

The Starr Center @ Malden High School:

A Collaborative Approach to
Adolescent Health Care

Cambridge Health Alliance

HARVARD MEDICAL SCHOOL

If you have questions about your *mental, physical, or reproductive* health, please visit us at the Starr Center. There is someone there who can help.

Starr Center

Mondays 1:30-4:40
Wednesdays 9:30-1:30

You do not need health insurance.
You must be an MHS Student.

Physical Health Care
A student may see one of these doctors for concerns including sick visits, injuries, and questions about other types of care

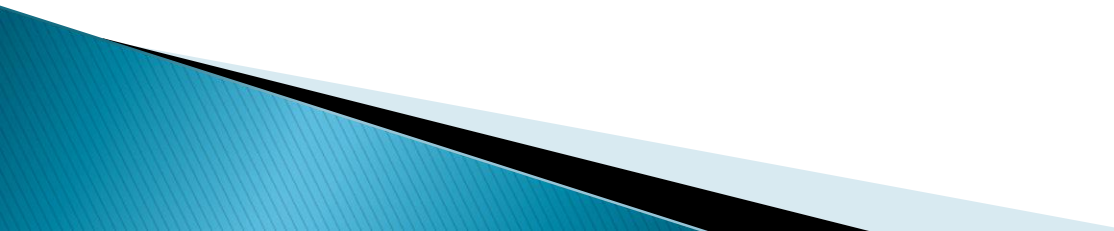
Health Counseling
A student may see Joanna for questions about dating, relationships, and safety

All Students Welcome

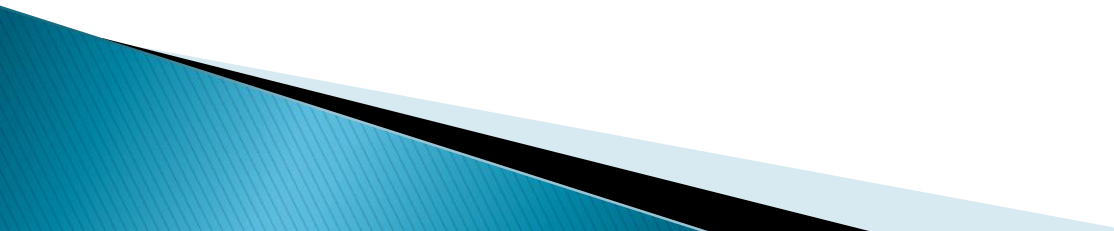
Tufts School of Medicine

*Malden Public Schools
Cambridge Health Alliance
Harvard Center for Primary Care
Tufts University Family Medicine Residency*

Goals for Today

- ▶ Review Timeline for the Harvard Agents of Change Grant at the Starr Center
 - ▶ Review relevant SBHC data, impact and outcomes
 - ▶ Next steps on which Starr Center services will be offered
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Review of Harvard Agents of Change Grant: The Starr Center Project

- ▶ This community-led initiative aims to build the **foundational elements** of a School-Based Health Center (SBHC) via reproducible and innovative methods, for the **purpose of promoting youth wellness and achievement**. Through the provision of select services on campus, students will become confident advocates for their health and gain **increased access to healthcare resources** in the community.
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Timeline: Where we're at, where we're going

- ▶ Met with Policy Subcommittee prior to start of pilot project.
- ▶ Piloted the Starr Center project over the summer, gathered data.
- ▶ Met with Policy Subcommittee on 11/14 to review what we've learned
- ▶ TODAY → Present to School Committee to discuss progress and next steps
- ▶ Develop Community Engagement Plan, if necessary
- ▶ School Committee vote on services offered

Benefits of SBHCs

- ▶ Academic performance is negatively impacted by substance use, social emotional issues, low self esteem, risky sexual behavior, lack of access to health care
- ▶ Decreases absenteeism by providing care within the school environment
- ▶ Healthy students make better learners
- ▶ SBHCs reduce disparities in healthcare access and child health status by providing a consistent source of primary care within the school environment.

During the 2009–2010 school-year, 96% of visits to an SBHC resulted in students returning to class, thus maximizing time in learning.

Prevalence of SBHCs

- ▶ *Because of their clear impact on education, health, and overall success, SBHCs are quickly becoming the standard of care:*
 - 1708 SBHCs across the US
 - 51 School-Based Health Centers located in 23 cities and town throughout the Commonwealth of MA
 - Of those, 34 are state funded, 8 are federally funded through Section 330, and the rest are supported through a variety of sources. In addition, there are four School Based Health Centers in the planning stage
 - All of Malden's urban neighbors have SBHCs (including Everett, Revere, Chelsea, Somerville and Cambridge)

**Ten most frequent diagnoses based on reported ICD-9 codes
37 School-based Health Centers, Massachusetts: 2010 (all visits n=44,160)**

Diagnosis	Number of Visits with Diagnosis	Percent of All Visits with Diagnosis
Contraceptive Management, Other	5,131	11.6%
Need for influenza vaccination	2,051	4.6%
Other Counseling	1,816	4.1%
Acute Upper Respiratory Infection, Unspecified	1,579	3.6%
Adjustment Disorder, Mixed	1,565	3.5%
Other STI Counseling	1,531	3.5%
Acute Pharyngitis ¹	1,439	3.3%
Depressive Disorder, Other	1,360	3.1%
Screening examination for STI	1,337	3.0%
Routine Child Health Exam	1,316	3.0%

¹ Sore throat

Most Frequent Services Provided at Starr Center

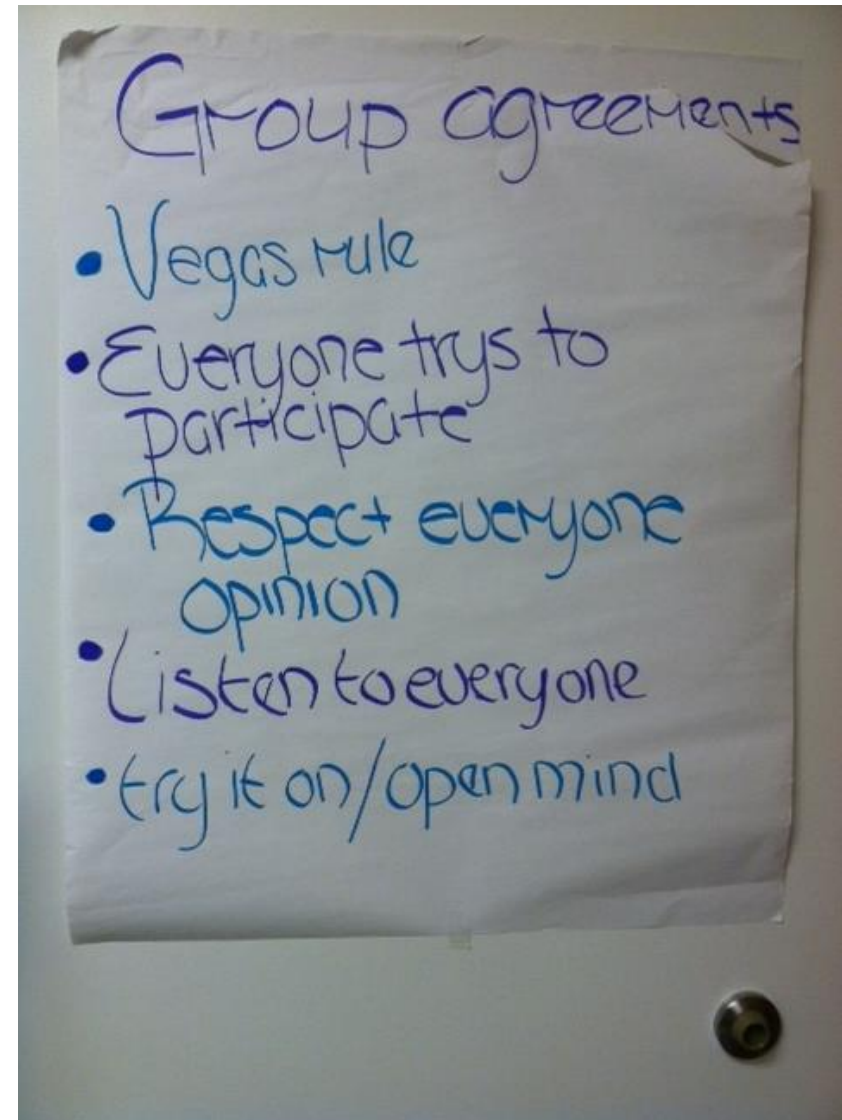
- ▶ Sports Physical: 48.2% (14)
- ▶ Reproductive Health Counseling: 31.0% (9)
- ▶ Mental Health: 17.2% (5)
- ▶ Injured: 13.7% (4)
- ▶ Feeling sick: 13.7% (4)
- ▶ Just Questions
 - Nutrition: 3.4% (1)
 - Exercise : 3.4% (1)



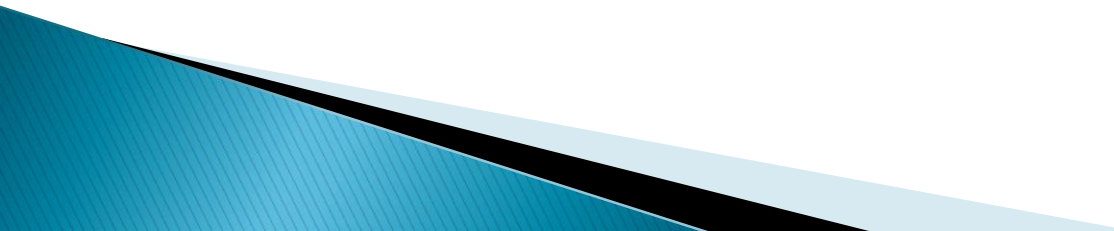
New Service: Group Education

- ▶ Our first **Group Education** visit included:
- ▶ 6 engaged students referred from their Guidance or Adjustment Counselors

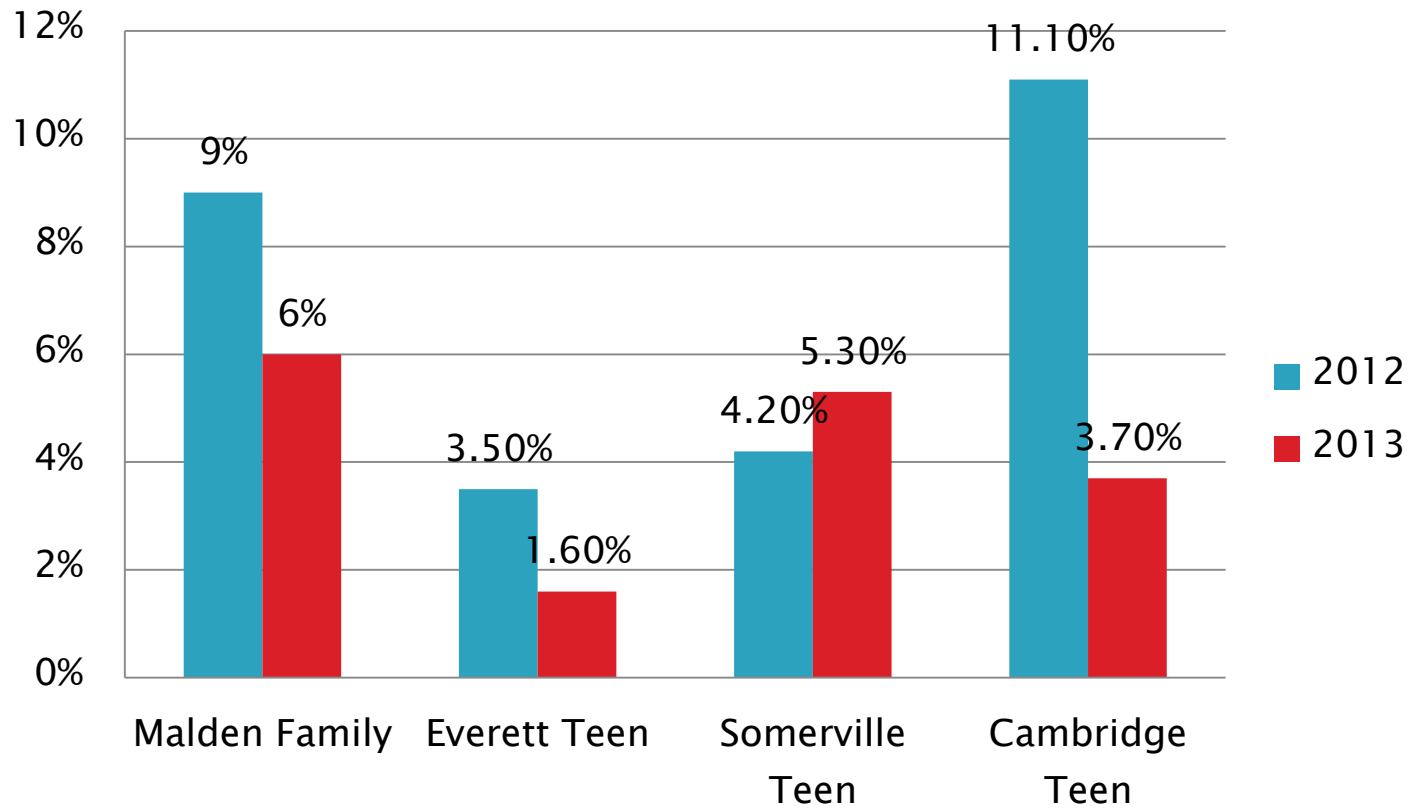
- ▶ **Discussions about:**
 - Self esteem
 - Feeling good
 - Family and friends
 - Relationships
 - Mental health



How do we know what services are needed in Malden?

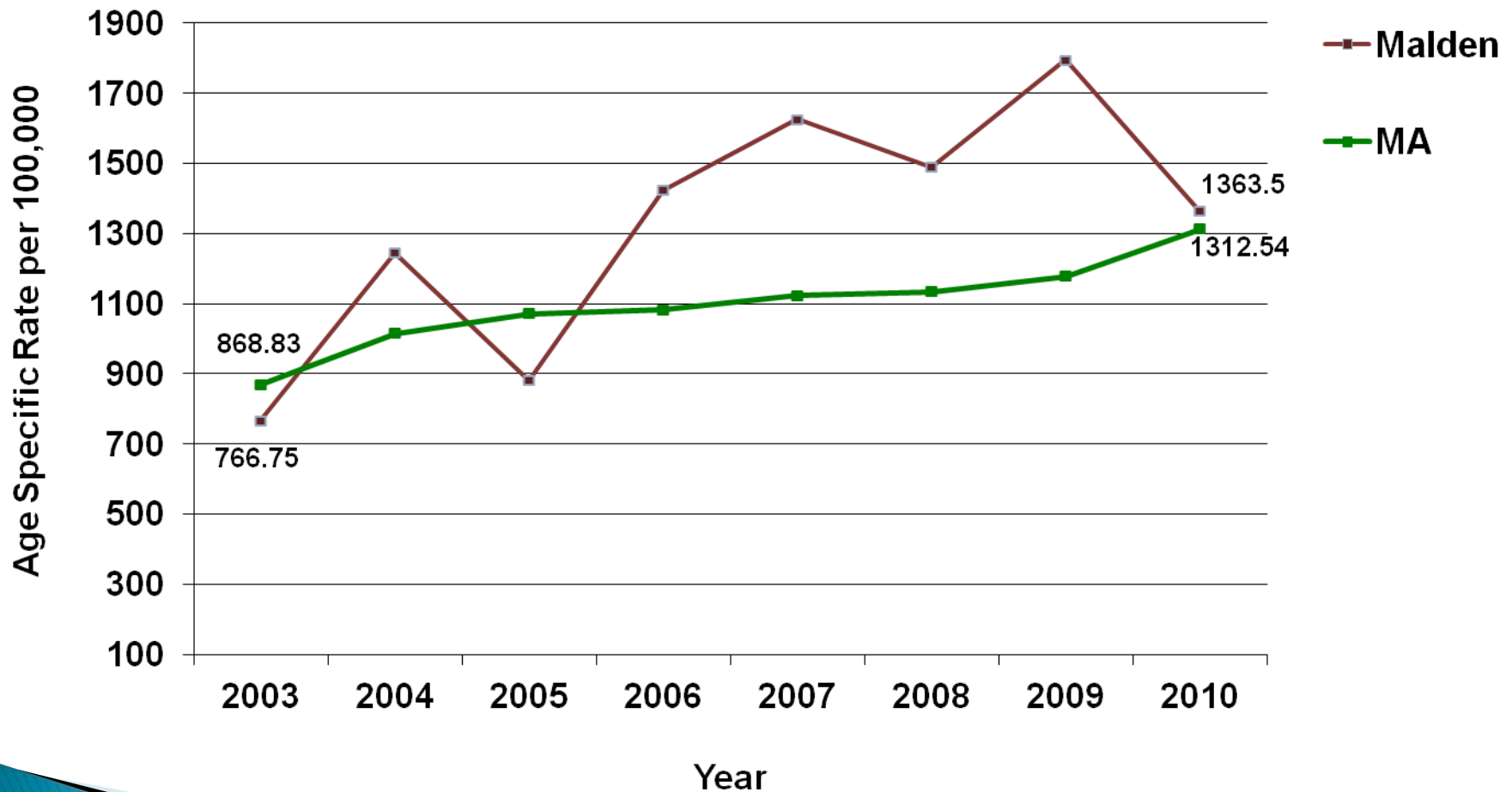
- ▶ Quantitative Data
 - ▶ Administration Focus Group
 - ▶ Student Focus Group
 - ▶ Outreach Surveys
 - ▶ What students actually come to the clinic for and are asking questions about (individual and group visits)
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Positive Pregnancy Rates Among 15–19 Year Olds at CHA

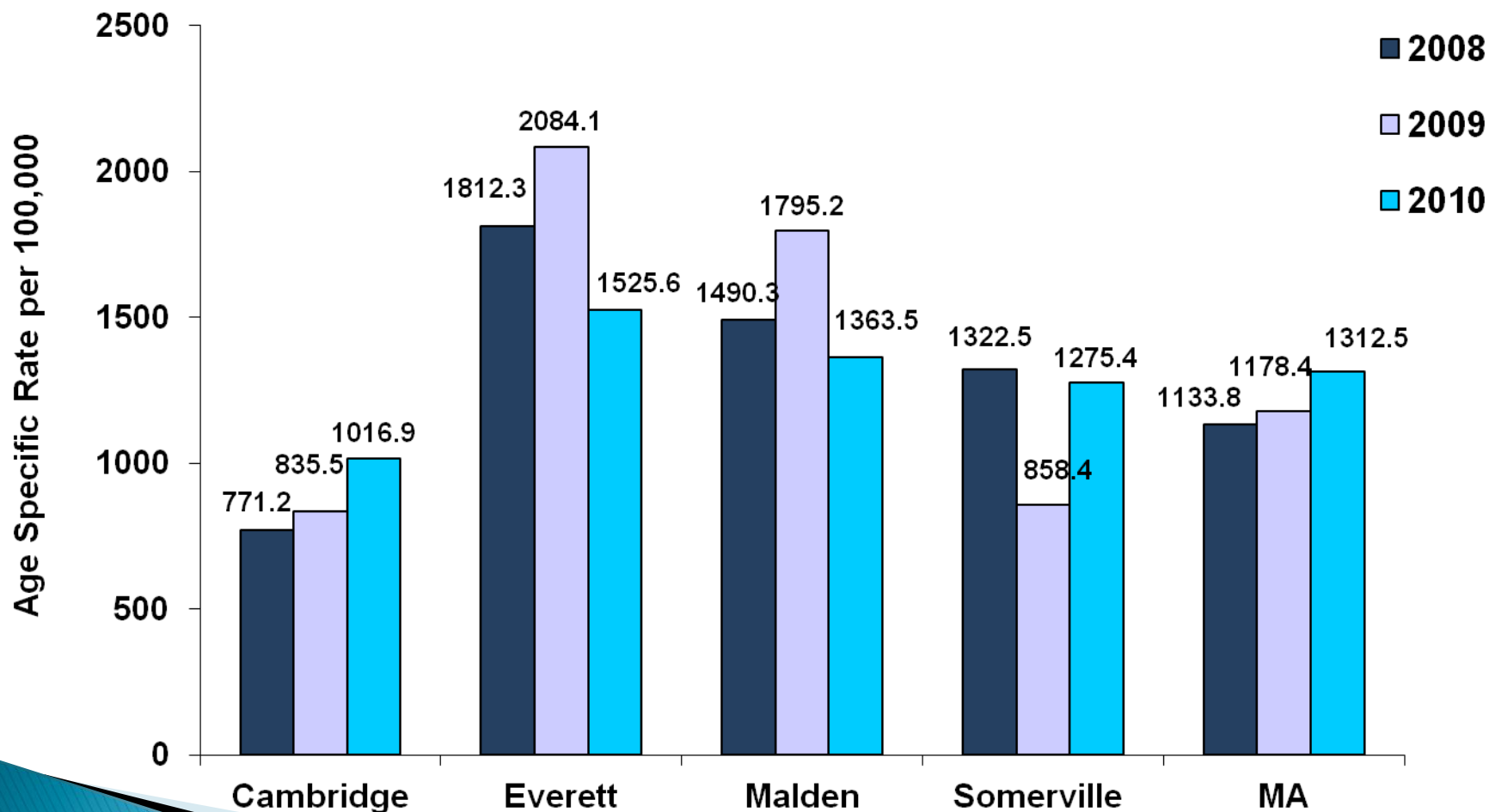


Source: Cambridge Health Alliance clinic data, accessed November 2013

Chlamydia Trend Data for 15–19 Year Olds (2003–2010)

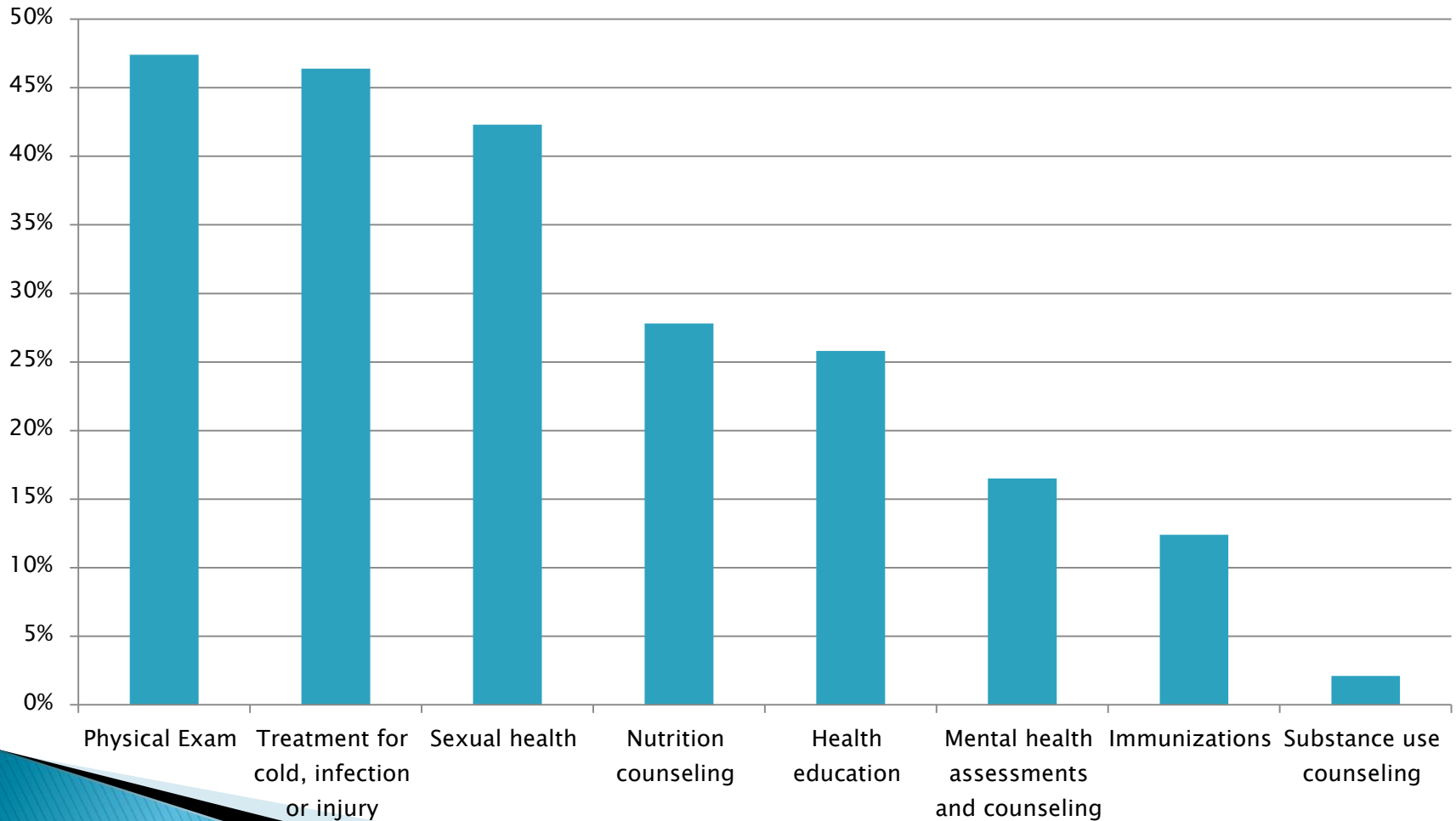


Chlamydia Incidence Rate by Town for 15–19 Year Olds (2008–2010)



Results from Student Outreach Survey

Student Interest in Health Services



The Student Experience:

Is it true that
Birth control helps
Period Pains?

Why are
people so
negative?

Relationship
is it healthy
to not fight?

How to figure out
your gender

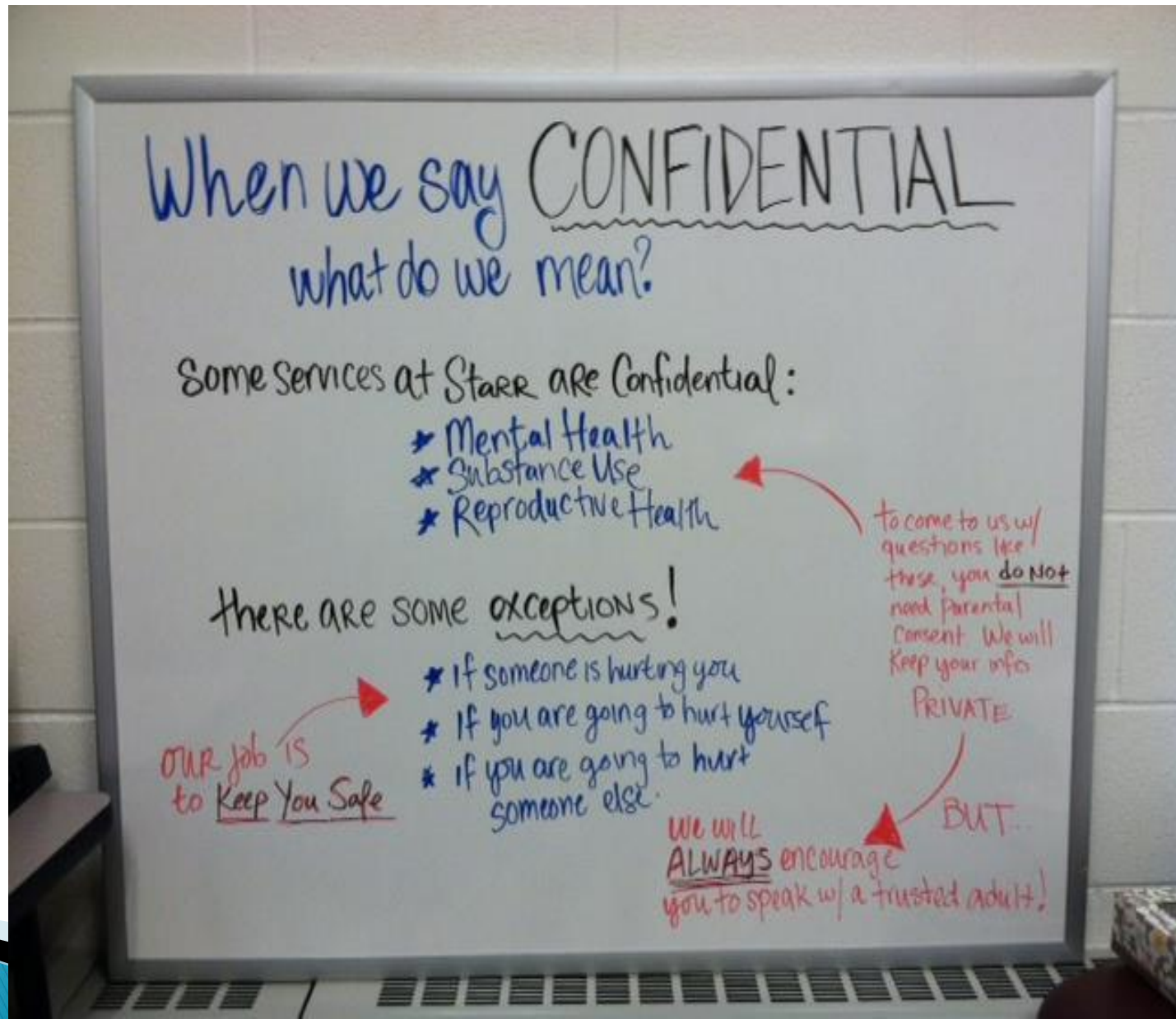
would they tell my
parents if they found
out I smoke?

Why do girls take
birth control?

Is it possible to be sad
at one moment then stay sad
but then get happy for no
reason what so ever the next.

Future Services at MHS

- ▶ What services could be provided that aren't provided today?
- ▶ Services depend on funding



In Conclusion

- 1) There is data showing SBHCs have a proven track record
 - 2) SBHCs are the standard of care for adolescents in urban MA communities
 - 3) Malden health data, focus groups, and clinic survey data support continuing and expanding services surrounding Physical Health, Reproductive Health and Mental Health services
 - 4) Now is the time to capitalize on the foundation we've built!
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