# School-Based Health Center Start-Up: Learnings from Peers

# Project Vida Campus Care El Paso, Texas

- 26 SBHC:
  - 11 Primary Care and Behavioral Health
  - 15 Behavioral Health
- Primary Care and Behavioral Health (BH)
- In person and telehealth
- Integrated Primary and Behavioral Health Care, multidisciplinary teams:
  - BH team:
    - LCSW/LPC
    - Navigator
    - Outreach Facilitators
  - Primary care teams:
    - Nurse Practitioners/Physician Assistants
    - Pediatric care coordinators
- **El Paso Community:** El Paso is a diverse community encompassing both urban and peri-urban areas, with school districts that reflect this mix. While urban districts benefit from city services and infrastructure, many peri-urban areas, particularly those in unincorporated regions, lack access to these essential resources, including healthcare and other critical services linked to social determinants of health. The border city's unique landscape also includes a significant transient population, especially within colonias—irregular settlements often facing high rates of uninsured families, mixed immigration status households, and a large number of Spanish-only speakers. Despite these challenges, El Paso is unified by its strong cultural identity and a deeply rooted, family-oriented community spirit.
- I'm excited to talk about: relationship building, strategic partnerships, operations, expansion of services, and sustainability strategies

# CHC of Snohomish County

is the largest FQHC in Snohomish County a suburb of Seattle. We are currently operating 2 SBHCs, 4 by 2025. We offer in person Medical, Dental, and Behavioral Health services and are currently developing telehealth.



- Each SBHC is staffed by a coordinator, medical provider, part-time dentist and dental assistant.
- The population we serve includes 71% Medicaid, 9.5% uninsured, recently relocated refugees, LGBTQIA+, students experiencing homelessness.
- Our SBHC dental team works closely with our dental outreach team who does dental screenings and sealants at over 52 elementary and middle schools in the county, some of which feed into our SBHC sites.





Strong partnerships with committed and accountable partners result in high-performing SBHCs that meet the needs of students, increase coordination of care, have greater community support, and are grounded in sustainable resources.



School(s)



SBHC sponsor(s)



Local healthcare providers



Students & families



Community organizations





Sound business practices developed with key partners and implemented with transparency result in long-term sustainability of SBHC services for students.



Business planning



Pro forma/  
cost analysis



Utilization



Billing &  
reimbursement





High-quality SBHC practices provide the foundation for excellence, resulting in continuous improvement and better, more efficient services that meet students' comprehensive needs.



Quality indicators & improvement



Effective data collection & extraction



Routine workflow analysis



Reporting & analysis



**Please share your  
questions in the chat box  
or via the Q&A feature.**



# Resources and Opportunities

# No Cost Learning Collaborative: School-Based Health Center Start-Up

**Applications due September 17, 2024**

- Six 90-minute sessions on Tuesdays October – December 2024
- Deeper dive into SBHC 101, Nuts & Bolts, and Core Competencies
- Faculty with Health Center backgrounds and expertise in primary care, behavioral health, and school-based health center operations
- Lots of time for peer learning and sharing
- Continuing education credits offered
- More information [here](#)

# Resources: Strong Partnerships

- [Youth Health Hub](#)
- [Youth Development Digest](#)
- [Lead the Way: Engaging Youth in Healthcare](#)
- [Hallways to Health](#)
- [HIPAA, FERPA, and School Health: Confidentiality and Information Sharing in School-Based Health Care](#)
- [Partnering with Schools to Address Youth Mental Health](#)
- [State Relations at the School-Based Health Alliance](#)

# Resources: Sound Business Practices and High-Quality Practice

## Sound Business Practices

- [Quality Counts: Sustainable Business Practices Toolkit](#)

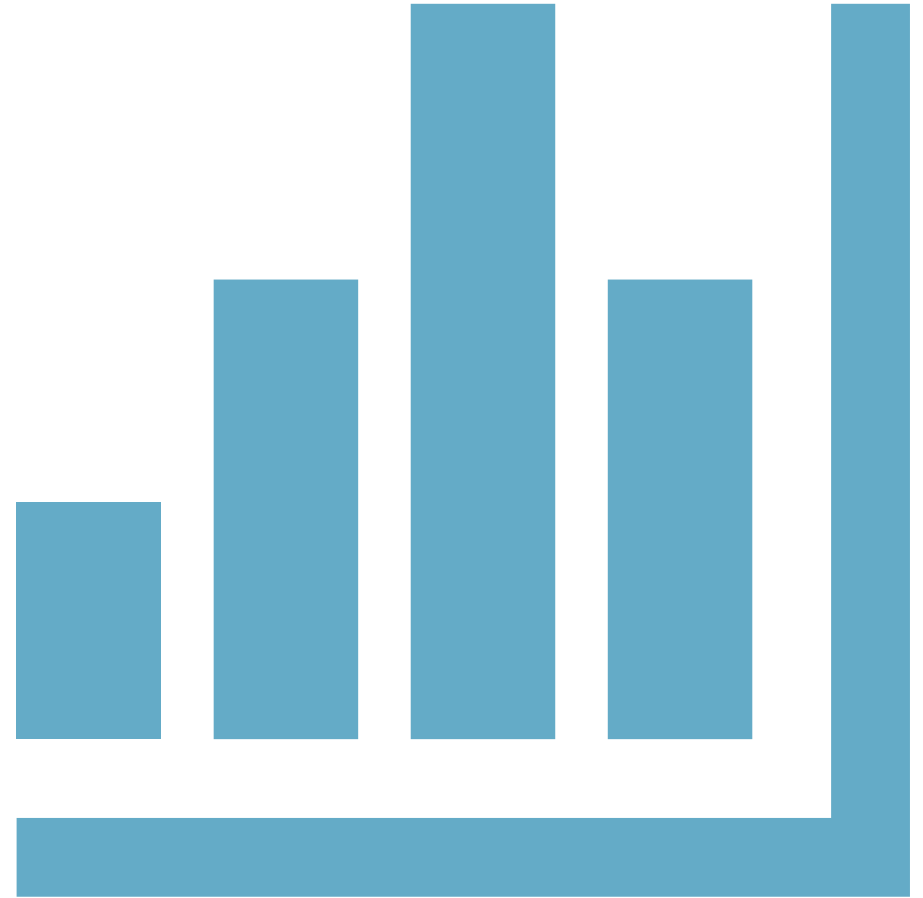
## High-Quality Practice

- [Quality Counts: Clinical Performance Measures Toolkit](#)
- [Quality Counts: Test Measures Toolkit](#)
- [Quality Improvement Toolkit](#)



**We look forward to your feedback.**

**Please complete our Zoom poll.**





# Unboxing



## THE SCHOOL-BASED HEALTH CENTER

SHARE A SHORT VIDEO HIGHLIGHTING YOUR  
SCHOOL-BASED HEALTH CENTER EXPERIENCE



The School-Based Health Alliance is hosting a video competition to celebrate the new school year!

Post on your social media with #LifeWithSBHC and tag @SBH4ALL.

**SUBMIT NOW TO WIN UP TO \$5000**

## Calling for Youth and SBHC Staff!

Submit your short video showing your day in the life at your school-based health center to win up to \$5000

More info: [bit.ly/unboxingsbhc](https://bit.ly/unboxingsbhc)

# Stay Connected!



1. Subscribe to our bi-weekly e-newsletter (Digest)  
Go to <https://bit.ly/SBHAdigest>
2. Follow us on social media



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<https://www.linkedin.com/company/school-based-health-alliance/>



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# THANK YOU!

Additional Questions? Contact us at: [info@sbh4all.org](mailto:info@sbh4all.org)



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