

The Story of Ashley

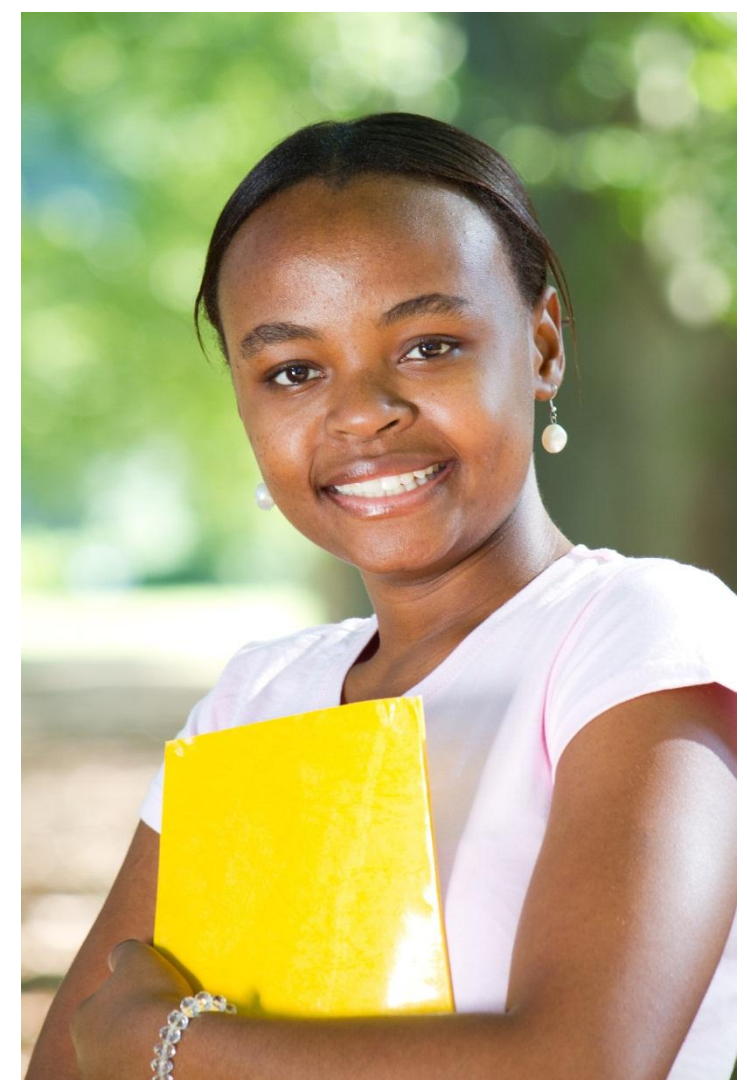
Ashley, a 15 year-old high school junior, was referred to the School Based Health Center by DCF after her mother lost her job and could not afford medical insurance.

Ashley came to the SBHC with unresolved grief over the traumatic death of her father at a young age, academic underachievement, and obesity.

She agreed to attend weekly counseling sessions to address her self-esteem issues and work through her grief. A visit to the nurse practitioner made Ashley aware of her family's history of diabetes and heart disease.

She learned that she was at great risk of developing type 2 diabetes and other associated health problems.

Ashley participated in Healthy Lifestyle coaching, and after five sessions was able to lose 12 lbs. and decrease her BMI.



Ashley's SBHC social worker reports that her mental health has greatly improved, and she has increased her social participation in extra-curricular activities.

Her academic achievement has improved, and she has begun to reach-out to her father's extended family in order to help her confront her loss. 🍏