



New Mexico Assembly on School-Based Health Care

Update from the Executive Director

by Howard M. Spiegelman

Wow! To call this past year at your NM Assembly dynamic would be an understatement. Our staff has grown from one to three full-time and four part-time employees who are dedicated to our Kellogg-sponsored Native American SBHC program, 4 YOUTH. Our budget, with new grants and contracts, has also expanded accordingly.

At the state level, during this past legislative session, we again tracked and testified on a number of bills dealing with SBHCs, from telehealth to teen pregnancy. This year, for the first time, the Assembly authored two bills (HB 27 and HB 29). One, a student-led peer-to-peer teen suicide prevention pilot project, got partially funded. We are now working on making a *big* legislative push starting this summer at the interim committee meetings.

At the federal level, we are also making “monumental” progress. The School-Based Health Clinic Establishment Act of 2007 (S 600) was introduced in the Senate in February. The act, which is co-sponsored by Senator Jeff Bingaman (D-NM), will fund the development and operation of school-based health clinics. A similar House bill is also on the way. Early in the process, Senator Pete Domenici (R-NM) paid a visit to the SBHC at Santa Fe High to see this valuable resource in action.

The NM Assembly will be offering several trainings: “Advocating for Your SBHC,” “Grant Writing – Grantsmanship #101 for SBHCs,” “Building Community Partnerships,” and “Developing a Marketing Plan.” Please see the section on Professional Development Opportunities in this newsletter and sign up!

Our website, www.nmassembly.org, will undergo a major updating this summer. We’ve just added a new “clinical

information” link and we expect to be taking a larger role in coordinating information on our website for OSAH.

Finally, we are looking at combining our newsletter with OSAH’s and publishing quarterly.

Update from the President

by Maria Duran

If you attended the NM Assembly on SBHC’s annual meeting at the Head to Toe conference, you saw how our organization has grown both in membership and productivity over the past year. The staff, board members and committee chairpersons take their roles seriously and, through a coordinated effort, have advanced the SBHC movement in our state. I want to take this opportunity to thank this year’s Board of Directors for their commitment and enthusiasm: Dr. Susie John, Fred Gordon, Mary Kay Pera, Charlene Poola, Dr. Dan Rifkin, Christopher O’Donnell, Laura Owen, and Colleen Catanach.

Kudos to Debbie Birkhauser, Nissa Patterson and our staff, and a special thank you to our Executive Director Howard Spiegelman, who is tireless in his efforts to keep the Assembly focused on sustainability.

I also want to give a special round of applause to you, the members, who work every day to reach our youth. Because *you are the Assembly* we will continue to listen to your needs, act on your behalf when asked, and continue to support you in achieving your goals.

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Envision New Mexico: Quality Improvement for Your School-Based Health Center

by Amy Scott and Jane McGrath

**“To envision what can be and to create
the highest quality health care possible
for all children in New Mexico.”**

The international movement to improve the quality of health care began in July of 2001 when the Institute of Medicine published a report called “Crossing the Quality Chasm, a New Health System for the 21st Century.” The report began with the statement, “The American healthcare system is in need of fundamental change.” As a result, the Institute for Healthcare Improvement was born, and people working in the field of medicine embraced improving quality and using data to measure change in health-care outcomes. The Institute has become the leader in a rapidly growing movement.

Envision New Mexico is modeled after the quality initiative started by the Institute for Healthcare Improvement. It is a statewide pediatric quality improvement (QI) program of the UNM Health Sciences Center’s Department of Pediatrics. The program partners with state agencies as well as other organizations such as Indian Health Services, the New Mexico Pediatric Society and the NM Assembly on School-Based Health Care, to address the epidemic of pediatric obesity in New Mexico.

Nationally, school-based health centers are an integral part of the redefinition of health care in America. SBHCs are redefining how children receive care with a focus on prevention, early intervention and easy access. Locally, the focus of the Office of School and Adolescent Health (OSAH) has been on helping new SBHCs open their doors and put systems in place. This next school year, the focus will shift to improving the quality of services delivered to students in the SBHCs. The values of the Institute for Healthcare Improvement resonate with what many school communities are trying to accomplish with SBHCs:

“We will improve the lives of patients, the health of communities, and the joy of the health care workforce. We will accelerate the measurable and continual progress of health care systems throughout the world toward: safety, effectiveness, patient-centeredness, timeliness, efficiency and equity.”

Toward these goals, OSAH and Envision NM are partnering to improve the quality of care provided at SBHCs. Thirty SBHCs will enroll in one of the three QI learning collaborative projects including:

1. Prevention of overweight and obesity
2. Mental health integration and suicide prevention
3. Infrastructure improvement and Medicaid billing

The upcoming 2007-08 collaborative training will include Motivational Interviewing, School Wellness Policy Advocacy, and QI Methods. Regional trainings, site visits and technical assistance will be offered. In addition, a telehealth model program will be instituted for those sites that have telehealth equipment.

Envision NM has two years of experience in QI for the prevention of overweight and has won a national award for its model. The 2006 Learning Collaborative is well underway and involves both community providers as well as SBHCs. To date, all training sessions have been completed and 150 health-care providers and 250 staff members have been trained. Data collection, Model of Improvement (PDSA) and follow up support for providers and staff continues. Our staff is frequently on the road attending community meetings, school wellness councils, visiting providers and offering training sessions.

Each provider and staff Improvement Team is encouraged to develop a community project of their choice. These projects are designed to encourage providers to advocate for changes in their community that will encourage healthy eating and physical activity. Envision NM staff brings in outside expertise, links providers with resources in their communities and in some cases finds funding to support community projects. One example of a community project is the revitalization of a river walk along the Gallinas River that flows through the town of Las Vegas, greatly enhancing opportunities for outside physical activity for families that live along the river corridor. Other partners for this project include the National Park Service Trails for Health, the NM

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Department of Transportation Safe Routes to Schools program and the City Council.

Information regarding the 2007-08 SBHC QI Collaborative will be included in contract negotiation for those SBHCs with Department of Health contracts. SBHCs not funded by the Department of Health please contact Clancey Tarbox at clancey.tarbox@salud.unm.edu

For more information about Envision NM, please visit our website at www.envisionnm.org

(Update from the President continued from page 1)

One highlight this year was the SBHC Day at the state Capitol, which brought together representatives from more than 27 sites statewide to celebrate and share successes with legislators. The presence of our youth on that day was significant because it allowed them to participate in the legislative process. Now we have the opportunity to voice our support for federal legislation (the School-Based Health Clinic Establishment Act of 2007), which would allocate funding for SBHCs nationwide. I ask you all to support this effort as well. Our congressional representatives support this bill and their involvement reinforces that our voice is being heard.

The school year comes to a close in May, and I hope you will all look back at this year knowing that you reached lives that would have gone untouched and that you look forward to the coming year with energy and gusto!

Professional Development Opportunities Summer 2007

It's Not Too Late To Register!

Register for the courses listed below by contacting Debbie Birkhauser at d.birkhauser@comcast.com

Grantsmanship 101

Gain a good introduction to funding sources, i.e. community foundations, corporate funding sources, etc. Learn the basics for successful grant writing.

Date: 6/14/07
Time: 8:30-12:30
Location: Belen High School SBHC, Belen
Facilitator/Presenter: Howard Spiegelman

Developing a Marketing Plan for Your SBHC

Learn the fundamentals of a marketing plan, review a "toolkit" for designing marketing materials, and receive help in designing an effective SBHC brochure and with local marketing activities. This workshop is an extension of the "Selling a Good Thing: Marketing Strategies for your SBHC" presentation at the recent Head to Toe Conference.

Date: 6/13/07
Time: 9:00-3:00
Location: Taos School District Office, Taos

Date: 6/15/07
Time: 9:00-3:00
Location: Las Cruces

Facilitators/Presenters: Lakhana Peou and Debbie Birkhauser

NMASBHC Welcomes the New 4 YOUTH Project Coordinator



Regina “Gina” Begay-Roanhorse joined us recently as the new 4 YOUTH Program Manager for the Assembly. She replaces Aaron Carr, who moved to France to join his wife, daughter and in-laws. Gina is a member of the Navajo Nation and earned her undergraduate degree in journalism from the University of Arizona. She has extensive experience both in developing legislative initiatives and working with youth.

“Of all the jobs I’ve had, the one I loved the most was working with Native-American children as a youth development professional,” Gina said. “Native-American children have such tremendous talent and ability. It is so rewarding to inspire them to reach their full potential despite the many challenges they face on the reservation. Of our Navajo children living on the reservation, for example, 46 percent live far below the federal poverty level. This is not an unfamiliar issue with other tribes and Pueblos in New Mexico,” she said.

“To see all Native youth achieve their goals, to connect with their communities and, of course, to smile is absolutely awesome and such a wonderful feeling!”

Gina supervises four community organizers in four unique and diverse tribal communities: the Pueblo of Laguna, the Pueblo of Acoma, To’Hajiilee Navajo Nation and Shiprock Navajo Nation.

“These organizers assist youth in the development of their Native-American School Health Advisory Committees (SHACs) and Youth Advisory Groups (YAGs), in order to impact policy on various levels, including at their schools or within their own tribal government,” said Gina. “This youth-driven effort gives Native communities culturally appropriate strategies and approaches for addressing youth-related health concerns, but more importantly, it gives power to the Native youth voice,” she added.

For example, during this recent state legislative session, the Laguna YAG advocated for funding to support a youth-led, peer-to-peer suicide education and prevention project for Native-American youth. With the help of Rep. Ray Begaye (D-Dist. 4), \$50,000 was appropriated to implement the program.

4 YOUTH is a program of the NM Assembly, working in collaboration with New Mexico Voices for Children. It is partially funded by a grant from the W.K. Kellogg Foundation, as part of its national School-Based Health Care Policy Program. 4 YOUTH partners with other organizations to strengthen Native-American school-based health centers in New Mexico, including: the Northwest New Mexico Champions for School-Based Health Care, the Northern Navajo Medical Center, the Acoma-Canoncito-Laguna Teen Centers, UNM Center for Health Promotion and Disease Prevention, schools and community leadership in the Pueblos of Acoma and Laguna, and the Navajo Nation Shiprock and To’Hajiilee communities.

For more information about 4 YOUTH, contact Gina Begay-Roanhorse at (505) 244-9505 ext. 16 or visit our website at www.nmassembly.org



New Links on the NMASBHC Website

www.nmassembly.org

Customizable Medicaid Brochure

Download this brochure and customize it by inserting your SBHC contact information. Use it to advertise to families that your SBHC initiates PE/MOSAA applications.

Clinical Resources

Documents and websites listed on this link are designed to help you learn more about applicable laws and standards of practice.

New Study – Abstinence-Only Programs Don’t Work

A comprehensive, nine-year study by Mathematica Policy Research has found that federally funded abstinence-only-until-marriage education programs have no beneficial impact on young people’s sexual behavior. Read more about this study located at the “In the News” link on the website.

Road Trip Report: The Mustang Health Center Open House

by Nissa Patterson

The best way to see the good work that's happening in the SBHC world is to get away from the old computer and take a road trip. On April 3, I did just that, attending an open house for the Mustang Health Center in Mountainair, NM. Of course there was nothing "just" about it when you consider that I was chauffer to Mary Blea and Janet Mason. We headed off with much merriment, several Sonic diet cherry limeades, and cardboard containers of onion rings – yes, we are all public health devotees – on our laps. Delighting in laughter and much conversation made our trip seem to proceed at the speed of light.

The Mountainair SBHC has grown in the past year from a mere glimmer in the eyes of school superintendent Jay Mortensen and coordinator Linda Filippi to a real-live community-based program. It's been wonderful to watch it grow and to see the care with which each detail has been planned. Superintendent Mortensen, a staunch supporter of the center, told me that he wants it to be a place that youth "feel comfortable in, that is their place. And maybe the SBHC can even host events like teen movie night." There is thoughtfulness in every nook and cranny – right down to the delightfully comfortable waiting-room furniture, including bean-bag chairs, which had the adults who dropped into them giggling with glee.



The Mustang Health Center Open House



The exam room at the Mustang Health Center Open House

Although the SBHC has been operating in a temporary space for the past few months, this open house celebrated its new building – the renovated “old cafeteria” in Mountainair’s high school. The space has one exam room, a mental health room, a telehealth room, and a lab with a pass-through window to the bathroom. Across the wonderfully airy and inviting waiting room, decorated with the artwork of middle and high school art students, are the nurse’s office and a spare office for use by visiting service providers such as Southern Torrance County WIC staff.

Topping off the open house experience was an uplifting presentation in which Superintendent Mortensen and coordinator Filippi graciously thanked all the school board members, school staff, community members, students, parents, and staffs of the NM Assembly and the Department of Health who helped along the way to make the SBHC a reality. Each ‘thank you’ was heartfelt as each person’s contribution to the SBHC’s success was pointed out. Even Mountainair Mayor Vel Gilley was there!

Several high-school-cafeteria buns later (the lightest, fluffiest things imaginable), and after being serenaded by the school band (elementary, middle and high school students all playing together), we piled in the car to head home as the cool mountain air gave us goose bumps. We were grateful to be part of such a wonderful event and also to know that caring adults are meeting the needs of our young people in big ways in small towns.

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NMASBHC Membership 3 Ways You Can Join

- SBHC - \$20/each staff member (\$100 max)
- Individual - \$25
- Non-SBHC Organization - \$50

Membership forms are available on the website at www.nmasssembly.org