

SBHC Partners

- |  |  |
|--|--|
| Apex Education                             | NM Department of Health  |
| Blue Cross/Blue Shield of New Mexico       | NM Human Services Department,<br>Medical Assistance Division, School Health Office |
| Casa de Buena Salud                        | NM Public Education Department,<br>School and Family Support Bureau                |
| Central Region Education Cooperative       | Nor Lea Hospital   |
| Dance Exposé Production Company            | Northeast Regional Education Cooperative   |
| De Baca Family Practice                    | OptumHealth New Mexico   |
| Dulce Independent Schools                  | Presbyterian Healthcare  |
| Eastern New Mexico University              | Presbyterian Medical Services  |
| El Centro Family Health                    | Region IX Education Cooperative  |
| First Choice Community Healthsource        | Regional Educational Center #6   |
| Hidalgo Medical Services                   | San Felipe Pueblo  |
| Indian Health Service                      | Southern New Mexico Community Foundation   |
| La Clinica de Familia                      | UNM Center for<br>Health Promotion & Disease Prevention                            |
| La Clinica Del Pueblo de Rio Arriba        | UNM Center for<br>Rural and Community Behavioral Health                            |
| Las Clinicas Del Norte                     | UNM Dental Programs  |
| Lovelace Healthcare                        | UNM Envision NM  |
| Miner's Colfax Hospital                    | UNM Family and Community Medicine  |
| Molina Healthcare                          | UNM Pediatrics   |
| Navajo Preparatory School, Inc.            | YDI - Elev8 NM   |
| NM Alliance for School-Based Health Care   |  |
| NM Children, Youth and Families Department |  |

# New Mexico School-Based Health Centers



## Increasing Access to Health Care Improving Readiness to Learn

School-Based Health Centers (SBHCs) have become a vital part of the health care delivery system in New Mexico. SBHCs are comprehensive primary health care centers, housed in elementary, middle and high schools that provide developmentally and culturally appropriate physical, behavioral, and in some cases oral health care, to students who might otherwise not have access to care.

**Access to Care**

SBHCs are staffed like a pediatric or family practice office with a receptionist and clinical provider, such as a nurse practitioner, physician assistant, or physician.

SBHCs are also staffed with a qualified behavioral health professional and some sites provide oral health services as well. SBHCs are designed to be youth friendly and accessible to encourage students to drop by when they need medical attention or want to learn more about a health issue.

**Health Promotion**

SBHCs also promote positive health behaviors by increasing health knowledge and decision making skills.

**SBHCs Support Learning**

SBHCs protect instructional time by limiting the amount of time students are out of class to receive services. Moreover, meeting the primary and behavioral health needs of students reduces important barriers to learning and makes students more prepared to benefit from instruction. Research has found that the presence of a SBHC can have a number of positive outcomes for schools, including increased in-class time and fewer absences; positive effects on academics; and positive health outcomes. (Brown & Bolen, 2008; Cura, 2010; Geierstanger, Amaral, Mansour, & Walters, 2004)

**Quick SBHC Facts**

- SBHCs currently serve 61 communities in 30 counties throughout New Mexico
- 50,000 students have access to a SBHC in frontier, rural, urban and suburban communities
- Over 18,000 students received care at a SBHC in 2010-2011
- Students average 3 visits to their SBHC each year

**“They give me information to improve my health and I have been taking their advice so I can have a healthy future.”**

**-SBHC Student**

For More Information

New Mexico Department of Health  
Office of School and Adolescent Health  
300 San Mateo Blvd. NE, Suite 902  
Albuquerque, NM 87108  
505-841-5880

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



For information on SBHCs in New Mexico including a listing of locations, visit the New Mexico Alliance for School Based Health Care at [www.nmasbhc.org](http://www.nmasbhc.org)

## What's happening at SBHCs?

SBHCs provide health care access to a school's entire student population and, in some cases, to the entire school district or community. Access to health care is easy and convenient. Relationships with providers are consistent, services are provided regardless of ability to pay, and SBHC providers are focused on adolescent health issues. This care includes:

- Performing routine physical and sports exams
- Diagnosing and treating acute and chronic illnesses
- Treating minor injuries and illnesses
- Providing vision, dental and blood pressure evaluations
- Administering immunizations
- Preventing and treating alcohol and drug problems
- Providing health education and wellness promotion
- Providing students with behavioral health counseling
- Prescribing and dispensing medication
- Providing reproductive health services

A primary goal of New Mexico's SBHC program is to assure access to comprehensive, high-quality care for children and youth. This care is important particularly for those at risk for health problems and those with poor access to or utilization of primary or behavioral health care.

SBHCs help families enroll eligible children in Medicaid so they will have coverage when the SBHC is not open or when they need emergency treatment. Having access to comprehensive care within the school building supports academic success by allowing students to receive care where they learn so they avoid health-related absences and get support to succeed in the classroom.

**"The doctors that saw me were really nice and they really listen."**

**"It's a really great place and I like going there."**

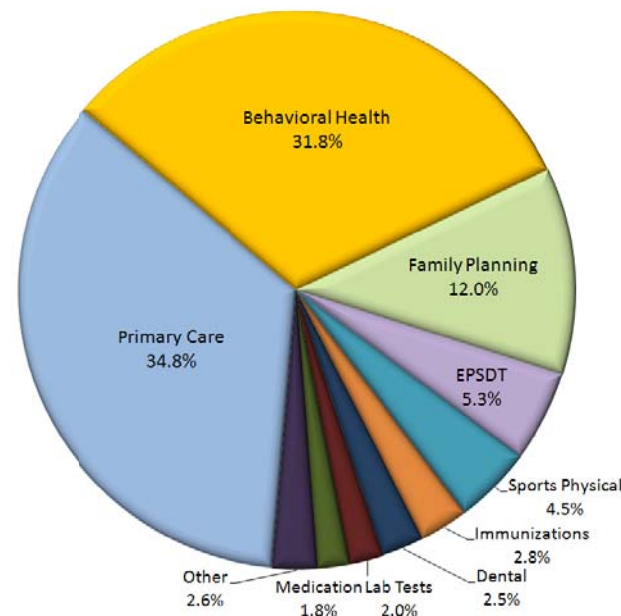
**The staff gives me advice and I listen."**

**-SBHC Students**

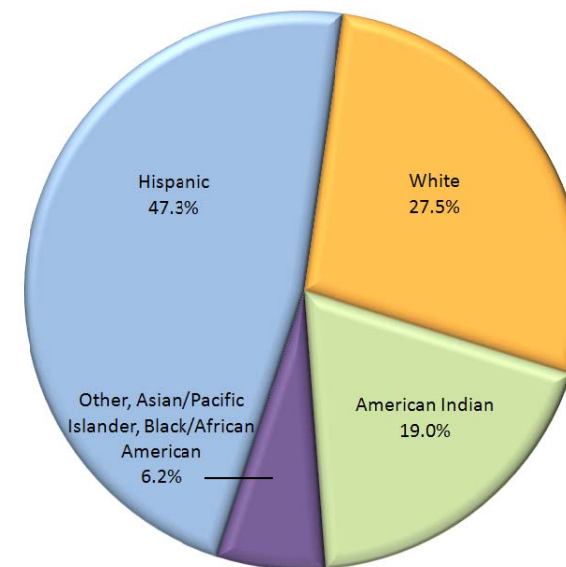
## School-Based Health Centers by the Numbers

In 2010-2011, SBHCs provided 18,006 youth with 55,404 health care visits

Type of Office Visits



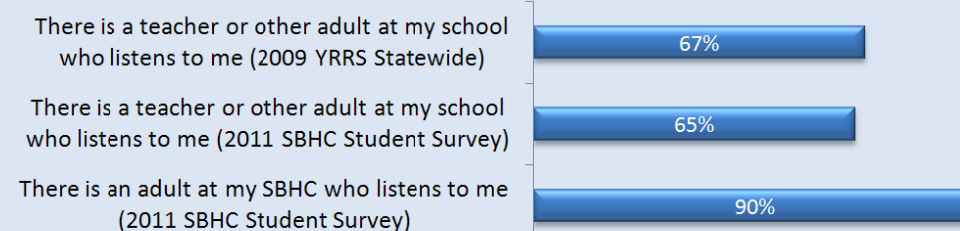
Client Race/Ethnicity



### SBHCs and Caring Adult Relationships

Students with high levels of caring and supportive adult relationships are far less likely to engage in risk behaviors related to alcohol and substance abuse, violence, suicide attempts, and obesity. When asked about whether there was a teacher or adult who listened to them, results from a 2011

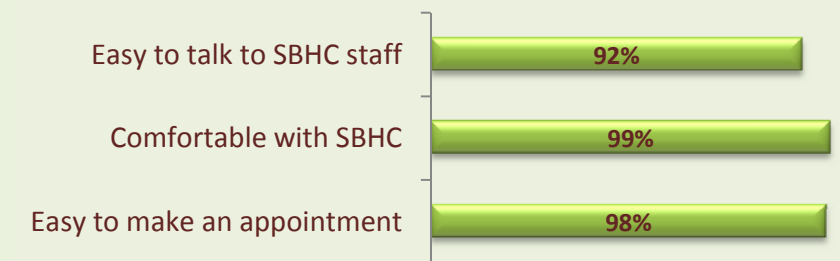
survey indicate that students from schools with SBHCs respond in a manner consistent with the statewide sample of students from the 2009 YRRS. A much higher percentage (90%) cite the SBHC as a place where an adult will listen to them if they have something to say.



## What Do Students Say?

### Students Access Services

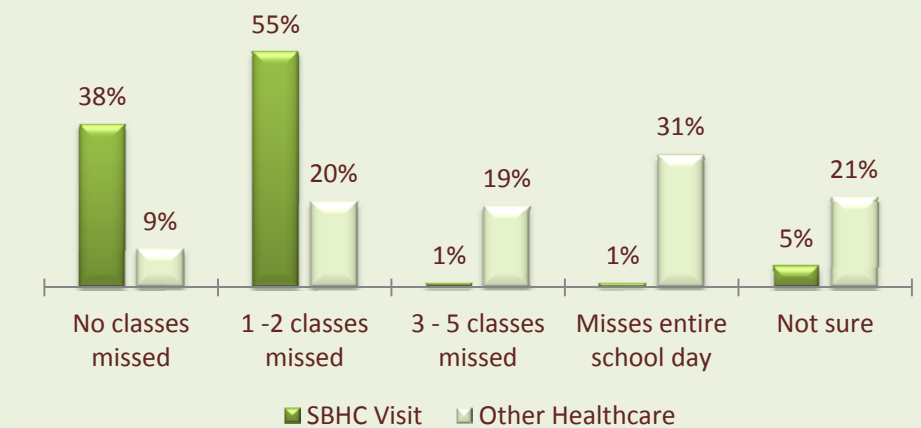
Overwhelmingly, students who access services at SBHCs report good access and health care.



For almost a third of students, the SBHC is their primary source of care.

### Students Maintain Instructional Time

Students receiving care at SBHCs report missing substantially less instructional time than if they had to go off campus.



### Students Get Health Promotion

Students report receiving important information from their SBHC.



### Students Change Health Behaviors

Eighty-five percent (85%) of students report they are likely to follow SBHC advice and 72% report that they have changed behavior after a SBHC visit.