

Oregon School-Based Health Alliance

Pass HB 4070 in 2024!

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Youth Mental Health Crisis and Impacts

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Health

Mental Health America's 2023 report on the state of mental health **ranked Oregon dead last** in the country as far as young people who are struggling with mental illness and access to care.

- **Highest** rate of young people in this country with one serious depressive episode.
- **Third highest** number of children with substance abuse disorders
- **Ranks 42nd** in the country for those children with those depressive episodes not getting care. ¹

Education

August 2023 Oregonian article:

- "Oregon had the **fourth highest rate of absenteeism** of any state, with 36.1% of students missing 10% or more of the school year".

January 2023 KGW Report:

- In the past two years, as students swing from online learning, to hybrid schooling, and back to in-person learning, **mental health challenges and behavioral issues have ramped up in schools**. While most kids have adjusted to the changes, the superintendent of the Salem-Keizer School District, Christy Perry, told KGW that for about 10-15% of kids, "the challenges are so great that they're really on the verge of heartbreaking."
- "Our students and their families have not been immune to **the trauma and instability** of homelessness and addiction and gun violence and mental and behavioral health," said Guadalupe Guerrero, the superintendent of the Portland Public School District.
- "**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. ³

1) <https://www.mhanational.org/issues/2023/mental-health-america-youth-data>
 2) <https://www.oregonlive.com/education/2023/08/oregons-chronic-absenteeism-rate-1-of-nations-most-alarming.html>
 3) <https://www.kgw.com/article/entertainment/television/programs/straight-talk/oregon-schools-education-challenges/283-18b3c39a-2d66-4f9e-bd12-ef76c0d05d7b>

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

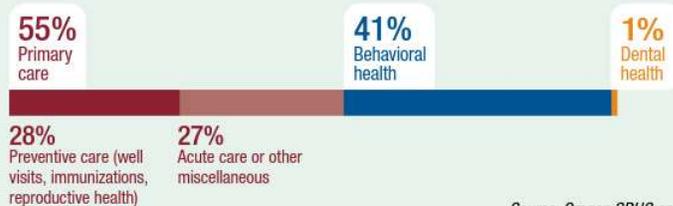
Unfortunately, SB 549 stalled in Ways and Means



SBHC Services



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



Source: Oregon SBHC encounter data

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

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SBHC fast facts from the 2022–2023 service year

As of July 1, 2022, there are:

87 State-certified SBHCs in 26 counties*



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

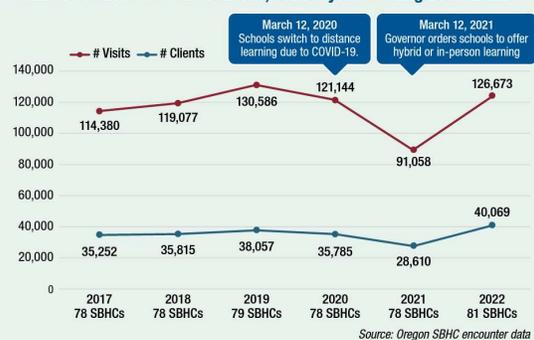


Types of counties
 38 urban
 39 rural
 4 frontier
 64% are in primary care health professional shortage areas (HPSAs)

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)

Number of SBHC visits and clients, school years ending 2017–2022

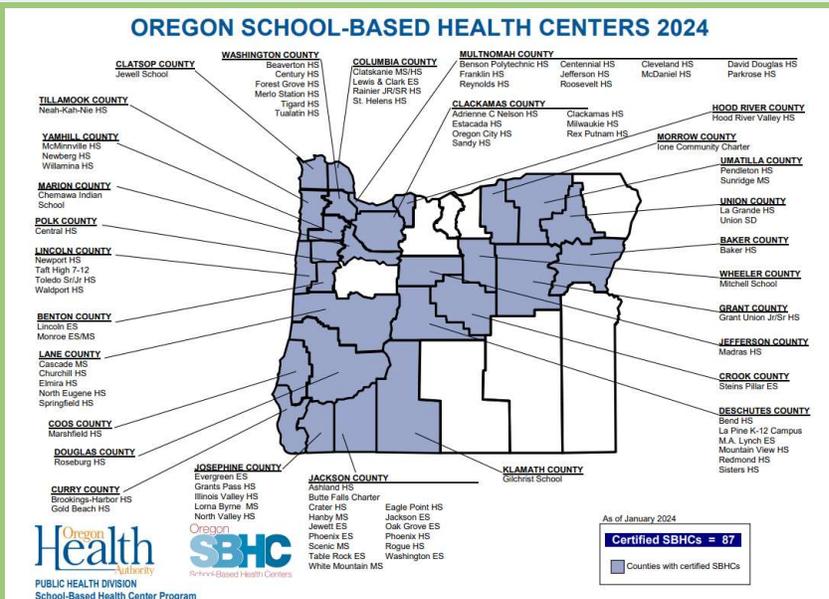


**Just 7% of schools have an SBHC*

SBHCs are located in rural, urban, and suburban settings

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OREGON SCHOOL-BASED HEALTH CENTERS 2024



Many SBHCs offered some services via telehealth:



SBHCs offered services via telehealth to better serve clients during the COVID-19 pandemic

Percent of SBHC visits (ages 5–21) delivered via telehealth, during school years ending 2020-2022

}	2020: 8%
}	2021: 36%
}	2022: 15%



Telehealth: Primary care

68 SBHCs offered primary care via telehealth

12% of primary care visits were delivered via telehealth



Telehealth: Behavioral health

66 SBHCs offered behavioral health via telehealth

26% of behavioral health visits were delivered via telehealth

In 2021-2022, client school enrollment was collected by 59 SBHCs and it was found that **youth clients of these 59 SBHCs came from over 650 schools**, including public, private, and alternative schools, as well as homeschool environments.

Each of these 59 SBHCs served youth from 32 schools on average.

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

In 22 SBHCs more than half of the youth clients were Hispanic/Latinx, African American/Black, American Indian/Alaskan Native, Asian, Native Hawaiian/Pacific Islander, or other youth of color

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

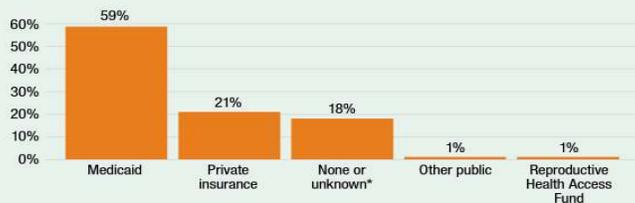
School-aged clients receiving services were:

- **68% White** (46% White, non-Hispanic)
- **28% Hispanic/Latinx**
- **6% Black**
- **4% Asian**
- **3% American Indian or Alaska Native**
- **2% Native Hawaiian or other Pacific Islander**
- **11% unknown race and ethnicity**

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**

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



Source: Oregon SBHC encounter data

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

- 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

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



Health care right here.



Part 2: School Health Services Planning Grants

Community Engagement & Needs Assessment



Partnership Development



Business Planning

Local Control

SBHC

Or

School Nurse Model/ System



Get easy access to health care at school!



Part 3 : School-Based Mental Health Expansion Grants

- Grants to increase mental health supports in SBHCs and in schools without SBHCs
 - ❖ 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

Source: SBHCs, Depression & Suicide Risk Among Adolescents (Paschall & Bersamin, 2017; Am J of Preventive Medicine)



Part 4: Capital Construction

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



Modular at Century High School SBHC, Hillsboro, OR





Additional Endorsements Below

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.