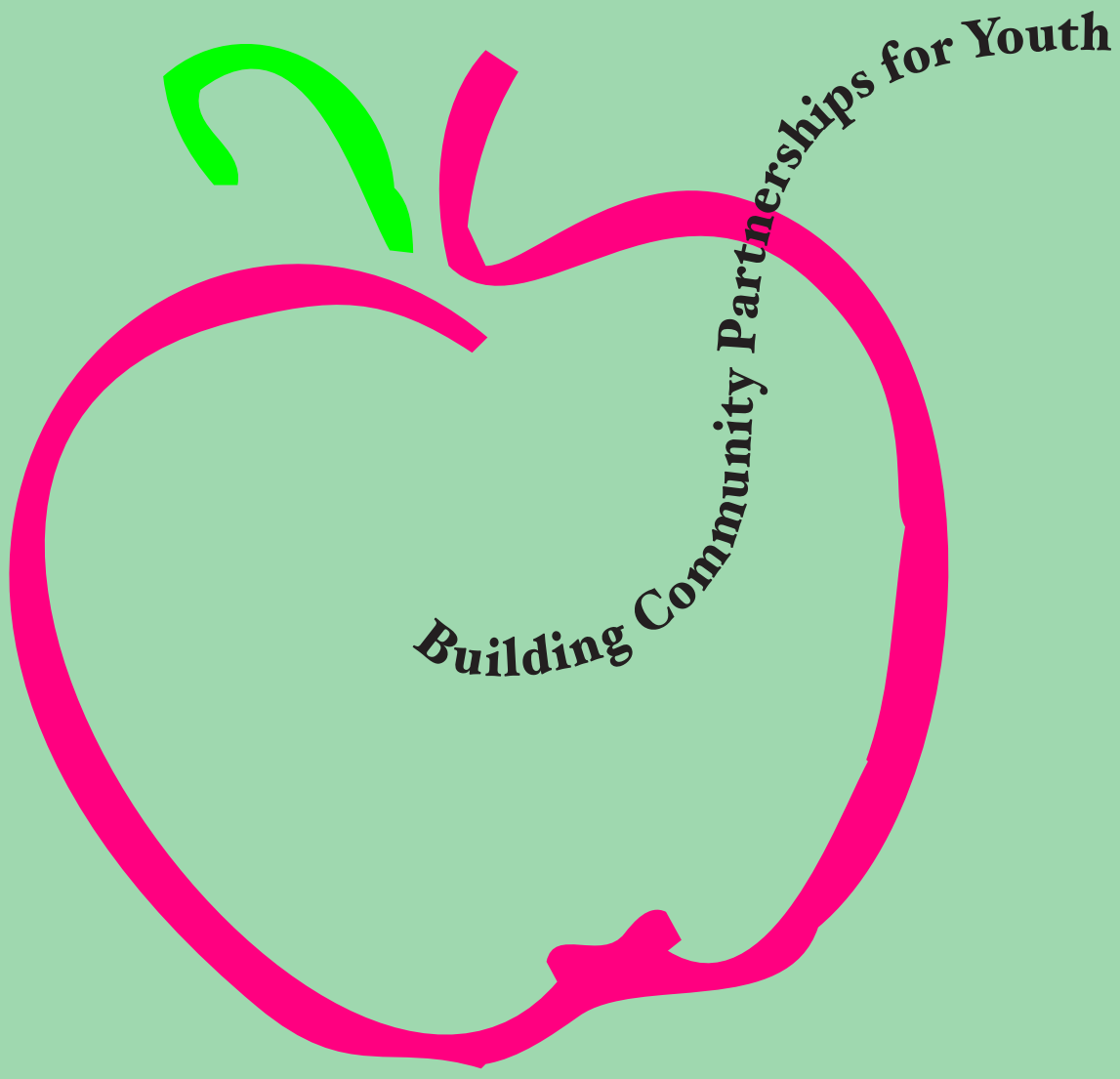
Youth Health Services
2000-2001
Annual Report



Public Health
Seattle & King County
HEALTHY PEOPLE. HEALTHY COMMUNITIES.

This program is provided in part by the voters of Seattle through the Families & Education Levy.

Now in its 10th year of operation, the Families & Education Levy provides the majority of support to the School-based Health Centers as one of its many functions. Resources from the Levy are also used by Public Health – Seattle & King County to contract for school nurse services and for health education programs in Seattle Public Schools. All of these efforts contribute to the mission of the Families & Education Levy to keep kids safe, healthy, and ready to learn.

Youth Health Services

Building Community Partnerships for Youth

Who are we?

Youth Health Services (YHS) is the section within Community Health Services of Public Health – Seattle & King County that is responsible for the health needs of youth. YHS staff are the primary advocates within Public Health for the promotion of teen health in all project development and implementation.

Youth Health Services Mission

In collaborative community partnerships, YHS promotes the health and learning readiness of children, youth, and young adults in King County by supporting health promotion efforts and assuring access to quality coordinated health and preventive services.

The most significant part of our function is to provide coordination and oversight to the 13 school-based and school-linked health clinics in King County. Other responsibilities include similar administrative oversight for the Teenage Pregnancy and Parenting Program (TAPP) and the SafeNet program (see page 12 for more information) and as a partner with Seattle Public Schools to provide school nursing and health education services. YHS is also expanding its role as liaison to all programs within the Public Health system that touch the lives of youth and increasingly with such projects out in the community.

What's new this year in YHS?

In order to augment its ability to provide expert consultation and technical assistance in the area of teen health, YHS has added a physician to its staff who has specialized in Adolescent Medicine and been involved with many different teen health programs in the region for many years. The section has also worked very hard to encourage more teen health and wellness centers to be established in additional Seattle schools.

"Youth Health Services is a model program in King County. It has become much easier for teens to access health care because services are friendly, sensitive to adolescent needs, and conveniently located in schools and their communities."

Alonzo Plough, Director,
Public Health -
Seattle & King County

"Health and wellness are the building blocks for academic success. Students can't learn well if they're not feeling well."

Joseph Olchefske,
Superintendent,
Seattle Public Schools

Community Partnerships

How does Youth Health Services interact with the community?

Every one of the programs with which YHS is involved is a collaborative effort, usually with several community-based partners. This strategy enables our programs to be more responsive to community needs, draws on the unique capacity and resources of many organizations, and results in more effective and innovative programs aimed at the improvement of the health status of our community's youth.

What do the Partners contribute to these projects?

Not only do our partners provide their expertise and knowledge of their target populations, they also contribute staff, space, administrative resources, technical assistance, supplies and many other resources without which these projects could not be sustained. In addition to the generous support our school-based health centers receive from the Families & Education Levy, the average sponsoring community agency will contribute a significant percentage of the total cost of the project in direct and indirect resources.

How does Youth Health Services work to strengthen these partnerships?

To start, all projects are initiated as joint endeavors among several agencies. We foster the creation of common goals, provide technical assistance, collect and analyze data, follow systematic efforts at program evaluation, and offer guidance throughout the development and implementation phases. In addition, YHS offers its expertise in adolescent health to participating community agencies through formal meetings and informal consultations and has contracted with a local mental health expert to provide mental health consultation for all counseling staff at the health centers. Finally, YHS sponsors periodic retreats for staff from partner agencies to share their experiences and gather new ideas about collaboration and cooperation.

Welcome to our most recent partner!

International Community Health Services, which provides physician assistant and family planning health education services at Franklin High School Teen Health Center.

Partners of the School-based and School-linked Health Centers

Thanks to the following organizations who administer the school-based and school-linked clinics:

Group Health Cooperative of Puget Sound
- Franklin High School Teen Health Center
- Renton Teen Health Center
- Washington Middle School Wellness Center

Harborview Medical Center
- Cleveland High School Teen Health Center

Highline Community Hospital
- Highline Youth Health Center

Odessa-Brown Children's Clinic
- Garfield High School Teen Health Center
- NOVA Alternative H.S. Teen Health Center

Public Health – Seattle & King County/ Columbia Health Center
- Rainier Beach High School Teen Health Center

Puget Sound Neighborhood Health Centers
- Denny Middle School Wellness Center
- Madison Middle School Wellness Center
- Roosevelt High School Teen Health Center
- Sealth High School Teen Health Center
- West Seattle High School Teen Health Center

University of Washington
- Nathan Hale High School Teen Health Center
- Summit Alternative School Teen Health Center

How are these health clinics doing?

In order to gain some information about the degree to which the school-based health clinics are meeting their mission, the Families & Education Levy Office authorized a user study of the eight high schools and two middle schools with health centers. This report, completed in November 2001, was prepared by the Epidemiology, Planning and Evaluation Unit and the Youth Health Services section of Public Health, in collaboration with Seattle Public Schools Health Services. Additional information was gathered from the most recent Teen Health Survey performed in all Seattle Public Schools and from the latest Seattle School Nurse Services Data.

Some of their findings are:

- **Students like having a health center at their school**
  The vast majority (98%) of both high school and middle school student users like having a health center at their school and said they would recommend the health center to their friends.
- **Having a health center at school supports students' education**
  A majority (90%) of student users reports that being able to get health care at school helped them to be more attentive when they were in class.
- **The Teen Health and Wellness Centers *are a primary source of care* for many of the students who use the centers.**
- **Students give *high ratings of quality* of their visit to the Health Centers**
  When asked to rank the quality of the services that they received and the staff's attention to their concerns and questions, over 90% rank them as good or excellent.
- **Having a health center at school improves students' access to health services**
  A large majority of student users report they obtained care they otherwise wouldn't have received. Even more students report getting care sooner than otherwise available.
- **A majority of students report that their health has improved as a result of using the Teen Health or Wellness Centers**
  More than 70% of students report an improvement in their health as a result of using the Teen Health or Wellness Center.

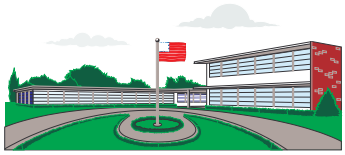
I think having a teen health center at my school is very helpful to me and for others. I like it because they provide me with info and health care that I wouldn't feel comfortable asking my doctor or mom for.

9th grade female

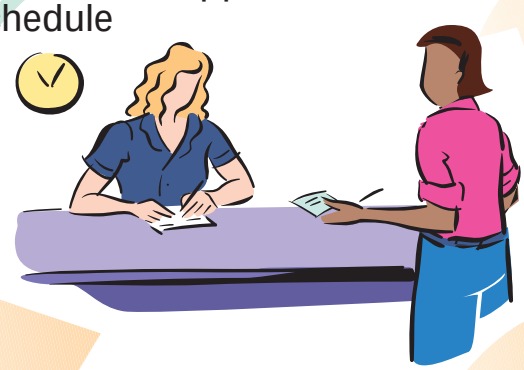
School Based Teen Health and Wellness Centers

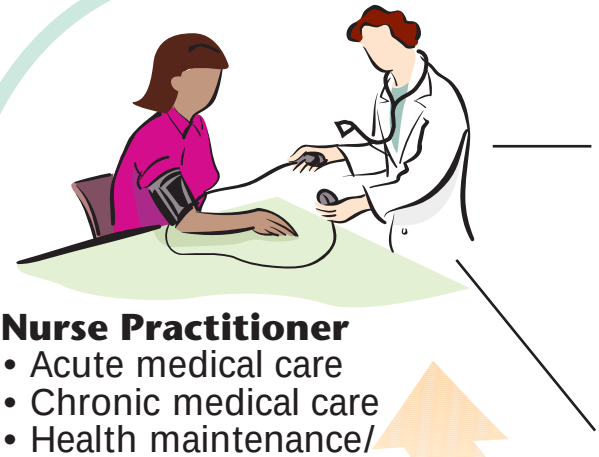
How do they work?

Coordination & communication with school staff, parents and community agencies



School Based Health Services
Program Coordinator/Receptionist
- Enrollment / Check-in
- Confidential inquiries into health needs
- Facilitation of referrals, appointments, and clinic schedule





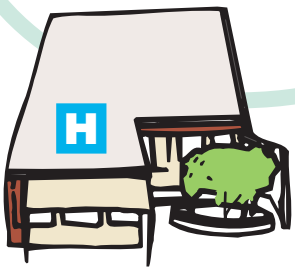
Nurse Practitioner
- Acute medical care
- Chronic medical care
- Health maintenance/ Disease prevention

Student
with health need

Mental Health Counselor
- Mental/Emotional Health Care
- Crisis Management

School Nurse
- First aid & triage
- Health screenings
- Medication management
- Oversight of health need for:
  - School staff
  - Special education students
  - ESL students

Referral to Community Resources
- Primary care providers
- Social services agencies
- Hospital



Health Educator

Laboratory tests as needed

Drug & Alcohol Counselor

Pharmacy dispensing as needed

Public Health Nurse

Nutritionist

Other Activities

Classroom teaching support

Resource for school personnel

Group sessions

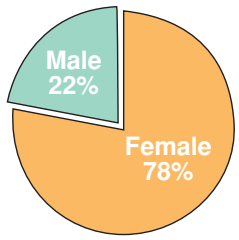
School-Based Health Centers: Teen Health Centers

Teen Health Centers are alive and well in Seattle high schools. Data from the 2000-2001 school year again show that one in three Seattle high school students uses the Teen Health Center at his/her school!

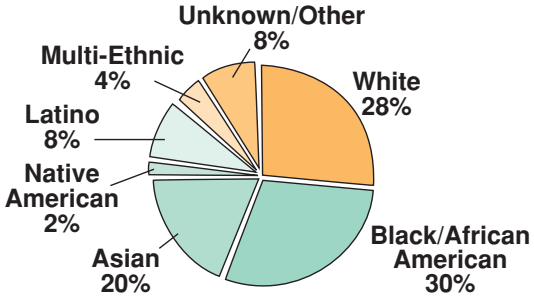
	THC Enrollment	School Enrollment	Percent Enrolled	Number of Visits	Unduplicated Users	Visits Per Person	Users as Percent of THC Enrollment	Users as Percent of School
Cleveland	466	734	63%	1,949	328	5.9	70%	45%
Franklin	895	1608	56%	3,073	488	6.3	55%	30%
Garfield	769	1732	44%	1,294	382	3.4	50%	22%
Nova°	87	235	37%	185	32	5.8	37%	14%
Nathan Hale	673	1086	62%	1,693	386	4.4	57%	36%
Summit #	287	635	45%	468	105	4.5	37%	17%
Rainier Beach	368	683	54%	1,289	278	4.6	76%	41%
Roosevelt	N/A*	1768	N/A	1,789	662	2.7	N/A%	37%
Sealth	601	996	60%	2,034	442	4.6	74%	44%
West Seattle	N/A	943	N/A	1,379	371	3.7	N/A	39%

*Data not available
°NOVA is an alternative high school located near Garfield. NOVA students are eligible to receive services at Garfield THC.
#Summit is an alternative K-12 school located near Nathan Hale. Summit students in grades 6-12 are eligible to receive services at the Nathan Hale THC.

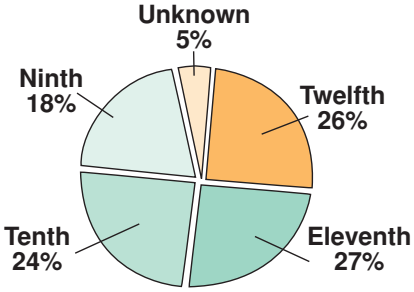
In the 2000-2001 school year, over 4,000 students were enrolled to receive services. Of these, 3,474 students used the centers totaling more than 15,000 visits. The 4.4 average visits per person reflect students' reliance on health center services for many of their primary care needs.



Visits by Gender



Visits by Race/Ethnicity



Visits by Grade

Females continue to be the primary users of teen health center services. Race/Ethnicity data reflect a higher rate of use by Black/African-American students than their rate of school district enrollment of 23%. Whites, Asians, and Latinos all use services at a lower rate than their overall district enrollment.

I saw a female student who came in with fatigue and dizziness. It turns out that these were due to hypoglycemia. Further investigation revealed she had previously undiscovered bulimia with no intake other than water for the previous 48 hours. I referred her to a doctor who is continuing to see her. She is purging less and no longer taking dangerous supplements. We encouraged her mother to become involved and have improved her school attendance. Also, we've been able to get her on birth control, since she was at risk of becoming pregnant, which would seriously complicate her eating disorder.

Michele Acker, Nurse Practitioner, Nathan Hale H.S. THC

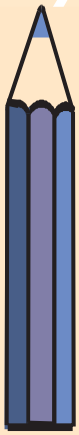
Reasons for Visit

3718 Visits

Health Maintenance

Most Common Reasons	
Contraception	63%
Sports/Routine Physical	22%
Immunization	15%
Annual Gyn Exam	7%

6373 Visits



Illness

Most Common Reasons	
Reproductive Health	19%
Headache	11%
Chronic Problem	5%
Flu/Cold	5%

3495 Visits

Mental Health

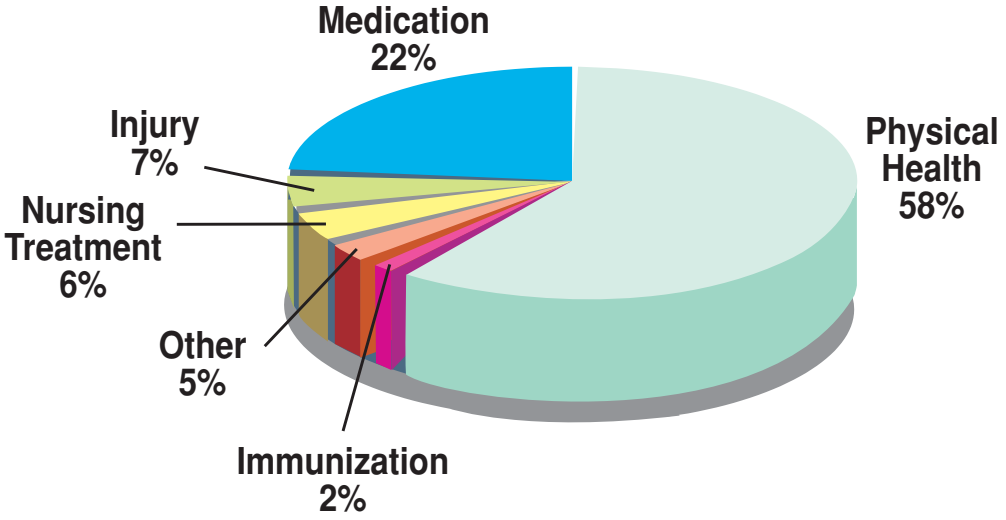
Most Common Reasons	
Family Conflict	16%
Personal/Peer Issues	15%
Depression	12%
Academic	9%

Note: Complete data not available for all visits.

School Nurse Services

School Nurse Services in Seattle High schools are an invaluable component of school health and integrally related to school based health centers. The school nurse is often the first point of contact for many students. They are responsible for certain health needs of every student and the health plan for the entire building. In the 2000-2001 school year, School Nurses saw more than 5,240 students, nearly 50% of the high school population, with a total of 25,731 visits.

Reason for School Nurse Visits



School-Based Health Centers: Middle School Wellness Centers

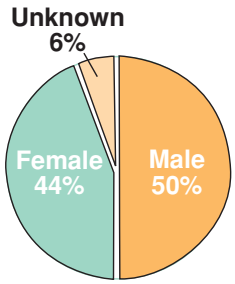
Middle School Wellness Centers provide a unique opportunity to address the needs of early adolescence, at a time when encouraging healthy behavior is most effective. In 2000-2001, Wellness Centers at Denny and Washington continued to operate while previously existing services at Madison Middle School were expanded.

	WC Enrollment	School Enrollment	Percent of School	Number of Visits	Unduplicated Users	Visits per Person	Users as % of WC Enrollment	Users as % of School
Denny	357	883	40%	1,058	229	4.6	64%	26%
Madison°	N/A*	934	N/A	467	140	3.3	N/A	15%
Washington	565	1033	55%	895	213	4.2	38%	21%

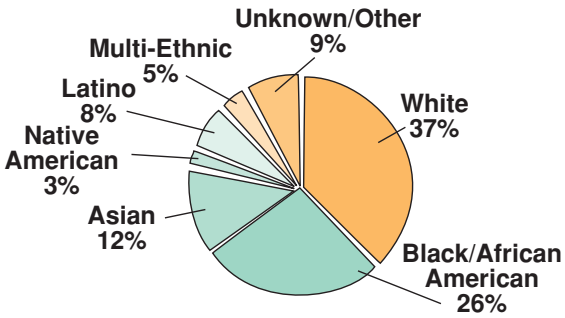
* Data not available

° Expanded Mental Health Services at Madison began April 2001.

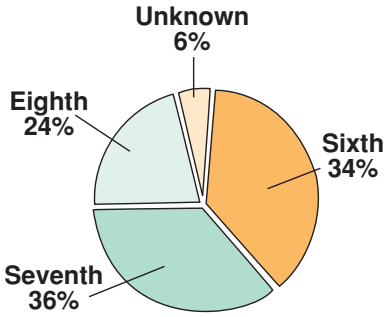
Wellness Centers continue to establish themselves in the middle schools. Enrollment figures were up 20% from the 1999-2000 school year, and the number of visits increased nearly 53%. The number of students using the health centers also increased by 60 percent.



Visits by Gender



Visits by Race/Ethnicity



Visits by Grade

Male students in middle school are much more likely to use Wellness Center services than are older males in the high school teen health centers. In fact, in 2000-2001, male students used the Wellness Centers at a higher rate than female students. Race/Ethnicity data closely reflect school district enrollment data except for Asian students, who use the centers at a much lower rate.

One of the students I saw was an 8th grader who had immigrated from Central America. He was having a great deal of trouble completing his school work, but because of language and cultural barriers, nothing had been done. With patience, interpreters, and persistence, I was able to evaluate the boy and diagnose him with attention deficit disorder. We started him on a medication during the 2nd semester of his 8th grade year. The teachers reported that he finally was able to do his work and that instead of being two years behind, he would probably be able to make up his work and graduate on time.

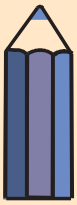
Beth Upton, Nurse Practitioner, Denny Middle School Wellness Center

Reasons for Visit

276 Visits

Health Maintenance

635 Visits



Illness

1334 Visits

Mental Health

Most Common Reasons	
Immunization	38%
Sports/Routine Exam	29%
Contraception	17%
Well Child Exam	16%

Most Common Reasons	
General Exam	24%
Chronic Problems	8%
Allergies	5%
Flu/Cold	5%

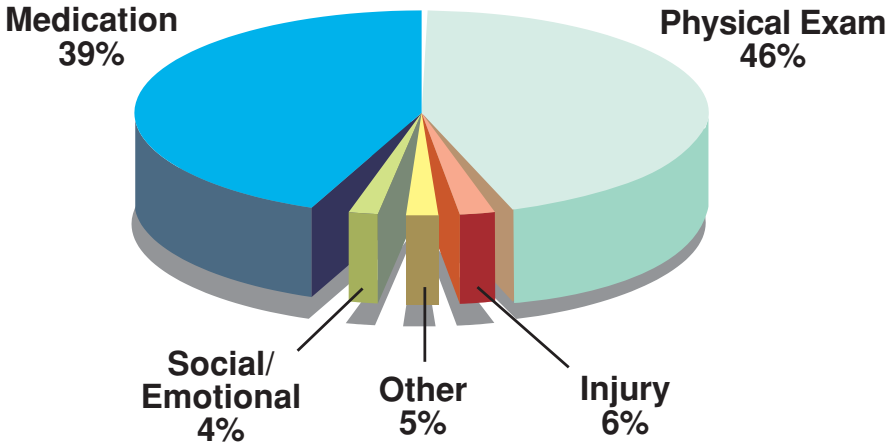
Most Common Reasons	
Emotional Stress	23%
Family Conflict	16%
Academic	11%
Anger	10%

Note: Complete data not avaialble for all visits.

School Nurse Services

Middle School Nurses are very busy people. For the three Wellness Center sites, the school nurses had a total of 21,530 visits, providing services to more than 2245 students. As with last year, physical exams made up the bulk of reasons for visits.

Reasons for Nurse Visits

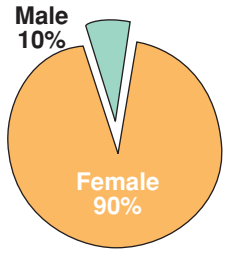


School-Linked Health Centers

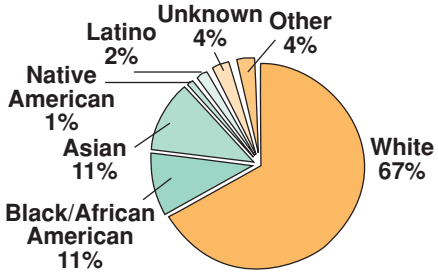
These Health Centers have made it possible for over 2,200 youth to receive nearly 6,000 visits for much needed services. Although not situated on school property, relationships with schools are still an important component of the School Linked Health Centers. In 2000-2001, the Renton and Highline Youth Health Centers provided services to youth from over 60 different schools in south King County.

	SLHC Enrollment	Number of Visits	Unduplicated Users	Visits per Person	Users as % of SLHC Enrollment
Highline	1937	3,578	1,460	2.5	75%
Renton	1401	2,328	792	2.9	57%

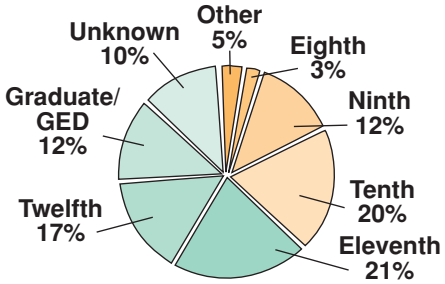
The number of visits per person for the School-Linked Health Centers differs greatly from those of the School-Based Health Centers. It is likely that youth use School-Linked Health Centers more for confidential services and less for primary care. This is reflected in the Reasons for Visit table on the next page.



Visits by Gender



Visits by Race/Ethnicity



Visits by Grade

Female youth continue to use these health centers at a significantly higher rate than males, probably reflecting the greater use for reproductive health services. Though racially/ethnically less diverse than the youth at the School-Based Health Centers, they do represent a greater age span and include youth who are not presently enrolled in school.

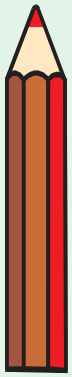
An interim school-linked clinic has also been operated by North Public Health Clinic and has been serving students at Ballard and Ingraham High Schools (though data not able to be reported this year). A public health nurse (PHN) does outreach at each of the two schools. The PHN works in partnership with the school nurse to identify students in need of health services that cannot be provided on site at the school. The nurse then works with the student to ensure that he or she receives the care that they need at North Public Health.

I initially saw a 17 year old African-American girl living in the Rainier Valley area, in July, 2001, for a sports Physical Exam. She was very overweight for her height and also had a strong history of diabetes on both sides of her family. Because she was staying on and off with her grandparents over the last couple of years, she had not had regular primary care for several years. After a thorough evaluation, I did some initial testing of her blood sugar and thyroid and eventually diagnosed her with Type II diabetes. She also had no health insurance at the time, but I got her hooked up with the Endocrine/Diabetes Clinic at Children's Hospital. I am glad to have had the opportunity to give her the chance to improve her future health outcomes by an early diagnosis and intervention in the course of her diabetes.

Marie Casey-Burke, Nurse Practitioner, Renton Teen Health Center

Reasons for Visits

2625 Visits



Health Maintenance

Most Common Reasons	
Contraception	78%
Annual Gyn Exam	12%
Sports/Routine Physical	9%

1309 Visits

Illness

Most Common Reasons	
Reproductive Health	50%
Colds/Flu	10%
Chronic Problems	3%

675 Visits

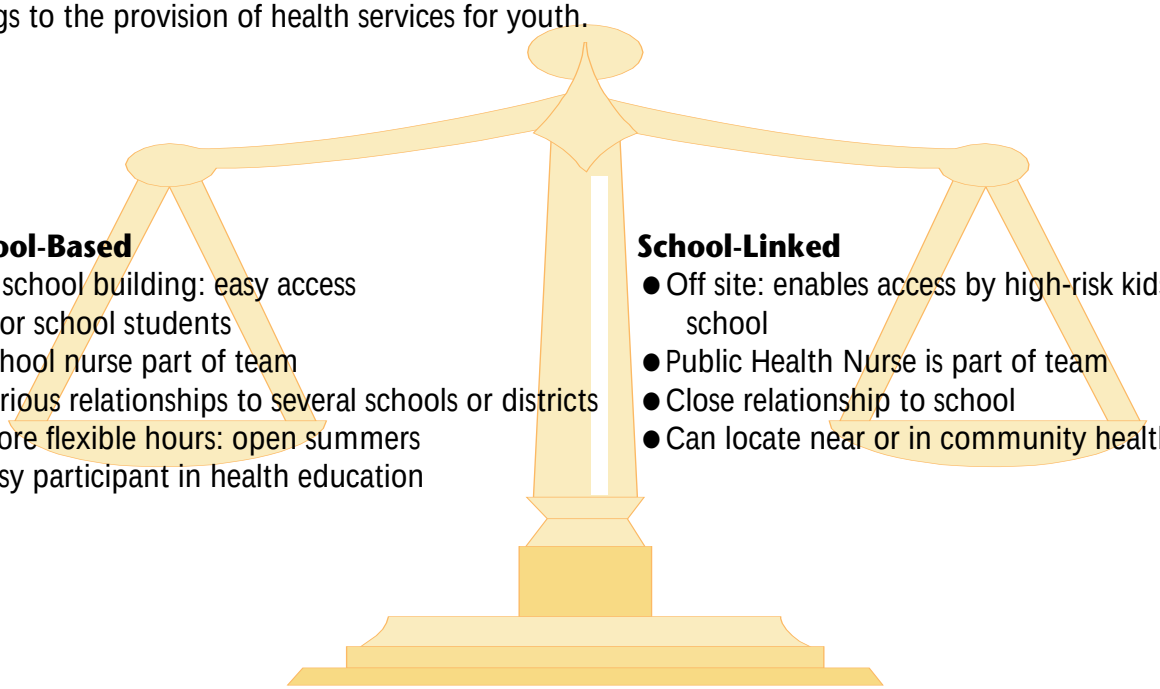
Mental Health

Most Common Reasons	
Depression	32%
Eating Disorder	9%
Screening	8%

Note: Complete data not available for all visits

Comparison of Models

There are many models for programs that bring health care services to youth. Youth Health Services has worked with two of these: ones based in a high school or middle school and ones based in the community but linked with schools. King County benefits from the advantages that each of these models brings to the provision of health services for youth.



School-Based

- In school building: easy access for school students
- School nurse part of team
- Various relationships to several schools or districts
- More flexible hours: open summers
- Easy participant in health education

School-Linked

- Off site: enables access by high-risk kids not in school
- Public Health Nurse is part of team
- Close relationship to school
- Can locate near or in community health facility

SafeNet

Another successful collaborative program that is coordinated by Youth Health Services is SafeNet, an innovative effort to improve the lives of youth by identifying those felt to be "at risk" as they transition from elementary school. The program then links them to agencies and needed services in their first year of middle school or junior high. Since its inception in 1997 as an initiative of Partners for a Healthier Community (a consortium of eastside health care organizations), in conjunction with four eastside school districts and several youth-serving agencies, the program has continued to increase the number of participating schools to a present total of seven. Overall, 91 students have participated in the program, resulting in 335 school program referrals and 190 community agency referrals. Links have been made to health services (medical, dental, health insurance), counseling (conflict management, family counseling, drug/alcohol counseling), basic needs (housing, transportation), school-based services (tutoring, mentoring, after-school activities), and other community resources (recreational activities, skill-building activities). In a recent evaluation, the program was found to be demonstrating great success as measured by improving grades, decreasing school absences, and decreasing conduct referrals.

The SafeNet Partners

- Bellevue School District
- Friends of Youth
- Issaquah School District
- Lake Washington School District
- Northshore Community Health and Safety Network
- Northshore School District
- Northshore Youth and Family Services
- Public Health – Seattle & King County
- Washington State Department of Health
- Youth Eastside Services

TAPP

The Teenage Pregnancy and Parenting Program (TAPP) has served pregnant and parenting teens in Seattle for the past several years. The TAPP Program is a collaborative project between Public Health - Seattle & King County and Medina Children's Services. Fiscal support is provided by the City of Seattle. The TAPP Program provides intensive case management support to teen clients in or out of school.

Services provided to teens include:

- A Public Health Nurse who provides health information and childbirth education
- A counselor who assists teens with meeting their basic needs, navigating community resources, counseling related to relationship issues, and providing individual support in parent education and child development
- A nutritionist who provides nutritional assessment, education and WIC services

The goal of TAPP is to enhance the development of teens who are pregnant and to act as advocates for them and their families by providing supportive services and referring them to the many resources available in the community.

Future Plans

In the coming year, Youth Health Services excitedly anticipates the opening of the newest Teen Health Center at Ballard High School with Swedish Medical Center as the main partner, in addition to our planning for additional school-based clinics at more middle schools.

Many other organizations and programs have also been working diligently to improve the health status of youth in King County, and Youth Health Services will be striving to provide resources and technical assistance to as many of these as possible. These include: Best Beginnings (pregnancy and parenting project), adolescent family planning clinics (operated by Public Health at several of its facilities), various asthma programs, the STD Prevention Training Center, and the Tobacco Prevention Unit of Public Health.

YHS Staff

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Karen Tran, Program Support Coordinator
Rob Lehman, MD, Consultant in Adolescent Health

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Thanks! Thanks! Thanks!

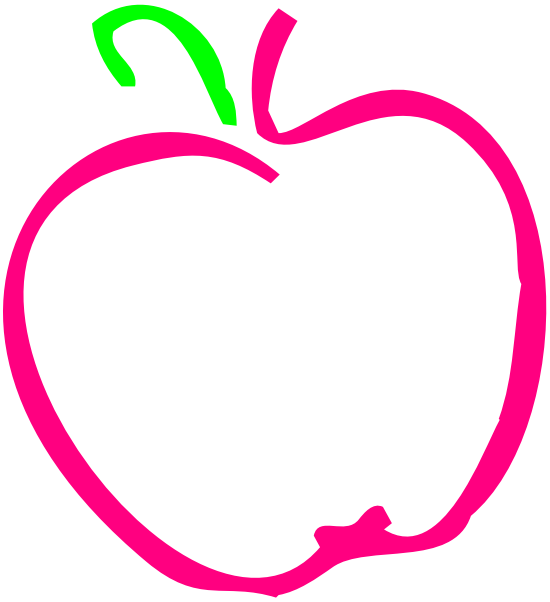
To our partners and supporters...

- Bellevue School District
- Central Youth & Family Services
- City of Seattle
- Friends of Youth
- Harborview Medical Center
- Highline School District
- Issaquah School District
- Lake Washington School Dist.
- Northshore School District
- Odessa Brown Children's Clinic
- Puget Sound Neighborhood Health Centers
- Renton School District
- Seattle Public Schools
- University of Washington Medical Center
- Washington State Department of Health
- Carl Meinecke, Ph.D
- Children's Hospital and Regional Medical Center
- Columbia Health Center
- Group Health Cooperative & Foundation
- Highline Community Hospital
- International Community Health Services
- King County
- Medina Children's Services
- Northshore Youth & Family Services
- Partners for a Healthier Community
- Renton Area Youth Services
- Ruth Dykeman Children & Family Services
- University of Washington Division of General Pediatrics
- University of Washington School of Nursing
- Youth Eastside Services

Our Teen Health Center is a terrific resource for students who would not otherwise receive health care or need the convenience of health care at school, or want the privacy of not involving their family/ parents. The staff is always helpful, reassuring, and friendly. – Thank you!

Comment on 1999 Teen Health Survey

Report prepared by: Robert Lehman, Robin Pfohman, Linda St. Clair, and Karen Tran, December, 2001



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