



SBHC Advisory Committee

November 7, 2024, 3:30pm

@ PTHS and on Zoom

Advisory Board Agenda - November 7, 2024

1. Introductions (5 Minutes)
2. School District Updates re: SBHCs (10 Minutes)
 - Schools
 - Blue Heron/OCEAN SBHC - Susan
 - Mental Health- Partnership with DBH
3. SBHC Updates (15 Minutes)
 - 2023-24 SBHC Report review - Susan
 - SBHC Grant Funding DOH Opportunity Update - Melinda
 - Inclusivity Project, Youth Engagement & Survey Summary – Susan/Melinda
4. Dove House advocate and Child Advocacy Center- Elizabeth Uchitelle
5. Behavioral Health/Medical Update - All
6. I & E Educational Materials Review - Susan
7. Ongoing Conversations – 5 minutes
 - Vaping
 - Ideas around supportive housing for students
 - YSBIRT

Future Meetings

- Thursday, Feb. 6th, 2025
3:30pm @ Chimacum HS
Library (To be confirmed)
- Thursday, May 8th, 2025
3:30pm @ Quilcene School
(To be confirmed)

Prior Meeting's Materials

- [5/23/2024 Meeting Packet](#)

Update: Blue Heron/OCEAN Campus SBHC

- Met with Facilities and Design Project Manager end of September '24
- Design currently being adjusted to meet requirements
- Initial funding procured
- Additional funding in progress

NEXT STEPS

- Remodel unlikely to be completed before Fall 2025
- Currently developing plan for interim partial service offering starting January 2025

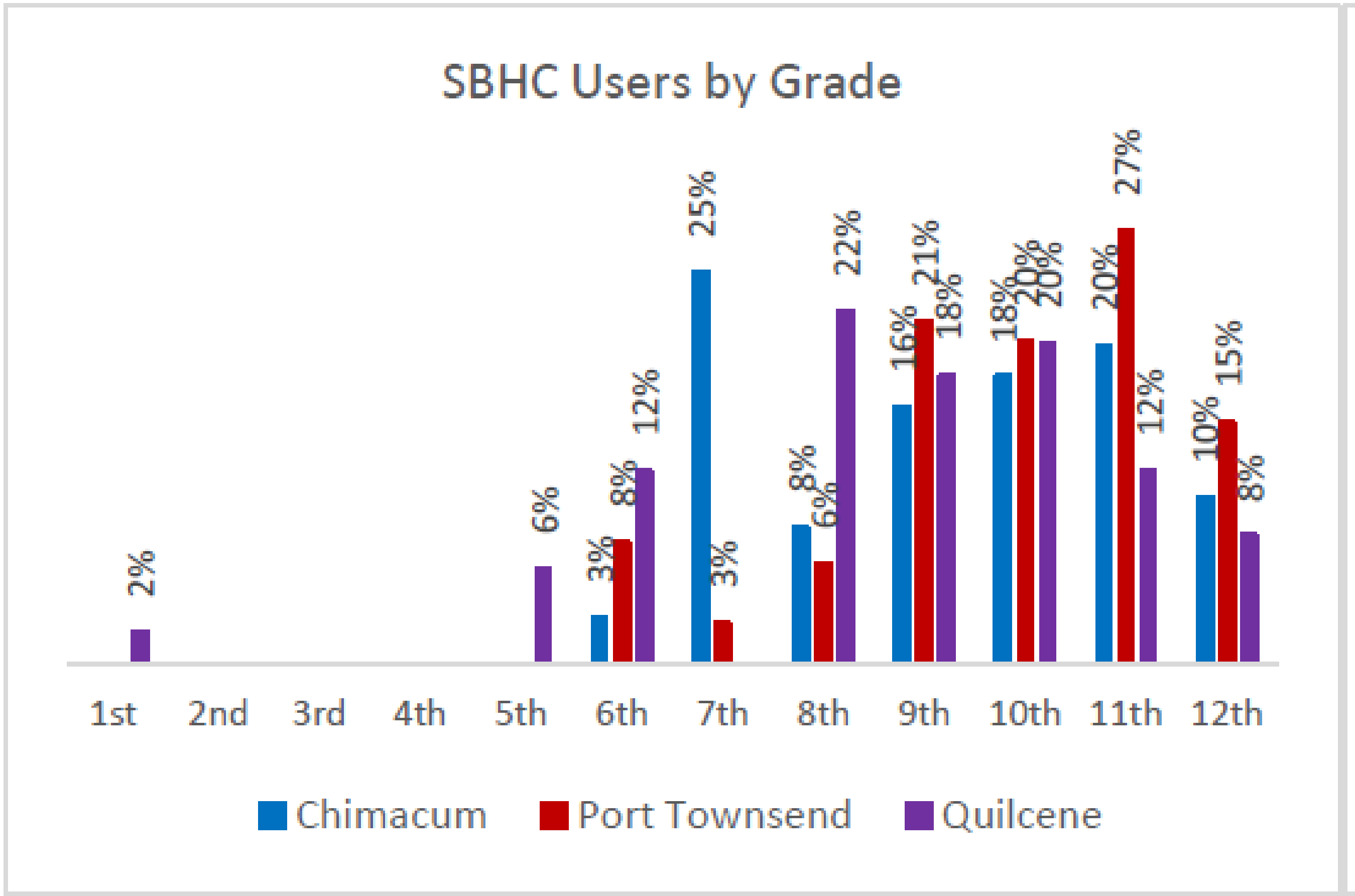


Updated GOAL

Soft Opening January
'25 Fall 2025 Opening

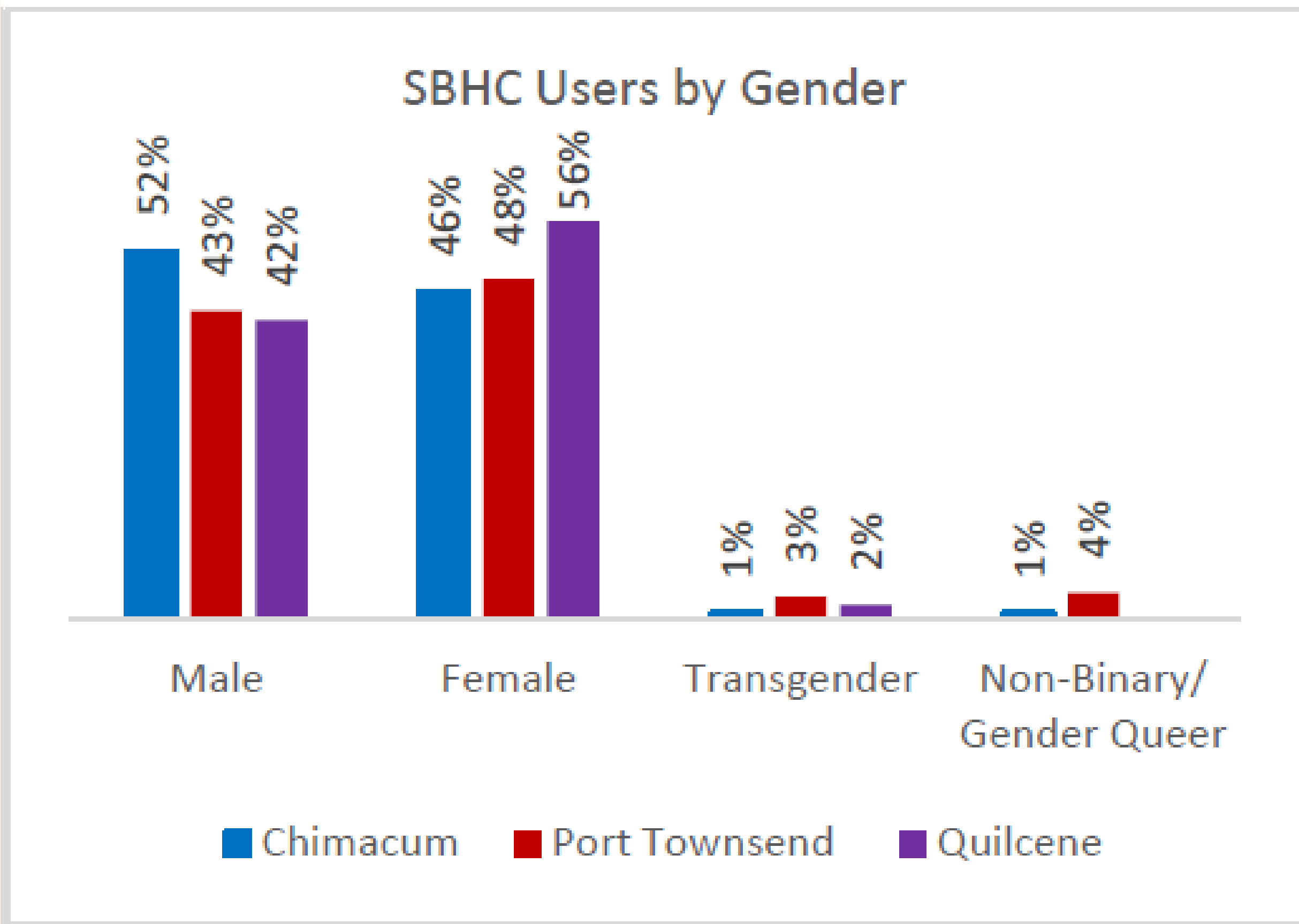
2023-24 SBHC Medical Services

Users by Grade



2023-24 SBHC Medical Services

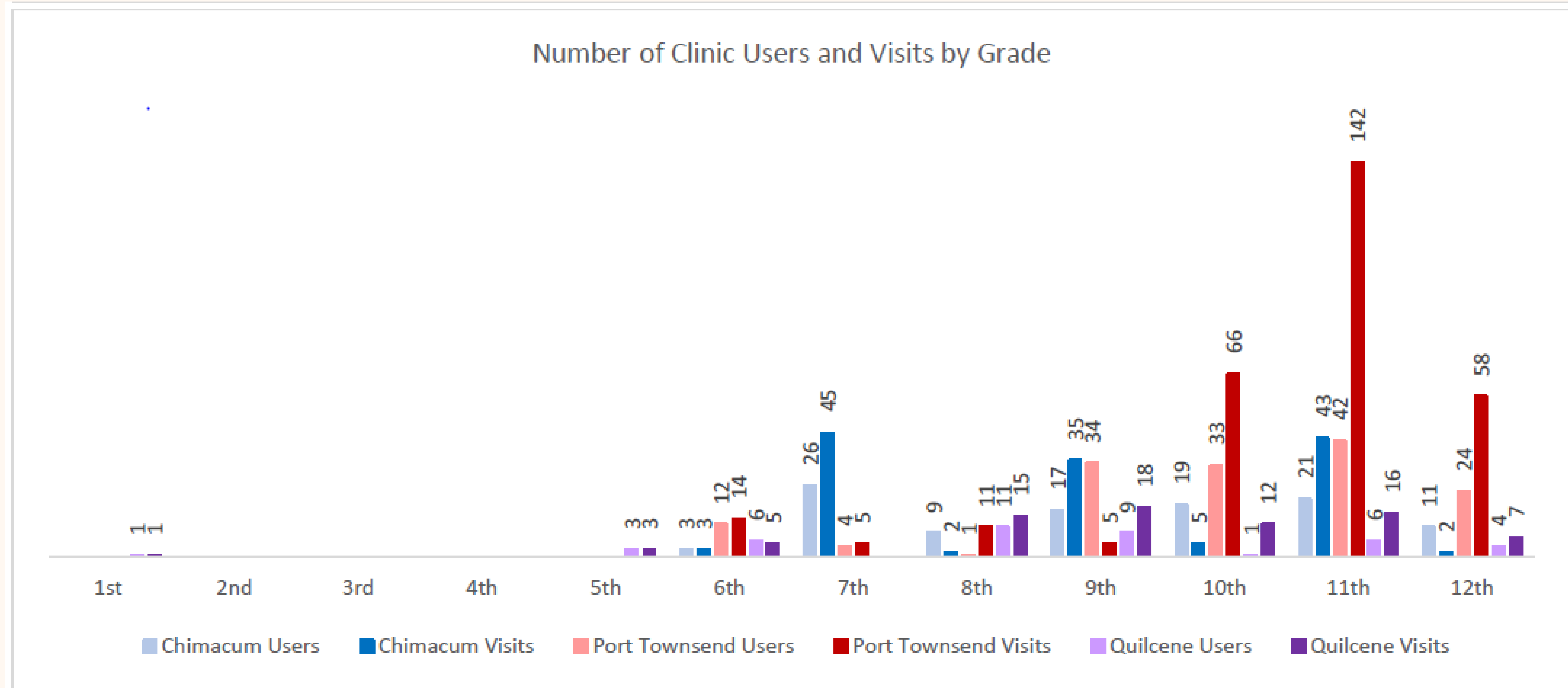
Users by Gender



SBHC Usage

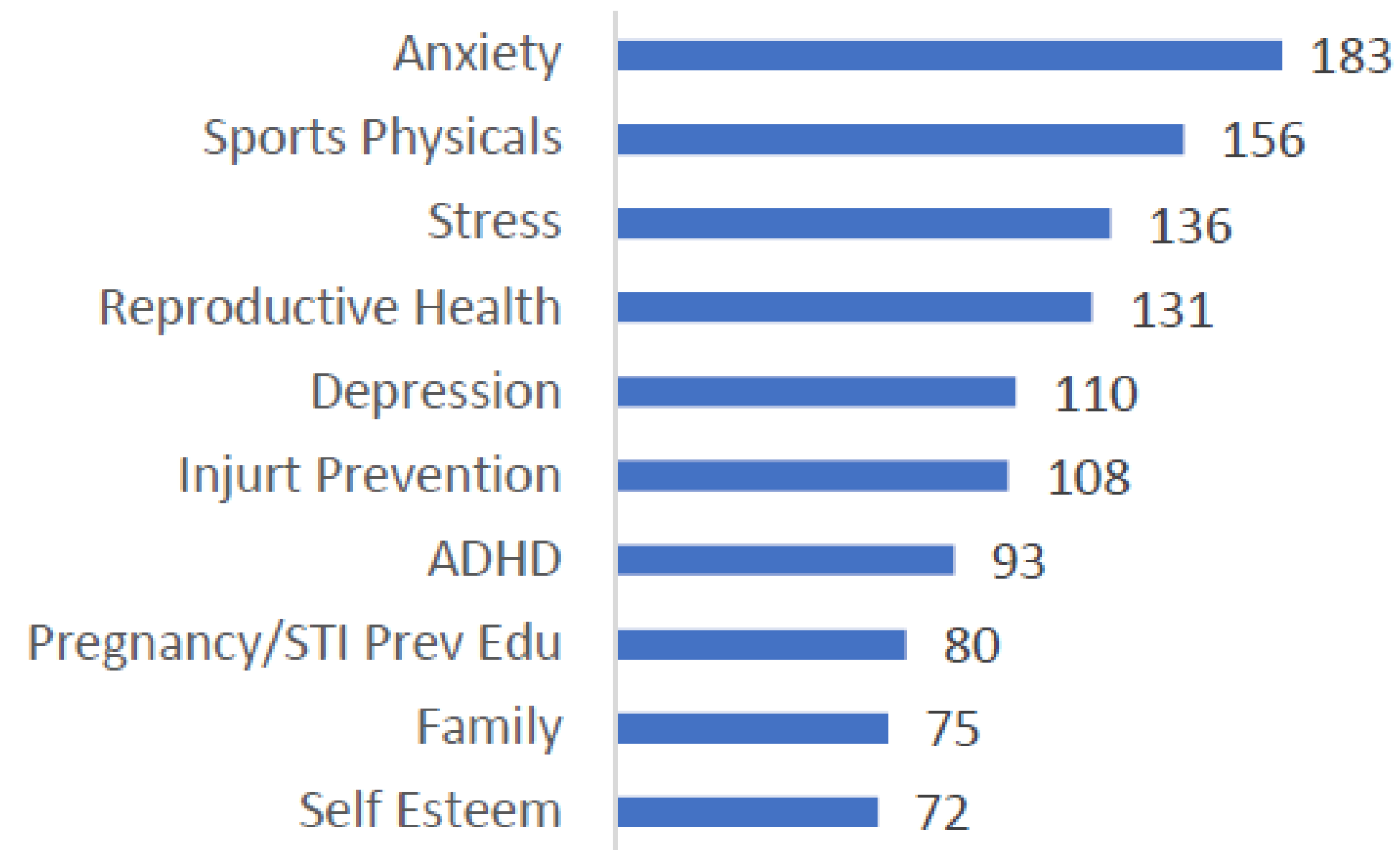
SBHC Utilization Summary				
	Chimacum	Port Townsend	Quilcene	Overall
Total visits	216 (G 9-12: 148)	346 (G. 9-12: 316)	77 (G. 9-12: 53)	639 (G 9-12: 517)
Total users	106 (G 9-12: 68)	159 (G. 9-12: 133)	50 (G. 9-12: 29)	315 (G 9-12: 230)
Clinic days with visits	80	89	41	210
Avg. visits by clinic days ¹	2.6	3.9	1.8	2.8
Avg. visits per month ²	20	31	7	19
Avg. visits by client	2.0	2.1	1.5	1.9
Range of visits by client	1 - 11	1 - 29	1 - 5	1 - 29
Total Enrollment ³	G. 1-8: 418 G. 9-12: 201	G. 1-8: 639 G. 9-12: 434	G. 1-8: 389 G. 9-12: 85	G. 1 – 8: 1,446 G. 9 – 12: 720
Utilization Rate	G 1-8: 9% G 9-12: 34%	G 1-8: 4% G 9-12: 31%	G 1-8: 5% G 9-12: 34%	G 1-8: 6% G 9-12: 32%

Number of Clinic Users and Visits by Grade

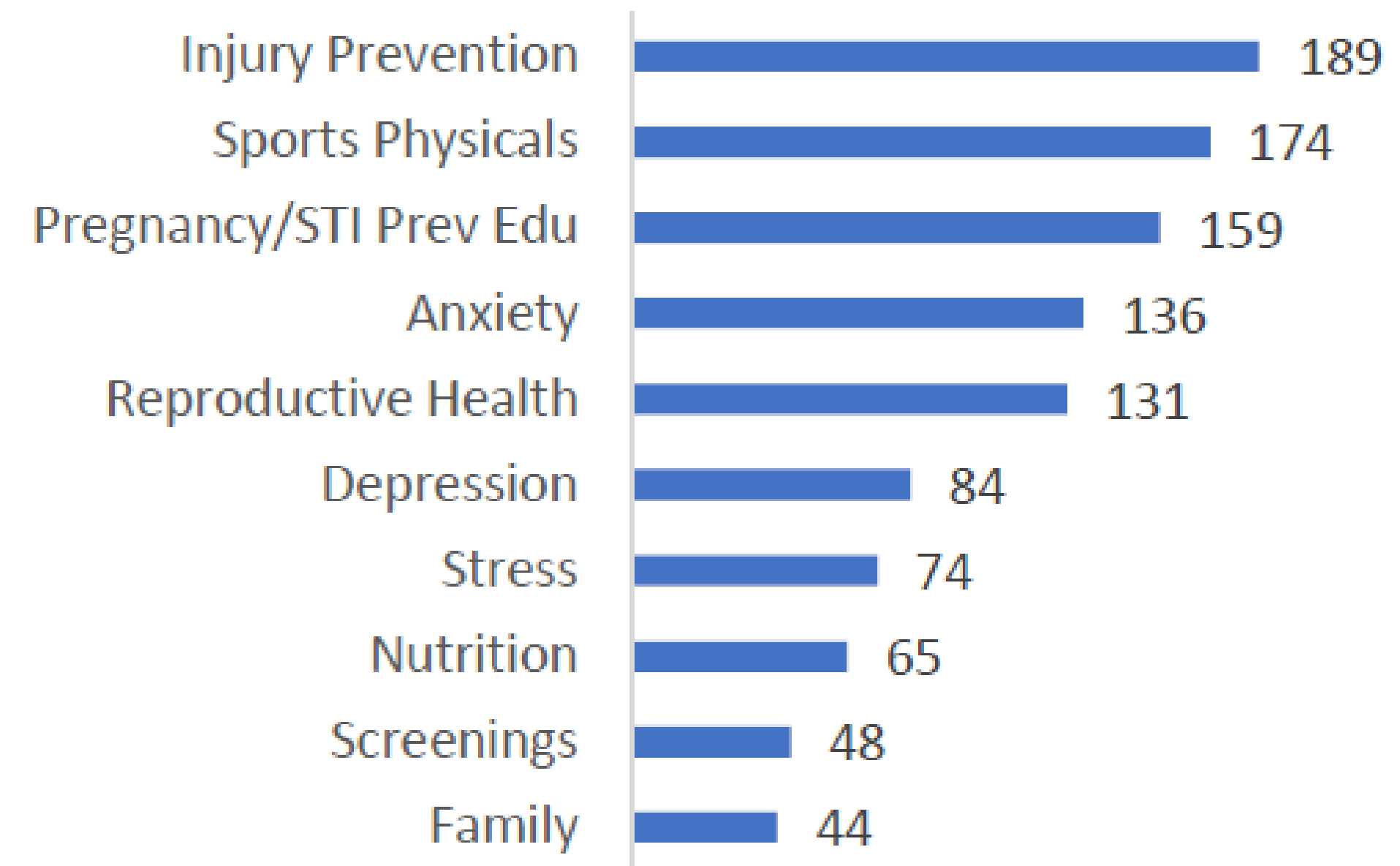


2023-24 SBHC Medical Services

Top 10 Student Concerns



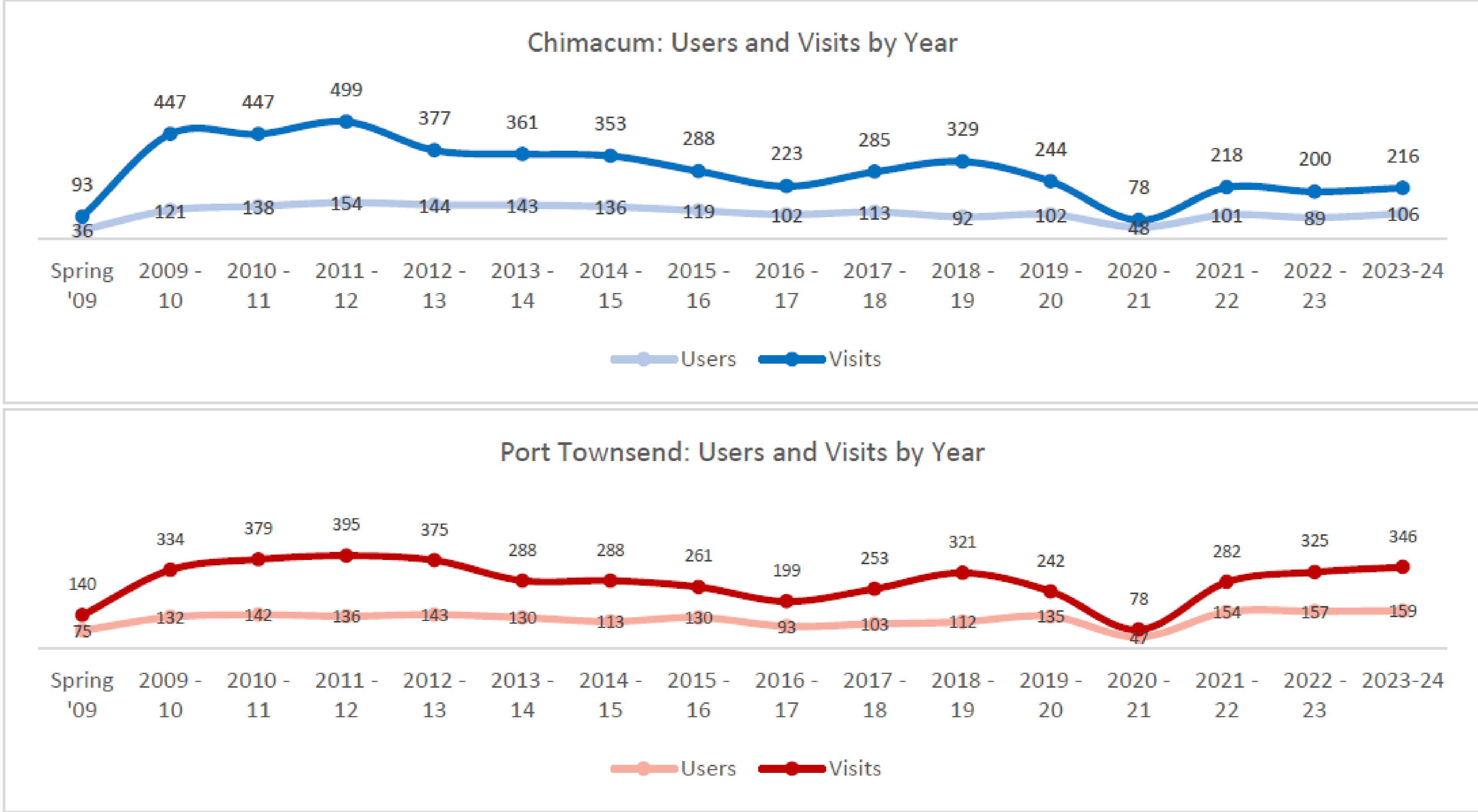
Top 10 Issues Addressed by Clinicians



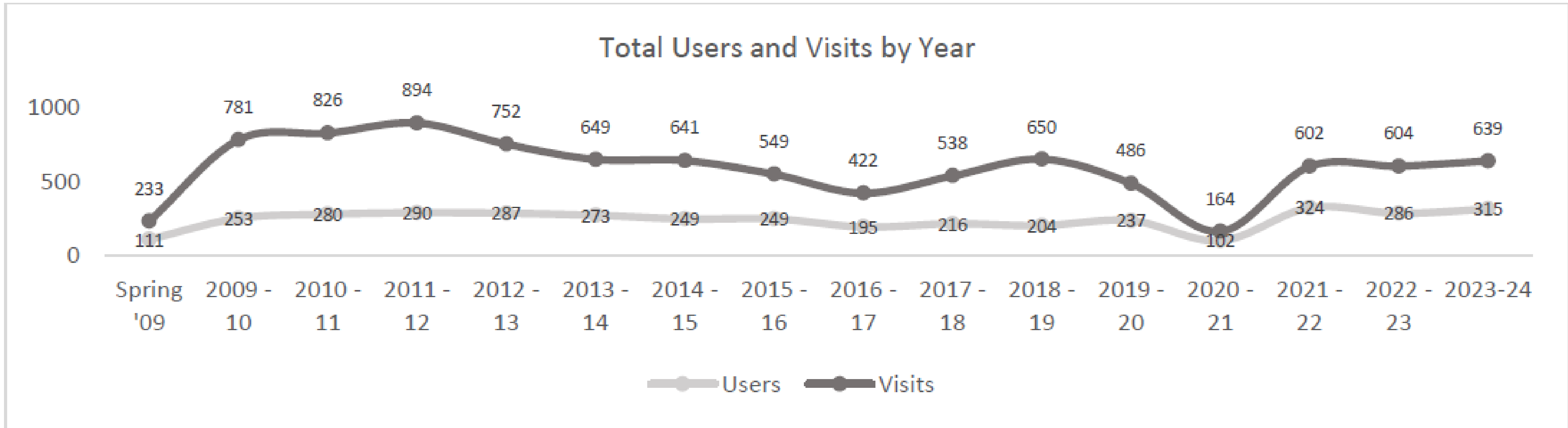
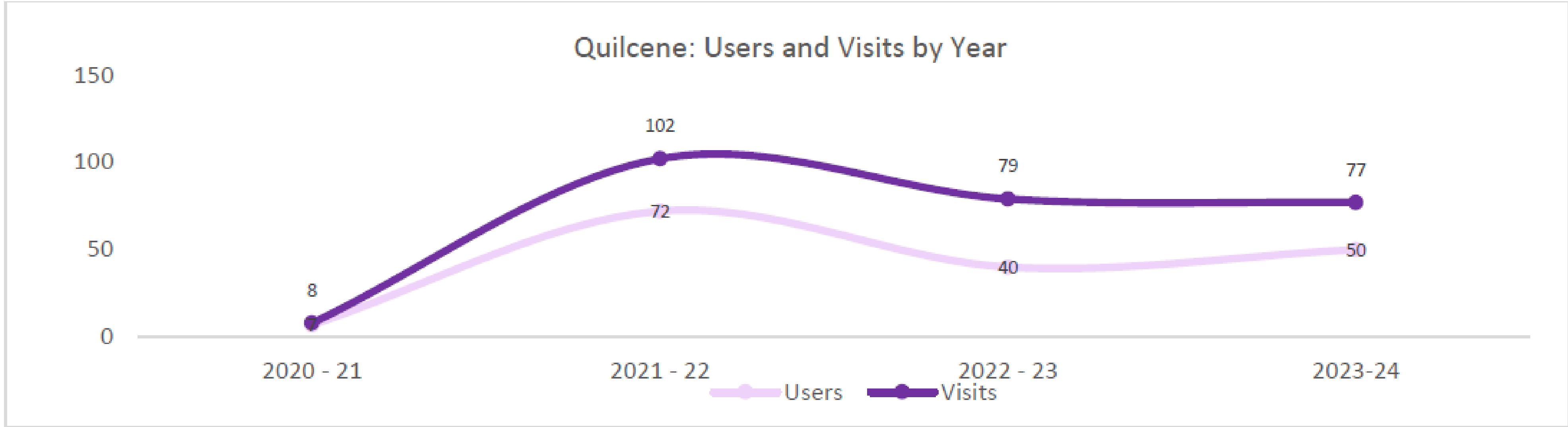
2023-24 SBHC Risk Assessment Screening

Risk Assessment Screening Summary			
	Chimacum	Port Townsend	Quilcene
Total MH Screenings	71	126	29
% of all individuals seen	67%	79%	58%
# Clients with need identified	3	32	3
# Clients referred	7	31	2
Total SBIRT Screenings	38	118	10
% of all individuals seen	36%	74%	20%
# Clients with need identified	0	9	1
# Clients referred	2	9	0

2023-24 SBHC Medical Services

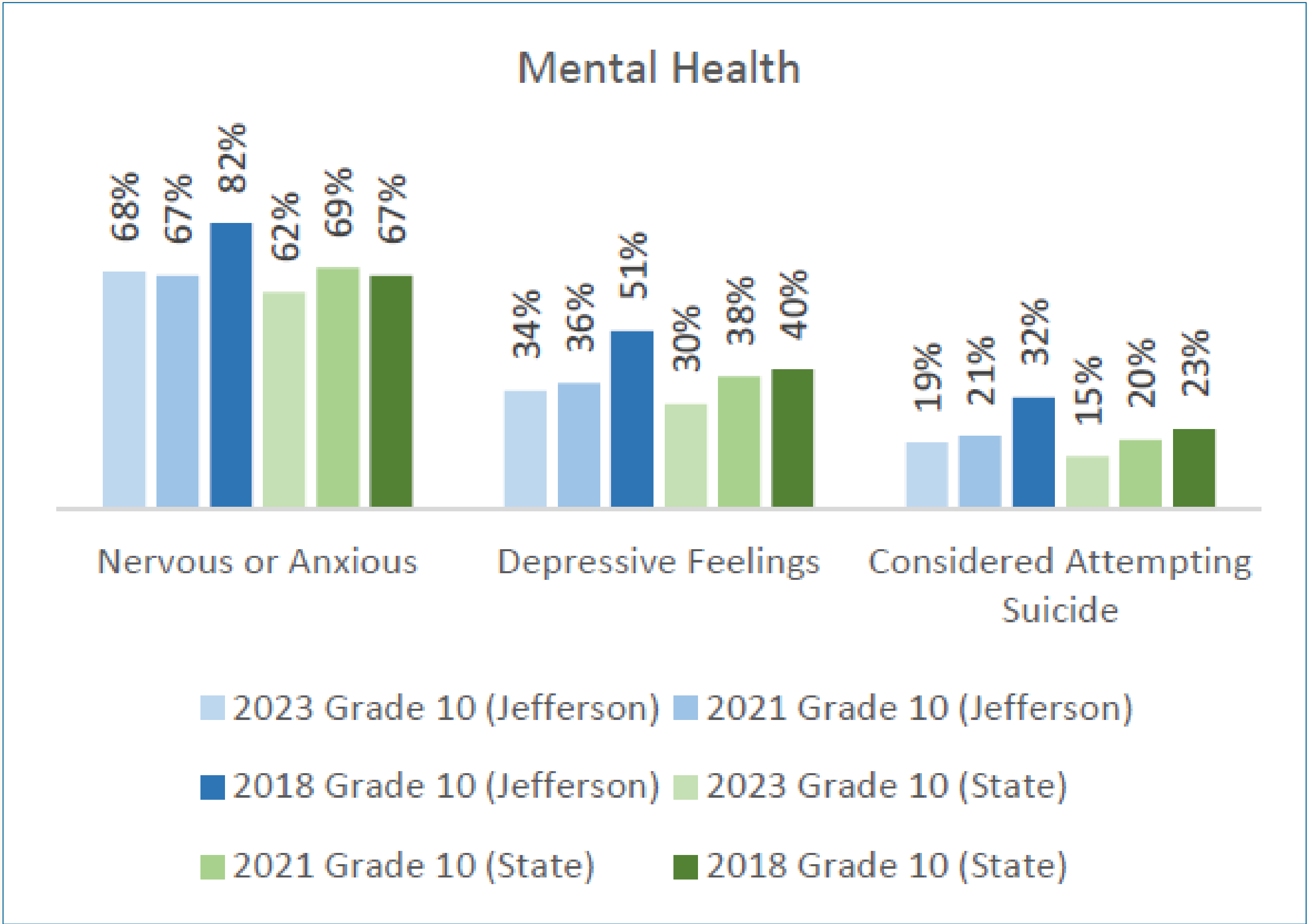


2023-24 SBHC Medical Services

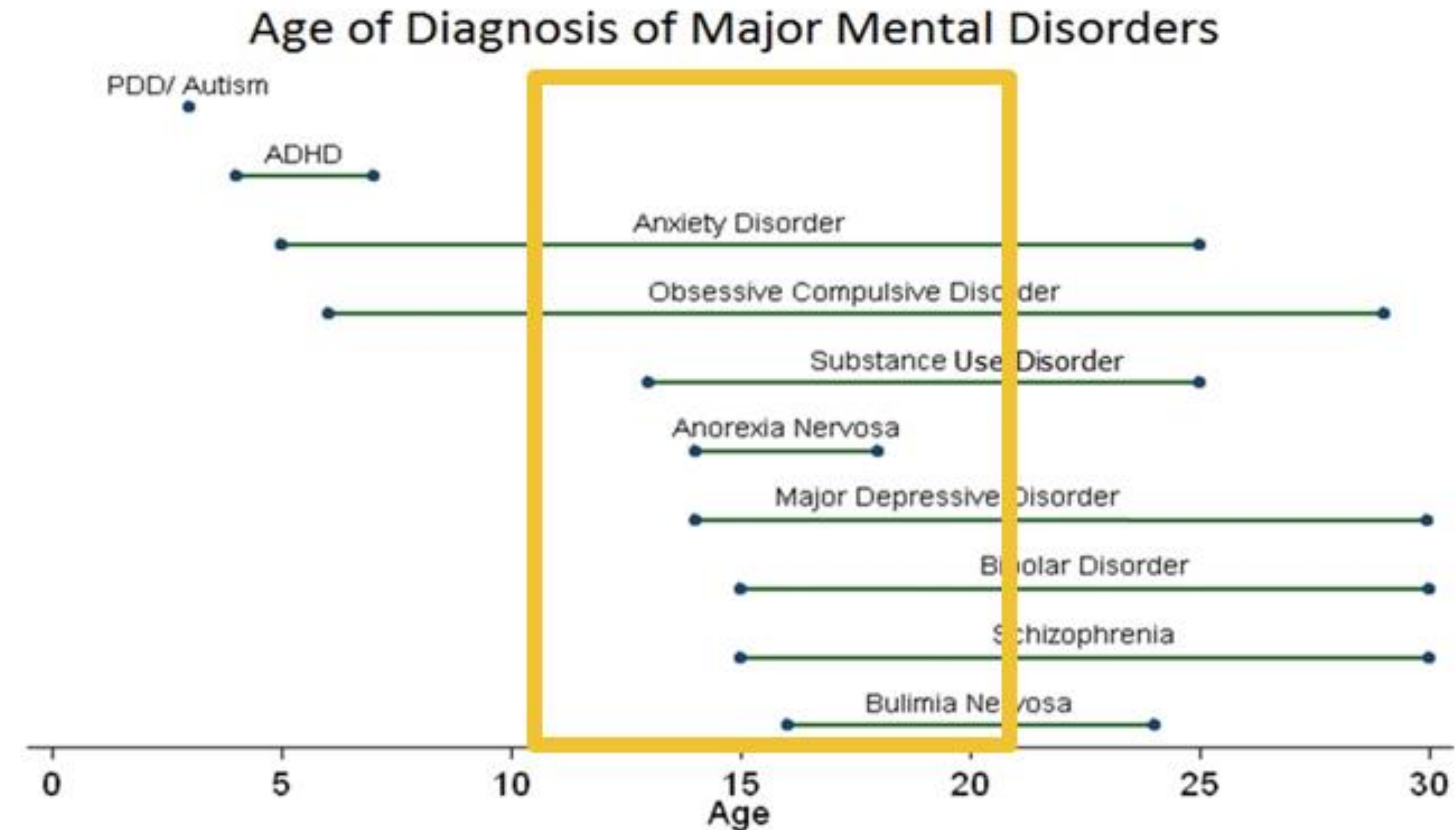


2023 Healthy Youth Survey

State of Jefferson County Youth at a Glance

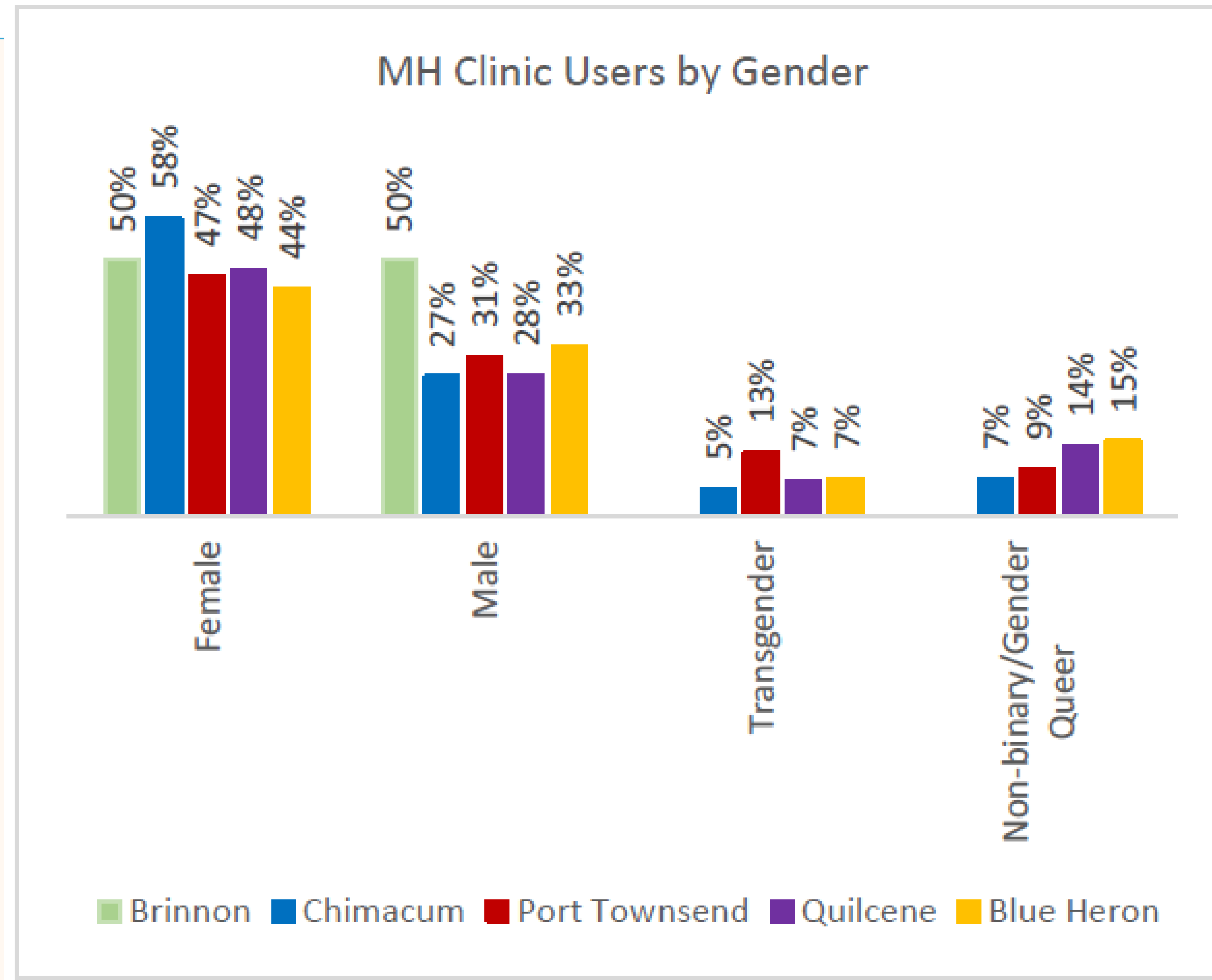


Why We Do This Work



Source: DSM-5, 2014

Mental Health Users by Gender

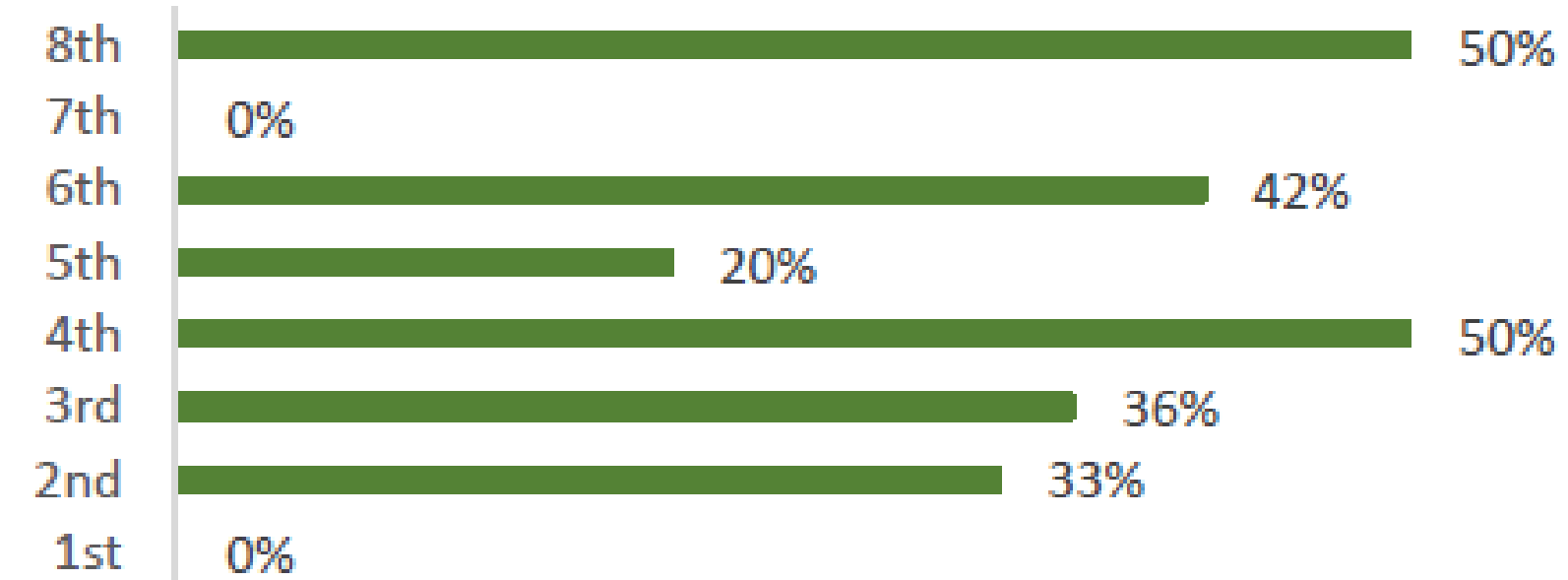


SBHC MH Visits Summary

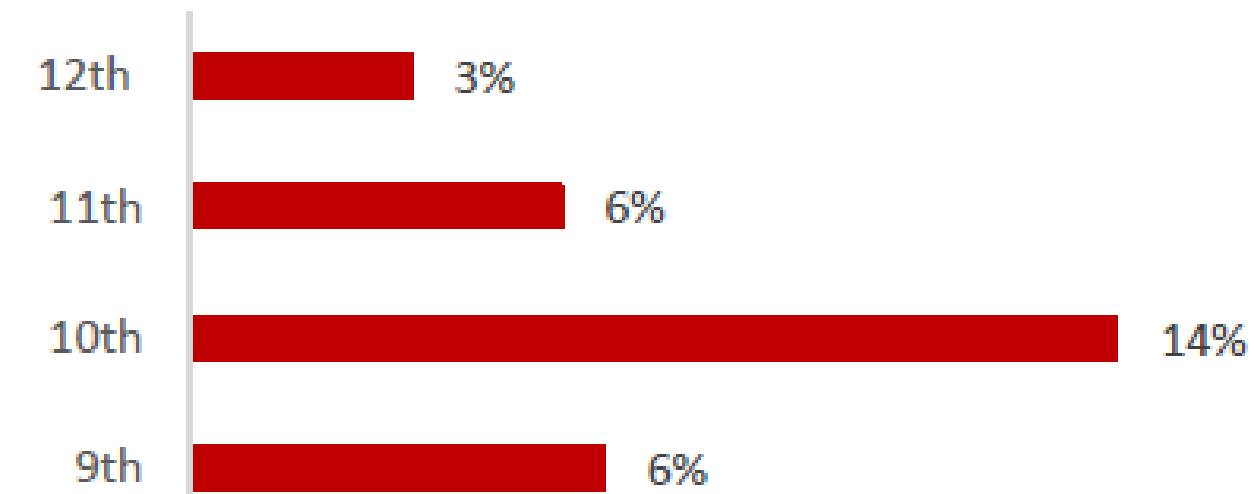
	SBHC MH Utilization Summary					
	Brinnon	Chimacum	Port Townsend	Blue Heron	Quilcene	Overall
Total visits	460	375	425	289	286	1835
Total users	20	55	32	28	29	164
Clinic days with visits	77	125	126	76	79	483
Average visits by clinic days ⁴	6.2	3.0	3.4	3.8	3.7	4.0
Average visits per month⁵	46	38	43	29	29	37
Average visits by client	23	6.8	13.3	10.7	9.9	12.7
Range of visits by client	10-32	1 - 28	1 - 44	1-25	1-26	1 - 44
Total Enrollment⁶⁶	G. 1-8: 74	G. 1-8: 418 G. 9-12: 201	G. 1-8: 639 G. 9-12: 434	G. 6-8: 222	G. 1-8: 389 G. 9-12: 85	G. 1 – 8: 1,668 G. 9 – 12: 720
Utilization Rate	G. 1-8: 27%	G. 1-8: 3% G. 9-12: 21%	G. 1-8: 0% G. 9-12: 7%	G. 6-8: 13%	G. 1-8: 4% G. 9-12: 17%	G. 1-8: 10% G. 9-12: 13%

Percent MH Users by Grade

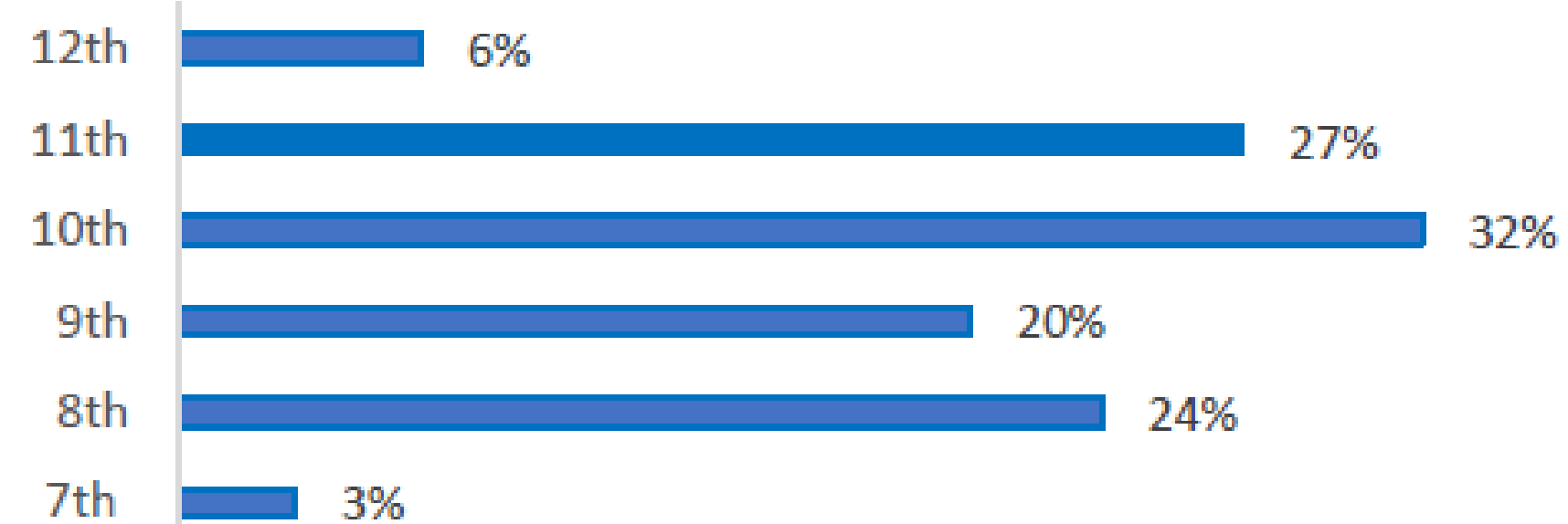
Brinnon % of Students Utilizing Services per Grade



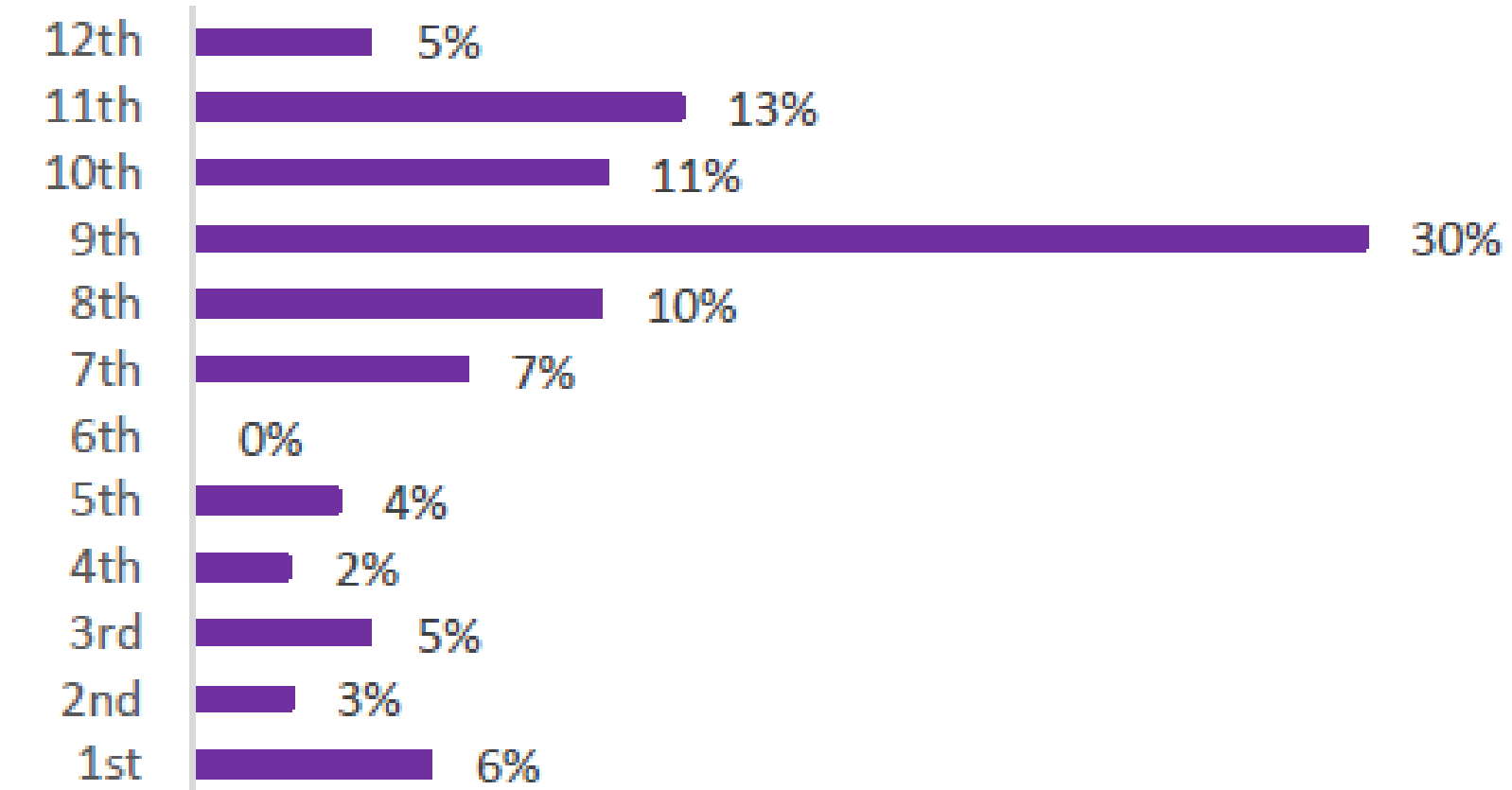
Port Townsend % of Students Utilizing Services per Grade



Chimacum % of Students Utilizing Services per Grade



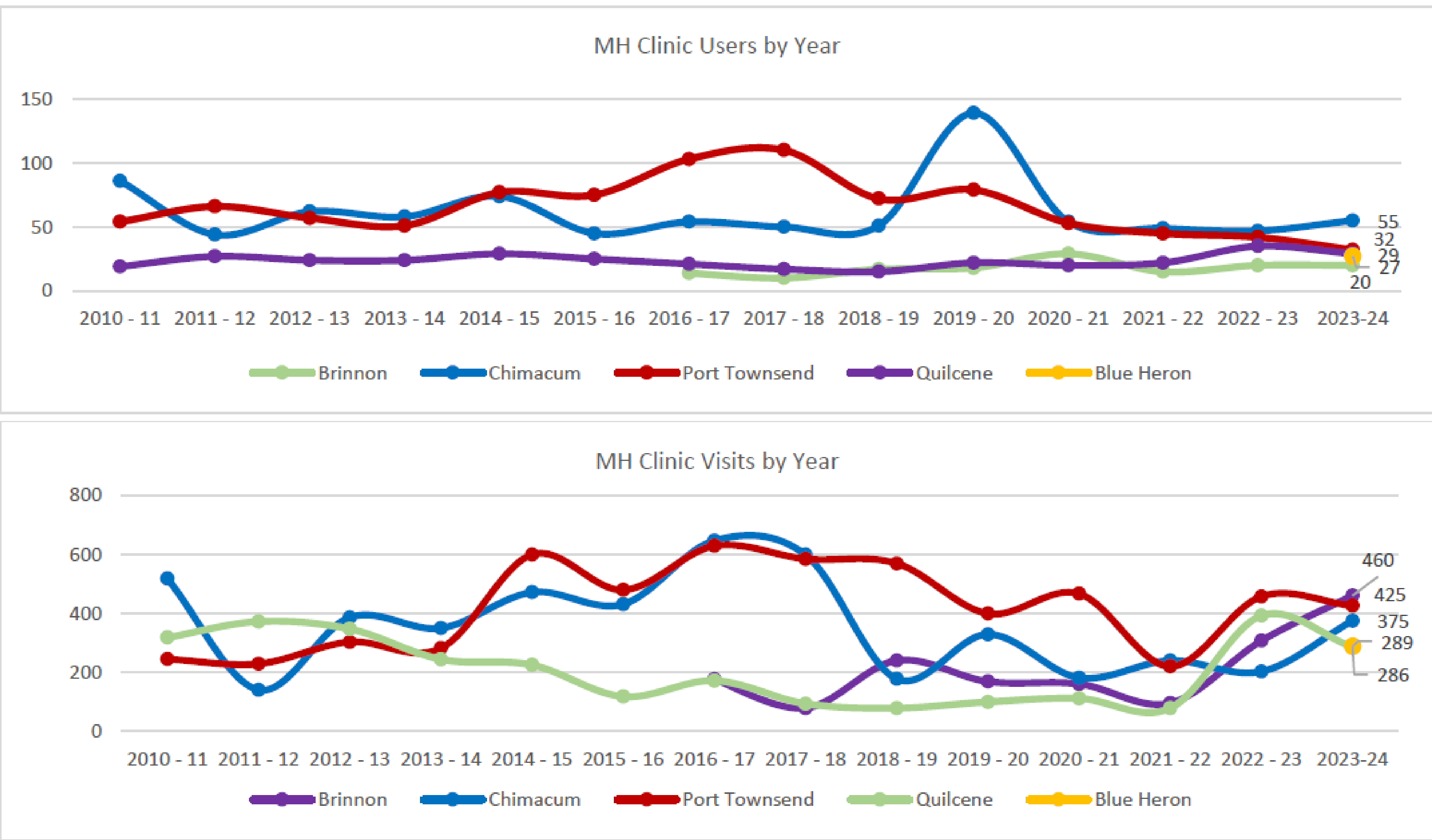
Quilcene % of Students Utilizing Services per Grade



Top Reasons for SBHC Mental Health Visits

		Brinnon	Chimacum	Port Townsend	Blue Heron	Quilcene
Student Concern	1	Family	Stress	Anxiety	Anxiety	Family
	2	Anger	Anxiety	Depression	Depression	Anxiety
	3	Grief	Family	Family	School	Stress
	4	School	Depression	Relationships	Family	Relationships
	5	Stress	Self Esteem	Stress	Relationships	Self Esteem
		Brinnon	Chimacum	Port Townsend	Blue Heron	Quilcene
Clinician Concern	1	Family	Stress	Anxiety	Depression	Family
	2	Anger	Self Esteem	Depression	School	Anxiety
	3	Stress	Family	Family	Self Esteem	Self Esteem
	4	Grief	Anxiety	Relationships	Suicide	Stress
	5	School	Depression	Stress	Anger	Relationships

SBHC Mental Health Users and Visits by Year



DOH Grant Funding Update

Current Finances

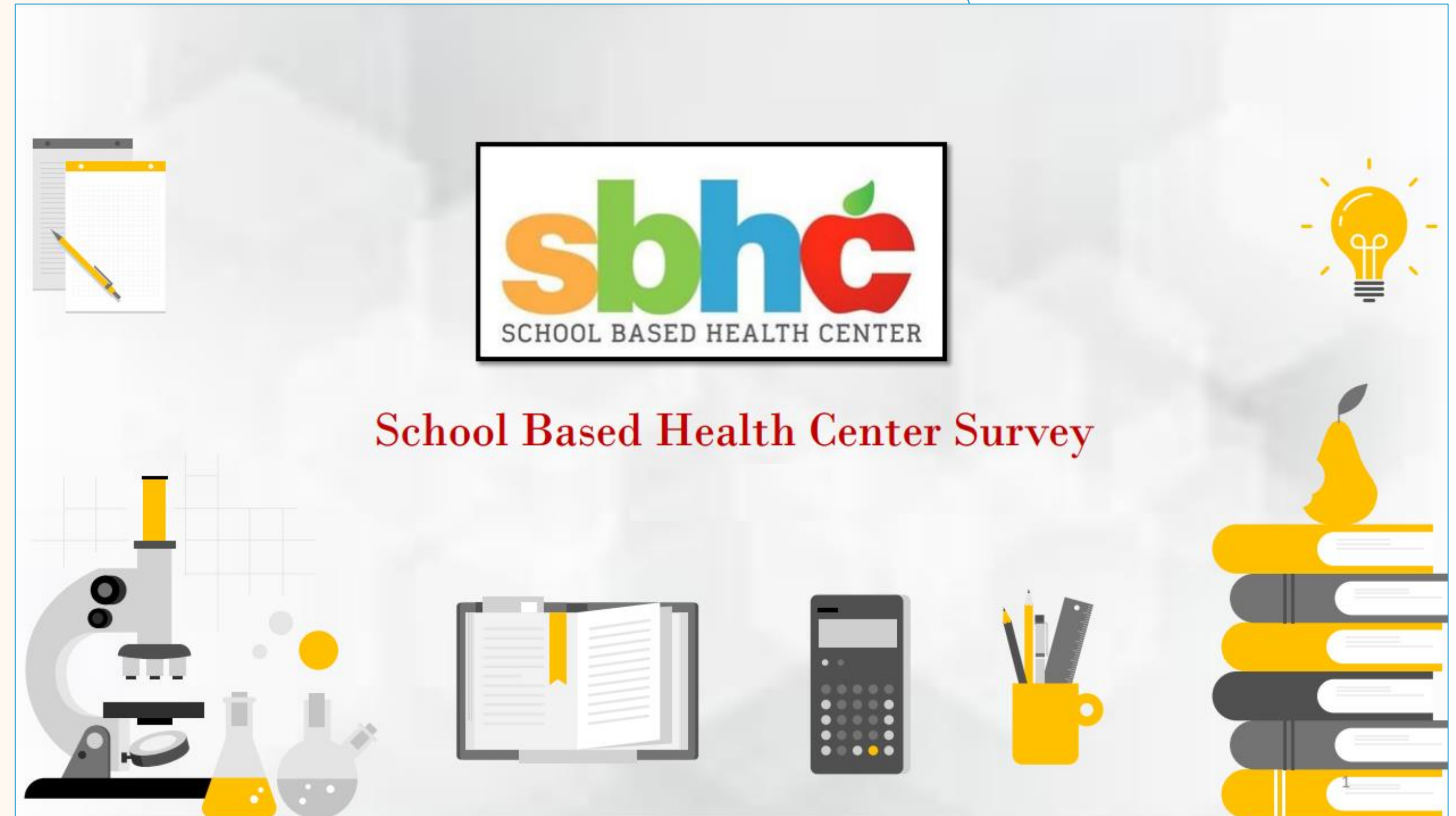
Expenses/Base Salaries	\$36,000– Lead Advanced Registered Nurse Practitioner 12h
	\$26,992-ND/ARNP 10h
	\$19,518-ND/ARNP contract position 10h
	\$29,303- Medical records clerk 18h
	\$8,880-Medical records clerk 6 h
	\$4,400 Financial operations coordinator
	\$68,450 (46,250 + 22,2000) Port Townsend Counselor
	\$68,450 (46, 250 + 22,200) Chimacum Counselor
	\$45,325 (23,125 +22, 200 Quilcene Counselor
Total	\$307,318

DOH Grant Funding Update

Income		
	Jefferson Health Care partner	\$73,438
	DOH SBHC grant	\$150,000
	Federal title X	\$ 13,000
	Educational Service District-BH	\$115, 625
	Billing (private,Medicaid)	\$46,590
	General Fund	\$0
	Donations	\$ 9,198
Total Income		\$408 851
Expense		
	Current operation expenses	\$307, 318
	Interfund lease	\$18,892
	Indirect overhead	\$54,191
Total Expense		\$380,401
Positive balance		\$28, 450

Inclusivity Project: SBHC's 2024 Student Feedback Survey

Planning to survey all High School students at Chimacum, Port Townsend, and Quilcene in February 2025.



Dove House Advocate and Child Advocacy Center

Presentation by: Elizabeth Uchitelle

Current SBHC Services Overview

Port Townsend High School Team			CHIM Jr/Sr High School Team		
	Provider	Onsite		Provider	Onsite
Behavioral Health Services	Andrea Knutson MH Counselor	3 Days		Cynthia Langston MH Counselor	3 Full Days
Medical Services	Susan O'Brien, ARNP Cynde Marx Beate Liebetruth	T, Th		Melinda Bower, ND Erin Vicha, ND Cynde Marx	T, F - Full Day

Quilcene High School Team			Brinnon K-8		
	Provider	Onsite		Provider	Onsite
Behavioral Health Services	Jessica Garcia Ali Fulton MH Counselors	2 Days		Selena Sena-Hopkins MH Counselor	M, T - Full Day
Medical Services	Melinda Bower, ND Eric Vicha, ND Cynde Marx	Monday AM Wednesday PM			

I & E Educational Materials Review

Review required by community representative of those we serve

Forms/Information Handouts Reviewed

- 1) Emergency contraception
- 2) Health History form (English and Spanish)
- 3) IUD information
- 4) Birth control pill information (English and Spanish)
- 5) STI information (Spanish)
- 6) Information re: family planning service program (Spanish)

Reviewers include: teens (2), Hispanic, Spanish-speaking, bisexual, person in 30s,
2 persons in 40s, and South County resident

The image shows a tilted 'I&E Advisory Committee Review Form' from RHNTC (Reproductive Health National Training Center). The form includes a thank-you message, a request for feedback, and fields for 'Agency name' and 'Review date'. A large blue stamp with a checkmark and the word 'Reviewed' is placed over the form. Below the stamp, there are questions about the material's readability and ease of understanding, with 'Yes' and 'No' response options.

I&E Advisory Committee Review Form

RHNTC
REPRODUCTIVE HEALTH
NATIONAL TRAINING CENTER

Thank you for being part of the Advisory Committee to review an informational and educational (I&E) material. We are asking you to review this material because we want to know what you think would make it better. There are a lot of people who represent the community we serve, and we want to make sure our agency is a good one to share with our clients, and what you think would make it better. There are a lot of people who represent the community we serve, and we want to make sure our agency is a good one to share with our clients, and what you think would make it better. There are a lot of people who represent the community we serve, and we want to make sure our agency is a good one to share with our clients, and what you think would make it better.

Agency name: _____

Review date: _____

Reviewed

1. Please answer the questions below about this material's written content.

Is the material easy to understand? Yes ☐ No ☐

Are there any specific words or medical terms that might be hard for some people? Yes ☐ No ☐

Advisory Board Agenda - November 7, 2024

1. Introductions (5 Minutes)
2. School District Updates re: SBHCs (10 Minutes)
 - Schools
 - Blue Heron/OCEAN SBHC - Susan
 - Mental Health- Partnership with DBH
3. SBHC Updates (15 Minutes)
 - 2023-24 SBHC Report review - Susan
 - SBHC Grant Funding DOH Opportunity Update - Melinda
 - Inclusivity Project, Youth Engagement & Survey Summary – Susan/Melinda
4. Dove House advocate and Child Advocacy Center- Elizabeth Uchitelle
5. Behavioral Health/Medical Update - All
6. I & E Educational Materials Review - Susan
7. Ongoing Conversations – 5 minutes
 - Vaping
 - Ideas around supportive housing for students
 - YSBIRT

Future Meetings

- Thursday, Feb. 6th, 2025
3:30pm @ Chimacum HS
Library (To be confirmed)
- Thursday, May 8th, 2025
3:30pm @ Quilcene School
(To be confirmed)

Prior Meeting's Materials

- [5/23/2024 Meeting Packet](#)

Questions?

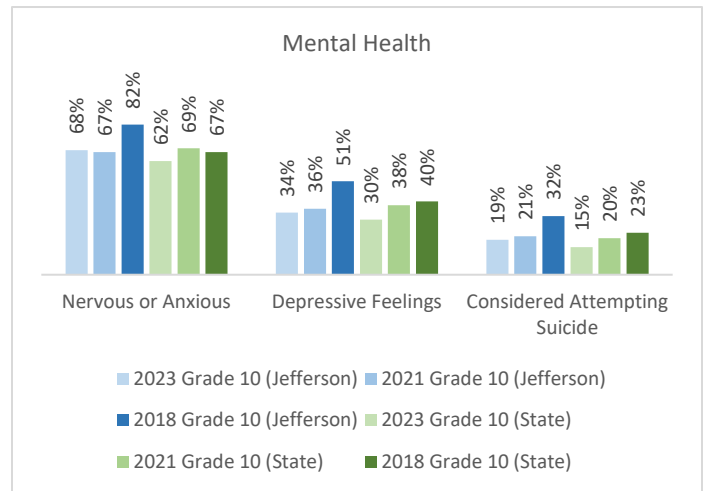
Thank You!

Jefferson County School Based Health Centers 2023-24 Participation Report

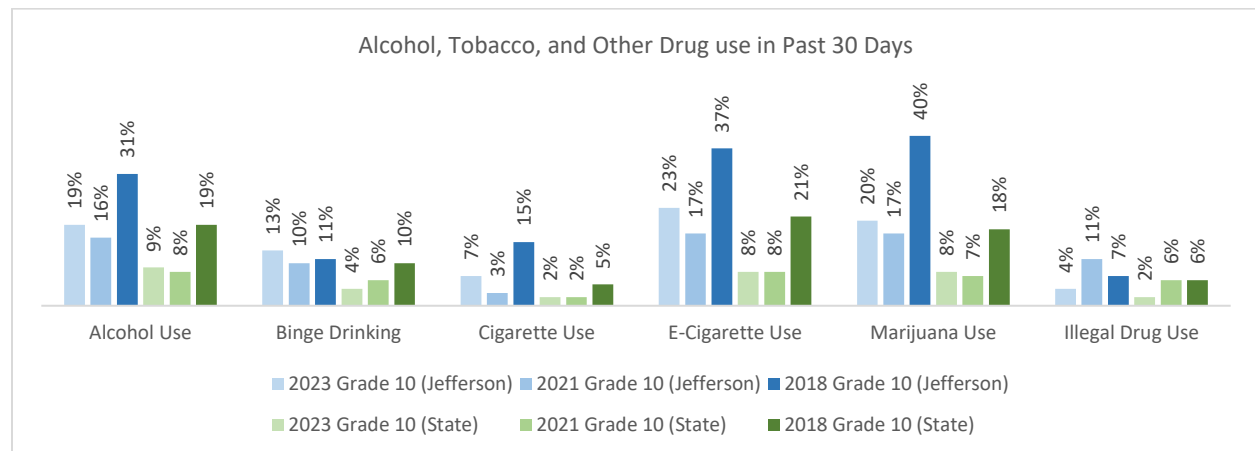
Jefferson County: School Based Health Centers 2023-2024 Participation Report

The State of Jefferson County Youth, At A Glance:

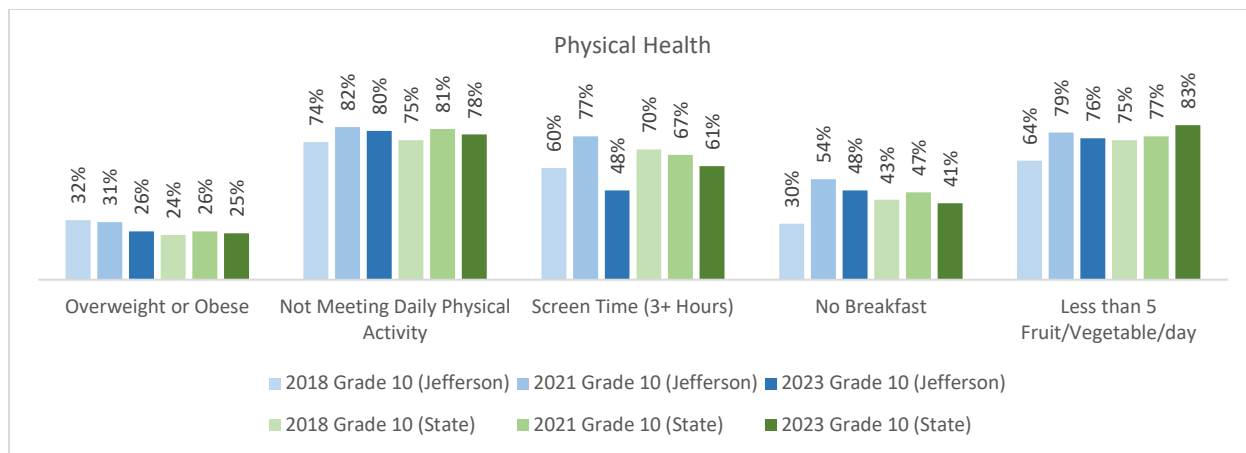
In 2023, the 10th grade participants of the Healthy Youth Survey (HYS) had a participation rate of 72% in Jefferson County; in 2021, the rate was 81%. The Healthy Youth survey is conducted every two years, the next survey will be administered in Fall of 2025. In the survey, more than 6 in 10 Jefferson 10th graders reported feeling nervous or anxious in the past 2 weeks; more than 3 in 10 reported depressive feelings for 2 weeks or more in the past year and nearly 1 in 5 reported considering suicide in the past year.



Percentages of students using alcohol, cigarettes, e-cigarettes, marijuana, and illegal drugs increased from 2021 to 2023. About 19% of Jefferson 10th graders report using alcohol and 20% report using marijuana in the past 30 days. More than 57% of Jefferson 10th graders report they feel youth marijuana use is wrong compared to 77% statewide. 56% of 10th graders feel that marijuana is easy to access, compared to 31% statewide. 40% of 10th graders report that their parents have talked to them about not using alcohol compared to 60% in 2021 and 58% statewide; 46% report that parents have talked to them about not using marijuana, compared to 57% statewide.



More than eight in 10 Jefferson 10th graders are not meeting daily physical activity recommendations. Close to half of 10th graders report over 3 hours of daily screen time, less than half eat breakfast daily, and only 1 in 5 consume five daily fruit/vegetable servings.



Twenty-six percent of 10th and 42% of Jefferson County 12th graders report ever having had sex (HYS 2021). Notably, in 2022, Jefferson County has a lower teen (age 15-17) pregnancy rate at 6 per 1,000 compared to Washington at 7 per 1,000. (WA State Dept. of Health, Community Health Assessment Tool, September 2024). In 2022, Jefferson's rate of sexually transmitted infections in people aged 15-17 (2 per 1,000) was lower than Washington's (4 per 1,000) (WA State Dept. of Health, Community Health Assessment Tool, September 2024).

School Based Health Center Background:

School-Based Health Centers (SBHCs) were established during the 2008-09 school year to address a need for adolescent primary and mental health care in East Jefferson County. During the 2023 – 24 school year, the Chimacum SBHC provided 12 hours of medical services per week. The SBHC in the Port Townsend School District provided students with 12 hours of medical service per week. Medical services were provided in Quilcene with 6.5 hours per week. Medical services are provided by Advanced Registered Nurse Practitioners (ARNP) and/or Naturopathic Doctors. During the 2023 – 24 school year, 24 hours of mental health services were provided at Port Townsend and 14 hours at Blue Heron Middle School, 24 hours at Chimacum Jr/Sr High School, 18 hours at Quilcene, and 14 hours at Brinnon per week. Additional hours for mental health services in each of the SBHCs were added with new funding provided from a grant awarded through the new School Based Health Centers program at the Department of Health (Operations and Expansion grant for SBHCs). Mental health services were delivered by contractors of OESD.

Free and Reduced Lunch Rates

Source: OSPI, 2023 - 24 school year	%
Brinnon School District	82
Brinnon Elementary	82
Chimacum School District	72
Chimacum Creek Primary	82
Chimacum Elementary	79
Chimacum Junior and Senior HS	61
Port Townsend School District	44
Salish Coast Elementary	42
Blue Heron Middle School	43
Port Townsend High School	43
Quilcene School District	66
Quilcene High and Elementary	66

Medical services were funded by Jefferson County Public Health, Washington State Department of Health, Title X, Jefferson Healthcare, and insurance billing. Mental health counseling services were funded by a Jefferson County Behavioral Health (Mental Health/Substance Abuse) Sales Tax contract with OESD and WA DOH. Services are available regardless of insurance or ability to pay – more than 4 in 10 students at each school served are low-income (see Free and Reduced Lunch Rates table). Medical care focuses on preventive services including immunizations, tobacco cessation, nutrition, eating and weight concerns, reproductive health care, physicals, and mental health counseling. Injury, illness, and infection visits are also common throughout the year.

Evaluation Methods:

For every medical visit, data on student concerns, clinician addressed topics, and referrals are recorded by the SBHC clinicians. Demographic and health care access data are collected at each client's first visit by SBHC clinical support staff. For every mental health visit, data on student concerns, clinician addressed topics, and referrals are recorded by the MH clinician. Demographic data are collected at each client's first visit.

Data in this report were collected from August 2023 through June 2024.

SBHC Medical Services Report:

Pages 3-7

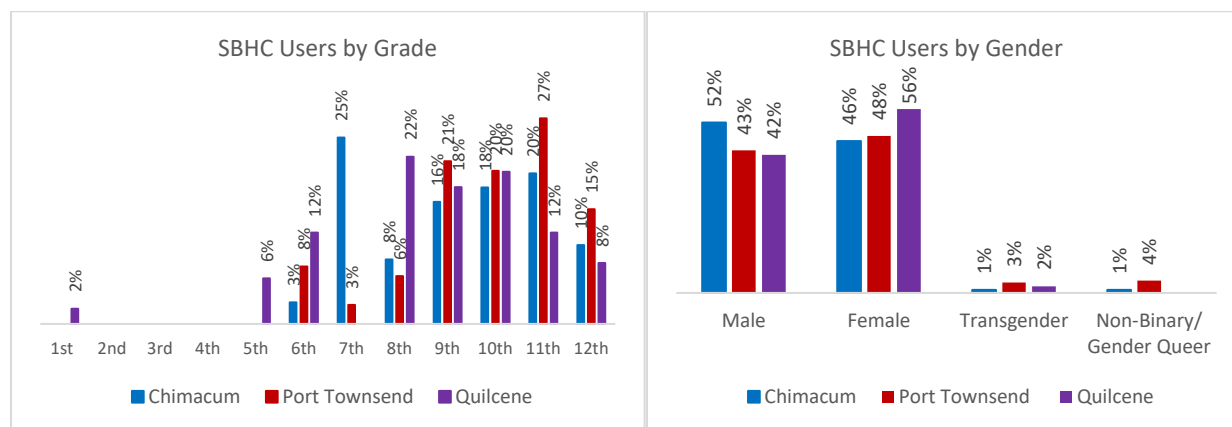
SBHC Mental Health Services Report:

Pages 8-13

SBHC Medical Services

Demographics

Chimacum and Port Townsend had students from grades 6 - 12, and Quilcene had students from grades 1 - 12. At Port Townsend and Quilcene, SBHC users were more likely to identify as female while Chimacum saw more clients identifying as male. At Chimacum, 1% of users and at Port Townsend, 4% of users identified as non-binary/gender queer.



For SBHC reported race/ethnicity, any selection of two separate race categories were recoded to the two or more races category.

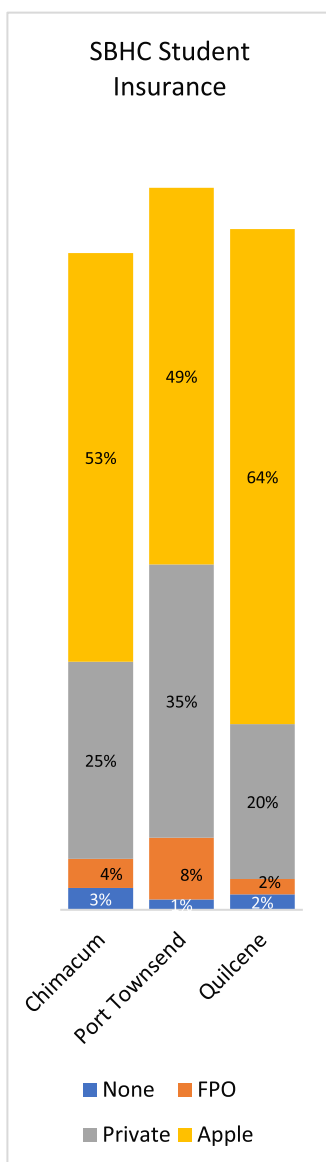
Overall, most students in Chimacum, Port Townsend, and Quilcene identify as white, similar to the percentage of students for their districts, respectively.

In Chimacum, among SBHC users there was a higher representation of Asian, American Indian/Alaska Native, Native Hawaiian/Pacific Islanders, and Multiracial students than the district population. In Port Townsend, there was a higher representation of Black students than the district population. In Quilcene, there was a higher representation of students who identify as American Indian/Alaska Native and Hispanic/Latino than the district population.

Racial Composition	Chimacum (Grades)		Port Townsend (Grades)		Quilcene (Grades)	
	SBHC (5-12)	Dist. (K-12)	SBHC (5-12)	Dist. (K-12) *	SBHC (1-12)	Dist. (K-12) *
American Indian / Alaska Native (AIAN)	2.8%	1.5%	1.9%	0.7%	8.0%	1.5%
Asian	3.8%	1.4%	1.9%	2.0%	0.0%	1.1%
Black	1.9%	0.4%	1.3%	1.1%	0.0%	0.2%
Hispanic/Latino (Any race)	3.8%	12.6%	6.9%	10.8%	8.0%	5.3%
Native Hawaiian / Pacific Islanders (NHOPI)	2.8%	0.4%	0.0%	0.2%	2.0%	0.6%
Multiracial	12.3%	6.8%	8.8%	9.1%	6.0%	7.7%
White	70.8%	76.9%	78.0%	76.1%	76.0%	83.6%

*Note: Data unavailable to restrict by grade.

**Note: Totals may not equal 100% due to rounding.



Insurance type distributions for SBHC utilizers was similar for all schools.

Overall, less than 10% of all SBHC utilizers had an unknown insurance type.

Most students who reported their insurance, reported having Apple Insurance (49% - 64%). The second most common type of insurance was private (20% - 35%). Quilcene had the highest percentage of students who utilized Family Planning Only (FPO) at 8%. Approximately 1% - 3% of utilizers reported no insurance.

Overall, between 58%-81% of students at each school reported having usual medical and dental providers. Even less reported having usual mental health providers (21% - 30%).

For students reporting having visited a provider in the past year the percentage varied by district, in Port Townsend 68% had visited a provider and in Quilcene only 31%. For dental it varied as well, in Port Townsend 65% visited and in Quilcene only 45%. The lowest service visited was mental health providers.

Compared to the 2021 HYS results for Jefferson County 10th graders, SBHC utilizers reported similar percentages who visited a medical provider, but less than the HYS for those who visited a dental provider. Overall, Jefferson County report fewer routine checkups for medical and dental compared to the state.

		Medical	Dental	Mental
SBHC Students report having a usual place for care:	Chimacum	66%	58%	21%
	Port Townsend	81%	75%	30%
	Quilcene	63%	67%	29%
SBHC Students report having visited a provider in the past year:	Chimacum	54%	41%	13%
	Port Townsend	68%	65%	23%
	Quilcene	31%	45%	14%
2021 HYS 10th graders report a routine checkup in the past year:	Jefferson County	59%	80%	-
	Washington State	67%	86%	-

SBHC Referrals

Both school districts follow similar trends of student referral sources to the SBHC. Referral by the parents was the most common, followed by school, friend, and coach.

The most common referrals from the SBHCs were for the school-based mental health program, medical services, and mental health outpatient services. Clinicians refer SBHC participants to a variety of providers and organizations in the area on a consistent and ongoing basis depending on identified needs.

Summary of how students were referred to the SBHC											
	Parent	Friend	Teacher	Coach	Couns.	Pr/VP	SBHC MH	School	Class	Poster	Other
Chimacum	42	6	7	1	1	0	2	24	4	1	4
Port Townsend	54	23	4	13	6	0	2	31	1	2	3
Quilcene	23	2	1	0	2	0	1	9	0	1	1
Total	119	31	12	14	9	0	5	64	5	4	10

SBHC Usage

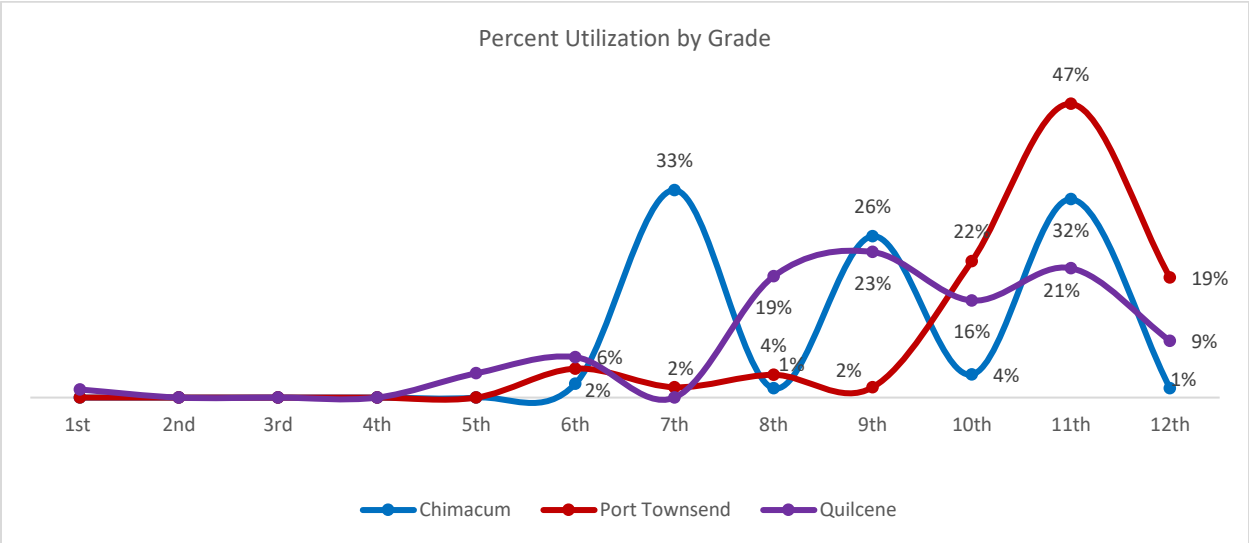
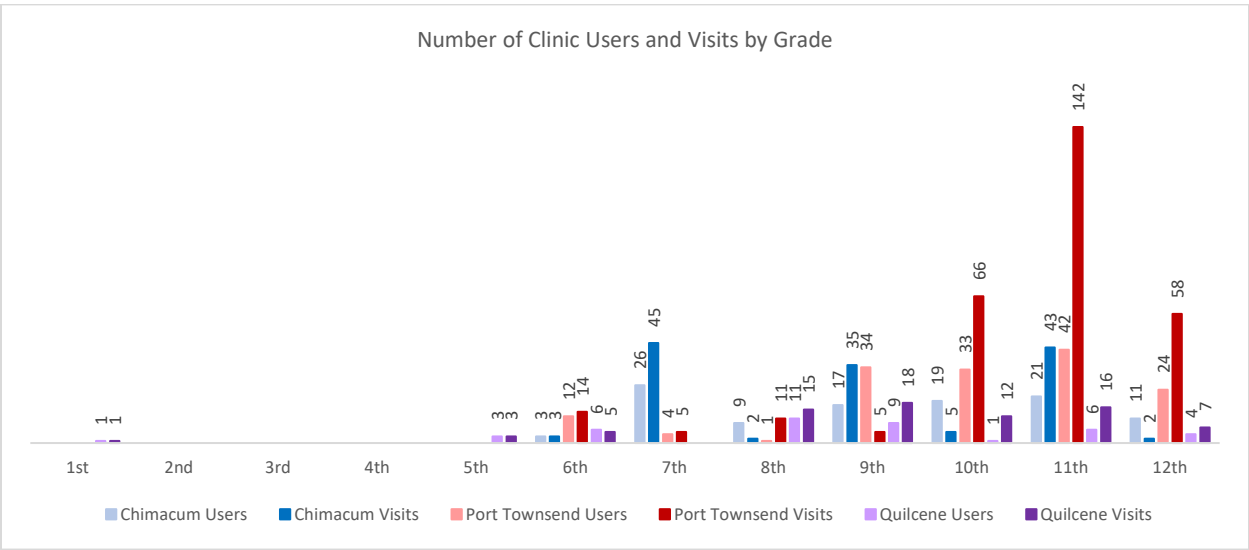
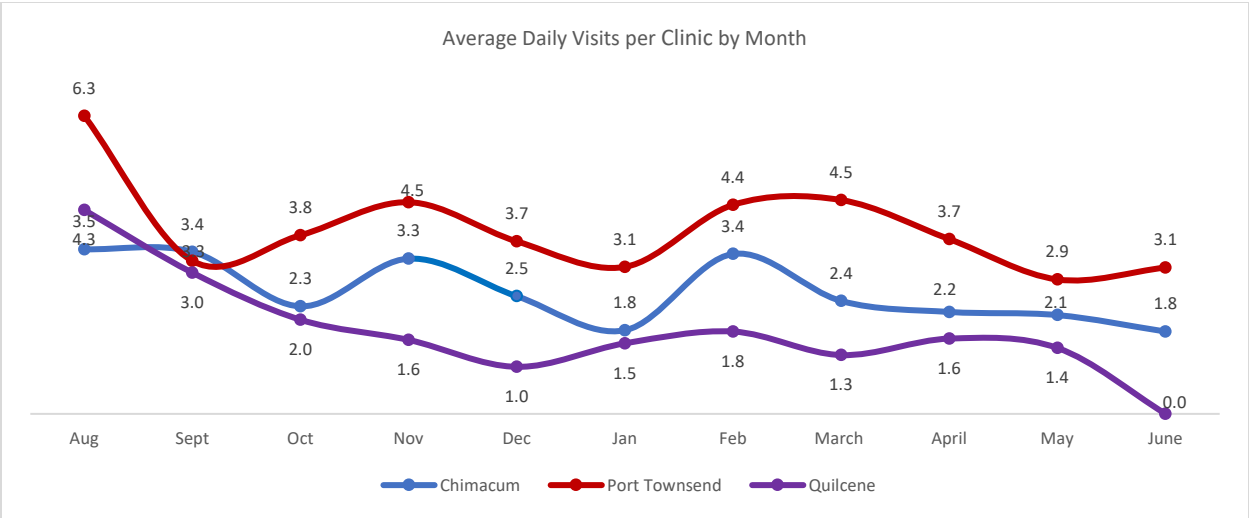
During the 2023 – 24 school year, the primary users and visits were from 9 – 12th grade students. SBHCs had 517 visits by students in 9-12th grades during 210 clinic days. Visits per day vary considerably month to month, between 1.0 and 6.3. At Chimacum, 7th graders had the greatest number of clinic users (26), while 10th graders had the greatest number of visits (50 visits for 19 students). At Port Townsend, 11th graders had the greatest number of clinic users (42) and the greatest number of visits (142). At Quilcene, 8th graders had the greatest number of clinic users (11), and 9th graders had the greatest number of visits (18). The highest percent utilization for Chimacum was for 10th, 11th graders for Port Townsend, and 9th graders for Quilcene.

SBHC Utilization Summary				
	Chimacum	Port Townsend	Quilcene	Overall
Total visits	216 (G 9-12: 148)	346 (G. 9-12: 316)	77 (G. 9-12: 53)	639 (G 9-12: 517)
Total users	106 (G 9-12: 68)	159 (G. 9-12: 133)	50 (G. 9-12: 29)	315 (G 9-12: 230)
Clinic days with visits	80	89	41	210
Avg. visits by clinic days ¹	2.6	3.9	1.8	2.8
Avg. visits per month ²	20	31	7	19
Avg. visits by client	2.0	2.1	1.5	1.9
Range of visits by client	1 - 11	1 - 29	1 - 5	1 - 29
Total Enrollment ³	G. 1-8: 418 G. 9-12: 201	G. 1-8: 639 G. 9-12: 434	G. 1-8: 389 G. 9-12: 85	G. 1 – 8: 1,446 G. 9 – 12: 720
Utilization Rate	G 1-8: 9% G 9-12: 34%	G 1-8: 4% G 9-12: 31%	G 1-8: 5% G 9-12: 34%	G 1-8: 6% G 9-12: 32%

¹ Values not directly comparable because of different clinic day lengths.

² Only months for which services were provided were included in this calculation.

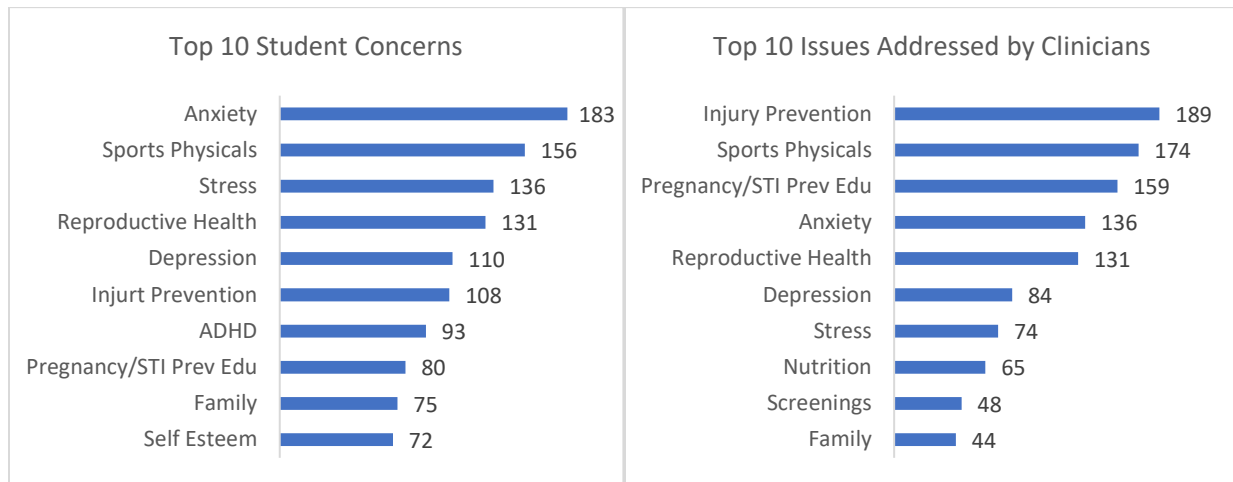
³ Source: Washington State Report Card. Accessed 10/2022 at <https://washingtonstatereportcard.ospi.k12.wa.us>.



SBHC Visit Reasons

Top five reasons for clinic visits by category:

	BEHAVIORAL HEALTH		PHYSICAL HEALTH		HEALTH EDUCATION	
	Student Concern	Clinician Addressed	Student Concern	Clinician Addressed	Student Concern	Clinician Addressed
1	Anxiety	Anxiety	Sports Physical	Sports Physical	Injury Prev.	Injury Prev.
2	Stress	Depression	Reprod. Health	Reprod. Health	Preg. / STI Prev.	Preg. / STI Prev.
3	Depression	Stress	Screenings	Screenings	Immunizations	Nutrition
4	ADHD	Family	Immunizations	Immunizations	Suicide Prev.	Immunizations
5	Family	Suicide	Injury	Injury	Nutrition	Suicide Prev.



Medical visits focused primarily on sports physicals, injury prevention, and reproductive health.

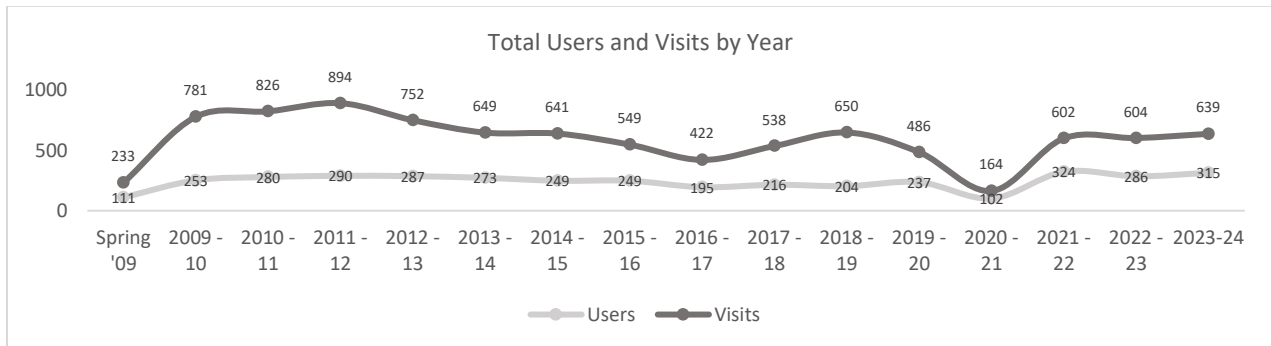
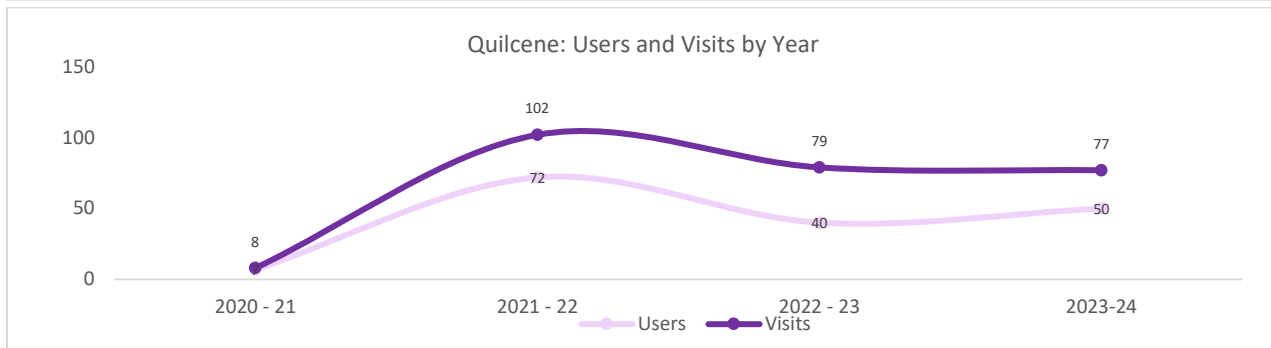
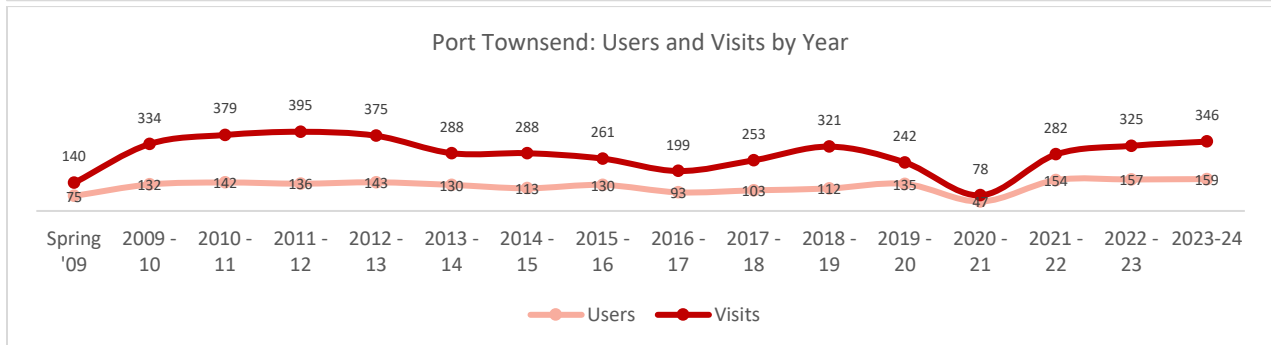
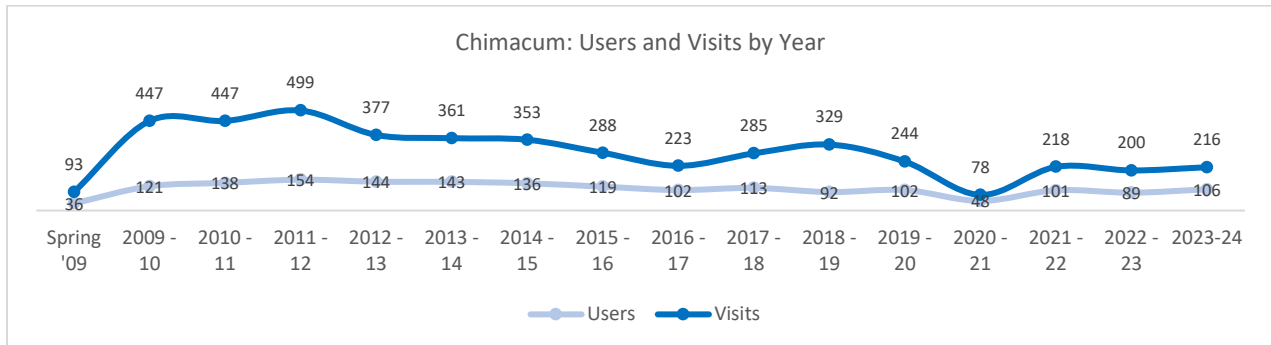
Emotional well-being represents the next largest group of SBHC visit concerns by both students and clinicians (anxiety, stress, depression).

SBHC Risk Assessment Screening

Risk Assessment Screening Summary			
	Chimacum	Port Townsend	Quilcene
Total MH Screenings	71	126	29
% of all individuals seen	67%	79%	58%
# Clients with need identified	3	32	3
# Clients referred	7	31	2
Total SBIRT Screenings	38	118	10
% of all individuals seen	36%	74%	20%
# Clients with need identified	0	9	1
# Clients referred	2	9	0

SBHC Clinic Usage Over Time

The number of users and visits in 2023 - 24 were slightly higher for all school districts compared to the previous school year. Due to the COVID-19 pandemic, the number of users and visits in the 2019 – 20 and 2020 - 21 school year were impacted.



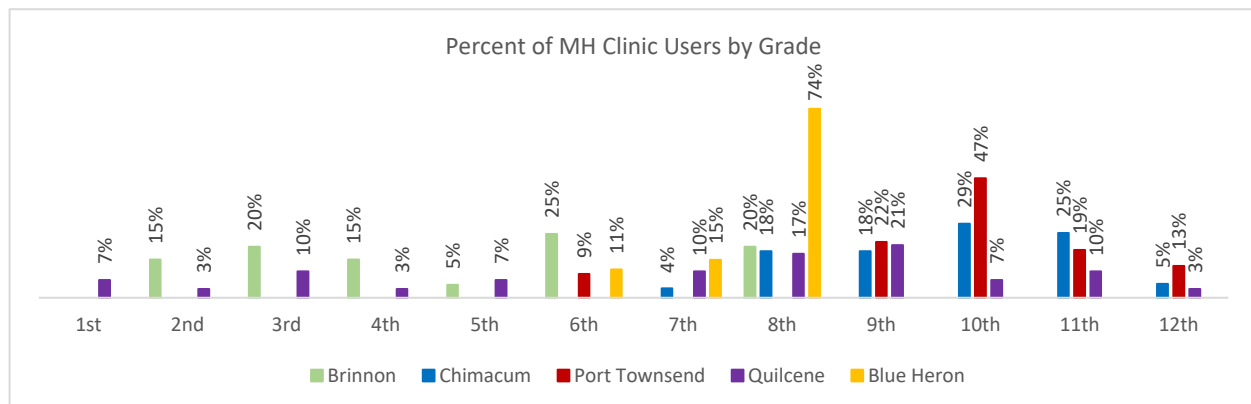
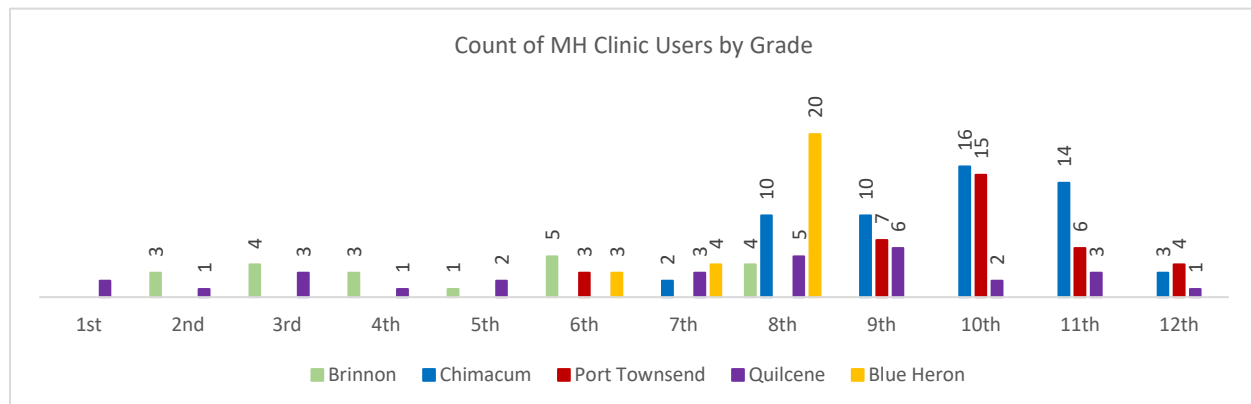
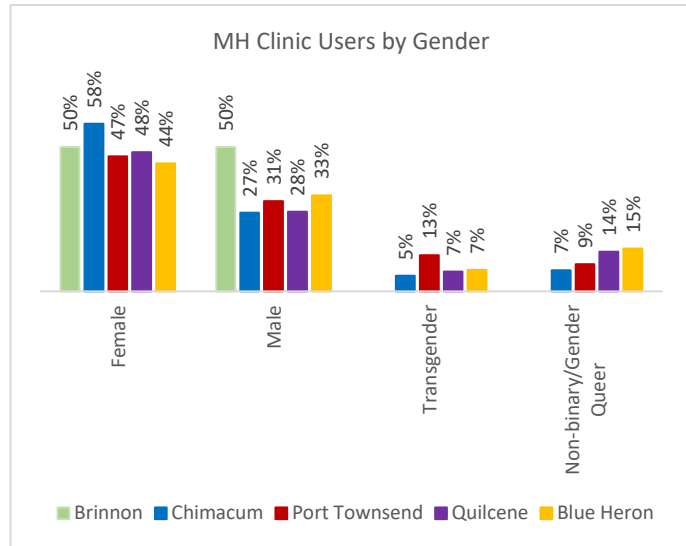
SBHC Mental Health Services

Demographics

Overall, more females than males were seen at school clinics, except for Brinnon. The majority of the MH clinic users identified as White (68%), followed by 16% identifying as multiracial, 6% identifying as American Indian/Alaska Native, 4% identifying as Asian and Multiracial, 5% identifying as Hispanic, and 1% identifying as Black.

Total Unique Individuals and Total Visits by Grade:

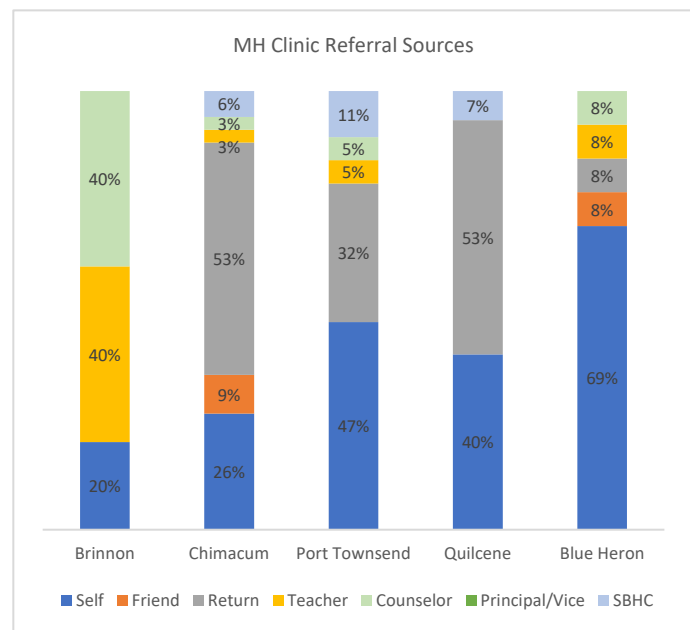
Overall, a total of 136 unique individuals were served by the SBHC with mental health services, this included 20 clients from Brinnon, 55 clients from Chimacum, 32 clients from Port Townsend, 28 clients from Blue Heron and 29 clients from Quilcene. For Chimacum and Port Townsend, the MH clinic users are in high school with some middle school students also being seen. Blue Heron serves middle school students. Quilcene serves all grades. Brinnon serves elementary and middle. At Brinnon, 3rd grade had highest use, 10th for Chimacum, 10th for Port Townsend, 8th for Blue Heron, and 9th for Quilcene.



SBHC MH Referrals

Referrals to SBHC mental health originated from a variety of sources. The leading referral sources are detailed as follows. With all sites combined, self-referrals were the most common. The most common type of referrals at each site was teacher referral and counselor at Brinnon, self at Port Townsend and Blue Heron, and returning client referral at Chimacum and Quilcene.

Chimacum, Port Townsend, and Quilcene tracked referrals made from the SBHC MH clinic to outside services for 2023 – 2024. The most common type of referrals were to mental health outpatient (53), school-based medical clinic (40), and medical services (41).



SBHC MH Visits

Brinnon had the highest number of visits (460) and Chimacum had the highest number of clients (55). Port Townsend had the most clinic days (126) followed by Chimacum (125). Brinnon had the highest number of visits per clinic day (6.2 visits per day) while Chimacum had the lowest (3.0 visits per day). The highest utilization rates belonged to Brinnon (27%) for grades 1-8 and Port Townsend (21%) for grades 9-12.

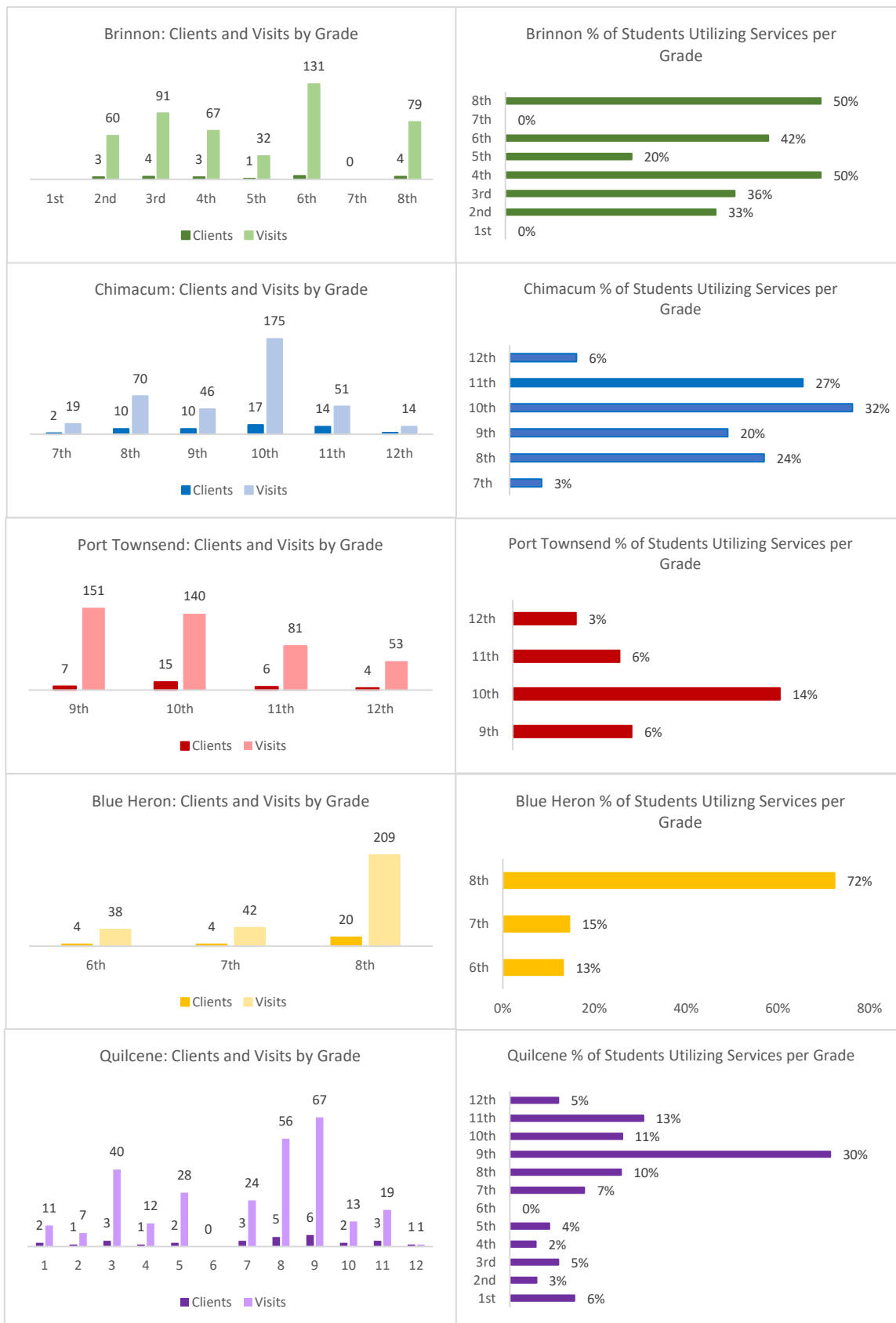
	SBHC MH Utilization Summary					
	Brinnon	Chimacum	Port Townsend	Blue Heron	Quilcene	Overall
Total visits	460	375	425	289	286	1835
Total users	20	55	32	28	29	164
Clinic days with visits	77	125	126	76	79	483
Average visits by clinic days ⁴	6.2	3.0	3.4	3.8	3.7	4.0
Average visits per month⁵	46	38	43	29	29	37
Average visits by client	23	6.8	13.3	10.7	9.9	12.7
Range of visits by client	10-32	1 - 28	1 - 44	1-25	1-26	1 - 44
Total Enrollment^{6,6}	G. 1-8: 74	G. 1-8: 418 G. 9-12: 201	G. 1-8: 639 G. 9-12: 434	G. 6-8: 222	G. 1-8: 389 G. 9-12: 85	G. 1 – 8: 1,668 G. 9 – 12: 720
Utilization Rate	G. 1-8: 27%	G. 1-8: 3% G. 9-12: 21%	G. 1-8: 0% G. 9-12: 7%	G. 6-8: 13%	G. 1-8: 4% G. 9-12: 17%	G. 1-8: 10% G. 9-12: 13%

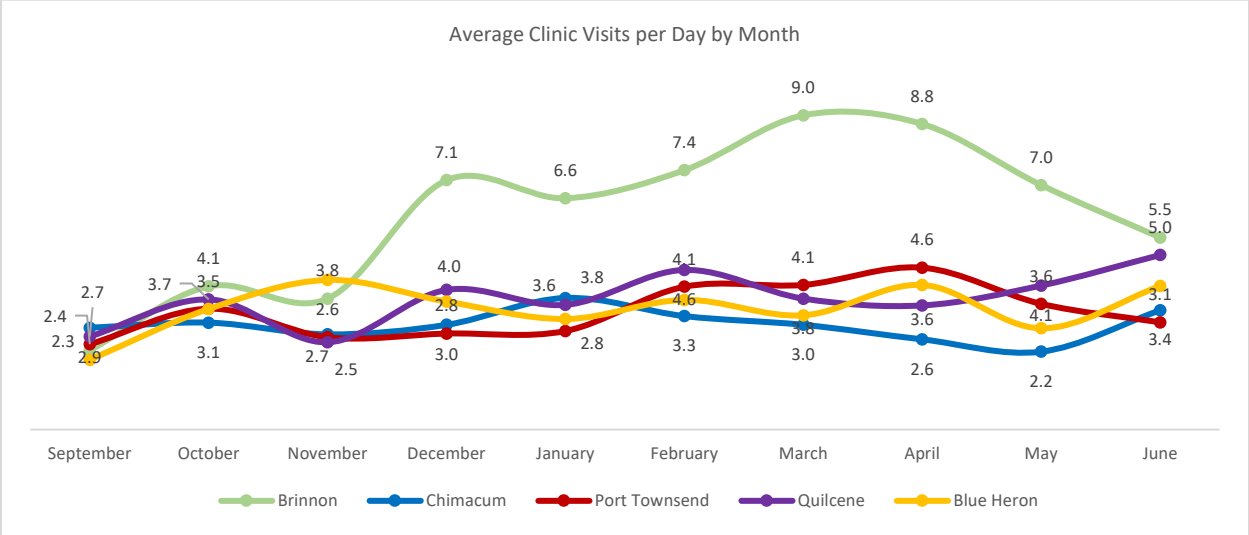
The following page breaks down the number of clients seen and visits at each school by grade. The corresponding graphs that show the percent utilization per grade represent the percentage of students in each grade that utilized SBHC mental health services.

⁴ Values not directly comparable because of different clinic day lengths.

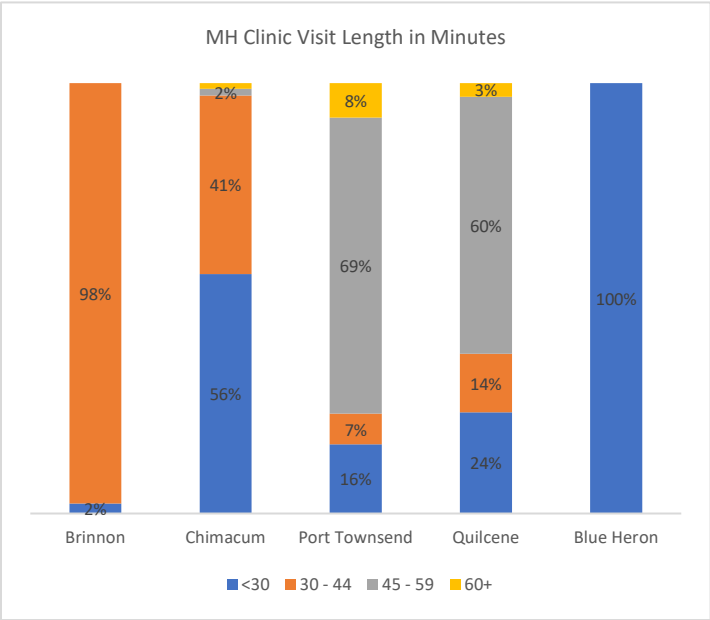
⁵ Only months for which services were provided were included in this calculation.

⁶ Source: Washington State Report Card. Accessed 9/2022 at <https://washingtonstatereportcard.ospi.k12.wa.us>.



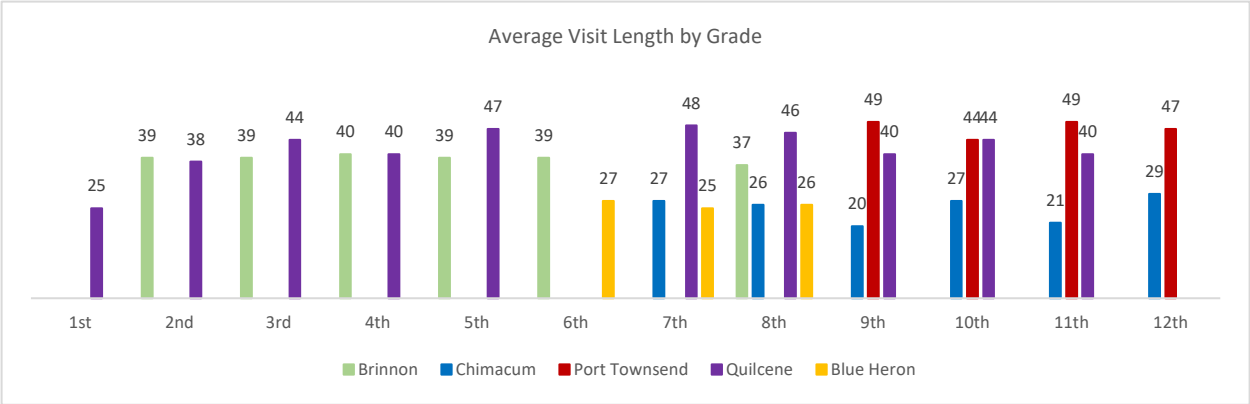


The highest average MH visits per clinic day was in March (9.0) for Brinnon; in January (3.8) for Chimacum; in April (4.6) for Port Townsend; in November (4.3) for Blue Heron, and in June (5.0) for Quilcene.



SBHC MH Visit Length:

Most MH visits (52%) were 30 – 44 minutes long. Blue Heron had the least variation in visit lengths with 100% of their visits being under 30 minutes. Brinnon was second with 98% between 20-44 minutes. In Quilcene and Port Townsend, the most common length of appointments was 45 – 59 minutes. In Chimacum, the most common length of appointments was less than 30 minutes. In Port Townsend and Quilcene, the next most common length of appointments following 45-59 minutes was less than 30 minutes. Visit times were similar across grades, ranging from an average of 25 minutes in first grade to an average of 49 minutes in eleventh grade.



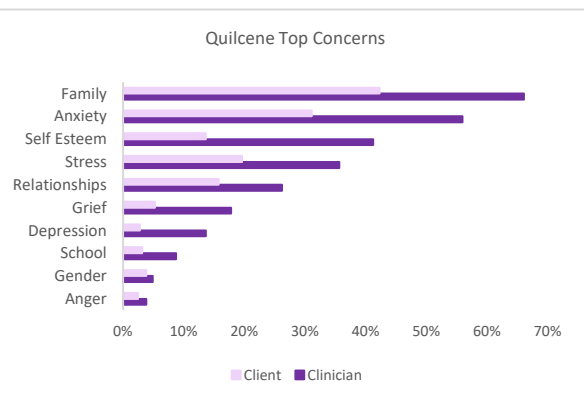
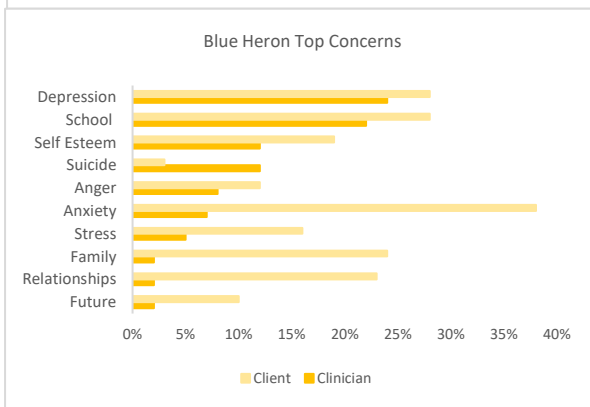
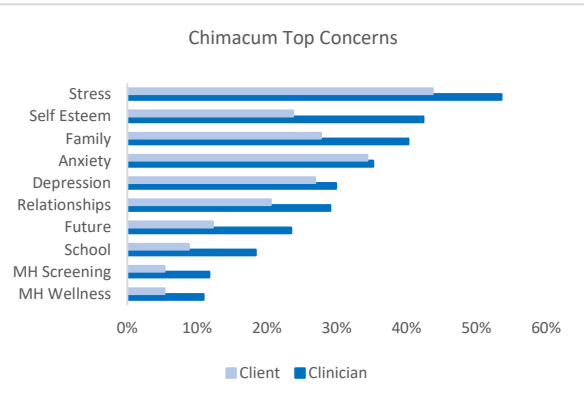
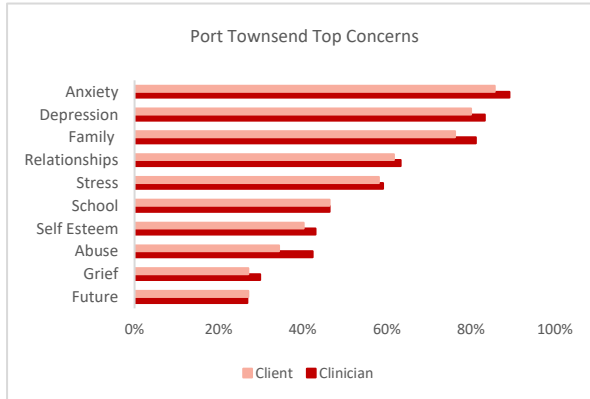
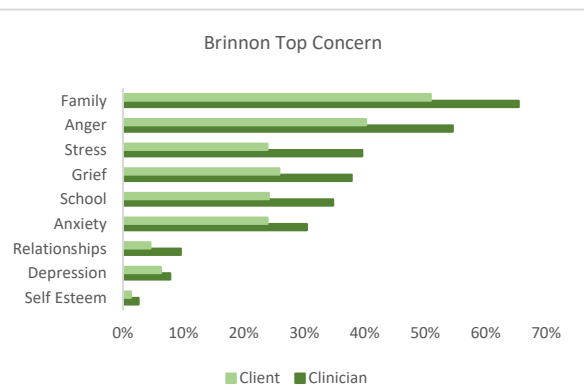
Top Reasons for SBHC MH Visits:

		Brinnon	Chimacum	Port Townsend	Blue Heron	Quilcene
Student Concern	1	Family	Stress	Anxiety	Anxiety	Family
	2	Anger	Anxiety	Depression	Depression	Anxiety
	3	Grief	Family	Family	School	Stress
	4	School	Depression	Relationships	Family	Relationships
	5	Stress	Self Esteem	Stress	Relationships	Self Esteem

		Brinnon	Chimacum	Port Townsend	Blue Heron	Quilcene
Clinician Concern	1	Family	Stress	Anxiety	Depression	Family
	2	Anger	Self Esteem	Depression	School	Anxiety
	3	Stress	Family	Family	Self Esteem	Self Esteem
	4	Grief	Anxiety	Relationships	Suicide	Stress
	5	School	Depression	Stress	Anger	Relationships

Top concerns of students and clinicians varied by school. The top concerns of students and clinicians were anxiety, stress, depression, and family.

The following charts display the reasons for visits identified by the student and clinician for each school. The sum of the bars may exceed 100% as students may present multiple reasons for each visit.



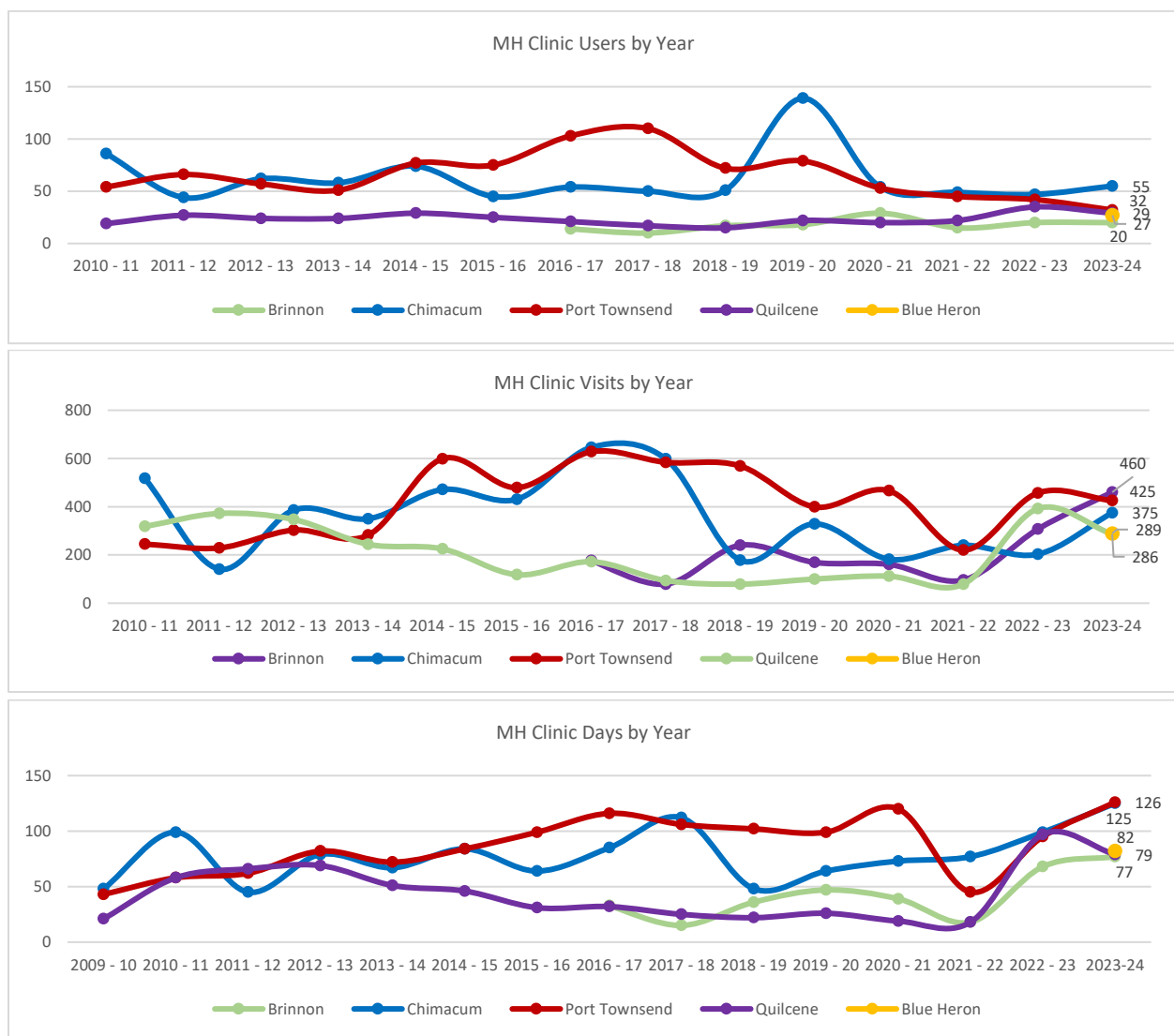
Services Provided

Most services provided were individual therapy; other services were provided, often along with individual therapy, and included primarily contacting/working with other agencies, family, or school staff and crisis intervention.

SBHC MH Visits Over Time

Trends for SBHC MH services are difficult to interpret due to changes in hours over the years. SBHC MH services were first offered at Brinnon in Fall 2016 but were interrupted in winter 2017 - 18. Due to the COVID-19 pandemic, schools closed in March 2020. This impacted clients and visits during the 2019 – 20 school year and continued for the 2020 – 21 school year. Staff were able to provide telehealth appointments despite closures.

In 2023 - 24 compared to 2022 – 23, users remained similar at all schools. Visits increased at Brinnon and Chimacum, while they decreased in Port Townsend and Quilcene. Clinic days increased for all schools, except Quilcene. This was the first year that data for Blue Heron was shown separate from Port Townsend High School.



Note: The spike in 2010-11 in Chimacum resulted from increased services after the suicide of a classmate. The drop in Brinnon in 2017 - 18 was due to an interruption in services.

SBHC MH Children's Hope Scale Scores

Children's Hope scores were collected for the first time in the 2022-23 school year. The Children's Hope Scale has six questions on it, which are responded to by students using a scale of one to six. The combination of these questions results in a Hope Scale Score which ranges from 6 to 36. The higher the score, the more hopeful a client is considered to be. For more information about the Children's Hope Scale, please see the article on the development and validation of the Children's Hope Scale by Snyder, et. al¹. Hope Score questions were only asked at the first and last appointment if a client was seen at least 4 times.

Overall, 88 clients participated by self-reporting both a first Hope Score and later Hope Score, about 62% of the clients served. Brinnon had the best participation rates, with 100% of clients reporting both first and last scores. The average first Hope Score across all locations was 19.1, while the last was 21.4, resulting in a positive change of 2.4. Brinnon and Port Townsend reported the highest initial scores (25.4 and 18.5 respectively). Chimacum reported the highest average change from first to last Hope Score (3.8).

	SBHC MH Children's Hope Scale Score Summary					
	Brinnon	Chimacum	Port Townsend	Blue Heron	Quilcene	Overall
Number of clients with first & last scores	20	13	26	22	7	88
Percent of clients with first & last scores	100%	24%	81%	79%	24%	62%
Average first Hope Score	25.4	16.8	18.0	18.5	16.9	19.1
Average last Hope Score	26.6	20.6	20.2	19.5	19.9	21.4
Average change in Hope Score	1.2	3.8	2.2	1.0	3.0	2.4

In addition, three survey questions were asked of clients. There were no responses from students in Quilcene for any of the three questions. For the question "Overall how important was this resource to you?", 94% of students in Chimacum (50 students) and 100% of students in Port Townsend (19 students) responded "very important" or "somewhat important". Responses to the question "Are you glad you participated?" were very similar to the previous question. 100% of students in Chimacum (53 students) and Port Townsend (19 students) responded "YES!" or "yes". This was the only question asked to students in Brinnon with 100% of the responses (25 students) responding that they were glad they participated.

For the final question "Are you more likely to attend school because of this resource?", 73% of clients at Port Townsend (8 clients) reported "Yes", with an additional 8 clients reporting they already attended school regularly, so this question didn't apply. For Chimacum, 88% of clients reported "Yes" (22 clients), and an additional 28 reported already attending regularly.

¹ Snyder CR, Hoza B, Pelham WE, Rapoff M, Ware L, Danovsky M, Highberger L, Rubinstein H, Stahl KJ. The development and validation of the Children's Hope Scale. J Pediatr Psychol. 1997 Jun;22(3):399-421. doi: 10.1093/jpepsy/22.3.399. PMID: 9212556, accessed at <https://pubmed.ncbi.nlm.nih.gov/9212556/>.