

Increasing Access to SBHC to Prevent Childhood Trauma

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Gaps in Access to Health Care

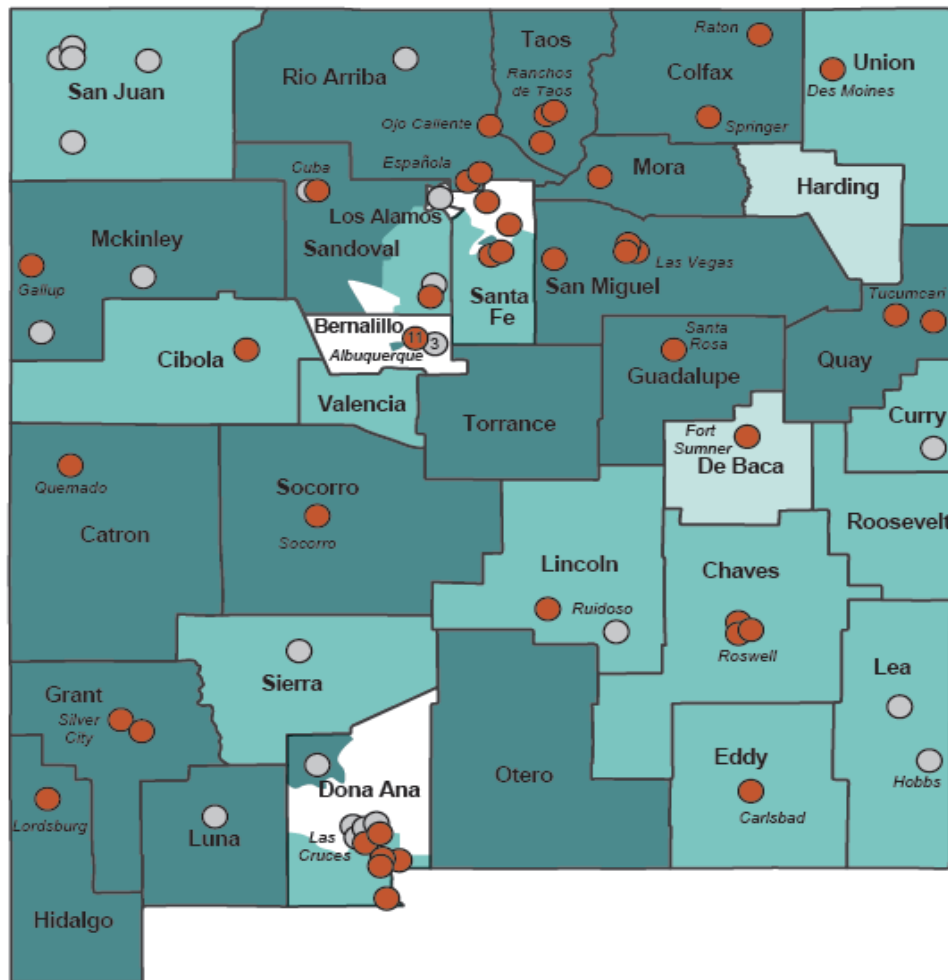
- New Mexico is a health professional shortage state.
- Rural and minority communities are less likely to have access to behavioral health services.
(<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4833684/>)
- New Mexico is still experiencing lingering effects of 2013 mental health system disruption with fewer than 1 / 3 of licensed mental health providers accepting Medicaid. (<https://oig.hhs.gov/oei/reports/oei-02-17-00490.pdf>)
- Lack of providers and insurance coverage may leave critical gaps in health care access, especially behavioral health, for youth.

Filling the Gaps

- Supplemental operational funding to 16 sponsoring agencies to provide both primary and behavioral health care in 54 SBHC statewide.
 - Health care conveniently available where kids spend most of their day – school.
 - Affiliation connects students and families with local community health organizations that can serve as medical homes and improve continuity of care.

Filling the Gaps

Providing Care in Underserved Communities ¹



Primary Care Provider Shortage



¹ 32 out of 33 counties are also designated Mental Health Professional Shortage Areas.

□ Does not meet the criteria for HPSA designation

● OSAH-funded SBHCs

● non-OSA-funded SBHCs



Filling the Gaps During COVID

- 98% of SBHC implemented telemedicine platforms.
- 59% prioritized visits for SBHC patients at their community clinics ensuring students would still have easy access to care.
- 55% kept SBHC open on a reduced schedule even while their host schools were not in-person.
- All SBHC clinical and evaluation tools transitioned to a secure web-based platform.



Asking Hard Questions

- Comprehensive risk screening is a priority in SBHC.
 - Web-based tool based on American Academy of Pediatrics HEADSS model
 - Imbedded validated screening tools automatically administered based on skip-logic, i.e., PHQ-2 and PHQ-9 for depression; GAD-2 and GAD-7 for anxiety; CRAFFT for substance use; CSSR-S for suicidality
- Guides individual care
- Bridge to conversation
- Aggregated risk reports



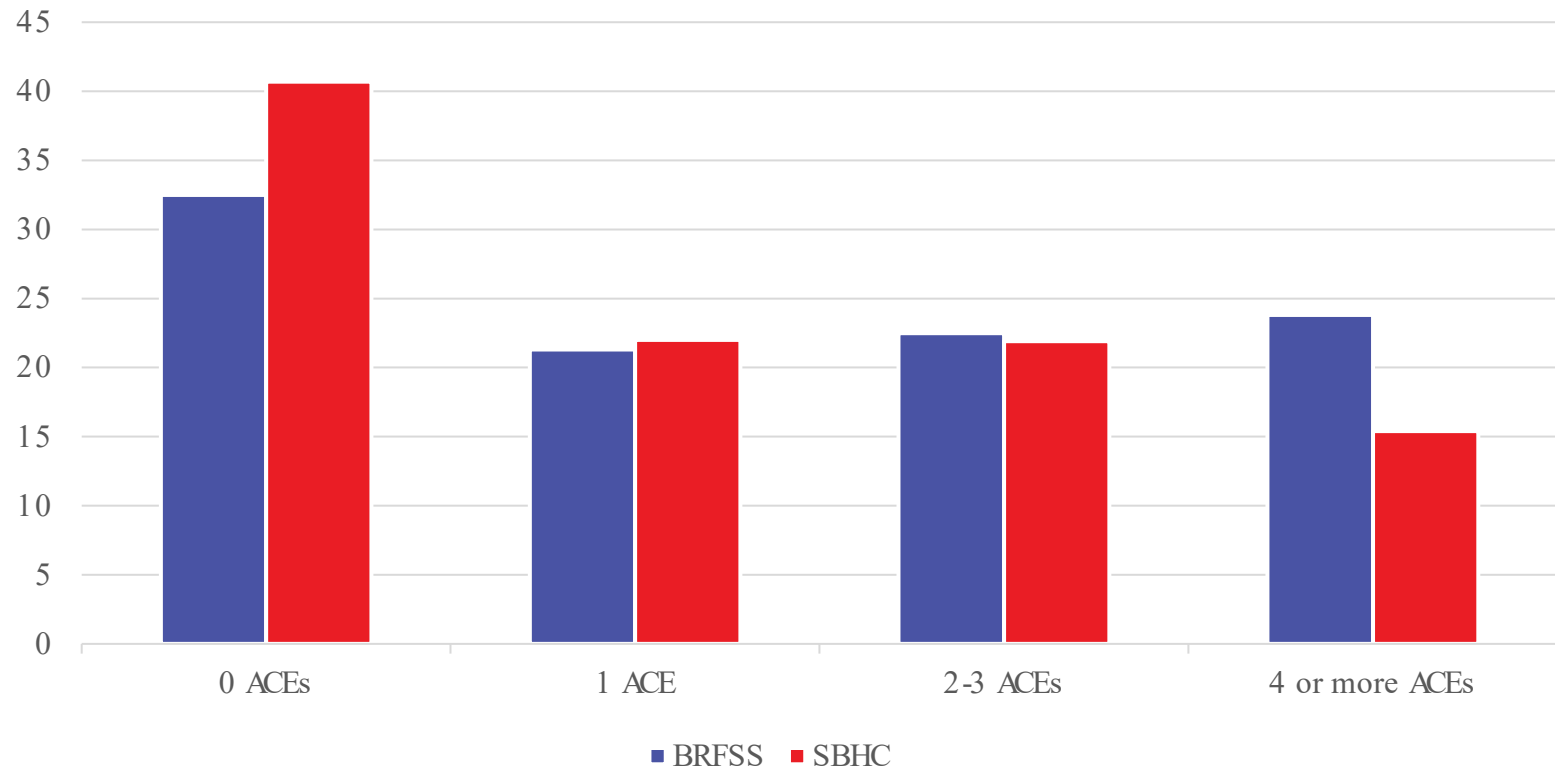
ACEs Identified in Comprehensive Risk Screening

| Number of responses= 4571 | Yes | Percent |
|--|------|---------|
| Risk Factors | | |
| Unstable housing | 201 | 4.4 |
| Depression/ Anxiety | 1606 | 35.1 |
| Food Insecurity | 431 | 9.4 |
| Problems at Home | 625 | 13.7 |
| Problems at School | 1113 | 24.3 |
| Have Experienced Physical, Emotional or Sexual Abuse | 757 | 16.6 |
| Feel Afraid, Threatened or Hurt | 372 | 8.1 |
| Carry a Weapon for Protection | 758 | 16.6 |
| Have Spent a Night in Jail or a Detention Center | 149 | 3.3 |
| Have Been in Foster Care, a Group Home or Homeless | 320 | 7 |
| Ever Attempted Suicide | 760 | 16.6 |



ACEs in SBHC vs. BRFSS Report

[NME-20210614-BRFSSResults.pub \(nmhealth.org\)](https://nmhealth.org/NME-20210614-BRFSSResults.pub)





New Opportunities for SBHC to Connect with Patients

Telehealth Hub and Spoke

Four of the top five diagnoses for telehealth visits were stress, anxiety, attention-deficit hyperactivity disorder, and depression.



Stress



Contraceptive
Management



Anxiety



Attention-Deficit
Hyperactivity
Disorder



Depression

The number two diagnosis was contraceptive management indicating a commitment by SBHC primary care providers and adolescents to prevent unintended teen pregnancies.



Telehealth Hub and Spoke

- Broadband access and infrastructure are increasingly considered social determinants of health and a health equity issue.
- Can provide services for children from several communities per day.
- Can connect with specialty services mostly available in Albuquerque, Santa Fe or Las Cruces.
- Support school health teams and schools without school nurses.



Mobile Health

- More effective for visits that need to be hands on.
- Can provide services for several communities per week.
- SBHC sponsors have used mobile clinics for:
 - Dental check-ups
 - Immunizations
 - Follow-up for chronic conditions
 - Administration of Depo shots
 - Well-visits
 - Delivery of hygiene supplies and food boxes



More Elementary Schools and Pre-K

- To better engage parents.
- To offer better opportunities to assess the family situation and connect with resources.

Moving Forward

- Increase access to primary care and behavioral health for younger children and in rural and frontier communities.
- Continue to improve reporting of data and the tools used to collect it.
- Walk the talk regarding SBHC impact on academics with new data project with the Public Education Department.

Questions?