

*Getting the Word Out About SBHCs
and the Importance of Well-Child Care:
Highlight of Educational Materials and Strategies*



SBHC Coordinators Meeting Webinar

March 16, 2016 @ 11am-12pm

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Oregon Pediatric Improvement Partnership

www.oregon-pip.org



Agenda for Today

1. Review **project goal for educational materials** developed and tested with youth
2. Overview of **key findings from youth engagement** about what words to use, what information to provide, and what ways information should be shared
3. Overview of **materials developed** and being disseminated in two pilot SBHCs and learnings to date
4. Highlight of specific materials **available for other SBHCs** to modify and use within their own schools

Quick Project Overview:

Improving Access to and Quality of Adolescent Well-Care Services Through Partnerships With SBHCs

Project is funded by OEGB/MODA Health Grant to OPIP.



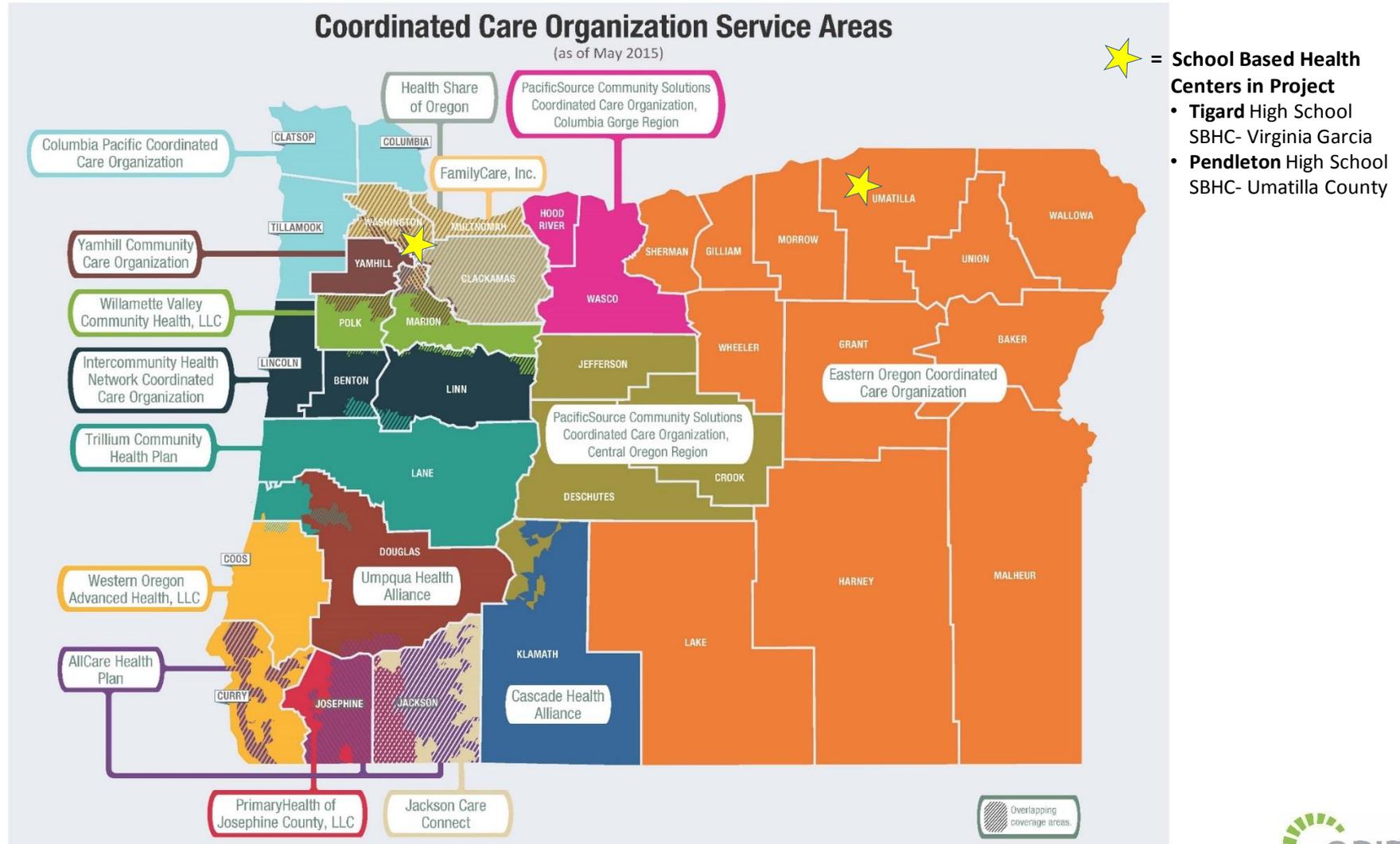
Project Aim:

- To improve the **provision of adolescent well-visits** at a community-level by leveraging partnerships with School Based Health Centers (SBHCs)

Objectives:

- To provide on-site **training and support** to **pilot SBHCs** ($N=2$)
- To develop **educational materials** for **adolescents and their parents** that provide information about why well-care is important, what to expect, and the unique role SBHCs can play in providing well-child care.
- To develop and assess models for enhancing the SBHC's **population management and care coordination** with primary care practices.
- To identify **policy-level improvements** that address barriers and incentives identified through the project.

Quick Project Overview: Improving Access to and Quality of Adolescent Well-Care Services Through Partnerships With SBHCs



OPIP's Process of Development of Educational Materials for Youth

Development process:

A. Background review and collection of current educational materials

- Literature review and online search for existing materials, including what CCOs may be using and the Nationally AAP and Bright Futures.

B. Feedback from youth and stakeholders

- 5 in-person meetings held with youth to obtain feedback, additional feedback collected via email
- Oregon Statewide Youth Action Council (SYAC), part of OSBHA
- SBHC pilot sites: Tigard High SBHC/Virginia Garcia, and Pendleton High SBHC/Umatilla County
- Youth advisory groups in pilot schools: Tigard's Student Health Advisory Council (SHAC), and Pendleton's Gay-Straight Alliance (GSA).
- OHA Office of Adolescent Health, OSBHA

Learnings & Feedback from Youth to Inform OPIP's Development of Educational Materials

EIGHT Key learnings from youth for OPIP when developing materials:

1. Empowering, Partnership Centered

- Teens want to be recognized as young adults.
- Avoid authoritative tones such as “you should...” and words like “child” or “adolescent”
- Emphasize “collaboration” and “partnership”
- Promote use of welcoming phrases like “we will never judge you”, and “we will listen to you”

2. Use of facts and statistics, help them see themselves in the statistics

- High value on facts and statistics for teen engagement
- Helps normalize issues, minimize stigmas, promotes awareness
- When statistics are used, include a follow-up of available options for next steps
- Top statistics identified by teens: sexual health, mental health, and physical health

3. Highlight Privacy and confidentiality

- Big concern is that privacy will be breached. Students will avoid services if they are not aware of the SBHC policies and processes, so important to highlight this in the materials

4. Highlight Billing and insurance

- Addresses questions students may have but are embarrassed to ask based on insurance/financial situation
- For uninsured: include phrasing that the student will still be seen even without insurance and/or on sliding payment scale
- For insured: students still appreciate knowing that their insurance will be accepted at the SBHC

Learnings & Feedback from Youth to Inform OPIP's Development of Educational Materials

Eight Key learnings from youth for OPIP when developing materials:

5. Describe WHAT they can get – be specific so their specific issue is listed

- List the types of health services available during a well-care visit
- Gives a preview for what students can expect ahead of time, and alleviates anxieties of being turned away
- Key items identified by teens: guidance for healthy relationships, bullying, emotional health and wellness, sexual health, sports physicals

6. Be clear about the location, staff, hours, and contact information

- Convenience in access to SBHC services huge! Don't need to worry about transportation or missing school.
- Decreases student's overutilization of urgent care/ER or going home when not feeling well
- Location, phone number, hours of operation, and clinical staff very important
- Helpful to also include picture of SBHC staff and/or picture of the SBHC building for easy recognition

7. Think about how it looks – and ask a teen how it looks, what makes us want read it

- Have a balance in amount of text vs blank space: too much text will be skimmed over, but too little will miss important concepts
- Inclusion of school logos allows students to identify SBHC as part of high school and not an outside entity
- Consider additional items such as QR codes, or rainbow pride triangle to promote inclusiveness

8. Use multiple mediums and use people – no one approach will work

- Use various methods and approaches, not just handouts because already flooded with paper
- Posters, flyers, table tents, health classes, pocket cards, social media, fun props like pencils/stress balls

Educational Materials Used by the SBHCs

Going for breadth & depth to grab teen on issues most important to them.

- **1st Round of Materials (Winter 2015 – Spring 2016):**
 - **Poster** about the SBHC generally
 - **Poster/Flyer** about Services You Can Get at SBHC Aligned with Well-Visits
 - **Business cards** with SBHC contact information and health facts
 - **Color-changing “mood” pencils** with SBHC contact information
 - **Table tents** with SBHC contact information and health facts for lunch tables
 - **QR codes** that link to specific websites relevant to the SBHC
 - **Instagram Posts**
 - **Twitter Posts**
- **Given materials were disseminated in school, needed to get necessary approvals and staff within the school to “buy-in”**
- **Importance of the People Delivering Their Message – Their Peers!!**
- **Exploring how this type of information can be incorporated into Health Class**

Educational Materials Used by the SBHCs

Learning from Phase 1

- Tracking visit rates at SBHC
- Focus groups - students and key stakeholders will be interviewed
- Input will be used to modify/enhance Round 2 materials for the Fall of the next school year
- Implement Round 2 September-December 2016

Posters & Handouts

Two versions:

1. **Yellow SBHC poster:** Contains **general information** about the SBHC as a first step to **enhance awareness** about the SBHC as a resource for students.
2. **Green AWC poster/handout:** Contains more **specific information** about the importance of annual Adolescent Well Care visits and the **types of services** offered at the SBHC.

Dissemination Strategies:

- **Pendleton SBHC** used both versions of the materials.
 - Yellow SBHC posters – Posted around school campus in high traffic areas (water fountain, cafeteria, gym, hallway, admin office, etc.).
 - Green AWC version was used as a handout/flyer and were posted on the bathroom stalls.
 - Handed out by providers to encourage students to make an AWC appointment.
- **Tigard SBHC**
 - Posters were hung around school campus in what are considered the high traffic areas.

HAVE YOU HEARD ABOUT THE HEALTH CENTER AT PHS?



Example of SBHC Poster: (Pendleton SBHC)

As you become more independent, there is a lot to think about – school, friends, family, body image, self-esteem... What's on your mind matters to us, and our trained staff at **Pendleton High School Health Center** are here for you! At the Health Center you can get the same kinds of health services that you get at a regular primary care clinic, and we are conveniently **located here at school!** Our health providers are specifically trained to work with teens and are available to help you with whatever you need.

COMMON TOPICS YOU CAN HAVE ADDRESSED:

- ✓ What you want to talk about - our priority is partnering with you
- ✓ Emotional health and feelings
- ✓ Guidance for healthy relationships
- ✓ Bullying
- ✓ Health exams and sports physicals
- ✓ Drug or alcohol use or experimentation
- ✓ Treatment for illness and infections
- ✓ Dental and Vision exams
- ✓ Immunizations and vaccines

YOUR PRIVACY IS IMPORTANT

At the Health Center we have specific policies around confidentiality. For the most part, what you talk about will stay between you and your health provider and will not be shared with your parents or others. If something needs to be shared, we will always talk with you about it first, and work with you on how to do that.

BILLING & INSURANCE

No student will be turned away due to ability to pay. We welcome ALL students, and accept most insurance including the Oregon Health Plan. If you don't have insurance, don't worry – we will still see you.

WHERE ARE WE LOCATED?

The Health Center is located at Pendleton High School, on the second floor **near the cafeteria.**

WHEN ARE WE OPEN?

The Health Center is open during the school year: **Tuesdays, Wednesdays, & Thursdays @ 7:30 am - 3 pm**

Stop by or call us @ **(541) 966-3857**

We want to partner with you to provide the best care possible. Make your appointment at the PHS Health Center today!



Follow us on Twitter @PHShealth

Trustworthy * Convenient * Confidential

Contains general information as a first step toward enhancing awareness about the SBHC.

DID YOU KNOW?

Only **1 in 5** Oregon teens gets an **annual check-up**, and the odds of having **poor physical and mental health** in adulthood can be **52% higher** for people who **don't receive needed care** early in life.

1 in every 3 Oregon teens **experienced depression** last year, and **1 in 6** seriously considered **suicide**.

Each year there are **9.5 million** new **STD infections** among young adults.

Teens who start drinking at an earlier age are **4 to 5 times** more likely than others to develop **alcohol abuse** as adults.



Example of AWC Used as Poster: (Tigard SBHC)

Contains more specific information about the importance of Annual Well Child visits and types of services offered at the SBHC.

That's why it's important to have a check-up each year... even when you are NOT sick.

From sprained ankles, to feeling stressed, to relationships and even sexual health, confidential services are available to you at the **Tigard School Based Health Center (SBHC)**.

Our Health Center providers are specifically trained and interested in working with teens and they will never judge you. They will listen and help you overcome challenges to become successful and independent both in body and mind.

The Tigard SBHC Clinical Staff Include:

- Nurse Practitioner
- Qualified Mental Health Professional
- Dental Hygienist

WHERE ARE WE LOCATED?

* **We are conveniently located here at school**, in between the Child Development Center and the Caring Closet.

* **We are open during the School Year:**
Monday - Friday @ 8 am - 4:30 pm

* **We also accept walk-ins based on availability.**

If you have **QUESTIONS** or want to make an **APPOINTMENT**, stop by or call us @ **(503) 431-5775**

COMMON TOPICS ADDRESSED AT A CHECK-UP:

- ✓ Your health questions- our priority is to partner with you
- ✓ Emotional health and wellness
- ✓ Guidance for healthy relationships
- ✓ Bullying
- ✓ Health exams and sports physicals
- ✓ Weight, diet and overall physical health
- ✓ Drug or alcohol use or experimentation
- ✓ Sexual health
- ✓ Treatment for illness and infections
- ✓ Vision exams and hearing screenings
- ✓ Immunizations and vaccines
- ✓ Dental cleanings

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BILLING & INSURANCE

No student will ever be turned away due to ability to pay. We welcome all students of the Tigard/Tualatin School District, and accept most insurance including the Oregon Health Plan (Medicaid). If you don't have insurance, don't worry, payment can also be made based on what you can afford.



Trustworthy * Convenient * Confidential

Our goal is to partner with you to provide the best care possible.
Make your appointment at the Tigard School Based Health Center today!

<http://virginia.garcia.org/locations/tigard-school-based-health-center/>



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The PHS Health Center Clinical Staff Include:

- Nurse Practitioner
- Mental Health Counselors
- Registered Nurse
- Dental Hygienist

WHERE ARE WE LOCATED?

* We are conveniently located here at school, on the second floor near the cafeteria.

* We are open during the School Year:

Tuesday @ 7:30 am - 3 pm
Wednesday @ 7:30 am - 3 pm
Thursday @ 7:30 am - 3 pm

* We also accept walk-ins based on availability.

Trustworthy * Convenient * Confidential



Our goal is to partner with you to provide the best care possible. Stop by the PHS Health Center today!

Follow us on Twitter @PHShealth

YOUR PRIVACY IS IMPORTANT

At the Health Center we have specific policies around confidentiality. For the most part, what you talk about will stay between you and your health provider and will not be shared with your parents or others. If something needs to be shared, we will always talk with you about it first, and work with you on how to do that.

BILLING & INSURANCE

No student will be turned away due to ability to pay. We welcome ALL students, and accept most insurance including the Oregon Health Plan. If you don't have insurance, don't worry, we will still see you.

If you have **QUESTIONS** or if you want to make an **APPOINTMENT**, stop by or call us @ **(541) 966-3857**



Designed and distributed by Oregon Pediatric Improvement Partnership www.oregon-pip.org

Example of AWC Used as Handout: (Pendleton SBHC)

Contains more specific information about the importance of Annual Well Child visits and types of services offered at the SBHC.



Business Cards, Pencils, & Table Tents

Dissemination Strategies – Leveraging Youth in the School

- **Pendleton SBHC**

- Partnering with **Gay-Straight Alliance (GSA)** student advisory group to distribute the items at lunch during their **health awareness event** in March.
- Pencils and business cards distributed during **health classes** in May.
- Table tents will also be staggered on lunch tables on two different days in April and May.

- **Tigard SBHC**

- Partnering with **Student Health Advisory Council (SHAC)**, a teen lead group within the school, for their **Awareness Week** at the end of March.
- Awareness week will have a strong emphasis on mental health and depression as the school recently went through a suicide.
- **Examples of SHAC activities during Awareness Week include:**
 - Game session during lunch: Using mood pencils as a giveaway, and table tents set up in the lunch room to help raise awareness.
 - Clinic tours offered during lunch: Explanation of SBHC services and handing out business cards and pencils at this time.
 - Open House: One day during awareness week, will also hand out business cards and pencils

Examples of Health Facts used in Business Cards



Tigard School Based Health Center (SBHC)

Mon - Fri, 8am - 4:30pm
(503) 431-5775
Between the Caring Closet & Child Development Center

We welcome all Tigard/Tualatin School District students, and we will see you even if you don't have insurance. Our clinical staff include a Nurse Practitioner, Mental Health Professional, & Dental Hygienist.



CALL US OR STOP BY TODAY!

HAVE YOU HAD YOUR CHECK UP YET?

COMMON TOPICS

- ✓ Your health questions – we will partner with you
- ✓ Emotional health and wellness
- ✓ Guidance for healthy relationships
- ✓ Bullying
- ✓ Health exams and sports physicals
- ✓ Weight, diet, and overall physical health
- ✓ Drug or alcohol use or experimentation
- ✓ Sexual health
- ✓ Treatment for illness and infections
- ✓ Vision exams and hearing screenings



Teens who start drinking are 4-5 times more likely to develop alcohol abuse as adults.

If you have tried alcohol or think you may be drinking too much, we can help! Tigard SBHC staff can help you identify the signs of problematic alcohol use that have lifelong consequences, and strategies you can use to protect your health.



TRUSTWORTHY • CONVENIENT CONFIDENTIAL

Each year there are 9.5 million new STD infections among young adults.

If you are sexually active, you can protect yourself: Have a private conversation with your Tigard SBHC provider about specific ways to prevent getting an STD or pregnant.



TRUSTWORTHY • CONVENIENT CONFIDENTIAL



Pendleton High School Health Center

Tues - Thurs, 7:30am - 3pm
(541) 966-3857
We're on the second floor, near the cafeteria.

We welcome all Pendleton students, and we will still see you even if you don't have insurance. Our clinical staff include a Nurse Practitioner, Counselors, Registered Nurse, & Dental Hygienist.

CALL US OR STOP BY TODAY!

Follow us on Twitter @PHShealth

Only 1 in 5 Oregon teens gets an annual check-up. Having poor health as an adult can be 52% higher if you don't get care early in life.

Get a check-up here at school! You can get a routine check-up at the PHS Health Center that is covered by your insurance. If you don't have insurance, we will still see you!



TRUSTWORTHY • CONVENIENT CONFIDENTIAL

1 in every 3 Oregon teens experienced depression last year, and 1 in 6 seriously considered suicide.

If you feel that way, staff at the PHS Health Center can help! We have trained staff who are used to working with teens on how to cope with these feelings.



TRUSTWORTHY • CONVENIENT CONFIDENTIAL

1 in 6 teens who start to use marijuana will become addicted. It can impact your memory, perceptions, coordination, and heart rate.

If you've tried marijuana or think you may have problems with drugs or alcohol we can help! Our PHS Health Center staff can help you identify signs of problematic substance use that have lifelong consequences, and strategies to protect your health.



TRUSTWORTHY • CONVENIENT CONFIDENTIAL

Color-Changing “Mood” Pencils

Mood Pencils

STYLE: FOM

Create an advertising buzz with heat sensitive pencils that change color as your customers write with them. Pencils magically change color and return to normal when they return to room temperature. Custom imprint your company name and logo on this fun pencil and hand them out as a thank you gift to all your customers.

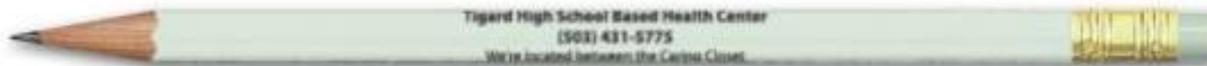


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Call Us or Stop By Today!



Tigard High School Based Health Center
(503) 431-5775

We're located between the Caring Closet
and the Child Development Center
Call Us or Stop By Today!



Note: Pencils were ordered from “National Pen” - <http://www.pens.com/pens-and-writing/mood-pencils/fom>

Table Tents

SCHEDULE YOUR CHECK-UP TODAY!

It's important to have a check-up each year, even when you're not sick. Confidential services are available, and our PHS Health Center providers are trained and interested in working with teens. They will never judge you, and they will listen and help you overcome challenges to become successful both in body and mind.

Pendleton High School Health Center

WE ARE LOCATED:

At Pendleton High School, on the second floor near the cafeteria.

WE ARE OPEN DURING THE SCHOOL YEAR:

Tuesday - Thursday @ 7:30am - 3pm

CLINICAL STAFF INCLUDE:

- ✓ Nurse Practitioner
- ✓ Counselors
- ✓ Registered Nurse
- ✓ Dental Hygienist



For **QUESTIONS** or to make an **APPOINTMENT**, stop by or call us at (541) 966-3857. We welcome ALL Pendleton School District students, and we will still see you even if you don't have insurance.

Our goal is to **PARTNER WITH YOU** to provide the best care possible. Take action and make the choice **TOWARD A HEALTHY FUTURE!**

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DID YOU KNOW?

Teens who start drinking at an earlier age are 4 to 5 times more likely than others to develop alcohol abuse as adults.

If you've tried alcohol, or think you may be drinking too much, we can help! Our Tigard SBHC staff can help you identify signs of problematic alcohol use that have lifelong consequences, and strategies you can use to protect your health.



QR Codes

Dissemination Strategies:

- **Pendleton SBHC** incorporated the QR scan code onto their yellow SBHC poster, business cards, and table tents. The QR code used links to the Umatilla County SBHC webpage (sponsor of the Pendleton High School SBHC).
- **Tigard SBHC** has not yet incorporated the QR code, however they do plan to use it once their website is updated.

Pendleton Example: Umatilla County website



Tigard Example: Virginia Garcia website



Note: You can create your own QR codes at: <http://www.qrstuff.com/>

Instagram Posts

Dissemination Strategies (Tigard High School SBHC):

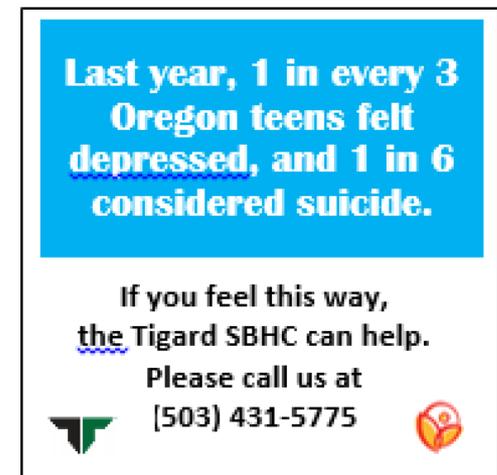
- **Tigard SBHC** is working with their Tigard Media students to develop their own Instagram posts to enhance knowledge and awareness of SBHC services and the importance of adolescent well care visits. General examples were provided as a starting point, however this is more of a student-developed and student-run activity for their school.



#TigardSBHC #Health #Wellness
#MakeYourAppt #PowerT
#SchoolSpirit #GoTigers



#TigardSBHC #TakeCharge
#StopByToday #VirginiaGarcia
#WeCare #AnnualCheckUp



#NotAlone #Awareness
#TigardSBHC #WeCanHelp
#MentalHealth #YouMatter
#FactsOfHealth

- *Other Instagram ideas could be:*
 - Picture of the SBHC building
 - Picture of the SBHC Staff

Twitter Posts/ Tweets

Dissemination Strategies (Pendleton High School SBHC):

- **Pendleton SBHC**
 - Using Twitter account to encourage students to use the SBHC.
 - After spring break Posting **one Tweet per week**.
 - Twitter **account name** was also included on **all education materials**.

Example Tweets (140 characters or less):

- Did you know about the health center on school campus? We're on the 2nd floor by the cafeteria! **#ComeVisit #PHSHealth #Wellness #GoBucks**
- Take charge of your health! Make an appointment at the PHS Health Center today! **#TakeCharge #AnnualCheckUp #StopByToday**
- Your Health Matters. Your Emotions Matter. YOU MATTER! Stop by the Pendleton Health Center today! **#YouMatter #MakeYourAppt**
- Need someone to talk to? Let your voice be heard. Visit Pendleton High School Health Center today! **#Trustworthy #Convenient #Confidential**
- You don't have to be sick to have your wellness check-up! Schedule yours today at the PHS Health Center! **#YourHealth #EachYear #Wellness**
- Only 1 in 5 Oregon teens gets an annual check-up when they should. Have you had yours? **#KnowYourBody #Prevention #Important #FactsOfLife**
- Last year 1/3 Oregon teens felt depressed and 1/6 considered suicide. If you feel this way, we can help. **#Awareness #MentalHealth #WeCare**
- Teens who start drinking are 4-5x more likely to have alcohol abuse as adults. If you struggle in this we can help. **#NotAlone #PHSHealth**

Current Learnings & Differences Between the SBHCs:

Content and Language: Understanding the Community Culture

• **Mental Health terminology:**

- Pendleton SBHC preferred to use the term “**Counselors**” when referring to the title of their SBHC Mental Health providers.
 - Trying to destigmatize the thought of receiving *mental health* counseling services versus *academic* counselling which is required for all students (among both students and school staff).
- Tigard SBHC used the titles “**Qualified Mental Health Professional**” or “**Mental Health Professional**” in their materials.
- Mental health services were referred to as “**emotional health and wellness/feelings**” in the list of common SBHC services provided, as teens identified this to be more welcoming terminology with less stigma associated with it.

• **Sexual Health, STDs, and Pregnancy:**

- Within the rural community, sexual health was identified as a sensitive topic, so references to this topic were purposefully not included in their educational materials for that community.

• **Safe Space/Pride Triangle logo:**

- Similar to sexual health, this was also identified a sensitive topic for the rural community, so this logo was purposefully not included in their educational materials for that community.

Current Learnings & Differences Between the SBHCs:

Logos, QR Codes, and Social Media:

- **High School logos vs SBHC Sponsor logos:**
 - Consider the difference between the high school that houses the SBHC, and the sponsoring organization of the SBHC.
 - May be two different entities with different logos, so it is important to find out what branding strategies need to be incorporated into the educational materials early in development.
- **QR Codes:**
 - Pendleton SBHC did not feel QR codes would be overly helpful if distributed independently.
 - A single QR code linking to the Umatilla County SBHC website was incorporated as a bonus item onto their other materials.
 - Tigard will be incorporating the QR code once their website is updated.
- **Use of Twitter, Instagram, and/or SBHC websites on materials:**
 - Determine which social media outlets are available that can be used and incorporated
 - Look into what classes and skill sets are already available within your school (e.g. student social media or graphic design clubs)

What we can offer YOU today!

- **Yellow SBHC poster:**

- Editable template that contains general information about the SBHC as a first step to enhance awareness and knowledge about the clinic as a resource for students to use.

- **Green AWC poster:**

- Editable template that contains more specific information about the importance of having an annual adolescent well-care visit and the types of services offered at the SBHC.

- **If you are Eastern Oregon and in EOCCO's region –opportunity for MODA to support PRINTING of the materials**

- Contact Colleen Reuland (reulandc@ohsu.edu, 503-494-0456)

Refer to the next two slides for more specifics on these items.

What we can offer YOU today: Yellow SBHC Template

Editable text in the PDF template will include:

- Introduction statement with identification of your SBHC name included
- Common topics and list of services your SBHC currently provides
- Location information
- Hours of operation and walk-in availability
- Privacy statement
- Billing and Insurance policies
- Phone number
- Website or social media contact info (such as Twitter or Facebook)
- Considerations for inclusion of Safe Space/Pride Triangle



HAVE YOU HEARD ABOUT THE SCHOOL BASED HEALTH CENTER?

Editable introduction text and inclusion of your SBHC's formal name here.

COMMON TOPICS YOU CAN HAVE ADDRESSED:

Editable text of your SBHC's list of services offered.

YOUR PRIVACY IS IMPORTANT

Editable text of your privacy statement.

BILLING & INSURANCE

Editable text of your billing and insurance policies.

WHERE ARE WE LOCATED?

Enter SBHC location here

WHEN ARE WE OPEN?

Enter SBHC hours here, and walk-in availability

Stop by or call us @ *Enter phone #*

We want to partner with you to provide the best care possible. Make your appointment today!

Add website or social media here.

Trustworthy * Convenient * Confidential

 COPIP Designed and distributed by Oregon Pediatric Improvement Partnership. www.oregon-pp.org

What we can offer YOU today: Green AWC Template

Editable text in the PDF template will include:

- Name of your SBHC
- List of clinical SBHC staff
- Location information
- Hours of operation and walk-in availability
- SBHC website or social media contact info (such as Twitter or Facebook)
- Common topics and list of services your SBHC currently provides
- Privacy statement
- Billing and Insurance policies
- Phone number
- Considerations for inclusion of Safe Space/Pride Triangle

DID YOU KNOW?

Only **1 in 5** Oregon teens gets an **annual check-up**, and the odds of having **poor physical and mental health** in adulthood can be **52% higher** for people who **don't receive needed care** early in life.

1 in every 3 Oregon teens experienced **depression** last year, and **1 in 6** seriously considered **suicide**.

Each year there are **9.5 million** new **STD infections** among young adults.

Teens who start drinking at an earlier age are **4 to 5 times** more likely than others to develop **alcohol abuse** as adults.



COMMON TOPICS ADDRESSED AT A CHECK-UP:

Editable text of your SBHC's list of services offered.

That's why it's important to have a check-up each year... even when you are NOT sick.

From sprained ankles, to feeling stressed, to relationships and even sexual health, confidential services are available to you at the

Enter SBHC Name here

Our providers are specifically trained and interested in working with teens and they will never judge you. They will listen and help you overcome challenges to become successful and independent both in body and mind.

Our Clinical Staff Include:

Enter list of SBHC clinical staff here.

WHERE ARE WE LOCATED?

* We are located:

Enter SBHC location here

We are open:

Enter SBHC hours here, and walk-in availability

Trustworthy * Convenient * Confidential

Our goal is to partner with you to provide the best care possible. Stop by today!

Add website or social media here.

YOUR PRIVACY IS IMPORTANT

Editable text of your privacy statement.

BILLING & INSURANCE

Editable text of your billing and insurance policies.

If you have **QUESTIONS** or if you want to make an **APPOINTMENT**, stop by or call us @

Enter SBHC phone # here

Thank you!

- If you have any **questions** about the project, please contact Colleen Reuland at reulandc@ohsu.edu
- If you are interested in receiving **templates** of the **posters/flyers** that your SBHC can **edit the text**, please contact:
 - Cate Vreede at vreede@ohsu.edu
- If you are in the EOCCO region and want to materials printed, please contact:
 - Colleen Reuland at reulandc@ohsu.edu

Thank you for joining our webinar!