



SBHCs Increase...

- Regular access to health care, regardless of insurance.
- Follow-up care.

Services May Include:

- Medical
 - Physicals
 - Sick Visits
 - Immunizations
 - Acute and Chronic Illness management
- Mental Health
 - Individual counseling
 - Family Counseling
 - Group work
 - Psychological assessment
 - Psychiatric assessment and medication management
- Dental
 - Cleanings
 - Dental Exam
 - Restorative Treatments
- Nutrition Services
- Case Management
- Health & Wellness Education

The Youth Mental Health Crisis & SBHCs

Youth Mental Health:

- 1 in 5 children ages 3-17 have a mental health issue.
- In 2021, more than a third (37%) of high school students reported they experienced poor mental health during the COVID-19 pandemic, and 44% reported they persistently felt sad or hopeless during the past year.

School-Based Health Centers (SBHCs) can help.

SBHCs have been shown to **prevent suicide, one of the major causes of youth mortality**, through increased access to mental health services and follow-up care.

In a study in Oregon Schools, **schools that increased mental health care in SBHCs had lower increases in the prevalence** of depressive episodes, suicidal ideation, and suicidal attempts in students **compared to schools with who did not increase their mental health services.**

The American Public Health Association (APHA) supports SBHCs because they “**create school-wide programs that address bullying, violence, anger, depression, and other social and emotional issues that impede on academic achievement.**”

In a study from California with more than 300 students, **students reported significant mental health improvements** over a 3-month period after seeing a mental-health service provider from their SBHC.



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Savings from School-Based Health Centers

The **total annual societal benefit** from SBHCs ranges from **\$15,028 to \$912,878**.

The difference in net savings comes from the way savings are calculated and the community the study was located in.

SBHCs **saves** the **Medicaid** Program anywhere from **\$30 to \$969 per visit** or **\$46 to \$1,166 per Medicaid user**.

Financial savings from SBHCs come from:

- **Healthcare costs avoided.** This can include costs of Emergency Department Visits, Medications, Referrals, Private Clinic Fees, etc.
- **Attendance.** Decreases missed school days for students. Saves parents from taking paid or unpaid time off from work and transportation costs.

Studies that reported savings from **Emergency Department visits avoided** and **asthma-related medical expenses** reported the **highest net savings**.