



Two New School-Based Health Centers to Open This Fall

For more than 50 years, Neighborcare Health has been providing primary medical, dental and behavioral health care services to low-income and uninsured families, seniors and people experiencing homelessness in the Seattle area. For more than 25 years, we have also provided school-based health services to students in elementary, middle and high schools in Seattle and Vashon.

Neighborcare Health's school-based health centers (SBHC) are full service health clinics that provide medical, mental health and dental services for students. Funding for the health centers is partially supported by the Families, Education, Preschool, and Promise Levy of the City of Seattle and the Best Starts for Kids investment of King County. Neighborcare Health staff work in partnership with the school nurse at the health center and help students achieve better health and academic outcomes by providing safe, age-appropriate, culturally-competent care where they already spend much of their time — at school.

"School-based health centers are a proven strategy to improve both student health and academic achievement — by having access to care right on campus," said Patty Hayes, Director of Public Health-Seattle and King County. "Removing even one health risk for a student can boost their achievement. Our centers are key to our efforts to close the opportunity gap for our youth who may not have easy access to care."

This fall, Neighborcare Health is proud to add two new sites to our family of 13 SBHCs. The new sites are **Robert Eagle Staff Middle School**, which is less than one mile from the Meridian clinic, and **Lincoln High School**, which is less than half a mile from the 45th Street clinic. Much of the value of our SBHCs comes from their ability to partner with our nearby primary care sites. By building trusting relationships with students and enhancing the physical and mental well-being of youth where they spend most of their time, SBHCs encourage students' to engage with their health and build a health care home. We remain committed to keeping youth healthy and engaged

in school, and are excited to grow our school-based network and family.

"Removing even one health risk for a student can boost their achievement."

— Patty Hayes, Director of Public Health-Seattle and King County

"Neighborcare Health has a long, rich history in school-based health, and we are honored to be able to expand our school-based network to include the students, families and staff at Lincoln High School and Robert Eagle Staff Middle School," said School-Based Health Program Manager Alison Delateur. "Our ultimate goal at Neighborcare Health is for all members of our community to have equal access to quality health care. Funding school-based health centers is a long-term investment in the health of the community because it provides every child with a health care home in the place where they spend most of their time."



Coming to the Teen Health Center Was Like Coming Home

The following story is from Amy, a patient at one of our school-based health centers. This is her story in her own words.

Three weeks into my freshman year I started to see the school-based health center counselor, Reina. I saw her individually in addition to attending group therapy sessions. It really helped me out because it was a safe place — coming to the Teen Health Center was like coming home. You get to really relax and take off your shoes and get comfortable and vent. And it was really nice.

Group sessions were very helpful for me. As we're all telling stories and trying to get perspective, it makes me feel like I'm not alone. Because all of us here have been through that same story, and we're all telling the story from our own angles, and it helps everybody understand the situation from other perspectives. Listening is a very powerful tool. Sometimes I would go in for sessions and I'd just be ranting and ranting and ranting and I end up solving my own problems just by listening to myself talk. It doesn't change what had happened, but it changes how I feel about it.

I've recommended the health center to so many people and the first thing I say is it's so chill, you don't have to worry about coming in really cordial and be like, "Oh excuse me I want to make an appointment." Often I just walk in and I ask, "Does anybody have an opening right now ... Something just happened. I just need to talk," and everybody there is so understanding and so real. Sometimes I walk in and have conversations with the staff because they're all such great people and they understand what I'm going through, and what it's like to be a teenager in high school. It's really nice to have people who are open to share their lives and listen.

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— Amy, a patient at one of our school-based health centers

I am on the mental health panel at school, which is a group of students with a lot of different backgrounds and stories who seek mental health care. It was well publicized and a lot of parents, staff and students came and listened to what we had to say. The audience asked a lot of questions about misconceptions around mental health and how to support somebody in need. It was kind of like Mental Health 101. After that mental health panel people kept coming up to me and said things like "Oh my goodness that really moved me, I didn't think of mental health like that, it made me realize things that I'd never thought of." I had parents come up to me that day and say "We're just so proud of you and you're doing so well and have made me feel better about my child with mental health issues." It felt amazing to hear that.

I plan on becoming a forensic nurse practitioner, which is just a fancy title for somebody who helps people. A lot of what drove me to make that decision was my experience with the Teen Health Center because I love helping other people. I definitely want to have an impact on somebody the way that the Teen Health Center had on me and I want somebody to look back and say, "I'm really glad I had that experience, because I needed it."

Dental Hygienists Get Hands on Experience at Neighborcare Health at Pacific Tower

Occupying the entire fourth floor of the Pacific Tower, the Dental Education Clinic is an innovative collaboration of Neighborcare Health, Seattle Central College Hygiene Program and the Seattle Vocational Institute Dental Assisting Program. This patient-centered dental clinic has a dual purpose: to increase affordable dental care access for low-income people, and to provide an experiential education for dental assistant and dental hygiene students. The unique setting provides workforce development for students in a full-service dental clinic, which does not exist in a purely academic setting.

Traditionally, dental assisting and hygiene academic programs only provide very brief clinical exposure to their students.

Limiting clinical experience does not provide the training and experience necessary for these students to develop competency in the soft skills and workplace fundamentals needed to be highly

competitive upon graduation. The Dental Education Clinic Student Employability Preparation project is designed to address that need, so that students are prepared and ready for the workforce immediately following completion of their degree.

Since the clinic opened in 2016, three cohorts have graduated from this program, with many students moving right into permanent positions with Neighborcare Health. "It's been an amazing experience working with the students, watching them grow in their fields and seeing them return to Neighborcare as clinicians," said Clinic Administrator Candice Parks.

We are looking forward to welcoming a new class of bright students this fall!



JOIN US!

Neighborcare Health Presents

The Impact of School-Based Health Centers

Thursday, November 6, 2019

8:30 am–11 am

The Panoramic Room at Pacific Tower
1200 12th Ave S, Suite 80, Seattle, WA 98144

Moderated by: Sandy Lennon of
The Washington School-Based Health Alliance

8:30 – 9 am Light Continental Breakfast/Check-In
9 – 11 am Discussion and Q&A

RSVP: [Neighborcare.org/events](https://neighborcare.org/events)
or contact Ashley Martin
Email: ashleym@neighborcare.org
Phone: 206-548-3049
No cost to attend. Formal invitation to follow

Neighborcare Health Presents is a series of community conversations that bring together industry experts, policy makers, partners, and community members to discuss the impact health care has on the social issues facing our community. Each year our organization chooses a topic that focuses on a different program at Neighborcare Health such as dental hygiene, behavioral health, or homelessness.

This year's topic is school-based health and how providing care inside schools can better serve students and increase graduation rates. The Neighborcare Health team will highlight our integrated mental health services, as well as provide an overview of our school-based health clinics. We will have outside experts on the panel to speak to funding, and to more broadly address why school-based health centers are so important to our community.

Who should attend?

This forum will cover information, strategy, data, and patient stories from those who are improving access to care in our school-based health centers. Policy makers, partners, and community members are encouraged to attend to learn how we can work together to provide better care in our schools to make our community healthier and stronger.



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OUR LOCATIONS

- 45th Street
- Youth Clinic at 45th Street
- Bailey Gatzert Elementary
- Ballard
- Central District
- Chief Sealth International High School
- Columbia City
- Dearborn Park International School
- Denny International Middle School
- Georgetown
- High Point
- Highland Park Elementary
- Lake City
- Lincoln High School
- Madison Middle School
- Magnuson
- Mercer Middle School
- Meridian
- Youth Clinic at New Horizons
- Pacific Tower
- Pike Place Market
- Dental at Providence St. Peter Hospital
- Rainier Beach
- Robert Eagle Staff Middle School
- Roosevelt High School
- Roxhill Elementary
- St. Vincent de Paul – Aurora
- Van Asselt Elementary
- Vashon
- Vashon Island High School
- West Seattle Elementary
- West Seattle High School



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