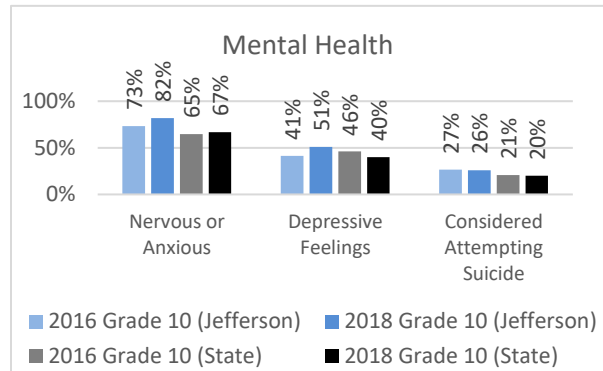


Jefferson County: School Based Health Centers 2020-2021 Participation Report

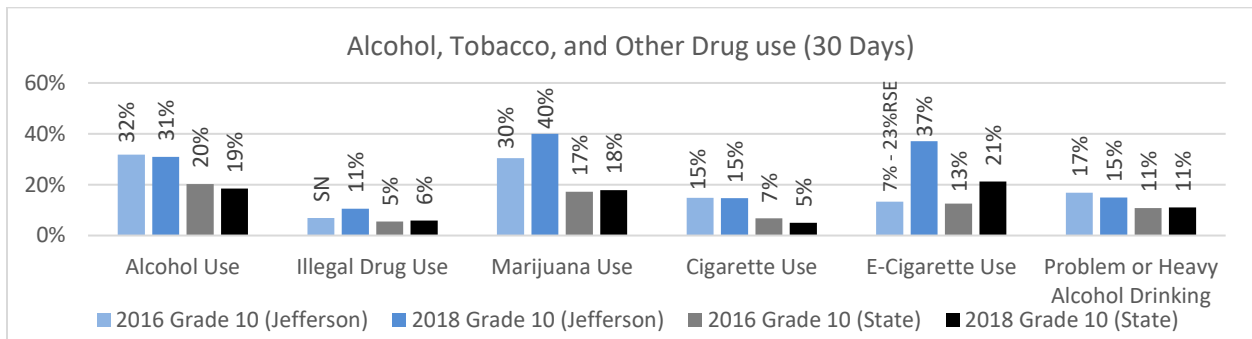
The State of Jefferson County Youth, At A Glance:

Note: Due to the COVID-19 pandemic, the Healthy Youth Survey was not conducted in 2020 and was postponed until 2021. The 2018 survey is the most recent data.

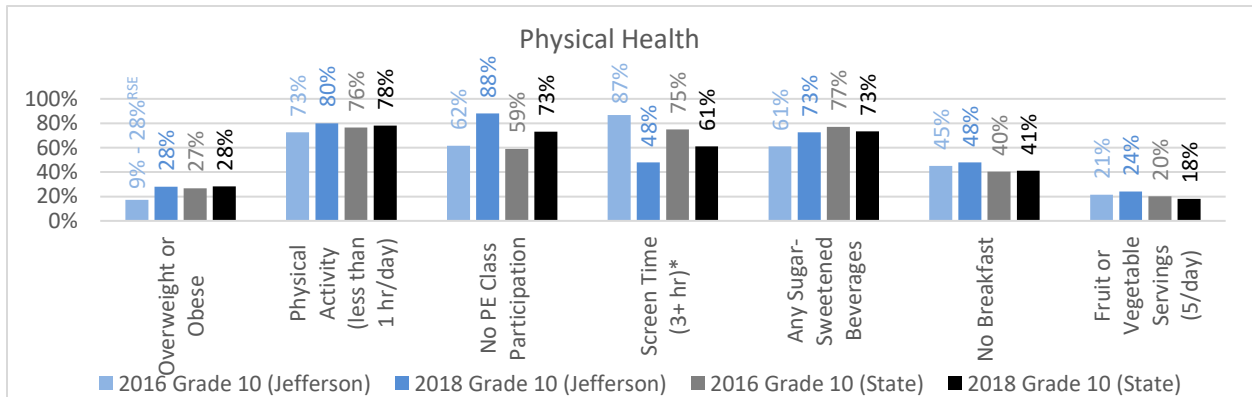
In the 2018 Healthy Youth Survey (HYS) more than 8 in 10 Jefferson 10th graders reported feeling nervous or anxious in the past 2 weeks; more than 4 in 10 reported depressive feelings for 2 weeks or more in the past year and over 1 in 4 reported considering suicide in the past year. All rates in 2018 were higher than state averages. Feeling nervous/anxious and depressed are higher compared to 2016.



Jefferson youth substance use rates are above state averages. About 30% of Jefferson 10th graders report using alcohol and 40% report using marijuana in the past 30 days. About 2 in 3 Jefferson 10th graders report their parents feel youth marijuana use is wrong compared to 90% statewide. Nearly 3 in 4 tenth graders feel that marijuana is easy to get, 49% statewide. Over 60% tenth graders report that their parents have talked to them about not using alcohol; 54% report that parents have talked to them about not using marijuana, both similar to the state.



Healthy eating and activity levels have areas to improve. Eight in 10 Jefferson 10th graders are getting less than 1 hour of physical activity daily and nearly 90% report no PE class daily. About 50% report more than 3 hours of daily screen time, less than half eat breakfast daily, and only a quarter consume five daily fruit/vegetable servings.



SN: The estimate is suppressed because the count is less than ten and not equal to zero.

RSE: A range is displayed because estimate is imprecise due to a larger relative standard error (25% ≤ RSE ≤ 32%).

Twenty-six percent of 10th and 61% of Jefferson County 12th graders report ever having had sex (HYS 2018). Notably, Jefferson County has a lower teen (age 15-19) pregnancy rate at 8 per 1,000 compared to Washington at 14 per 1,000. (WA State Dept. of Health, Community Health Assessment Tool, 2015-19). Jefferson’s rate of sexually transmitted infections in people aged 15-19 (13 per 1,000) is statistically lower than Washington’s (19 per 1,000) (WA State Dept. of Health, Community Health Assessment Tool, 2016-18).

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 2020 – 21 school year, the Chimacum SBHC provided 12 hours of medical services and 14 hours of mental health care per week. The SBHC in the Port Townsend School District provided students with 8 hours of medical service and 21 hours (14 hours at the high school and 7 hours at Blue Heron) of mental health care per week. Mental health care is provided at Quilcene High and Elementary schools 7 hours per week. Medical services were provided in Quilcene from March - June 2021 with 6.5 hours per week. At Brinnon Elementary, 14 hours of mental health services are provided (half funded by the 1/10th and the other half funded by a separate contract with Jefferson County). Medical services are provided by Advanced Registered Nurse Practitioners (ARNP) and/or Naturopathic Doctor. Mental health services are delivered by Mental Health Therapists by MCS Counseling. Because students were not on campus full-time, physical hours at SBHCs were reduced and occurred on days students were on campus. Students’ medial needs were also addressed at other times, by Telehealth, and our Sexual and Reproductive Health clinic, in addition to the SBHC.

Free and Reduced Lunch Rates	
Source: OSPI, 2020 - 21 school year	%
Brinnon School District	81
Brinnon Elementary	81
Chimacum School District	50
Chimacum Creek Primary	50
Chimacum Elementary	56
Chimacum Junior and Senior HS	46
Port Townsend School District	46
Salish Coast Elementary	49
Blue Heron Middle School	48
Port Townsend High School	43
Quilcene School District	47
Quilcene High and Elementary	47

Medical services are funded by Jefferson County Public Health and Jefferson Healthcare. Mental health services are funded by the Jefferson County Mental Health/Chemical Dependency sales tax (except as noted above). 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, referrals, and visit experience are recorded by the MH clinician. Demographic data are collected at each client’s first visit.

Data in this report were collected from August 2020 through June 2021.

SBHC Medical Services Report:

Pages 3-7

SBHC Mental Health Services Report:

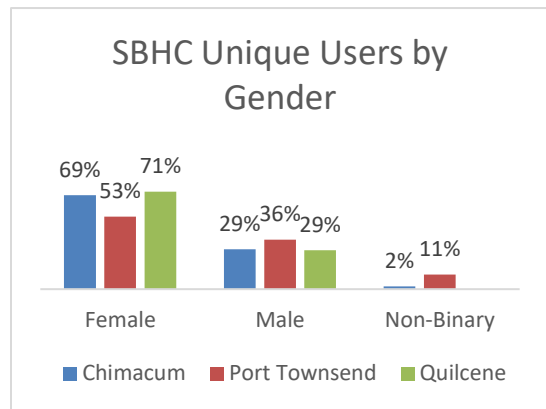
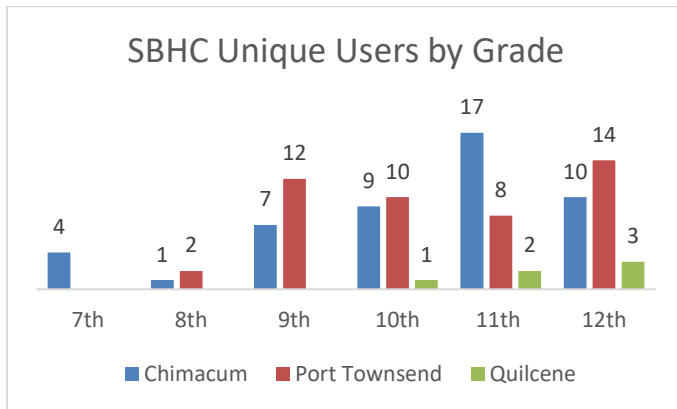
Pages 8-13

SBHC Medical Services

Demographics

The COVID-19 pandemic impacted the number of users and visits during the 2020 – 21 school year.

Chimacum had students from grades 7 - 12, Port Townsend students from 8 – 12, and Quilcene students from 10 - 12. Two SBHC users did not report their grade. SBHC users were more likely to be female in all schools. In the 2020 – 21 school year, the SBHC program added non-binary as an gender option for students to select.



For SBHC reported race/ethnicity, any selection of two separate race categories were recoded to the two or more races category. Each SBHC had users who did not report their race/ethnicity, in Chimacum 12% did not report, in Port Townsend 13% did not report, and in Quilcene 14% did not report.

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

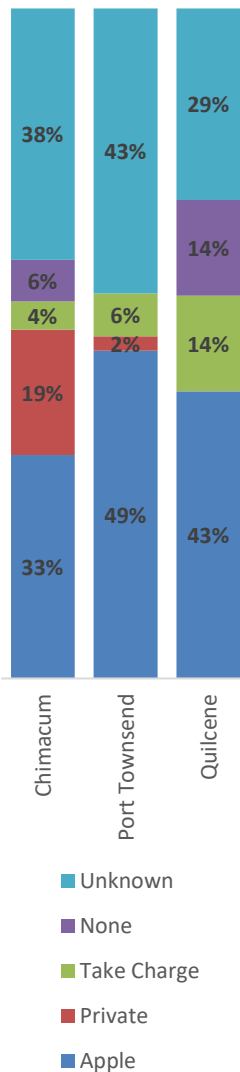
In Chimacum, among SBHC users there was a higher representation of American Indian/Alaska Native than the district population. In Port Townsend, there was a higher representation of Asian and students who identify as two or more races than the district population. In Quilcene, there was a higher representation of students who identify as two or more races than the district population.

Racial Composition	Chimacum (Grades)		Port Townsend (Grades)		Quilcene (Grades)	
	SBHC (6-12)	Dist. (6-12)	SBHC (6-12)	Dist. (K-12)*	SBHC (6-12)	Dist. (K-12)*
White	78.6%	78.4%	82.9%	80.1%	83.3%	83.7%
American Indian / Alaska Native (AIAN)	4.8%	0.7%	0.0%	1.0%	0.0%	0.8%
Black	0.0%	0.3%	0.0%	0.8%	0.0%	0.8%
Hispanic	4.8%	6.9%	0.0%	9.0%	0.0%	4.9%
Asian	0.0%	1.6%	4.9%	1.6%	0.0%	1.1%
Native Hawaiian / Other Pacific Islanders (NHOPI)	0.0%	0.3%	0.0%	0.1%	0.0%	0.2%
Two or More	11.9%	11.8%	12.2%	7.4%	16.7%	8.6%
Total**	100.1%	100.0%	100.0%	100.0%	100.0%	100.0%

*Note: Data unavailable to restrict by grade.

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

SBHC Student Insurance



Insurance type distributions for SBHC utilizers differed slightly by school. A high percent of each school had an unknown insurance provider. In Chimacum, 33% were enrolled in Apple health (Medicaid) and 19% were on private insurance. At Port Townsend, 49% were enrolled in Apple health and 6% on Take Charge. At Quilcene, 43% were enrolled in Apple health. A small portion of students were uninsured, 6% in Chimacum, 0% in Port Townsend, and 14% in Quilcene.

Although a majority of Chimacum students using the SBHC reported having usual medical (69%) and dental (56%) providers, less (46%) reported having visited a medical provider and half (54%) reported having visited a dental provider in the past year.

For Port Townsend, a similar percent of students using the SBHC reported having a usual medical provider (74%) and dental provider (68%). Whereas 64% reported having visited a medical provider and 60% a dental provider in the past year.

Compared to the 2018 HYS results for Jefferson County 10th graders, Chimacum SBHC users report lower rates of past year medical and dental provider visits; Port Townsend SBHC users also report lower rates of medical and dental visits; Quilcene reports lower rates of medical and similar rates of dental visits. Jefferson has lower rates compared to statewide averages.

		Medical	Dental
SBHC Students report having a usual place for care:	Chimacum	69%	56%
	Port Townsend	74%	68%
	Quilcene	57%	57%
SBHC Students report having visited a provider in the past year:	Chimacum	46%	54%
	Port Townsend	64%	60%
	Quilcene	45%	57%
2018 HYS 10th graders report a routine checkup in the past year:	Chimacum	64%	67%
	Port Townsend	68%	77%
	Quilcene	59%	56%

SBHC Referrals

Both school districts follow similar trends of student referral sources to the SBHC. Referral by a parent is most common, followed by friend, school, and counselor.

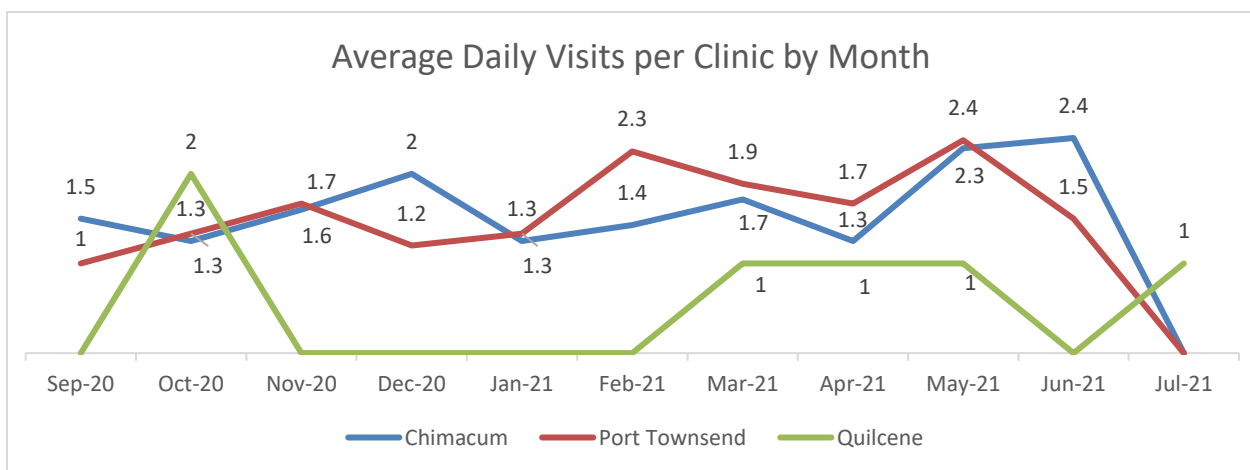
Common referrals from the SBHCs are for mental health services (SBHC mental health counselor or out-patient), additional public health or medical services, school counselor, and insurance plans (Take Charge), among others. Clinicians refer SBHC participants to a variety of providers and organizations in the area on a consistent and ongoing basis depending on identified needs.

Summary of how students were referred to the SBHC												
	Return Client	Parent	Friend	Teacher	Coach	Couns.	Pr/VP	SBHC MH	School	Class	Poster	Other
Chimacum	0	4	4	1	4	4	0	0	2	0	0	3
Port Townsend	0	9	6	3	4	4	3	2	6	2	4	4
Quilcene	0	2	0	1	0	1	5	0	2	0	1	0
Total	0	15	10	5	8	9	8	2	10	2	5	7

SBHC Usage

SBHC Utilization Summary				
	Chimacum	Port Townsend	Quilcene	Overall
Total visits	78 (G 9-12: 71)	78 (G. 9-12: 75)	8	164 (G 9-12: 154)
Total users	48 (G 9-12: 43)	47 (G. 9-12: 44)	7	102 (G 9-12:94)
Clinic days with visits	46	44	7	97
Average visits by clinic days¹	1.7	1.8	1.1	1.7
Average visits per month²	7.8	7.8	1.6	16.4
Average visits by client	1.6	1.7	1.1	1.6
Range of visits by client	1 - 5	1 - 10	1 - 2	1 - 10
Total Enrollment³	G 6-8: 168 G 9-12: 240	G 6-8: 271 G 9-12: 438	G 9-12: 100	G 9-12: 778
Utilization Rate	G 6-8: 3% G 9-12: 18%	G 6-8: 1% G 9-12: 10%	G 9-12: 7%	G 9-12: 13%

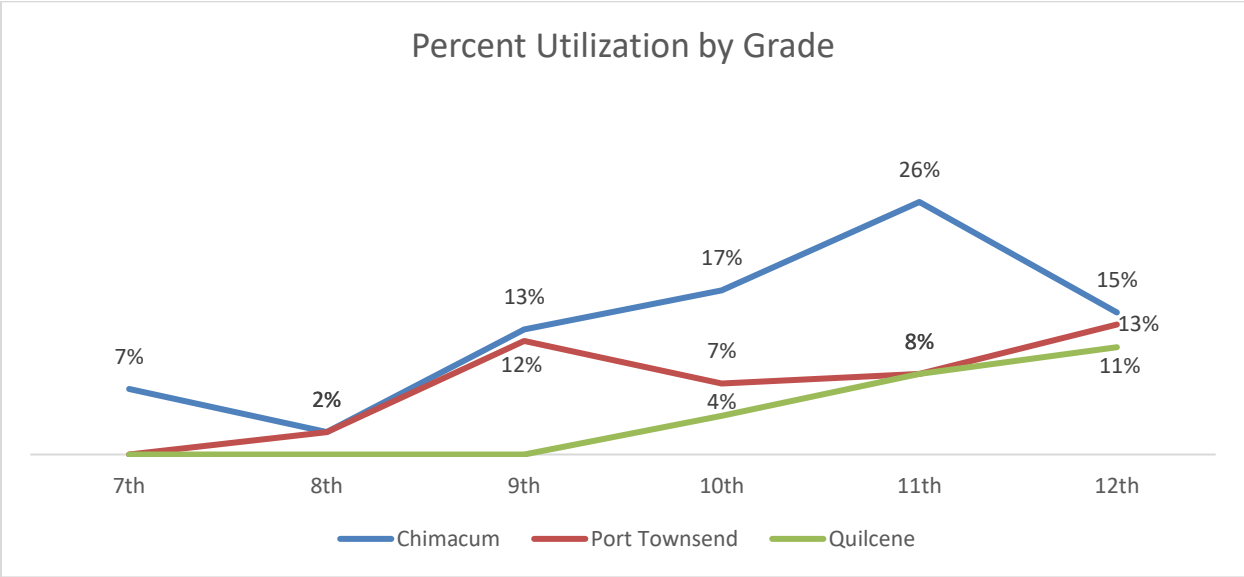
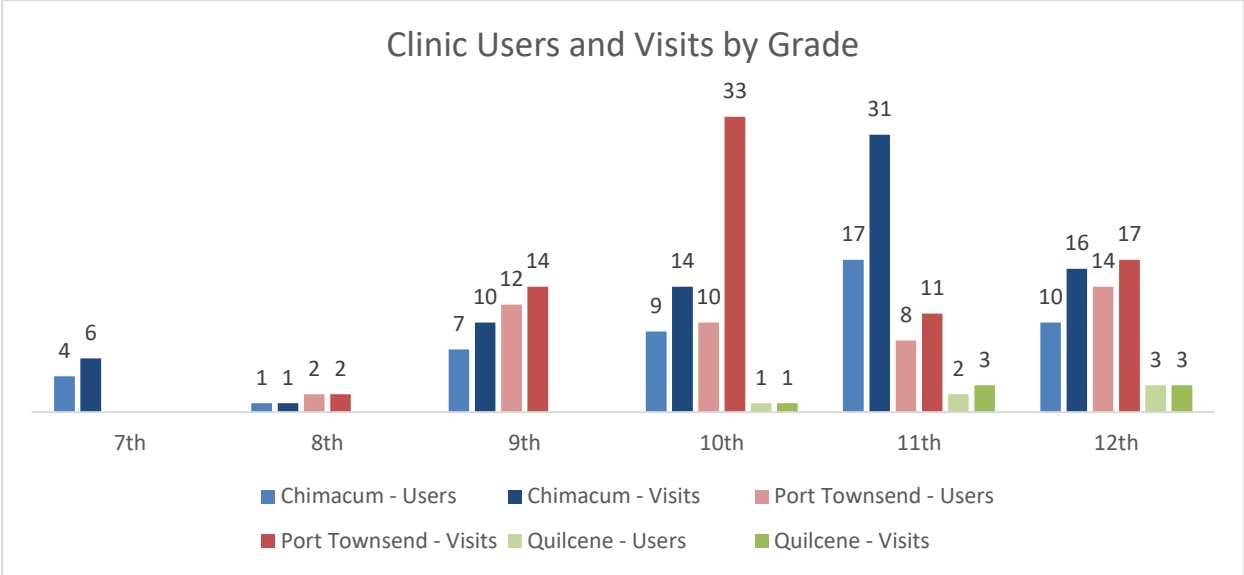
During the 2020 – 21 school year, the primary users and visits were from 9 – 12th grade students. SBHCs had 154 visits by students in 9-12th grades during 97 clinic days. The highest clinic utilization was during May for all schools. Visits per day vary considerably month to month, between 1 and 2.4. At Chimacum, 11th grade had the greatest number of clinic users (17) and number of visits (31). At Port Townsend, 12th graders had the greatest number of clinic users (14) and 10th grade had the greatest number of visits (33). At Quilcene, 12th graders had the greatest number of clinic users (3) and both 11th and 12th grade had the greatest number of visits (3).



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

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

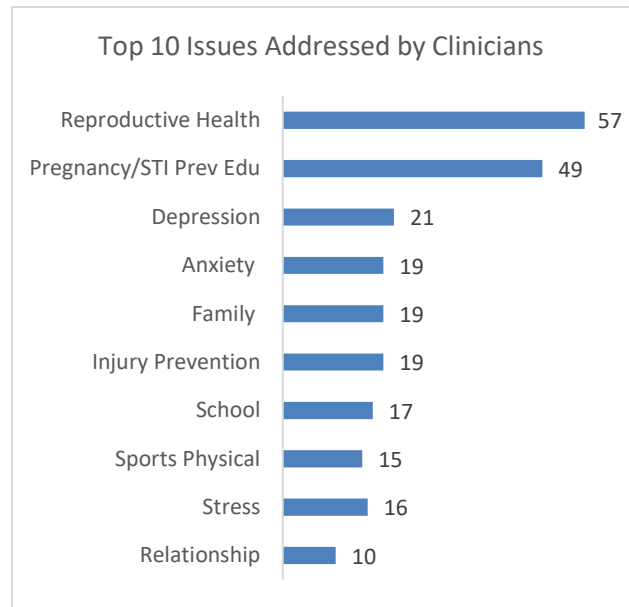
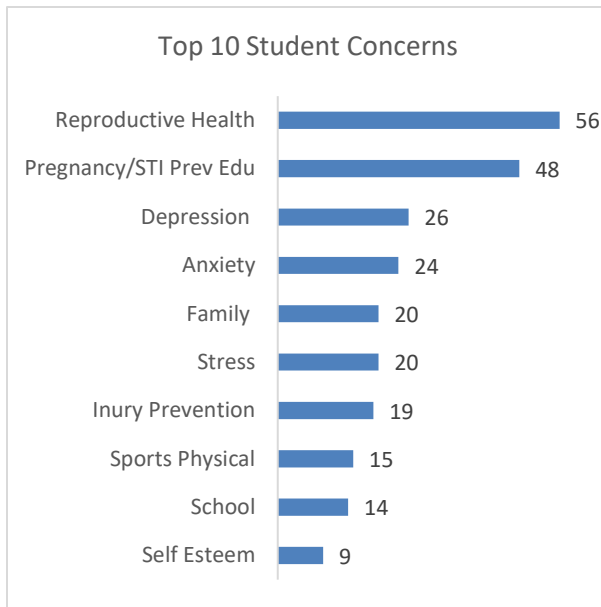
³ Source: Washington State Report Card. Accessed 3/2021 at <https://washingtonstaterreportcard.ospi.k12.wa.us>.



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	Depression	Depression	Reprod. Health	Reprod. Health	Preg. / STI Prev.	Preg. / STI Prev.
2	Anxiety	Anxiety	Sports Physical	Sports Physical	Injury Prev.	Injury Prev.
3	Family	Family	Injury	Injury	Nutrition	Nutrition
4	Stress	School	Pain	Pain	Eating Disorder	Eating Disorder
5	School	Stress	Allergies	Allergies	Immunization	Immunization



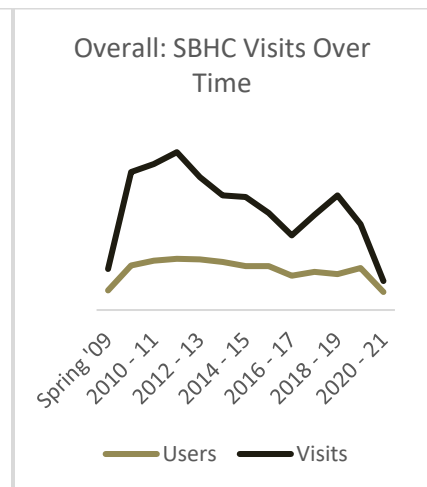
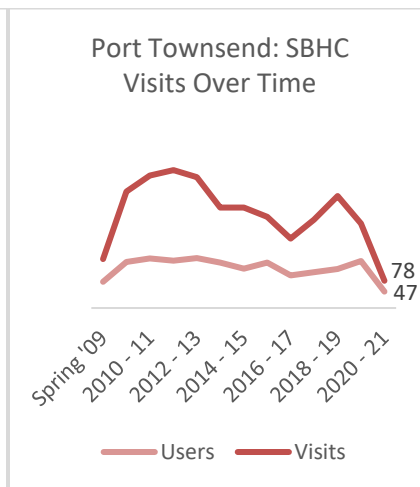
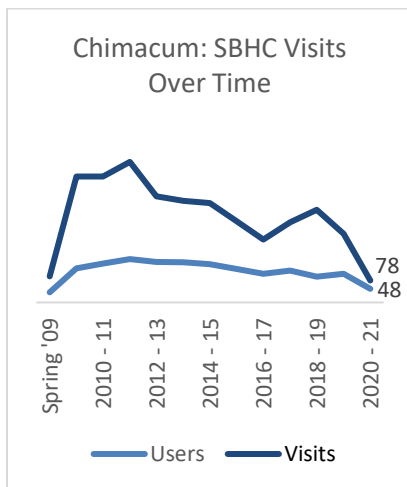
Most visits were for reproductive health, which may include STI screening, pregnancy test, birth control, emergency contraception, and education on risky sexual behavior and harm reduction techniques. Emotional well-being represents the next largest group of SBHC visit concerns by both students and clinicians (anxiety, stress, family, depression, relationships).

Student athletes are required to get sports physicals every two years. SBHCs provide this service. SBHCs did not open clinics in August for physicals, as usual, due to sports not beginning until February 2021.

SBHC Clinic Usage Over Time

Due to the COVID-19 pandemic, the number of users and visits during the 2019 – 20 and 2020 - 21 school year were impacted.

The number of visits in 2019 – 20 and 2020 - 21 were lower for both school districts compared to the previous school year. In 2020 – 21, the number of users also decreased for both school districts compared to the previous school year.



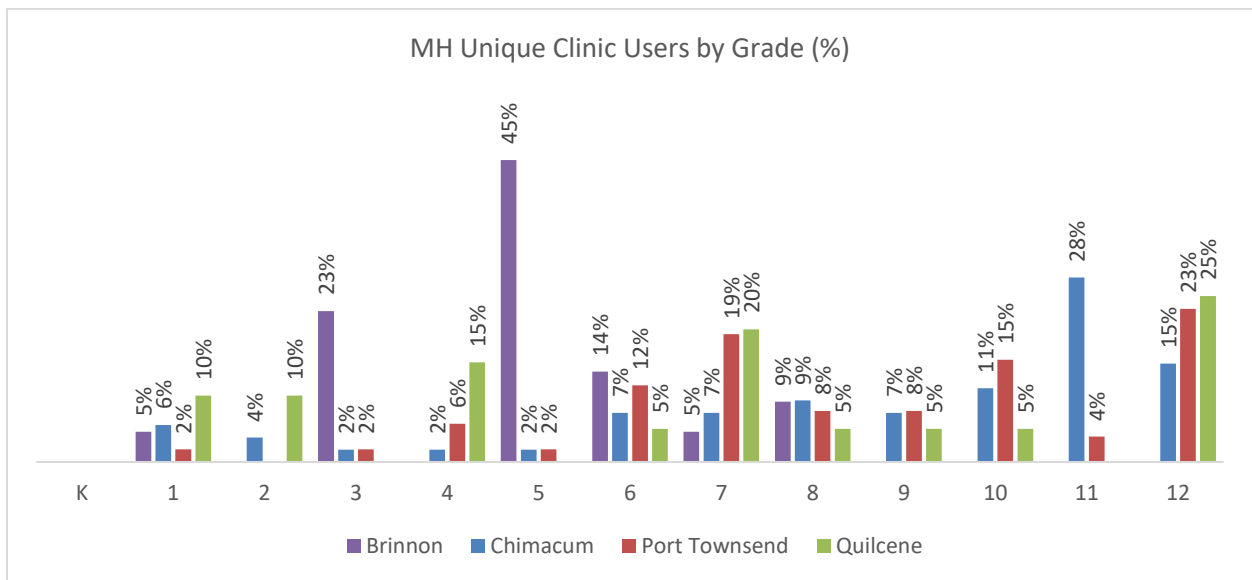
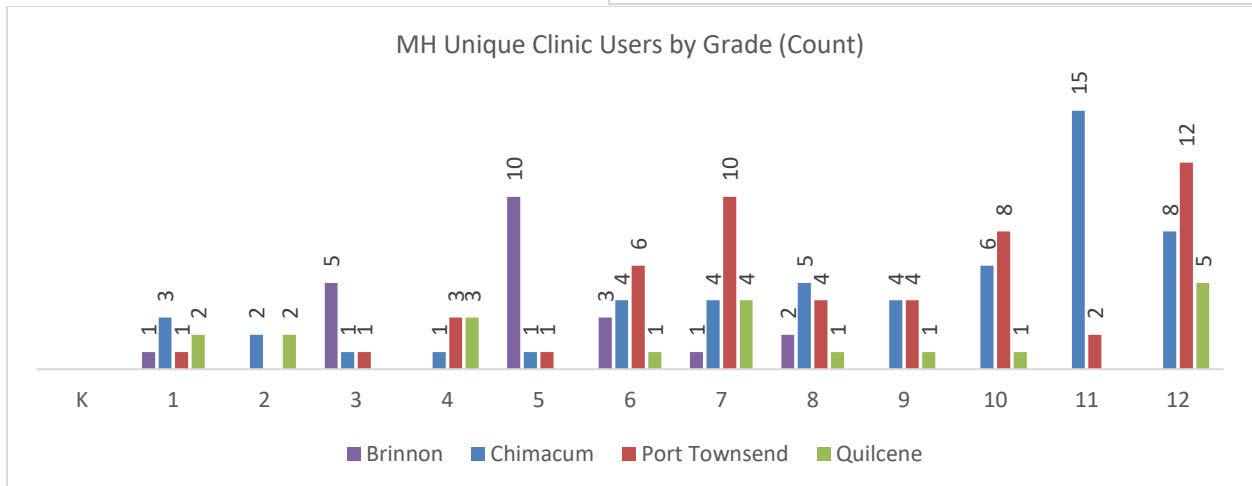
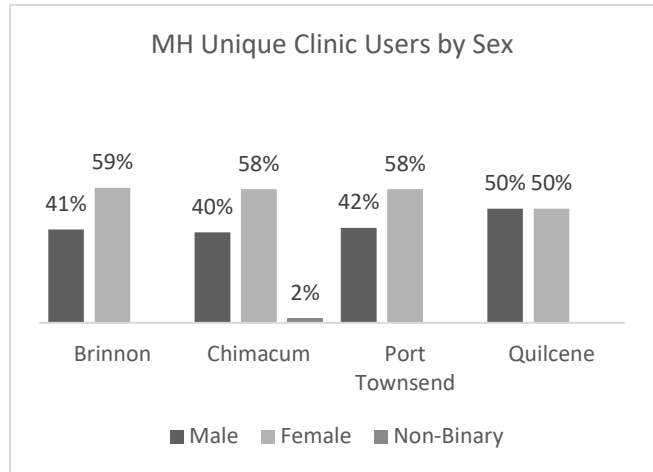
SBHC Mental Health Services

Demographics

More females than males were seen at Brinnon, Chimacum, and Port Townsend, while an equal number of males than females were seen at Quilcene.

Total Unique Individuals and Total Visits by Grade:

For Chimacum and Port Townsend, the majority of MH clinic users are in high school (Brinnon serves grades K-8 only). At Chimacum, 11th had highest SBHC use; 12th for Port Townsend; 12th for Quilcene; and 5th at Brinnon.

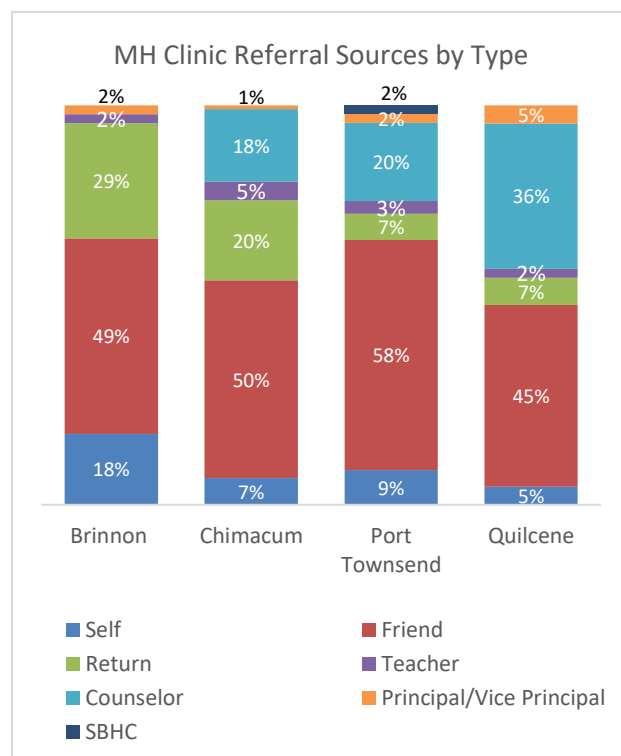


SBHC MH Referrals

Referrals to SBHC mental health originated from a wide variety of sources. The leading referral sources are detailed as follows. At all four sites, referrals from friends were the most common form of referrals. The second most common type of referrals included: return clients, self-referral, and counselors. Referrals from the SBHC MH clinicians were not tracked during the 2020 – 2021 school year.

SBHC MH Visits

Due to the COVID-19 pandemic, school schedules changed to accommodate socially distancing recommendations. This impacted the number of clients and visits during the 2019 – 2020 and 2020 - 2021 school year. For the mental health clinic, staff were able to provide telehealth appointments despite changes.



Port Townsend had the highest number of visits (466) and Chimacum had the highest number of clients (54). Port Townsend also had the most clinic days (120) followed by Chimacum (73). Quilcene had the highest number of visits per clinic day (5.9 visits per day) while Chimacum had the lowest (2.5 visits per day).

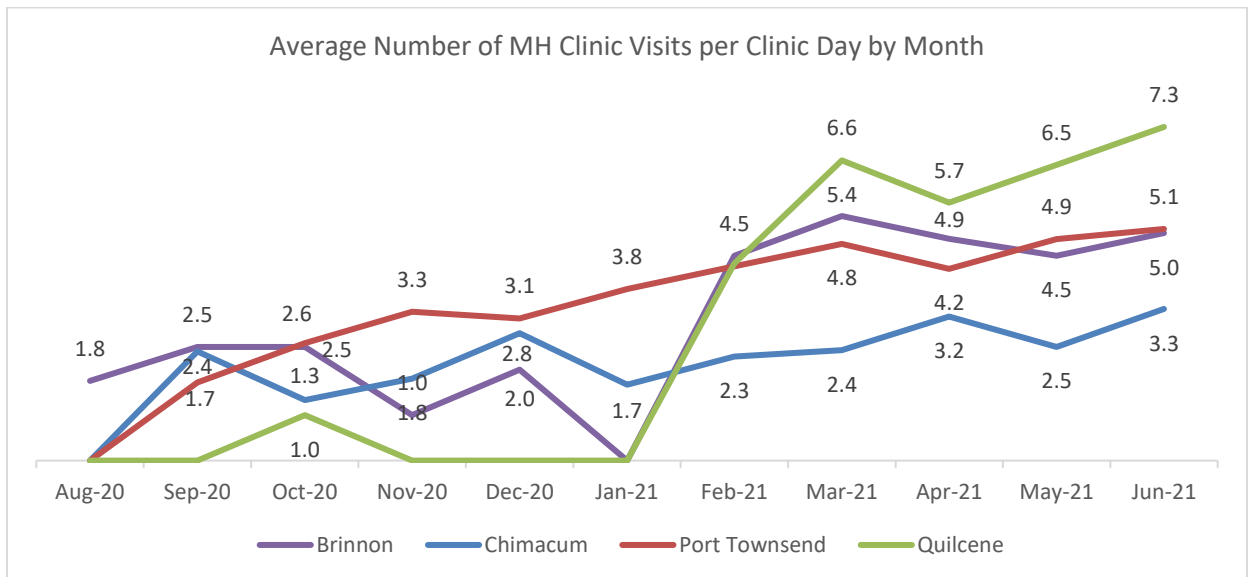
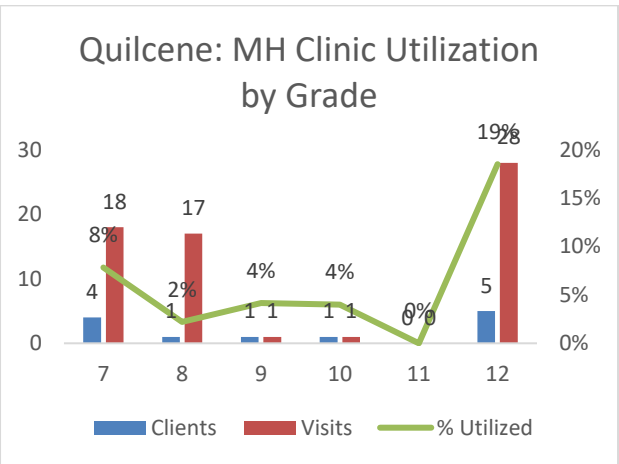
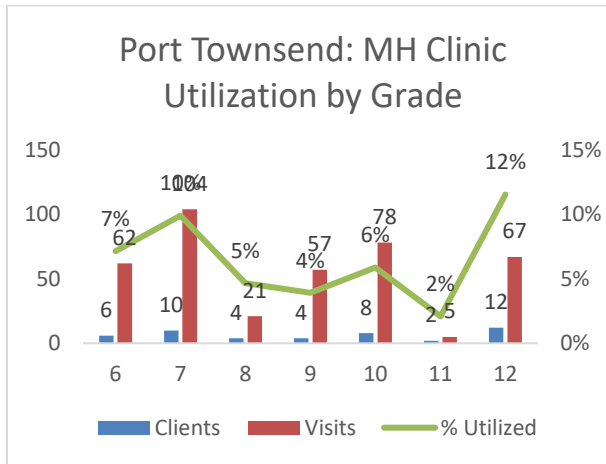
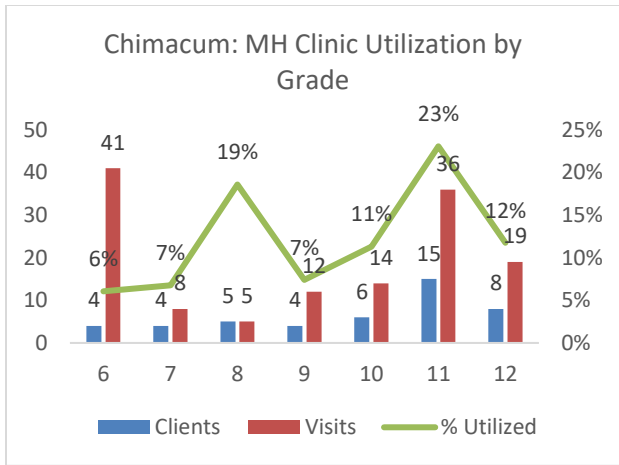
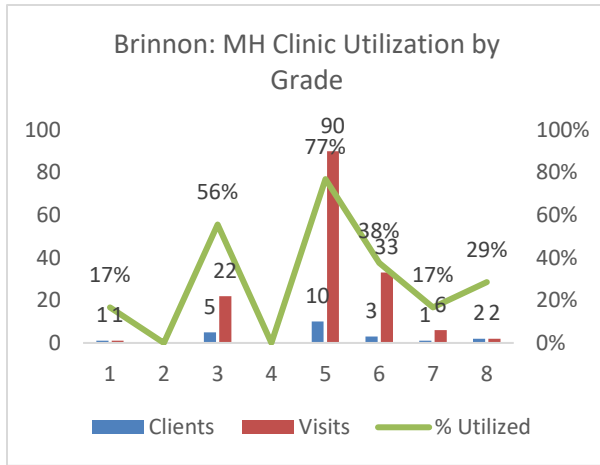
The highest overall utilization rates belonged to Brinnon (39%) for grades K-8 and Chimacum (14%) for grades 9-12. The lowest overall utilization rates were Quilcene (3%) for grades 1-8 and Port Townsend (6%) for grades 9-12.

SBHC MH Utilization Summary					
	Brinnon	Chimacum	Port Townsend	Quilcene	Overall
Total visits	161	182	466	112	921
Total users	29	54	53	20	156
Clinic days with visits	39	73	120	19	251
Average visits by clinic days⁴	4.1	2.5	3.9	5.9	3.7
Average visits per month⁵	16.1	18.2	46.6	3.2	92.1
Average visits by client	5.6	3.4	8.8	5.6	5.9
Range of visits by client	1 - 21	1 - 16	1 - 29	1 - 17	1 - 29
Total Enrollment⁶	G. K-8: 75	G. 1-8: 471 G. 9-12: 240	G. 1-8: 649 G. 9-12: 438	G. 1-8: 496 G. 9-12: 100	G. 9 – 12: 778
Utilization Rate	G. K-8: 39%	G. 1-8: 4% G. 9-12: 14%	G. 1-8: 4% G. 9-12: 6%	G. 1-8: 3% G. 9-12: 7%	

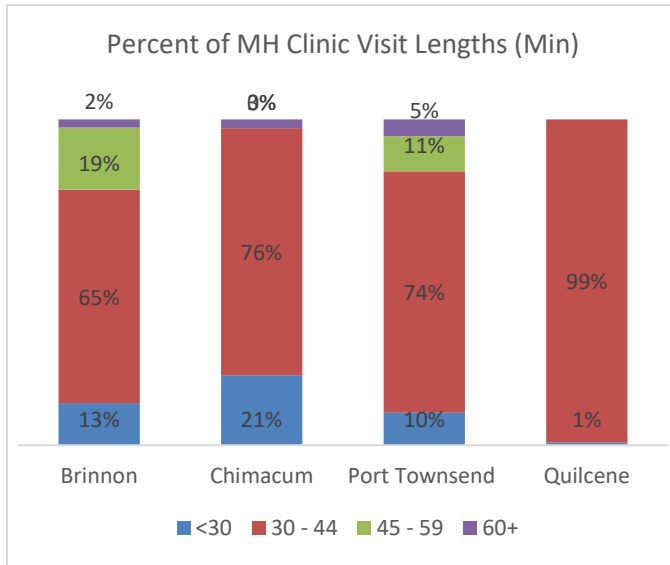
⁴ Values not directly comparable because of different clinic day lengths.

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

⁶ Source: Washington State Report Card. Accessed 10/2021 at <https://washingtonstatereportcard.ospi.k12.wa.us>.

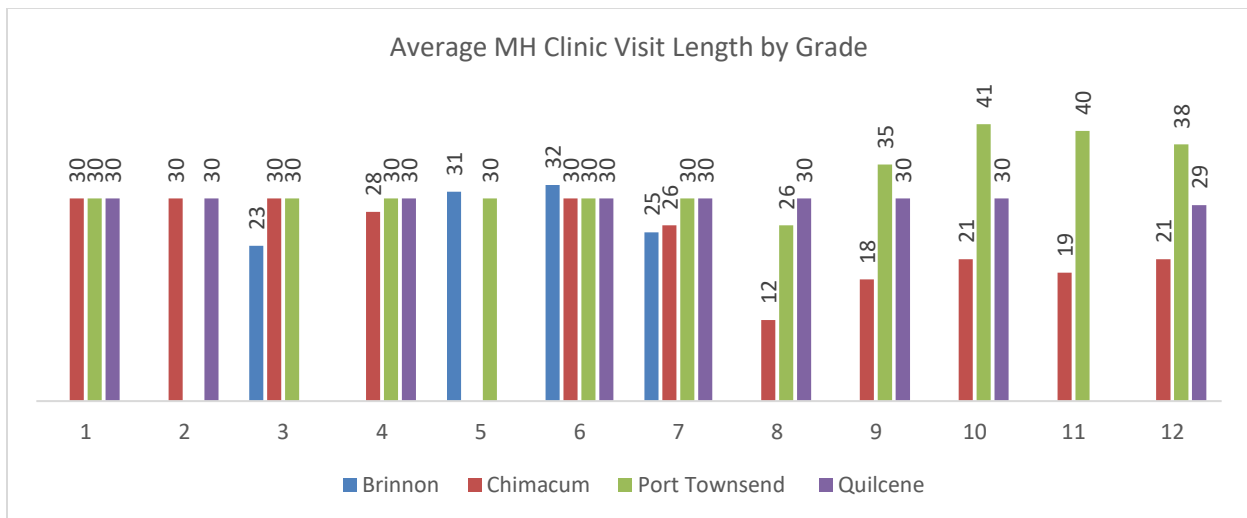


Overall, clinics had most of their visits in the second half of the year most likely coinciding with schools offering more in-person options. The highest average MH visits per clinic day were in September (2.5) and October (2.5) for Brinnon; in April (3.2) and June (3.3) for Chimacum; in March (4.8) and June (5.1) for Port Townsend, and in March (6.6) and June (7.3) for Quilcene.



SBHC MH Visit Length:

The majority of MH visits (76%) were 30 – 44 minutes long. Quilcene had the least variation in visit lengths with 99% of their visits 30 – 44 minutes. In Brinnon, 19% of visits were 45 – 59 minutes. In Chimacum, 21% of visits were <30 minutes. In Port Townsend, 11% of visits were 45 – 59 minutes and 10% of visits were <30 minutes. There was little variation in visit length by grade.



Top Reasons for SBHC MH Visits:

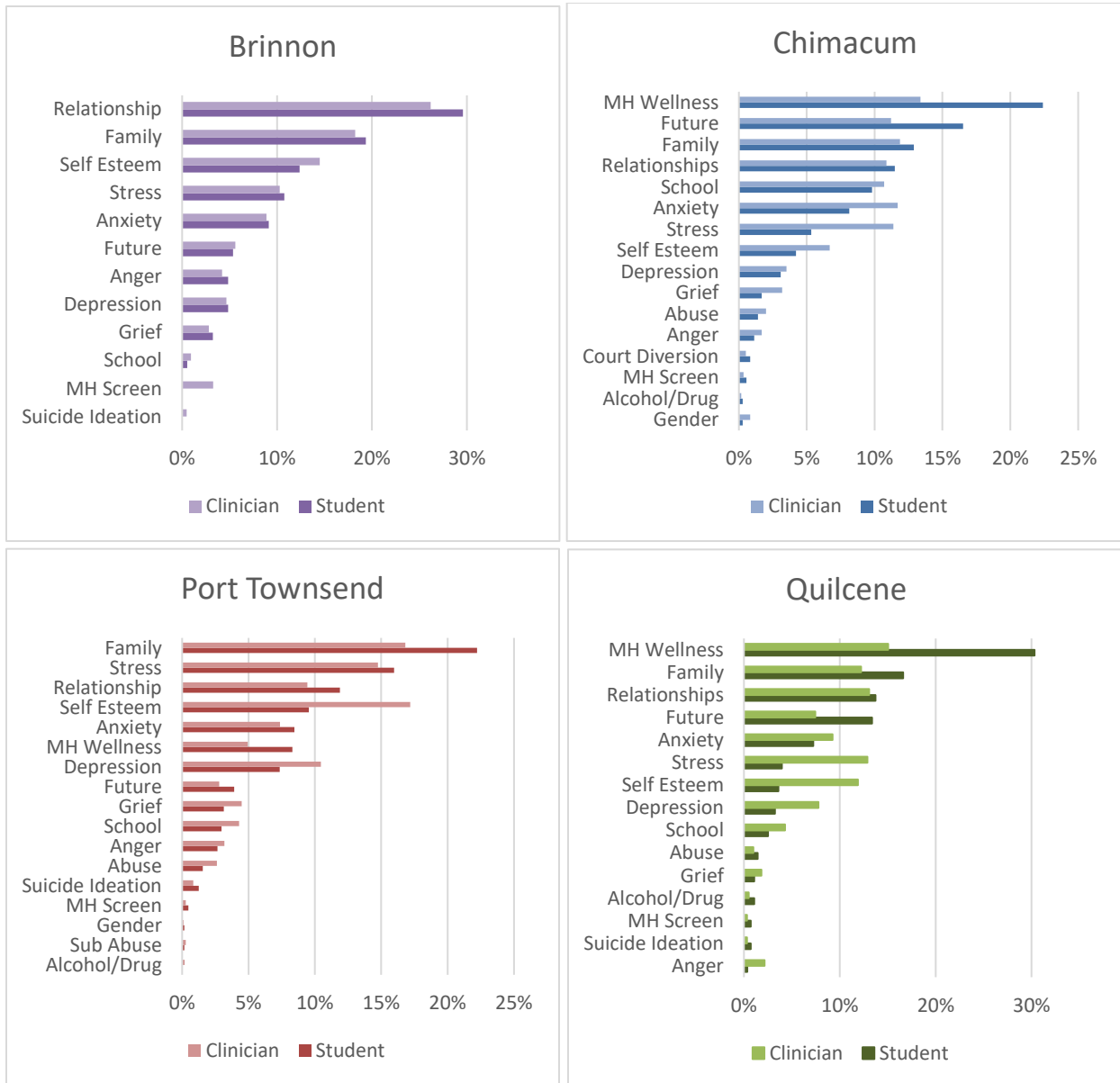
		Brinnon	Chimacum	Port Townsend	Quilcene
Student Concern	1	Relationships	MH Wellness	Family	MH Wellness
	2	Family	Future	Stress	Family
	3	Self Esteem	Family	Relationships	Relationships
	4	Stress	Relationships	Self Esteem	Future
	5	Anxiety	School	Anxiety	Anxiety
% of total		81%	73%	68%	81%

		Brinnon	Chimacum	Port Townsend	Quilcene
Clinician Concern	1	Relationships	MH Wellness	Self Esteem	MH Wellness
	2	Family	Family	Family	Relationships
	3	Self Esteem	Anxiety	Stress	Stress
	4	Stress	Stress	Depression	Family
	5	Anxiety	Future	Relationships	Self Esteem
% of total		78%	60%	69%	65%

Mental health wellness was identified as the top concern at two of the school districts by students and clinicians. Relationships was the top student and clinician concern in Brinnon, family was the top student concern in Port Townsend, self-esteem was the top clinician concern in Port Townsend. For each school district, the top five reasons accounted for 68 - 81% of all student concerns and 60 - 78% of all clinician concerns.

The following four charts display the reasons for visits identified by the student and clinician for each school.

MH Visit Reasons: (ranked by student concern, top of chart = top rank)



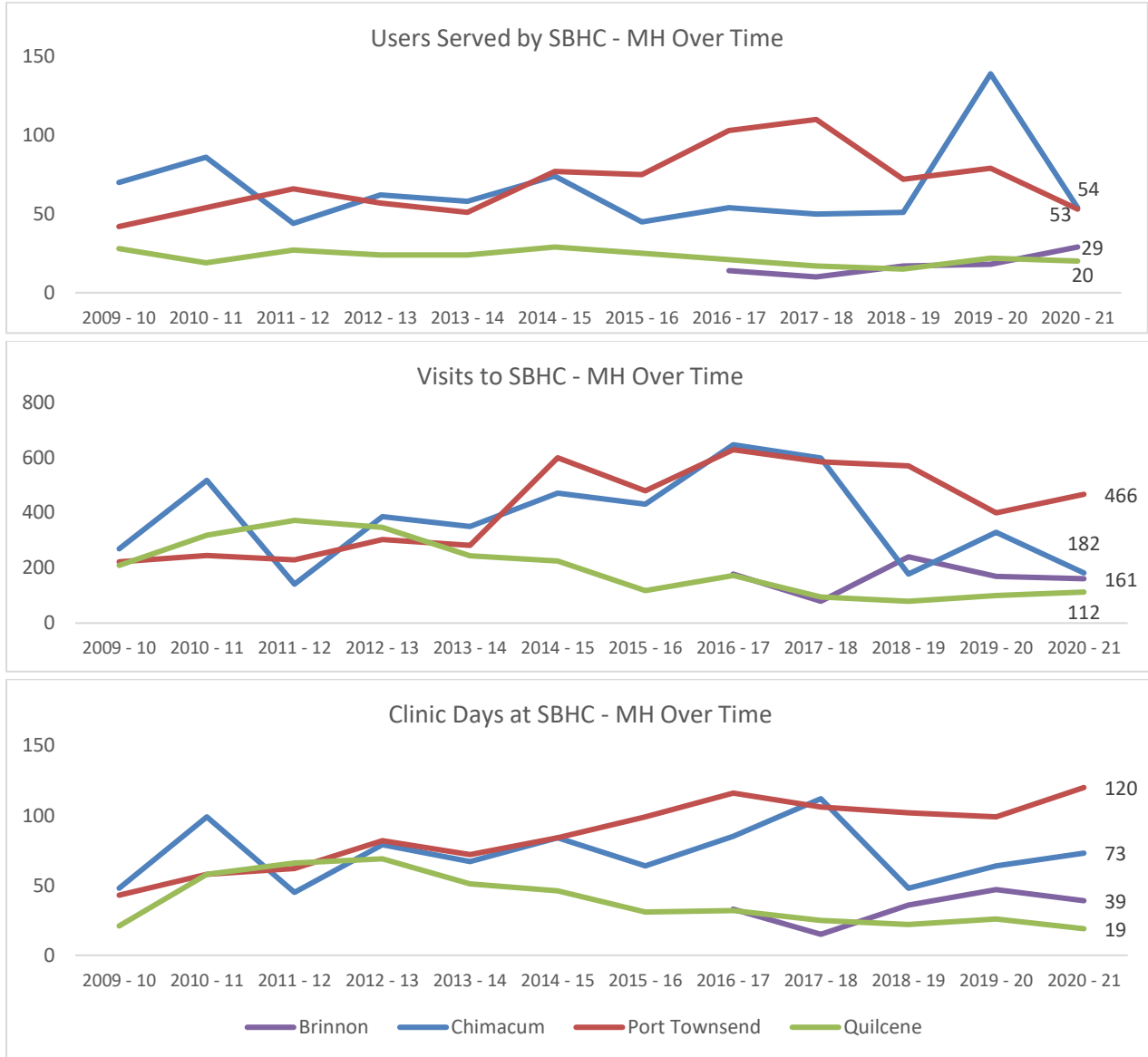
Services Provided

Most services provided were individual therapy (94% across all schools) – 99% at Brinnon, 94% at Chimacum, 94% at Port Townsend, and 91% at Quilcene. 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 2020 - 21 compared to 2019 – 20, users decreased at all schools, except Brinnon. Visits increased in Quilcene and Port Townsend compared to the previous year, but Brinnon and Chimacum decreased. Clinic days increased at Chimacum and Port Townsend when compared to the previous year, but Brinnon and Quilcene decreased.



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 Miller Session Rating Scale

Schools did not provide Miller Rating Scale data for the 2020 – 2021 school year due to the COVID-19 pandemic.