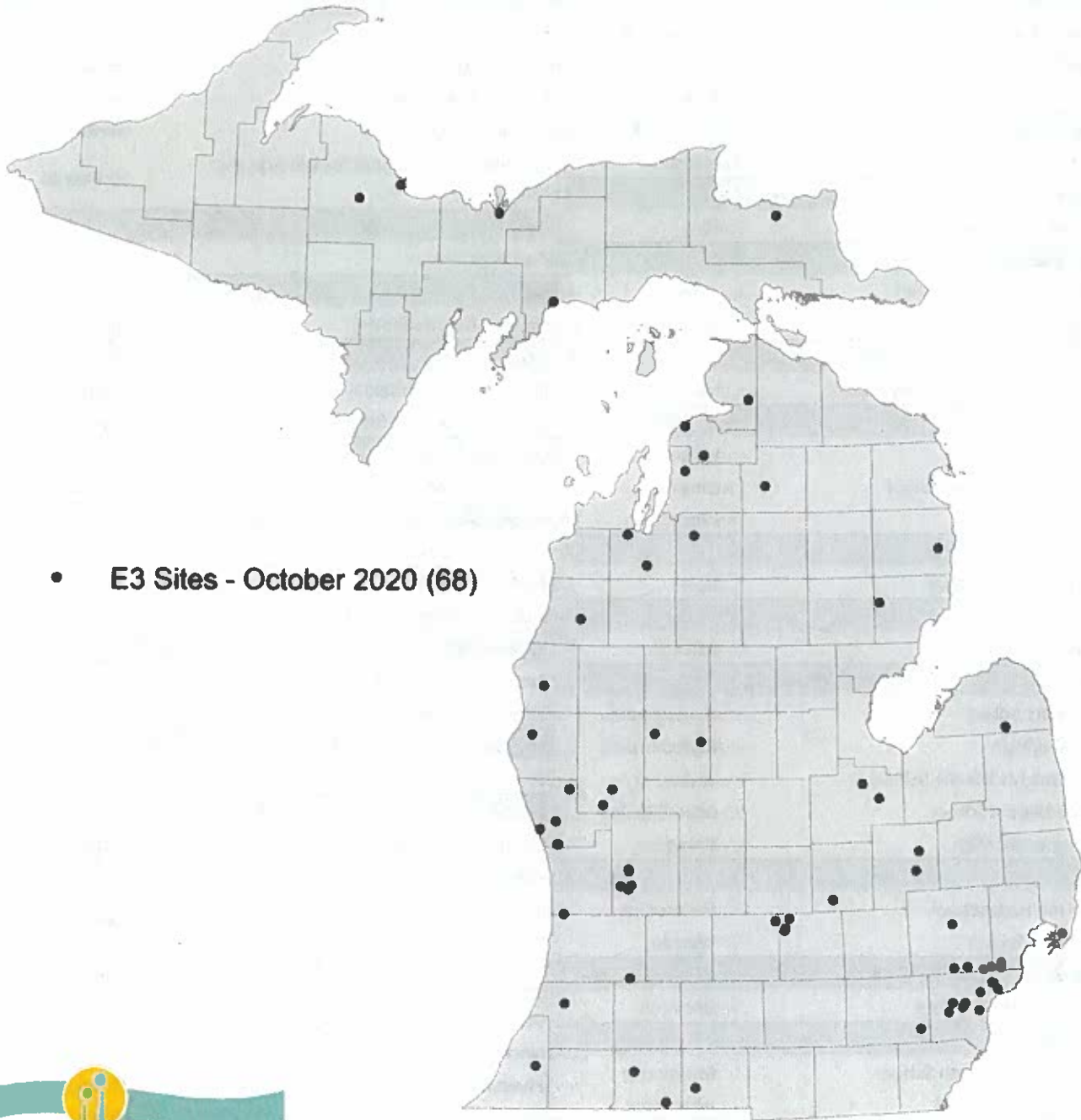


Expanding, Enhancing Emotional Health (E3) Sites: FY2021

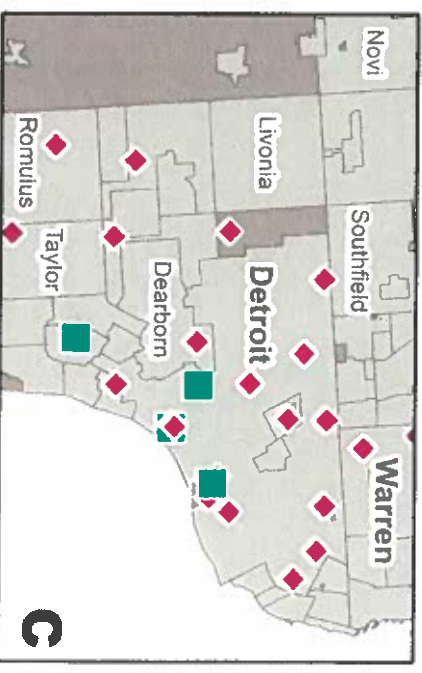
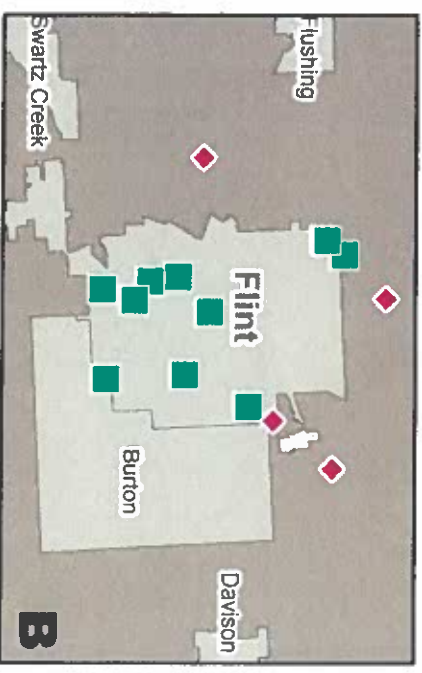
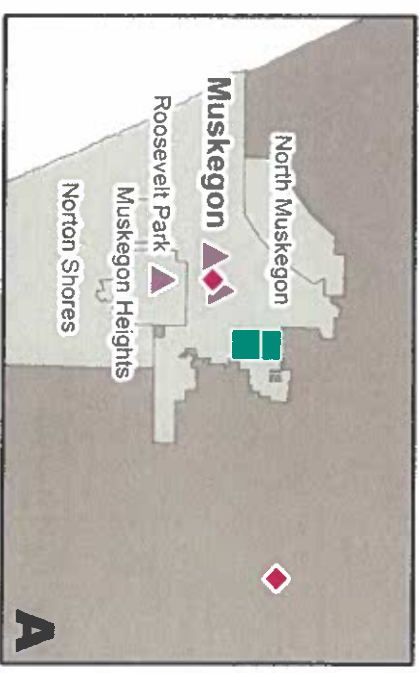
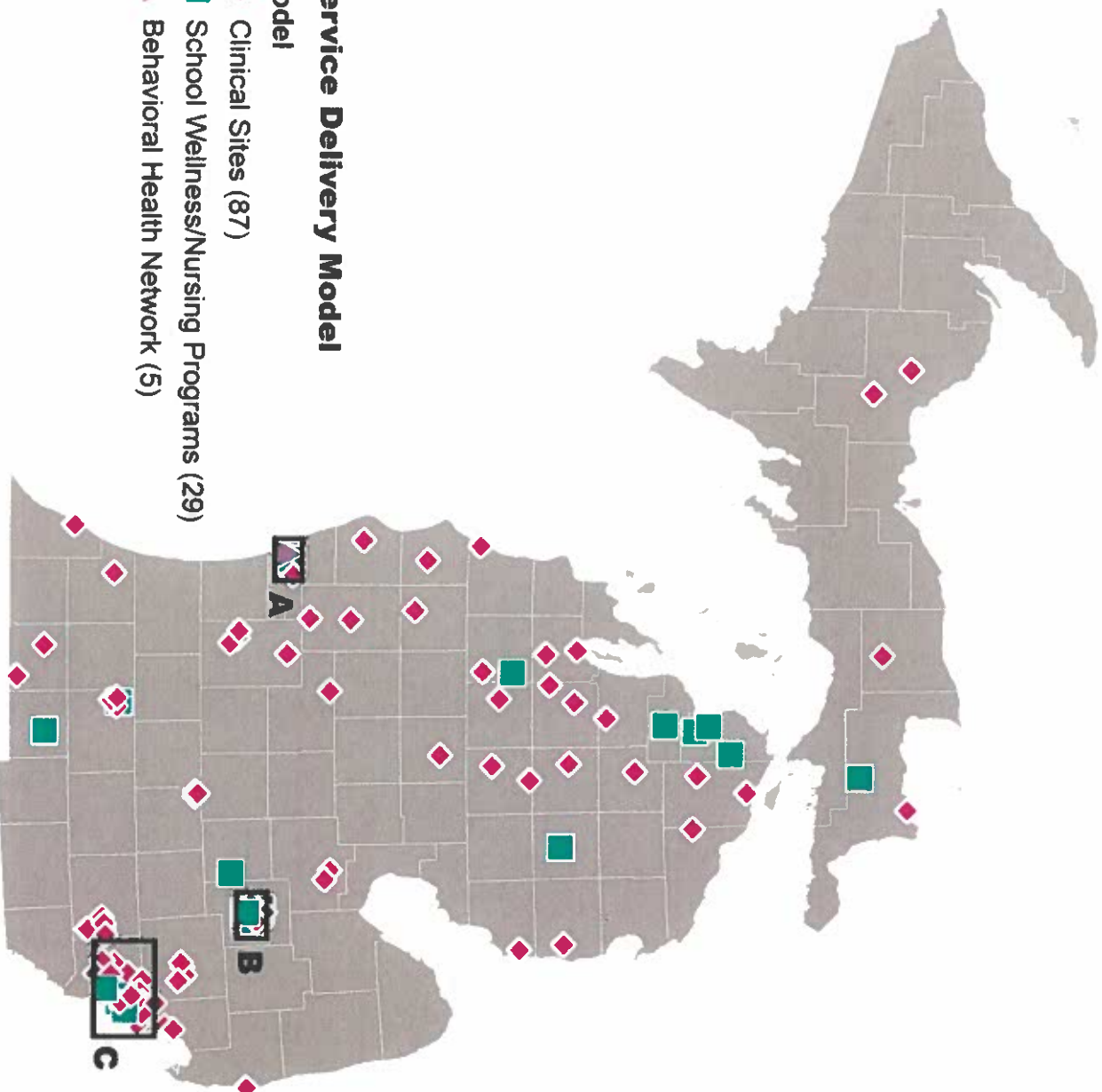


- E3 Sites - October 2020 (68)

E3 Sites by County	City	E3 Sites by County (continued)	City
Alcona		Muskegon	
Alcona Community High School	Lincoln	Edgewood Elementary School	Fruitport
Antrim		Holton High School	Holton
Central Lake Public Schools	Central Lake	Lakeside Elementary	Muskegon
Berrien		Orchard View Middle School	Muskegon
Eau Claire High School	Eau Claire	Newaygo	
Branch		Grant High School	Grant
Bronson Jr/Sr High School	Bronson	Newaygo Middle School	Newaygo
Charlevoix		Oakland	
East Jordan Elementary School	East Jordan	Farmington High School	Farmington
Chippewa		Ferndale High School	Ferndale
Brimley Area School	Brimley	Hazel Park High School	Hazel Park
Emmet		Mason Middle School	Waterford
Alanson Public School	Alanson	Southfield High School for the Arts and Technology	Southfield
Genesee		Oceana	
Armstrong Middle School	Flint	Hart High School	Hart
Grand Traverse		Otsego	
Kingsley Area Middle School	Kingsley	Gaylord Middle School	Gaylord
West Senior High	Traverse City	Saginaw	
Huron		Bridgeport High School	Bridgeport
Ubly Community Elementary School	Ubly	Thompson Middle School	Saginaw
Ingham		Schoolcraft	
Everett High School	Lansing	Manistique Middle and High School	Manistique
Gardner International School	Lansing	Shiawassee	
Pattengill School	Lansing	Perry High School	Perry
Iosco		St. Clair	
Hale EL/MS/High School	Hale	Algonac Junior/Senior High School	Clay
Kalkaska		St. Joseph	
Kalkaska Middle School	Kalkaska	Eastwood Elementary School	Sturgis
Kent		Three Rivers Middle School	Three Rivers
Alger Middle School	Grand Rapids	Van Buren	
City Middle/High	Grand Rapids	South Walnut Elementary School	Bangor
Godwin Heights Middle School	Wyoming	Washtenaw	
Riverside Middle School	Grand Rapids	Bishop Elementary School	Ypsilanti
Wyoming Junior High	Wyoming	Wayne	
Macomb		Benjamin Carson High School of Science and Medicine	Detroit
Center Line High School	Center Line	Detroit International Academy for Young Women	Detroit
Lincoln High School	Warren	Hoover Middle School	Taylor
Manistee		Lincoln Park High School	Lincoln Park
Brethren MS/High School	Brethren	Riverside Academy - West Campus	Dearborn
Marquette		Romulus Middle School	Romulus
Marquette Senior High School	Marquette	University Prep Art and Design	Detroit
Westwood High School	Ishpeming	Wayne Memorial High School	Wayne
Mecosta		Westwood Daly Elementary/North Academy	Dearborn Heights
Big Rapids Middle School	Big Rapids		
Chippewa Hills High School	Remus		

Child and Adolescent Health Center Program

Fiscal Year 2021 Sites



Child and Adolescent Health Centers Clinical and Alternative Clinical Models

Primary Care Services	<ul style="list-style-type: none"> ● Well-child care ● STI screenings and exams ● Comprehensive physical exams ● Risk assessments/screenings ● Laboratory services ● Sports physicals ● Other diagnostic/screening services <ul style="list-style-type: none"> ○ Hearing and vision screening ○ Tympanometry ○ Telehealth capabilities
Mental Health Services	<ul style="list-style-type: none"> ● Mental health services provided by Master's level mental health provider
Illness/Injury Care	<ul style="list-style-type: none"> ● Minor injury/illness treatment and follow up ● Acute illness assessment/treatment and follow up or referral
Chronic Conditions Care	<ul style="list-style-type: none"> ● Assessment, diagnosis, and treatment of a new condition ● Chronic disease management/collaboration with PCP and specialists
Immunizations	<ul style="list-style-type: none"> ● Screening and assessment using MCIR and other data ● Complete range of immunizations ● Administration of immunizations ● Protocols to handle vaccine reactions
Health Education	<ul style="list-style-type: none"> ● Health education occurs in classrooms or individual appointments
STI and HIV Educations, Counseling, and Voluntary Testing	<ul style="list-style-type: none"> ● Confidential Services as defined by Michigan and/or Federal Law ● Confidential services are those services that may be obtained by minors with parental consent. Including: mental health counseling, pregnancy testing and services, STI/HIV testing and treatment, substance use disorder counseling and treatment, family planning (excludes contraceptive prescription/distribution on school property)
Base funding from MDHHS	<ul style="list-style-type: none"> ● Clinical, School-based: \$195,000 ● Clinical, School-linked: \$250,000 ● Clinical, FQHC: \$195,000

- Alternative Clinical, School-based: \$135,000
- Alternative Clinical, School-linked: \$190,000
- Alternative Clinical, FQHC: \$165,000
- School Wellness Program: \$170,000

Child and Adolescent Health Centers Expanding, Enhancing, Emotional Health (E3) Services

E3 Services

- Master's level mental health provider
- Minimum caseload of 50 clients annually
- Comprehensive mental health services including screening, assessment, treatment, follow up, and referral
- Treatment groups using evidence-based curricula and interventions
- School staff trainings
- Building level mental health promotion and activities
- Classroom education related to mental health
- Case management and partnerships with public and private social service agencies

Base Funding from MDHHS

- E3 site: \$110,000

SNAPSHOT



Child and Adolescent Health Centers

129

State-funded Child and Adolescent Health Centers

54%

Of MI counties do NOT have a health center

388,977+

Students annually benefit from services at a Child and Adolescent Health Center



"The counselor has been there for me more than my family has at times. Her door and heart are always open, whether it's a quick chat, something major, even just to say Hi. She's been there for just about everything. If I didn't have a school health center to go to, I would be lost."





– Whitney

Supporting kids where they learn

Child and Adolescent Health Centers (CAHCs), also known as School-Based Health Centers, are a crucial service for students in Michigan. CAHCs have provided comprehensive physical and mental health care for **more than 30 years** across the entire state. The centers offer medical and mental health screening and treatment for kids ages 5 through 21.

Each year, **129 CAHCs** serve more than **388,977 children and youth**, providing them with health services such as: primary care, which includes well-visits, acute care, immunizations, health education and treatment of chronic health conditions such as obesity, asthma and diabetes.

What else should I know about a CAHC?

-  Centers are often located in areas where students struggle to access medical services.
-  CAHCs are staffed by clinicians (doctors, nurse practitioners, social workers and/or physician assistants).
-  Parent/guardians must sign a written consent for their children to receive services provided at the CAHCs.
-  The centers are designed to appeal to young people by creating a friendly atmosphere specific to their age group.

Learn more: www.scha-mi.org

Or Contact: Renee S. Topolski, Deputy Director
616-819-8423 | rtopolski@scha-mi.org



Michigan's Mental Health and Child and Adolescent Health Centers



Suicide is the **2nd** leading cause of death among people aged 10-14.*

With increased awareness of the mental health needs of children and youth, and the rising number of deaths by suicide among young people, Michigan must address these critical needs.

ALL school-based health centers provide mental health services through social workers in the health center. These social workers provide health education, individual therapy and support for children and families. Services are provided where students are – **in their school.** There are over 100 mental health only sites located in schools, in addition to mental health services in all CAHC's, providing **YEAR ROUND** support to school-age children.

57%

Suicide rates for young people rose 57% on a decade.**

42%

Of students experienced persistent feelings of sadness or hopelessness.***

22%

Seriously considered attempting suicide.

32,699

Youth and children have been screened for depression at a Child and Adolescent Health Center.



"The E-3 project has positively impacted school attendance. Specifically, middle and high school students with a history of truancy have stated 'It's important to come to school so I can talk to Mrs. McEvers.' We are proud, and fortunate, to be able to offer this valuable service to our students."

– Principal John Shiner, Manistique Middle and High School

*NAMI

**U.S. Surgeon General report

***YRBS data, 2021, defined as almost every day for at least 2 weeks in a row

Learn more: www.scha-mi.org

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Mental Health Findings from MDHHS-Child and Adolescent Health Center (CAHC) School-Based Health Center (SBHC) Evaluation

- ❖ Adolescent Mental Health is a growing public health concern that has been accelerating over the last decade. Recent estimates have indicated that rates of formal diagnoses among children aged 6-17 with anxiety and/or depression have increased from 5.4% in 2003 to 8.4% in 2012.
- ❖ For children affected by poverty the rate nearly triples to 22%.
- ❖ The occurrence of mental health disorders during this period significantly increase the risk of developing life-long mental health problems, have a negative impact on educational, social, and economic outcomes that have a cascading negative effect increasing rates of premature death and an impaired quality of lifeⁱ.
- ❖ Nationwide estimates indicate that less than half of students with mental health needs are accessing services.ⁱⁱ This rate is even higher for youth in underserved rural and urban areas, and minority adolescents with under-utilization rates as high as 63% of youth in needⁱⁱⁱ.

Results from MDHHS-CAHCS SBHS Evaluation^{iv}

Mental Health Need was higher than National rates

- 38% reported issues with anger
- 31% reported depression and/or hopelessness
- 25% reported anxiety or fearfulness

Girls are at highest risk

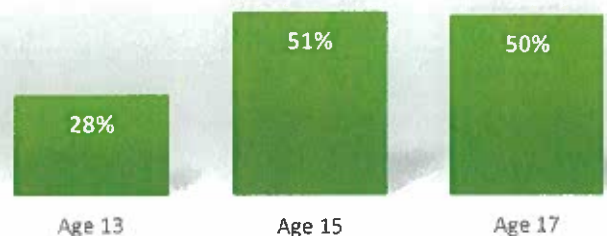
- 42% reporting issues with anger
- 38% reporting depression and/or hopelessness
- 30% reporting anxiety or fearfulness

School-Based Health Center Mental Health Utilization:

Students with a mental health concern:

- 55% utilization rate (double the national rate)
- 59% utilization rate for girls
- Use up to 23 visits per year for mental health needs
- Have a 100% referral rate to community-based services
- Cluster multiple visits per week when needed

Percent of girls reporting frequent feelings of depression and/or anxiety by age



What is the impact of providing services through a school-based health center?

Improved Mental Health

- ✓ Significant reduction in levels of depression, anger, and anxiety

Improved Stress & Coping

- ✓ Significant improvement in positive stress coping skills
- ✓ Significant reduction in feelings of stress

Improved School Problems

- ✓ Significant reduction in school disciplinary actions

Improved Academic Achievement

- ✓ Significant improvement in school engagement
- ✓ Significant improvement in self-reported grades

Improved Health Literacy

- ✓ Significant improvement ability to access services

ⁱ Vos, T., Barber, R. M., Bell, B., Bertozzi-Villa, A., Biryukov, S., Bolliger, I., ... & Duan, L. (2015). Global, regional, and national incidence, prevalence, and years lived with disability for 301 acute and chronic diseases and injuries in 188 countries, 1990–2013: a systematic analysis for the Global Burden of Disease Study 2013. *The Lancet*, 386(9995), 743-800.

ⁱⁱ Costello, E. J., He, J. P., Sampson, N. A., Kessler, R. C., & Merikangas, K. R. (2014). Services for adolescents with psychiatric disorders: 12-month data from the National Comorbidity Survey–Adolescent. *Psychiatric Services*, 65(3), 359-366.

ⁱⁱⁱ Hodgkinson, S., Godoy, L., Beers, L. S., & Lewin, A. (2017). Improving mental health access for low-income children and families in the primary care setting. *Pediatrics*, 139(1), e20151175.

^{iv} Our evaluation collected comprehensive school-wide global health information and clinic utilization data in four representative schools across the State from 2015 - 2017. Our sample was comprised of over 2,000 students that were balanced for gender, ethnicity, and geographic location (urban, rural, semi-rural).

Child and Adolescent Health Centers from Many Perspectives: Principal, Teacher, Parent, Student

FROM A PRINCIPAL OF A SCHOOL

Principal John Shiner, Manistique Middle and High School

This new partnership is already producing positive results. As part of the Multi-Tiered System of Support, the E-3 project has positively impacted school attendance. Specifically, middle and high school students with a history of truancy have stated "It's important to come to school so I can talk to Mrs. McEvers." Manistique Area Schools is committed to supporting partnership with LMAS Health Department. Today's student stressors can have serious negative impacts on every aspect of their lives. From trauma and substance abuse to eating disorders and suicidal ideations. Some students have significant barriers to education. We are proud, and fortunate, to be able to offer this valuable service to our students. (Speaking of the mental health E-3 grant received only 3 months before)

FROM A TEACHER OF A SCHOOL

Tylise Ivey, Teacher Waterford Durant High School

The health center is fantastic – We can rely on them for anything from mental awareness to supporting our students while they are at school. As a teacher, there are many outside influences that we don't have control over that can prevent students from learning. We have had students that need anything from mental support to specific medical testing. The center has a huge impact.

FROM A STUDENT PATIENT

Student #1 Waterford Durant High School

I got bit in the face by a dog. I wasn't sure if it was starting to get an infection. I went to the health center to see if they could help me out and clean it out. They cleaned it and they told me what was coming out of it wasn't puss, but it was skin trying to repair itself. It wasn't infected, but part of the healing process. They helped me bandage it up a little bit. That helped it not hurt as much and they told me I need to air it out sometimes and keep showering and clean it. If I needed anything else, just they told me to come back down. The staff was really nice. Once you go down there a couple times they know you really well. They know my name, even though I don't go down there that much.

Student #2 Waterford Durant High School

It was always good. I go there at least once a week. They always know how to help you. Once 5th hour comes, I get hungry and dizzy. They will give me a granola bar. Or if I'm having a bad day and I need to rant to them about something that's going on, they will take time to talk. They will give me emotional support. They are friendly and they know me by my first name. The insurance that I have they can always work with it and they know how to use it.



Michigan School-Based Health Centers

FAQ



<p>What is a school-based health center?</p>	<p>School-Based health centers, termed “Child and Adolescent Health Centers” in Michigan provide primary care services to children ages 4-21 where kids are: in school! Mental health services are also provided, which round out a team highly qualified to provide excellent care to children and youth. Services are full-time, provided in one building 5 days per week including summers. Two other models of care are available: Alternative School-Based Health center, which is just reduced hours, open only 3 days per week in lieu of 5. School-Wellness program is another model of care staffed by a registered nurse, and a licensed master’s level mental health provider 5 days per week.</p>
<p>How many school-based programs are there in Michigan?</p>	<p>Currently, there are about 140 centers throughout Michigan providing physical and mental healthcare services inside or close to schools. Michigan is poised to have one of the largest programs in the United States.</p>
<p>Does the State of Michigan fully fund the school-based program?</p>	<p>No, the grants provided generally equal to around half to three quarters of what is needed to run a health center. In addition to the grant, revenue is generated by the healthcare visits that centers bill. All sponsoring agencies put additional funds and resources into the center as well. The grants are not intended to fully fund the center – it is intended to provide core funds.</p>
<p>How do I apply for funds, when are they available?</p>	<p>Funds become available when the legislature allocates additional funds. MDHHS and MDE cooperatively will issue a Request for Proposal (RFP).</p>
<p>Is the health center available to all students in the school they are located?</p>	<p>Care is for children and youth, ages 4-21. Children in the school in which the center is located are encouraged to use the center, and have to have a Parent/Guardian Consent Form on file. Family members as well, within the ages of 4-21 are welcome. Some centers are open to the public, but it is up to the school and center if they provide care to students from other schools.</p>
<p>What kind of services are available?</p>	<p>Mental health, and mental health therapy for issues such as depression, anxiety, family and school stress, relationship issues, Immunizations, well-child visits, minor acute visits, such as ears, nose, throat issues, asthma, diabetes, and obesity, to name some. For services outside the scope of care, referrals are made.</p>
<p>What is the cost to receive services?</p>	<p>There is no out-of-pocket expenses cost to families, their insurance or Medicaid is billed. If they do not have insurance, the health center will enroll them. No one is denied care for inability to pay.</p>
<p>What is the job of sponsoring agencies?</p>	<p>Sponsoring agencies provide the services of the health center. In Michigan the majority are about equally divided among health departments, federally qualified health centers and hospitals. It is their job to provide the healthcare staff and oversight, billing, and malpractice. They work together with the school and other community partners to be sure the needs of children and young people in the school are being met in a timely, efficient and appropriate manner.</p>

(Continued on back)

What is the role of the school that the health center is located in?	The school works together with the health center to identify the needs of the student population, and to promote the health center to families. The school is a partner with the health center and helps address community healthcare needs and social determinates of health.
What is the cost to the school?	Schools will provide space and generally a computer to access kids schedules, but really, there isn't any out-of-pocket for the school too. The school and health center work in partnership to provide the best space possible for the delivery of care.
Are Parents/Guardians Involved?	Yes! They help determine the services, approve policies, provide consent for their child to be seen, and attend Advisory Council meetings that are required annually.
What is the BEST thing about school-based health centers in Michigan?	Parent/guardians, providers, school staff and students would say easy access to services – they're right in the school building! School-based health care addresses the "whole" child, keeping them healthy and ready to learn in the classroom. School-based health centers provide the needed healthcare expertise a school needs day-to-day. Early detection of illness helps reduce time out of the classroom, keeping kids healthy.
What is the WORST thing about school-based health centers in Michigan?	That there isn't one in every school district.

FROM A TEACHER OF A SCHOOL

The health center is fantastic – We can rely on them for anything from mental awareness to supporting our students while they are at school. As a teacher, there are many outside influences that we don't have control over that can prevent students from learning. We have had students that need anything from mental support to specific medical testing. The center has a huge impact.

*Tylise Ivey, Teacher
Waterford Durant High School*



From Students:

The clinic has helped me get over some of my fears. I have received help for my personal problems. I go there when I feel upset. I go there when I have a headache or fever and they help me. They call home so my parent knows what's going on. They can get me if I cannot stay in school.

The clinic has helped me get rid of my headaches and make me feel like I am a better person. This helps me to stay in school.

I have come to school instead of staying home many times because I know that the clinic is there if I need it.



Agnes, 13 years old



FROM A PRINCIPAL OF A SCHOOL

This new partnership is already producing positive results. As part of the Multi-Tiered System of Support, the E-3 project has positively impacted school attendance. Specifically, middle and high school students with a history of truancy have stated "It's important to come to school so I can talk to Mrs. McEvers." Manistique Area Schools is committed to supporting partnership with LMAS Health Department. Today's student stressors can have serious negative impacts on every aspect of their lives. From trauma and substance abuse to eating disorders and suicidal ideations. Some students have significant barriers to education. We are proud, and fortunate, to be able to offer this valuable service to our students.

*Principal John Shiner
Manistique Middle and High School
(Speaking of the mental health E-3 grant received only 3 months before)*

Speaking personally, I am with friends and family here that I never had before. I used to fight everything in sight. I bullied kids. I often thought of harming people and myself. But thanks to the THC I now break up fights, and defend the bullied, and help kids like me find a better way than to harm themselves or others.



This program provides us help with issues such as depression, anxiety, health as well as providing us with supplies that we may need (toiletries, etc). We are also given advice with issues that we deal with outside of school and at home. They give us the care we need that others cannot or will not provide.

Amisael, 16 years old

For more information contact
School-Community Health Alliance of Michigan:

517.908.0847, www.scha-mi.org