School-Based Health Centers and Telehealth

Stormee Williams, MD, FAAP
Chair-Elect, School-Based Health Alliance
School-Based Health Alliance

Transforming Health Care for Students

• We provide technical assistance and training to the school-based health care field

• We support the improvement of students’ health via school-based health care by supporting and creating community and school partnerships

www.sbh4all.org
What School-Based Health Centers Offer

• Primary care
  ✓ Preventive services
  ✓ Acute, and chronic care
  ✓ Immunizations
• Oral Health
• Vision Services

• Behavioral health (mental health and substance abuse)
  ✓ Screening, assessment, and early intervention
  ✓ Group and individual counseling

Financing

• Local school district
• Community organizations
• State grants and appropriations
• Federal grants

• Tax levies
• Public health funds
• Foundation grants
• Medicaid reimbursement
Equity is moving health resources into socially disadvantaged schools and communities so school aged youth can access medical, behavioral and oral health care.
SBHCs: The Evidence Base

- Increased access to care → decreased health disparities
- Use of primary care (better care coordination)
- Increases Health of Communities
- Improvements in social competency, behavioral and emotional functioning
- Inappropriate emergency room use
- Hospitalizations
SBHCs & Academic Improvement

- Academic expectations, school engagement, and safety and respect
- Improvements in academics (GPA, test scores, attendance, teacher retention)
- Absenteeism and tardiness
- Increase graduation rate

ABC’s for Education
## SBHC Delivery Models

<table>
<thead>
<tr>
<th></th>
<th>Traditional</th>
<th>School-Linked</th>
<th>Mobile</th>
<th>Telehealth Exclusive</th>
</tr>
</thead>
<tbody>
<tr>
<td>Location where a patient accesses care</td>
<td>A fixed site on school campus</td>
<td>A fixed site near school campus</td>
<td>Mobile van parked on or near school campus</td>
<td>A fixed site on school campus</td>
</tr>
<tr>
<td>Location where providers deliver care</td>
<td>Physically onsite, and remotely for some services</td>
<td>Physically onsite, and remotely for some services</td>
<td>Physically onsite, and remotely for some services</td>
<td>All primary care delivered remotely and other services may be available onsite or remotely</td>
</tr>
<tr>
<td>Percentages of each</td>
<td><img src="image" alt="81.7%" /></td>
<td><img src="image" alt="3.8%" /></td>
<td><img src="image" alt="3.0%" /></td>
<td><img src="image" alt="11.5%" /></td>
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</tbody>
</table>
WORKING IN EVERY STATE
A GROWING NATIONAL MOVEMENT

The School-Based Health Alliance works on policy, standards, data, and training issues with state affiliates and national organization partners, advocates, healthcare providers, and SBHCs in every state.
School-based telemedicine at Children’s Health Dallas

Located in metro Dallas, TX
Provide services to over 220 schools in 27 school districts
Urban, suburban, and rural schools
Traditional billing model
How it works

Step 1
- Student presents to School Nurse
- School Nurse calls the parents then our Appointment Desk

Step 2
- School Nurse collects vitals/history and sends to registration staff
- Registration Staff enters information into EMR
- Provider is notified that the patient is ready

Step 3
- Provider calls the nurse and patient via video and proceeds through visit
- Provider then assesses, makes diagnosis and develops treatment plan
- Prescriptions are e-prescribed and After Visit Summary is sent home and to the PCP
What We Treat

- Upper Respiratory Infections
- Cuts and scrapes
- Allergies and Asthma
- Fever
- Earaches
- Pinkeye
- Rash and skin irritations
- Head Lice
- And More...
Benefits of School Telemedicine

• For Children
  • Access to high quality, timely healthcare
  • Fewer days missed school

• For Families
  • Familiar and convenient environment
  • Decrease time away from work and school

• For Schools
  • Reduces absenteeism
  • Increases learning time

• For School Nurses
  • Expands clinical resources
  • Clinical education
  • Satisfaction of being able to help their students

72% of patients would have visited an emergency room or urgent care center.

The metrics are clear. Since we began Children’s Health School-based Telehealth™ in 2014, our absenteeism rate has dropped 2%, resulting in $500,000 of increased funding for our school district. Most importantly, our kids are benefitting from more classroom time and better health.

— Dr. Michael McFarland, Superintendent, Lancaster Independent School District
School Behavioral Health at Children’s Health

Comprehensive Behavioral Health Strategy

- Student Virtual Therapy Sessions
- Case Management
- Mental Health First Aid
- Parent Education
- Staff Training
- Peer-to-Peer Programs
- Additional Partnerships with behavioral health service providers in the community for coordinated care
School-Based Tele-Behavioral Health and TCHATT

School-Based Tele-Behavioral Health Program (SBTBH)

- Through a videoconferencing app, which can be accessed through a tablet device or laptop while at school, students will have access to licensed mental health professionals.

Texas Child Health Access Through Telemedicine Initiative (TCHATT)

- TCHATT is a state-funded program, modeled after the SBTBH program, which leverages telemedicine or telehealth programs for identifying and assessing behavioral health needs and providing access to mental health care services for children and youth.
- TCHATT allowed us to expand our current School-Based TeleBehavioral Health Capabilities
- Added a Psychiatric Consultation component through UT Southwestern Medical School.
School-Based Tele-Behavioral Health By the Numbers

• **Initial State:** Fall 2017 in five campuses in one district.

• **Current State:** Over 250 campuses across 29 Texas Independent School Districts and 1 private high school.

• **Program Outputs:**
  • More than 1200 students referred
  • Over 90% of students provided no-cost as telephonic assessments
  • 3100+ virtual visits completed
  • More than 7500 supportive, telephonic case management contacts provided
  • *NOTE: Includes state-funded TCHATT program which launched in Feb 2020.*
Texas Child Health Access Through Telemedicine (TCHATT)

Services Include

• Mental Health Evaluations
• Short-term therapy
• Psychiatric care and medication management
• Referrals for long-term treatment providers if necessary
• Crisis Intervention

https://tcmhcc.utsystem.edu/tchatt/
What States Can Do

• Ensure every child has access to **quality mental health care**
• Increase funding for primary care and **mental health providers**
  • Scholarships and Loan Forgiveness
  • Tax incentives
• Remove barriers for **telehealth access**
• Increase funding for **School-Based health**
• Press for the continued reimbursement of telehealth visits
  • Make the Federal COVID-19 waivers and regulatory changes permanent
    • Medicaid reimbursement
    • Commercial insurers
• Increase **Medicaid reimbursement** levels for providers
• Increase funding for **Social Determinants of Health** screening and resources
THANK YOU!

Additional Questions? Contact us at:

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