The School-Based Health Center at Proviso East High School

The School Based Health Center (SBHC) completed another successful year in 2014. Primary health care, nutrition, and mental health services were delivered in the school so PEHS students did not need to miss school to get needed health care. The goal is to keep students healthy so they stay in school and succeed.

Many community agencies participated in our annual health fair with the theme of Health is Happiness. Other SBHC activities included: an educational/support group for pregnant and parenting teens; a new in-school suspension intervention focusing on avoiding further disciplinary action; after-school alternative to suspension program; continuation of Lunch Bunch and extensive nutrition education; and administration of influenza vaccines to eligible children in District 89 through the Vaccines for Children (VFC) program. Partnership with District 89 School Wellness Committees continued with a focus on exercise, healthy eating, and tailored wellness interventions.

Located within Proviso East High School (PEHS), the SBHC is operated separately from the Districts’ school nurses’ office and offers services beyond what school nurses provide. Students must be enrolled and have parental/ guardian consent on file for most services. We request a copy of insurance cards or AllKids registration but no student is turned away based on ability to pay. Many services are provided at no charge.

The SBHC provides primary health care, school physicals, immunizations, care for acute and chronic illnesses, as well as social work, mental health, nutrition, and laboratory services. Staff includes Loyola nurse practitioners, physicians, a clinical social worker, a community outreach nurse, dietitians, and a medical assistant. Loyola University undergraduate and graduate nursing, dietetic, social work, health systems management, public health, and medical students as well as medical and pediatric residents assist the SBHC staff with health education and health care services.

Maximizing immunizations for BOTH girls and boys against Human Papilloma Virus (HPV) are ongoing. The HPV vaccine is the only vaccine known to prevent cancer. Students received the HPV vaccine at the SBHC with parental consent. Other vaccines are available.

The SBHC is open every day that school is in session and in summer for school and sports physicals, walk-ins, and urgent care. The SBHC is funded by the U.S. Health Resources and Services Administration; Illinois Department of Public Health; Westlake Health Foundation; CVS/Caremark, in partnership with School Districts 209 and 89. Loyola University Health System/Trinity Health provides free laboratory services.

All parents and students are welcome to visit the SBHC and enroll.

Dr. Robert Miller, SBHC Co-Medical Director, examines a student in one of the fully-equipped examination rooms at the SBHC.
The SBHC “Lunch Bunch” Health and Nutrition Program

Kelly Sierra, RD, LDN and Joanne Koub, PhD, RD, LDN

The Lunch Bunch program continues to be one of our most successful and anticipated group education offering at PEHS. We know that a majority of the students at PEHS skip breakfast and often skip lunch as well. This lunch and learn program provides teen-appropriate health and nutrition education as well as a fresh, nutritious, innovative lunch for up to 40 students three times per week.

Meals served during Lunch Bunch are planned by dietetic interns and comply with standards set by the USDA National School Lunch Program. Entrée dishes have included tuna salad cucumber boats, grilled chicken and quinoa salad, and “mock egg” sandwich wraps made with tofu. Fresh fruit and vegetables as well as low-fat dairy foods are served with every meal.

The Loyola undergraduate nursing students presented a variety of health topics which included healthy relationships, emotional health, and bullying prevention.

Loyola dietetic intern students presented nutrition topics such as healthy fast food, shopping on a budget, and preventing diabetes through diet and exercise.

Lunch Bunch is free of charge and available to any student who wishes to participate. A total of 59 Lunch Bunch sessions were offered in 2014, serving 1,433 PEHS students. All Loyola nursing students and dietetic interns are supervised by Loyola faculty or SBHC staff. The Lunch Bunch program is funded by the Westlake Health Foundation.

Nutrition Classroom and Group Education:

Dietetic interns with SBHC registered dietitians, provided classroom nutrition education to 995 students in 2014.

Monthly presentations were delivered to the ROTC program covering topics such as dietary guidelines, controlling your weight, and preventing heart disease.

In recognition of the national Food Day movement which encourages Americans to

Teacher Lunch Bunch
Adriane Van Zwoll, MJ, LCSW

Not only is it important to educate the youth, it is also important to provide the teachers and staff with support and resources for working with students.

The CVS/SBHA grant and the American Psychological Foundation have helped to support this effort by funding services for teachers and staff at Proviso East High School. The American Psychological Foundation provided a curriculum, Typical or Troubled, which helps teachers to identify mental health issues in students and refer students in need of followup. This program can easily be replicated for parents, and will also be offered in the Middle Schools in District 89.

The Loyola SBHC hosted three Teacher Lunch Bunch sessions during the first semester of the 2014-2015 school year. Topics included: Crisis Intervention & De-Escalation Techniques, Classroom Management, and Typical or Troubled. Additional Lunch Bunch sessions will be available for the upcoming semester as well as the following school year. The first teacher lunch bunch consisted of 15 teachers, while the last lunch bunch session had 30 teachers in attendance.

PIRATE: An Alternative to Suspension Program

The PIRATE program is an alternative to suspension program developed in 2011 by the SBHC Social Worker in collaboration with the PEHS Deans of Students. The PIRATE program is a three day after school program/intervention for students referred by the Deans. The program was originally designed for female students who were displaying minor physical or verbal aggression. However due to the success of the program and need for interventions for the male students, the program was opened up to serve both male and female students.

The 2013-2014 school year was the PIRATE’s best year to date with a total of 90 students being referred to the program. Of those 90 students, 75 students completed the program, and of those who completed the program 69% did not have any further disciplinary issues for the remainder of the school year. The PIRATE program is being offered again in the 2014-2015 school year and over 20 students have been referred. PIRATE has become integral to connecting students with disciplinary problems to a positive alternative to suspension. It is hoped that the program will continue for years to come.

Loyola University Student Participation at the SBHC

32 Loyola undergraduate nursing students provided health education and health care services working under the supervision of 2 clinical faculty.
16 Loyola advanced practice nursing students worked with SBHC nurse practitioners learning risk assessment and primary health care skills.
20 Loyola dietetic interns assisted in providing nutrition programs and services as part of their supervised practice under the direction of the SBHC Registered Dietitians.
1 Masters Social Work student provided individual counseling and assisted with other mental health programming under the direct supervision of a licensed clinical social worker.
14 Loyola Family Practice and Pediatric residents perfected their skills in delivering primary care to adolescents under the supervision of SBHC physicians.
10 Loyola Health Systems Management students assisted in the delivery of health promotion services.

Students are always welcome at the SBHC to talk with a nurse, doctor, social worker, dietitian, or office staff.
School garden at Emerson is in its 2nd year. Produce was shared with local senior citizens and students' families. We are currently looking for funding for gardens for the remainder of schools in the district.

Wellness Fair at Washington School: 13 booths including Loyola University, Mobile Van, CCDPH, Maywood Park Dist., Veterans Park Dist., Youth Outreach Services, Loyola Dietetic Interns, and SBHC staff

District 89 Picnic: 3 BSN students plus SBHC APN ran a physical activity obstacle course game to show kids that exercise is fun.

Dr. Susan Flanagan and Ann Andreoni presented a breakout session at the 7th Annual Illinois School Wellness Conference on Developing a Philosophy of School Wellness in Champaign, IL on April 30, 2014.

Staff Diabetes Training: Melrose Park, Irving, and Lincoln schools – care of students with diabetes

Flu immunizations – 500 immunizations were given at nine Dist. 89 schools. 13 BSN students assisted and gained valuable experience, an understanding of health outreach, and the role of nurses in the community.

Red Ribbon Week Fair at Emerson: 6 BSN students provided education on the dangers of smoking, drinking, drug use, and participating in “dares” (such as Chubby Bunny – child tries to put as many marshmallows as possible into mouth and then say, “Chubby Bunny” which has led to choking deaths.)

Career Day: Loyola MSN & MD students, LUHS dietician & RN, and the SBHC Social Worker spoke at an assembly with 200 middle school students.

School Wellness Committees: Facilitated activities involving students, teachers, and parents including: 5K race; Healthy Family Night; bilingual nutrition education; after school cooking club; after school walking club; and Girls on the Run program.

Nutrition: Dietetic Interns made monthly visits to PAEC (Proviso Area for Exceptional Children) school where nutrition topics such as ChooseMyPlate, healthy holiday eating, and healthy snacking were presented in after-school program. A bilingual outreach presentation was given to Stevenson Elementary parents on sugar hidden in common “kid foods”.

Action for Healthy Kids: “Healthy Schools Grant” ($3000): Improve physical activity at Lincoln, Garfield, and Melrose Park schools by buying equipment and re-designing playground space. Completed “Healthy Schools Grant” ($7000) – provided optional fresh fruit or vegetable offerings for 6 weeks at Jane Addams, Melrose Park, Stevenson, and Lincoln elementary schools. Students were enthusiastic about trying zucchini, jicama, pineapple, grapes, strawberries, carrots, and others.

Innovative Discipline Programs: Real Education About Life (REAL)

Adriane “Addie” Van Zwoll, MJ, LCSW

The Real Education About Life is a program created by the SBHC Licensed Clinical Social Worker (LCSW) for students who break minor school rules and are sent to a dedicated classroom for ‘in-school-suspension’ (ISS).

The program began after the LCSW visited the in-school suspension classroom, and spoke to many students. It was noted that students did not know why they were sent to ISS, nor did they understand what was inappropriate about their behaviors and what they could do differently. Beginning in 2013-14, the LCSW and social work intern provided education for students in in-school-suspension, teaching skills that could be applied when returning to the regular classroom.

Based on the success of this intervention, a grant application was submitted, and the REAL Program was created with funding from CVS/School Based Health Alliance.

The REAL Program has a two prong approach. All ISS students complete an initial intake form which helps them process why they were sent to ISS. Students in ISS participate in a group intervention with different topics each day. Topics discussed include: Relationships, Anger Management, Substance Use/Abuse, Life Skills, and Stress Management. The goal is to teach new skills to avoid repeated disciplinary actions. Students also build a positive relationship with the LCSW and are more likely to utilize the SBHC for other health and mental health related services.

Everthrive Health Education and Promotion

Adriane “Addie” Van Zwoll, MJ, LCSW and Anna Burnham (Everthrive Illinois)

For the 2013-2014 school year, Everthrive Illinois offered a pilot project for texting students for appointment reminders as well as hosting monthly youth groups. The SBHC was selected as a recipient of this small grant and had the opportunity to reapply for additional funding, specific to the youth groups for the 2014-2015 school year. The texting pilot was a success and many students maintained their scheduled appointments as a result of the text messaging system.

Everthrive Illinois supports continuation of youth groups. SBHC Social Worker, Adriane Van Zwoll co-facilitates a group of “Lunch Bunch” students with Anna Burnham from Everthrive Illinois. The purpose of the youth groups is to increase students’ health literacy, promote healthy behaviors, and increase school connectedness. It has been a pleasure working with Everthrive Illinois, and the students look forward to the monthly groups.
PEHS 2014 Annual Health Fair: Health Is Happiness! March 19, & 20

All students of Proviso East were included in this year’s much anticipated two-day health fair which was attended by over 1700 students. Each PEHS student participated in at least 15 of the 30 booths.

The health fair offered interactive education that focused on risk reduction, personal responsibility, and positive health behaviors. Loyola students, including nursing, public health, social work, medical, dietetic, and medical residents, worked side-by-side with faculty, SBHC staff and community volunteers to promote adolescent health.

Not only did PEHS students learn to make healthy choices, the health professions students gained valuable experiences to help reduce health care disparities in the future. Plus, everyone had a lot of fun!

Since a majority of high school students tend to skip breakfast, the dietetic interns ran a booth that focused on the importance of eating a daily breakfast. PEHS students were able to sample a variety of healthy breakfast cereals that offer far less sugar than the more commonly consumed cereals. Students also had the opportunity to use a variety of food models to create healthy breakfast food plates. A large, colorful poster was developed to compliment the discussion on starting each day with a healthy breakfast.

Statistics for the 2014 School Year

Proviso East High School:

- Number of Students .................................................. 1,775
- % Low Income .............................................................. 65
- % Racial/Ethnic Background:
  - Black ........................................................................ 55
  - Hispanic .................................................................. 41
  - Other ...................................................................... 4

School-Based Health Center (SBHC):

- PEHS Students enrolled for Primary Care ........ 70%
- Nutrition:
  - # “Lunch Bunch” student attendance .............. 1,433
  - # Classroom nutrition presentations .............. 68
  - # Medical nutrition therapy visits ................ 83
- Mental Health:
  - # REAL In-School Suspension Program .......... 622
  - # Individual Mental Health Visits .................. 935
- Classroom Health Promotions:
  - # Presentations .................................................... 58
  - # Student Participants ...................................... 1335

The Proviso East SBHC also offers health services during the summer.