



MARCELLA NIEHOFF
SCHOOL of NURSING

Loyola University Chicago Niehoff School of Nursing's School-Based Health Center at Proviso East High School 2011/2012 Annual Report



SBHC staff members Peggie Young and Araceli McBeth welcome students to the SBHC in Room 86B, on the first floor.



SBHC staff members Araceli McBeth, office manager/CMA, and Colleen Andreoni, DNP, APRN.



Proviso East High School is a high school serving students from the communities of Broadview, Forest Park, Maywood, and Melrose Park. Proviso East is located at the intersection of Madison Street and First Avenue in Maywood, IL.



District 89 serves Maywood, Melrose Park, and Broadview. There are 10 elementary schools in the district.

The School-Based Health Center at Proviso East Celebrates 10 Years of Health!

Loyola University Niehoff School of Nursing and Proviso East High School marked 10 years of school-based health care with a gala open house and 10th Anniversary themed health fair!

The School Based Health Center (SBHC) marked another successful school year with a variety of exciting 10th anniversary activities. The theme for this milestone year was a *Celebration of Health - 10 Years of Promoting Health and Education!* We had our first Food day/Eat Real program reaching 1500 students; pilot testing of an alternative to suspension program; Teachers' Lunch Bunch; an expanded health fair; and a new initiative to provide eligible children in District 89 with flu immunizations through the *Vaccines for Children* (VFC) program. We provided over 350 immunizations in 3 elementary schools in the initial rollout. Model Communities grant funding was used to develop anti-obesity policies including pilot testing of breakfast in the classroom in the elementary schools

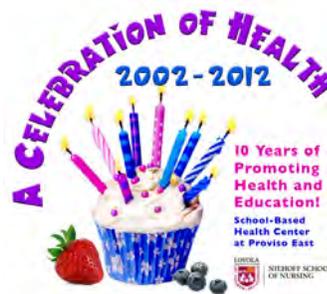
We also expanded efforts to maximize immunization for BOTH girls and boys against Human Papilloma Virus (HPV). HPV is a virus which has been linked to genital warts, cervical cancer in women, and male genital cancers. The HPV vaccine is the only vaccine known to prevent cancer. Students received the HPV vaccine at the SBHC with parental permission.

The SBHC is located within Proviso East High School (PEHS) and is operated separately from the Districts' school nurses' office. The SBHC offers services beyond what school nurses can provide. Students must be enrolled and have parental/guardian consent on file for most services, which 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. The goal is to keep students healthy so they stay in school and succeed. 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.

The SBHC is open every day that school is in session and during the summer for appointments, walk-ins, and urgent care. The SBHC is funded by the U.S. Health Resources and Services Administration; Illinois Department of Human Services; Westlake Health Foundation and State Street Foundation; in partnership with School Districts 209 and 89.

All are welcome to visit the SBHC and enroll.



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The SBHC “Lunch Bunch” Nutrition Program

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

Many PEHS students come to school without eating breakfast in the morning. By lunch time, these students are famished! For the past four years, the very successful **Lunch Bunch** (LB) program has both nourished and educated students at PEHS. This voluntary program provides students



with a delicious, homemade-style lunch accompanied by health and nutrition education that is presented by Loyola dietetic interns and nursing students. This nutrition-based educational forum is open to all

students at Proviso East, free of charge, three days weekly throughout the academic year.

Healthy, balanced lunches that meet the USDA National School Lunch Program standards are planned by dietetic interns. Examples of LB dishes include: sweet and spicy turkey sandwiches, mandarin chicken pasta salad, Southwest taboule burritos, and lettuce wraps with beef. On Wednesdays, the dietetic interns prepare the lunch and present a nutrition-related topic such as food advertising, healthy eating on a budget, sodium, and fats.

To evaluate impact of the nutrition education during these sessions, pre- and post-session tests administered. On average, there was a 21.6% improvement in scores. Nursing students prepare the lunches on Tuesdays and Thursdays and while the PEHS students enjoy the meal, health education topics are presented which have included coping with stress, healthy relationships and dating violence, peer pressure, and stress management. All Loyola students are supervised by Loyola faculty or SBHC staff.



Joanne Kouba and Kelly Sierra with a Lunch Bunch presentation



Many Proviso students are Lunch Bunch regulars

Mental Health Services and Community Outreach:

The SBHC Social Worker, Adriane Van Zwoll (Ms. V.) continued to meet with students throughout the school year for individual therapy/counseling sessions. High school is often a time where students struggle with peer pressure, substance use/experimentation, bullying, depressive symptoms, anger management, and family issues/struggles.

Ms. V. and two Masters of Social Work (MSW) interns, Aisha Davis and Elizabeth Kolloway provided mental health classroom presentations throughout the year. Some of the topics included: Anger Management, Alcohol/Drug Use, Domestic Violence, Bullying, Character Building, and Life After High School. SBHC staff also hosted two tables in the cafeteria for Suicide Prevention Week and National Drug Facts Week.

The SBHC social worker presented programs on Healthy Relationships for youth employed in community projects; participated in Riveredge Hospital's Annual Resource Fair; participated in Red Ribbon Week activities in District 89; worked collaboratively with Community Outreach Nurse, Dr. Ann Andreoni, to implement the ACT Raising Safe Kids Program; and participated in two separate Career Days in District 89.

Violence Prevention Initiatives:

Violence remains a very prevalent issue within the District 209 community. The SBHC continued to partner with **Casa Esperanza** to implement the School-Based Counseling program through the Neighborhood Recovery Initiative (NRI)—a grant funded program to help reduce violence in the Chicagoland area. The SBHC social worker and interns helped **Casa Esperanza** personnel by co-facilitating **Think First** groups during the second semester. This program is expected to be in place for the 2012-2013 school year.



Food Day at Proviso East

October 24, 2011 marked the first celebration of “**Food Day**” in America. The “**Eat Real**” theme of this grassroots movement of the Center for Science in the Public Interest (CSPI) encourages Americans to reduce diet-related disease by promoting safe, healthy foods, support sustainable farms, expand access to food and alleviate hunger, protect the environment, and promote health by curbing junk-food marketing to kids.



To celebrate this first-time national event and promote it's goals, the registered dietitians and dietetic interns coordinated assemblies for every physical education class at PEHS on October 26, 2011. Collaboratively, with Ms. Turner, Chair, PEHS Physical Education Department, approximately 1500 students attended a Food Day assembly which included viewing video-clips followed by small group discussions led by Loyola SBHC dietetic interns, social work interns and others. For example, one video-clip featured marketing strategies used to increase intake of fast foods in contrast to consequences of obesity on individual and societal health.



Dietetic Intern, Annica Shumny, leading Food Day discussion following video clips with Proviso East Students



PIRATE: An Alternative to Suspension Program

In collaboration with the Proviso Deans of Students, Ms. Van Zwoll, the SBHC Social Worker, created and implemented a three session alternative to suspension program in efforts to reduce out of school suspensions for minor verbal and physical aggression and altercations. The Positive Interpersonal Relationships Aiming Towards Enhancement (PIRATE) Program began in October 2011 and ran through the duration of the school year.

The overall goals of the PIRATE Program were to teach students new conflict resolution and anger management skills in order to decrease future disciplinary action and create a more positive school environment. The core topics of the PIRATE program are conflict resolution, anger management, and coping/relaxation techniques. A total of 41 students were referred to the program from October 2011 through March 2012. Twenty-nine of the students successfully completed all three sessions of the program. 61% of the students who successfully completed all three sessions did not have any further suspensions. The program received positive feedback from the participants as well as the Deans of Students. This program will be continued and expanded in the 2012-2013 school year.

Classroom Education

Dietetic interns, under the supervision of the SBHC registered dietitians, provided classroom nutrition education to over 800 PEHS students. The format for classroom-based nutrition education includes interactive activities, games, prizes, and use of online resources. One month the topic was low fat or low sugar substitutions that could be used in common recipes. The students prepared brownies with applesauce or prune butter substituted for oil.

The Teacher's Lunch Bunch initiative increased requests from additional teachers for nutrition classroom education sessions. For example, multiple presentations were made to special education classes on dietary supplements and sports nutrition. Nutrition education was also provided for sports teams.

2012 Proviso Health Fair

Proviso East High School's (PEHS) 2012 Annual Student Health fair was another great success. This year's theme was a "Celebration of Health" in honor of the SBHC's 10th anniversary at PEHS. Over 1,900 students participated in the event, attending the health fair during their physical education or JROTC class. This year's health fair was the largest yet, with 28 booths on health topics including prevention of drunk driving, smoking, sexually transmitted infections, marijuana use, cancer detection, as well as safe texting, the costs of having a baby, and health careers.

This event would not have been possible without the support of PEHS administration, physical education department and JROTC, community partners, and Loyola nursing, dietetic, social work, health systems management, public health, medical students, and residents. Some of the community providers who participated in this year's event include: Maywood Youth Mentoring, CeaseFire, Riveredge, Rape Victim Advocates, Illinois Caucus for Adolescent Health (ICAH), and a local chapter of Delta Sigma. The SBHC



Booths varied from safe texting to how to perform a breast self-exam



Proviso students participate in testing their flexibility

looks forward to having another successful health fair in the Spring of 2013.

Loyola University Chicago Niehoff School of Nursing and School District 89 Collaboration

Ann Andreoni, DNP, PNP-BC

The School-Based Health Center's collaboration with Maywood-Melrose Park-Broadview District 89 continued to be successful in 2011-2012. For the first time, health and wellness programs were launched in all ten District 89 schools. A pilot influenza immunization program in 3 schools reached 350 students. More than 300 students in 7th & 8th grade participated in a bullying awareness program and 632 students participated in the annual Red Ribbon Week anti-drug education program.

A variety of new activities were made possible through Model Communities Grant funding. Community partners participating in these grant funded initiative are Vanguard/Westlake Hospital, Triton College, Veterans Park District and Preferred Meal Systems, Inc.

Through the Model Communities Program, District 89 received approximately \$67,000 in federal stimulus funds from the Centers for Disease Control in January 2011. The goal was to develop anti-obesity policies and programs that are sustainable. Systems and policies were established at the school and district level and are ongoing.

Dr. Ann Andreoni, SBHC Community Outreach Nurse is an integral part of the grant initiative. "I'm extremely impressed with the way members of partner organizations contributed their unique talents and resources to put the interests of the children and the community first", she noted. Below is a sampling of the partnership's accomplishments:

- **School-based Wellness Councils** established in all 10 schools to develop healthy living programs according to each school's priorities
- **Breakfast of Champions** pilot event at 7 schools where local firefighters joined students for breakfast and talked about the importance of nutrition and physical activity
- **Brain Booster** program in which teachers incorporate 10 minutes physical activity breaks in classrooms daily implemented district-wide. The program was so successful that Loyola Nursing faculty and students replicated it in schools in Belize.
- Nutrition Month Poster contest for students
- Body Mass Index (BMI) data collection to participate in a longitudinal study to develop action plans for obesity prevention
- Lunch line redesign to improve the lunchroom environments and display food in an appealing manner, thus encouraging students to eat healthy foods
- School-based nutrition and physical activity education programs for families
- Employee Health Fairs
- Employee Zumba class offered by the local park district staff in District 89 buildings
- Joint Use Agreement between District 89 and Veterans Park District to increase collaboration

Although the Model Communities grant period has ended, the partners will continue their wellness efforts. Watch for more information on expansion of wellness activities in the coming school year.



Community of Partners for District 89



Breakfast of Champions



Breakfast in the classroom during ISAT testing

School-Based Health Center Staff and Loyola Faculty

Diana Hackbarth, RN, PhD, FAAN, Project Director is a professor at Loyola University School of Nursing. She is a Navy veteran and has a BSN in Nursing from Loyola University Chicago, a Masters of Science in Nursing and a PhD in Public Health Sciences from the University of Illinois.



Araceli McBeth, Office Manager, and certified medical assistant at the SBHC. She has worked at the SBHC since 2002 and is the translator for Spanish speaking clients.



Colleen Andreoni, DNP, ANP-BC, is a board certified family and adult nurse practitioner and assistant professor at Loyola University School of Nursing. She earned her Doctor of Nursing Practice (DNP) from Governor's State University and has been an advanced practice nurse for over 18 years.



Dr. Robert Miller, Co-Medical Director earned his medical degree from Rush Medical College and completed a sports medicine fellowship at St. Joseph Hospital - Midwest Orthopedics. His interest is in adolescent health and sports medicine.



Dr. Garry Sigman, Co-Medical Director is a graduate of Wayne State University School of Medicine and completed residency work at the Children's Hospital of Michigan and the University of Rochester School of Medicine. He is Board Certified in Pediatrics and Adolescent Medicine and has a special interest in helping young people cope with school problems.



Ann Andreoni, DNP, PNP-BC, is a certified pediatric nurse practitioner, assistant professor at Loyola University School of Nursing and earned her Doctor of Nursing Practice from University of Illinois Chicago. Ann is the Community Health Outreach Nurse for the 10 elementary schools in District 89 and provides consultation and health education for students, parents, and staff.



Joanne Kouba, PhD, RD, LDN, is a registered dietitian and assistant professor at Loyola University School of Nursing. She has a Master of Science from New York University, and PhD at the University of Illinois Chicago School of Public Health. Her goal is to promote health through nutritious food choices.



Kelly Sierra, RD, LDN, is a registered dietitian at the Proviso East SBHC providing individual nutrition counseling and group education to students. Kelly earned her BS in Nutrition from Benedictine University and completed her dietetic internship at Loyola University Chicago. She also earned a *diplome de cuisine* from Le Cordon Bleu in London.



Adriane Van Zwoil, LCSW is a clinical social worker at the SBHC and has degrees in Criminal Justice and Social Work from Western Michigan University and a Masters in Social Work from the University of Michigan. She has extensive experience in juvenile justice, adoption, foster care, residential treatment, and schools.



Ms. Peggie Young is the SBHC Administrative Assistant and works with Dr. Hackbarth on all aspects of the project. She is a graduate of PEHS, knows the community well and is a wonderful advocate for young people in District 89 and 209.



Loyola University Student Participation at the SBHC

36 Loyola undergraduate nursing students provided health education and health care services working under the supervision of 2 clinical faculty.

2 Loyola advanced practice nurses worked side-by-side with SBHC nurse practitioners learning risk assessment and primary health care skills.

19 Loyola dietetic interns assisted in providing nutrition programs and services as part of their supervised practice under the direction of the SBHC Registered Dietitians.

2 Masters Social Work students 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.

11 Loyola medical students and 1 Health Systems Management student assisted in the delivery of health promotion services.

The Proviso SBHC is supported by funds from the Division of Nursing (DN), Bureau of Health Professions (BHPr), Health Resources and Services Administration (HRSA), Department of Health and Human Services (DHHS) under HRSA Grant D11HP14610 Improving Access and Health Outcomes for Children and Youth through Expansion of an SBHC. The information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any official endorsement be inferred by, the DN, BHPr, HRSA, DHHS, or the US Government.

Lunch Bunch offered for Teachers and Staff at PEHS

In an effort to increase awareness of nutrition services offered by the SBHC staff, a Lunch Bunch program was offered to PEHS teachers and staff one day each semester during the last school year. On October 21, 2011, 37 PEHS teachers and staff attended a special LB session that introduced the upcoming **Food Day** activities (see inside). Following the usual LB format, a healthy lunch was served, followed by a 20 minute presentation on **Food Day**, and an overview of the



Teacher/Staff Lunch Bunch showed that a delicious and healthy dessert is possible!



Dr. Kouba with Teacher Lunch Bunch participants

Dietary Guidelines for Americans. On March 6, 2012, the second Teacher/Staff Lunch Bunch was held with 47 in attendance. Discussion focused on key concepts related to vitamins, minerals and dietary supplements. Additional goals of these special LB sessions are to encourage teachers and staff to be positive role models related to dietary practices for their students, and to provide teachers with resources for classroom use in health and nutrition education.

Statistics for the 2011-2012 School Year

Proviso East High School

Number of Students	1,900
% Low Income	61
% Racial/Ethnic Background:	
Black	66
Hispanic	32
Other	2

School-Based Health Center (SBHC)

PEHS Students enrolled for Primary Care	47%
Student Health Fair attendance	1,900
Nutrition:	
# "Lunch Bunch" student attendance	1199
# Classroom nutrition presentations	32
# Number of medical nutrition therapy visits	87

School-Based Health Center at Proviso East High School

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Web: sites.google.com/site/healthyprovisosbhc/two/

The School - Based Health Center is Operated by Loyola University Chicago's Niehoff School of Nursing in collaboration with Proviso East High School