

# UNIVERSITY OF UTAH HIGH SCHOOL-BASED CLINIC



University of Utah pediatricians at Primary Children's Hospital and in community clinics have seen a more than 300% increase in pediatric mental health crises in the past 10 years. As many as 40% of kids who have depression are not getting care. Suicide is the leading cause of death among Utahns ages 10-24 years old.

## School-based Health Centers Lead to Better Outcomes

School-based health centers (SBHCs) are collaborations between schools, communities, and health care organizations. They improve access to health care services. The care and education offered through SBHCs is especially valuable for at-risk teens.

Young people who attend schools with SBHCs are:

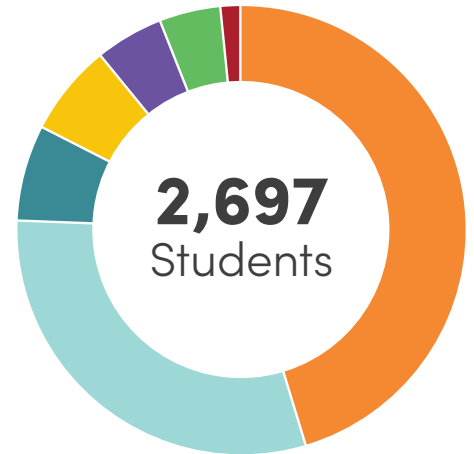
- 21 times more likely to access mental health services
- Less likely to use the emergency room
- More likely to receive a health check-up

## Meeting Health Care Needs at School

The University of Utah Department of Pediatrics developed a care model that integrates physical, mental, and behavioral health in a high school-based clinic. In partnership with the Salt Lake City School District, we hope to launch this collaborative care model at a university-staffed clinic on the West High School campus. Students from the district's other high schools can also access the clinic through interschool bussing.

This care model, in which primary care providers work side-by-side with psychiatrists, psychologists, addiction specialists, and social workers, can define a new standard for adolescent care in Utah. The clinic's success could also serve as a model for other schools in Utah and the region.

## West High Student Demographics



- Latino/Hispanic students: 45.3%
- White students: 30.3%
- Asian students: 6.9%
- Pacific Islander students: 6.6%
- African American/Black students: 4.9%
- Two or more race students: 4.4%
- American Indian/Alaska Native students: 1.5%

52.06% Students qualify for free or reduced lunch

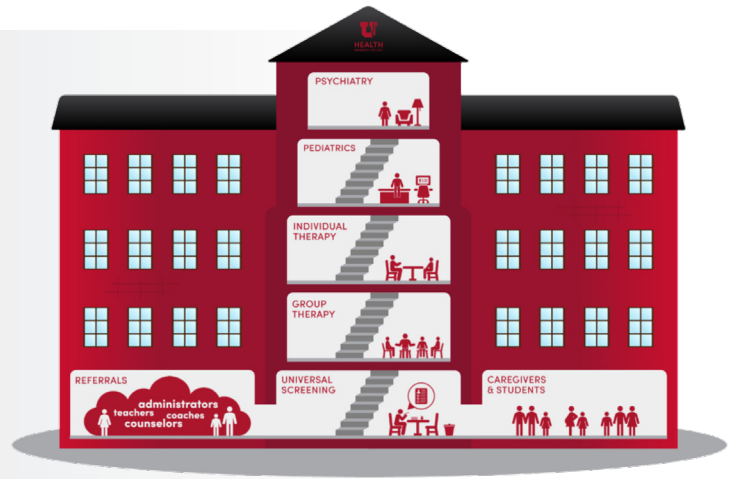
58 Students experiencing homelessness

## Utah's Mental Health Crisis



With \$1.7 million in startup funds, we propose to implement a school-based health clinic for students at East, West, and Highland high schools. The clinic will improve health and academic success for our community's youth. It will also help train future primary and mental health care providers needed in Utah.

The U of U Health clinic at West High school will operate five days a week, year-round. Care will be provided only after obtaining parental consent. A variety of services will be offered.



### Pediatrics Services

- Preventative care
- Sports physicals
- Sports injuries
- Sick visits
- Chronic health Conditions



### Developmental Pediatrics Services

- Behavioral or emotional concerns (such as ADHD)
- Developmental delays
- Cognitive concerns
- Learning disabilities
- Autism spectrum disorders



### Mental and Behavioral Health Service

- Group and individual counseling
- Addiction counseling
- Medication management

### Interdisciplinary Primary Care Training Site

The SBHC at West will also become a primary training site for University of Utah's primary care resident physicians. Experience in the clinic will better prepare them to practice in Utah communities. They will finish residency better equipped to care for kids with physical and mental health care needs. In this way, the SBHC quickly multiplies Utah's capacity to meet the care needs of this younger population.

### Collaborators

#### University of Utah

- Department of Pediatrics
- Department of Psychiatry
- Educational Psychology

#### Salt Lake City School District

- High school principals
- SLCS School Board

#### Salt Lake Education Foundation

- SLEF Board

### Summary Budget Narrative

We estimate initial startup costs for the SBHC at West to be \$1.7 million. This includes personnel and indirect costs associated with running the clinic. Thereafter, we expect annual operational costs to be \$1 million. We propose a mixed-funding model for the clinic. Aside from federal and state grants, funding will also come from clinical revenues and solicited private donations and foundation funding. We expect annual clinical revenues from private insurance and Utah Medicaid to provide 40-60% of operating costs by year five. This is consistent with other SBHCs nationally.