

# NM School Health in the Time of COVID-19

## School-Based Health Centers: An Update

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## Our discussion today

- I. NMASBHC & SBHCs: Who We Are
- II. SBHCs: NM History of Centers and Funding
- III. SBHCs: Response to Pandemic
- IV. SBHCs: Fall 2021 Status and School Reentry
- V. SBHCs: Recommendations
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# NMASBHC: Who We Are

## Our Vision

New Mexico Students are healthy and ready to learn.

## Our Mission

Represent school-based health centers (SBHCs) in New Mexico and collaborate with other partners to promote, facilitate and advocate for comprehensive, integrated, and culturally competent health care, including health education, in schools.

## Our Organization's Services:

- NMASBHC provides training and technical assistance to SBHCs, their sponsors, and related field partners.
- NMASBHC creates and disseminates SBHC tools and resources.
- NMASBHC supports and leads policy development and revision related to the school health field.
- NMASBHC provides legislative education and does local, state and federal advocacy in support of the school-based health care field.

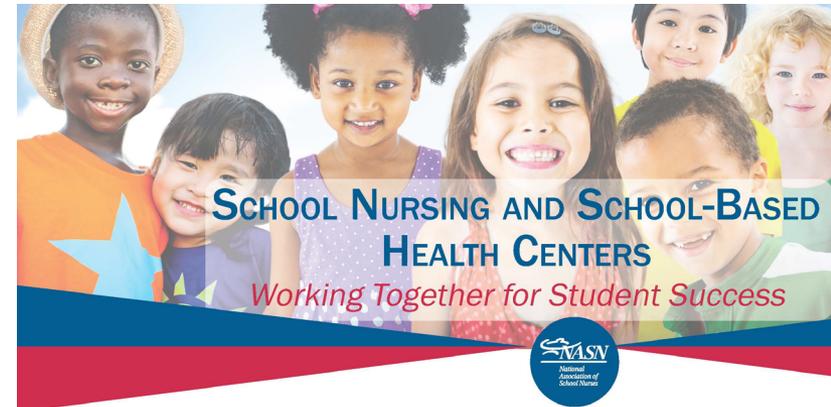
## The National Picture:

- NMASBHC is an affiliate of SBHA; 48 states have SBHCs and 34 have Alliances
- SBHA successfully advocated for operating cost grants to SBHCs for the first time ever in 2020.
- SBHA is advocating for \$200M in federal appropriations for SBHCs in this Congress.

# SBHCs: Who They Are

## SBHCs: “The Model”

- Provide care in schools: a uniquely convenient and helpful access point
- Provide integrated primary and behavioral healthcare to children/youth
- Provide special expertise and resources to the school community
- Collaborate with school health partners, including nurses and social workers
- Improve health AND academic outcomes



### SCHOOL NURSING

- Registered nurses who practice in schools and lead the delivery of student health services
- Serves the entire student population and school community
- 82% of schools report they have a school nurse<sup>1</sup>
- Practices within the *Framework for 21st Century School Nursing Practice*<sup>TM 2</sup>
  - ◆ Standards of Practice
  - ◆ Care Coordination
  - ◆ Leadership
  - ◆ Quality Improvement
  - ◆ Community/Public Health
- Funding Models:
  - ◆ Local school district
  - ◆ Local public health department
  - ◆ Children's hospital
  - ◆ 3<sup>rd</sup> party payer

### SCHOOL-BASED HEALTH CENTERS

- Multidisciplinary healthcare teams located in schools or on school grounds
- Serve enrolled students and families
- 4.6% of schools have a school-based health center<sup>1</sup>
- Provide primary care including the following:
  - ◆ Laboratory services
  - ◆ Medical diagnosis and treatment
  - ◆ Medication prescriptions
  - ◆ Oral health care (optional)
  - ◆ Mental health care (optional)
- Funding Models:
  - ◆ Foundations
  - ◆ Healthcare systems
  - ◆ 3<sup>rd</sup> party payer

School nursing and school-based health centers complement care provided at school. One does not replace the other.

Collaboration between school nurses and school-based health centers enhances students' health, overall well-being, and academic success.

<sup>1</sup>U.S. Department of Health and Human Services & Centers for Disease Control and Prevention. (2015). *School policies and practices study*. Retrieved from [http://www.cdc.gov/healthyyouth/data/shpps/pdf/shpps-508-final\\_101315.pdf](http://www.cdc.gov/healthyyouth/data/shpps/pdf/shpps-508-final_101315.pdf)

<sup>2</sup>National Association of School Nurses. (2016). *Framework for 21st century school nursing practice*. *NASN School Nurse*, 31(1), 45-53. Also available at <https://www.nasn.org/portals/0/resources/21stCenturySchoolNurseFramework2015.pdf>

# SBHCs: Who They Are

## The Operating and Funding Structures

- In NM (though not in all states), schools DO NOT operate SBHCs. Instead, medical and community agencies operate SBHCs in partnership with schools.
- SBHCs are federally authorized.
- The majority of SBHCs bill Medicaid and private insurers; however, not all of their services are billable, including health education and providing confidential services to the privately insured.
- NMDOH provides multi-year contracts to SBHC sponsors via an RFP process; these monies come from the General Fund. Contracts cover only 1/3 to 1/2 of operating costs. About 70% of NM SBHCs are receiving this funding.
- DOH-contracted SBHCs provide care to students regardless of ability to pay.
- HSD/DOH receive a federal Medicaid match that is part of what is available for contracts to SBHCs.
- SBHCs do not bill for MSBS services; these are separate and different services.

# SBHCs: NM History and Current Status

## Number of Clinics

- 1978 – First NM SBHC opens and numbers begin steadily increasing
- 2004 – Governor & Legislature double SBHCs from 34 to 68, with all receiving DOH funding
- 2012 – Due to recession-era funding cuts only 52 of 70 NM SBHCs receive DOH funding
- 2015 – 5 SBHCs funded by NMDOH have contracts cut
- 2017 – 2018 – DOH funds 48 SBHCs
- 2019 – SBHC expanded funding via PED, moved to DOH and 54 SBHCs are contracted.
- 2020 - Legislature increases funding to DOH for SBHCs by \$2M; DOH learns that DFA changed 2019 increase to non-recurring requiring 2020 funding to offset loss; budget remains flat through special session.
- 2021 – Junior bill funding for SBHCs is only increase.

# SBHCs: NM History and Current Status

## New Mexico School-Based Health Centers

**79** SBHCs in New Mexico

**54** SBHCs funded by NMDOH OSAH



School-based health centers provide quality, integrated, youth-friendly and culturally responsive health care services to keep children and adolescents healthy, in school and ready to learn.

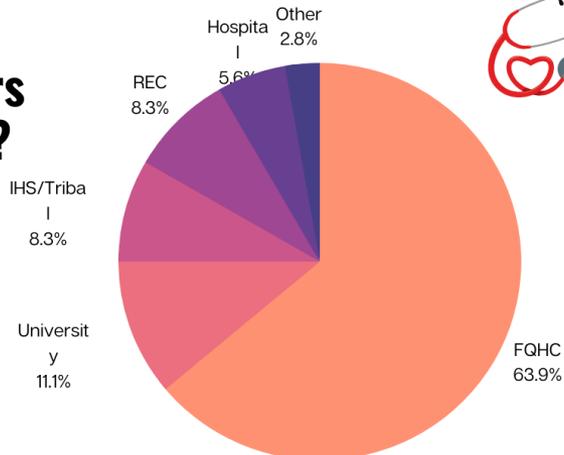
### Where are SBHCs located?

- 48 high schools
- 11 middle schools
- 4 elementary schools
- 16 combined grade campuses

### What Services are Provided?

- Acute care for minor illnesses & injuries
- Behavioral health care
- Comprehensive wellness exams (EPSDT)
- Immunizations
- Prevention, diagnosis, treatment & management of chronic diseases
- Reproductive health care

### Who Sponsors SBHCs?



Updated 10/2020

# SBHCs: Response to Pandemic

## SBHC RESPONSE

School closures did not stop the work of SBHCs



### TELEHEALTH VISITS



JULY 2019 –  
MARCH 15, 2020

**56**

MARCH 16, 2020 –  
JUNE 20, 2020

**1,924**

JULY 1, 2020 –  
MARCH 30, 2021

**4,500\***

SBHCs responded to the overwhelming need by expanding Telehealth Services

\*Preliminary data, not finalized yet

### PRIORITIZATION

- Approximately **80%** of SBHCs remained either partially or fully open.
- Some were able to expand services and see patients they were not able to see pre-pandemic.
- For those who closed, students were prioritized at SBHC sponsor agencies.



### CONNECTIONS

SBHCs provided continuous care - ie, prescriptions, counseling, chronic conditions. SBHCs collaborated with schools for marketing of services and referrals for resources for families, such as for food pantries.

**SUPPORTING NM STUDENTS & FAMILIES**

For more information about NM SBHCs, go to [www.nmasbhc.org](http://www.nmasbhc.org)

# SBHCs: Response to Pandemic

## SBHC RESPONSE

SBHCs continue to support with COVID testing and vaccination efforts



### COVID-19 TESTING

**2/3** of NM SBHCs partnered with schools to provide on-site COVID-19 testing.



### COVID-19 VACCINES

~ 50% of SBHCs administer COVID-19 vaccines.  
~ 75% of SBHCs have COVID-19 vaccines available at their sponsor agencies.

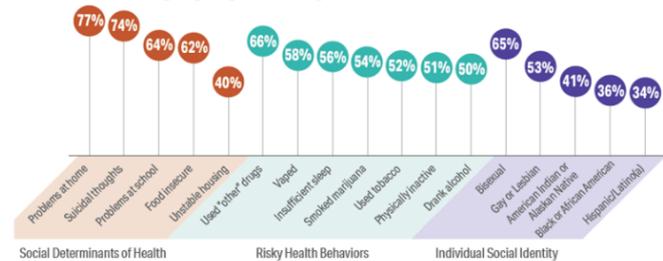


### VISIT DATA

For July 2019-June 2020:  
50% of visits for Primary Care  
40% of visits were for Behavioral Health



Of those students seen in SBHCs, **36%** reported Depression or Anxiety symptoms; they also were likely to be experiencing other SDOH and engaging in risky health behaviors



**93%** of the SBHC patients with a diagnosis for mood or anxiety disorders had a behavioral health visit with a provider at the SBHC.

**SUPPORTING NM COMMUNITIES**

For more information about NM SBHCs, go to [www.nmasbhc.org](http://www.nmasbhc.org)

# SBHCs: Response to Pandemic

## SBHC RESPONSE

NM SBHCs work to ensure that students are healthy and ready to learn



### SUPPORTING SCHOOLS



- SBHC staff advise on school health policies, including those related to COVID-19
- SBHC staff provide professional development and consulting to school staff and teachers
- SBHCs have worked hard to expand the mental health referral network, especially in preparation for return to in-school learning
- Some SBHCs see the communities at large, including school staff and their families
- NMASBHC, Apex and OSAH continue to provide support to build a community of practice for all NM SBHCs.

### BUILDING COMMUNITY CONNECTIONS



*"In order to make contact with our school population, the SBHC team rode the school bus routes several times and dispersed nearly 200 oral care health packages as well as patient information regarding proper hand washing techniques, COVID-19, remaining mentally and physically healthy, etc..."*  
 - Fort Sumner SBHC

*PAUSE, a Peer Ed group from Albuquerque High School worked with their SBHC staff and APS District SHAC to create a video and marketing tools to increase awareness of the availability of SBHC services for all APS students during the school closures*  
 - ABQ High SBHC & APS

**SUPPORTING NM  
 SCHOOLS**

For more information about NM SBHCs,  
 go to [www.nmasbhc.org](http://www.nmasbhc.org)

## SBHCs: Fall 2021 School Reentry

- Many SBHC operators will continue to offer COVID-19 vaccines over the summer, alongside school-required immunizations.
- At a handful of schools, SBHC teams may support school staff surveillance testing in collaboration with DOH.
- Many SBHCs plan to continue and expand use of telehealth, which they consider an opportunity to better reach more schools generally and smaller and more rural schools particularly.
- SBHCs are especially focused on behavioral health for patients, due to concerns about increasing trauma, suicide risk and school closure disengagement.

# NMASBHC School Health Recommendations

- **Expand SBHC funding for hours of service**
- 5 counties in NM do NOT have an SBHC
- Out of the top 20 most populous cities in NM, 6 do not have an SBHC
  - Rio Rancho, Alamogordo, Los Lunas, Sunland Park, Portales, Artesia
- DOH/OSAH staffing for SBHC programs is low; only 1 staff person in DOH dedicated to SBHCs vs. similar states with 3-7 staff.
- NMDOH is able to fund only an average of 65% of requests for SBHC services.
- The 2019 NMASBHC survey of existing SBHCs indicate that 46% of clinics have waiting lists for behavioral health services and could use a funding increase in this category.
- More than 20 schools have requested support from NMASBHC to explore opening a new SBHC; this has been increasing as PED's investment in community schools has increased.
- **Support and fund mandate of one school nurse per district with long-term goal of a nurse in every school. They are an essential partner for SBHCs, especially if Medicaid free care rule reversal becomes a reality.**
- **Maintain telehealth funding parity beyond PHE, including telephonic care until broadband challenges are solved.**

## Questions & Feedback

NMASBHC wants to hear from legislators about how we can help improve health and educational outcomes for New Mexicans:

What questions do you have for us?

What feedback do you have for us?

# Wrapping Up

## Staying in Touch

Tools: [www.nmasbhc.org](http://www.nmasbhc.org) or email NMASBHC

Information: Nancy Rodriguez, [nancy@nmasbhc.org](mailto:nancy@nmasbhc.org)  
(505) 404-8059

THANK YOU FOR INVITING US TO BE HERE