

Minneapolis School Based Clinics School Year 2021-2022 Annual Report



Who we are: The Minneapolis School Based Clinics (SBC) provide integrated, holistic health services and build connections within the community and schools to promote student health, well-being, and school success.

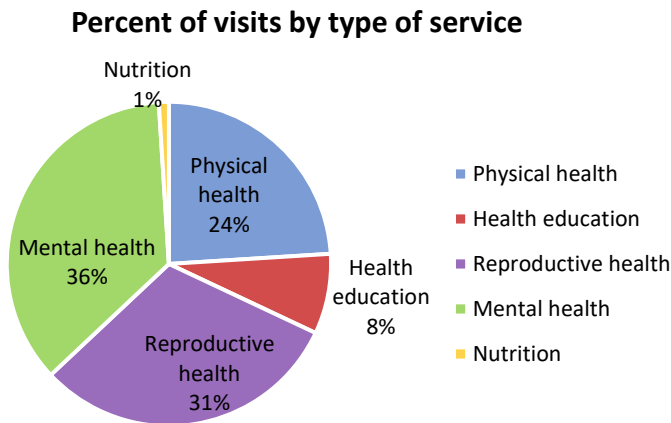
Overview: The Minneapolis School Based Clinics serve students across nine Minneapolis high schools (Edison, FAIR-Wellstone, Henry, Longfellow, Roosevelt, South, Southwest, and Washburn). Early in 2022, the SBCs opened the eighth clinic at FAIR-Wellstone high schools. The SBC also expanded staff numbers in 2022, adding 2 new medical providers, 2 mental health therapists, 1 medical assistant, and 1 health educator. The 2021-2022 school year was unique and challenging because of the continuing effects of the COVID-19 pandemic that began in 2020, and the historic 15-day Minneapolis teacher strike early in 2022. Both circumstances resulted in more distance learning and fewer days attended in person by students overall, and therefore, fewer opportunities to see students in clinic.

Benefits of using School Based Clinics: (National data is from the School Based Health Alliance at sbh4all.org)

- School based clinics provide many benefits for students and school communities and remove barriers to accessing health services. Students gain valuable practice managing their own healthcare.
- Students can be seen at school during the school day, missing less class, and parents/guardians do not need to miss work.
- SBC services are provided to all students at low or no cost, regardless of insurance status and all students are encouraged to use clinic services.
- SBC staff specialize in adolescent care and provide a variety of services including medical, mental health, health education, and nutrition.

Access

What services do we provide?



Top 10 reasons clients come to the clinic:

1. **Mental Health Counseling**
2. **Family Planning**
3. **Sexually Transmitted Infection Testing**
4. **Acute Care**
5. **Well Teen/Sports Physical Exam**
6. **Health Education**
7. **Screening (COVID-19 Test)**
8. **Medical Mental Health**
9. **Safer Sex Intervention**
10. **Nutrition**

Total number of client visits		
8,700		
2018-2019	2019-2020	2020-2021
10,994	9,908	5,007

Number of unique clients		
2,149		
2018-2019	2019-2020	2020-2021
2,244	2,127	935

Average number of medical/health education visits per client annually
4.05

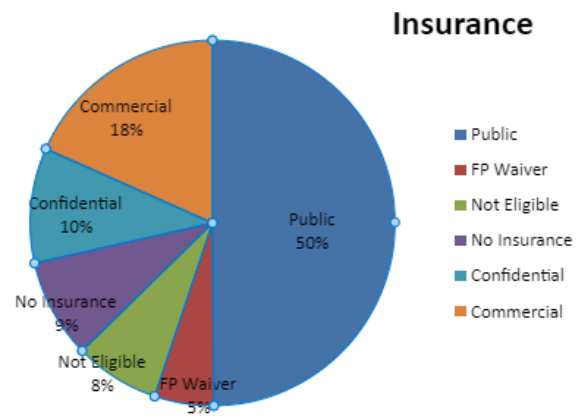
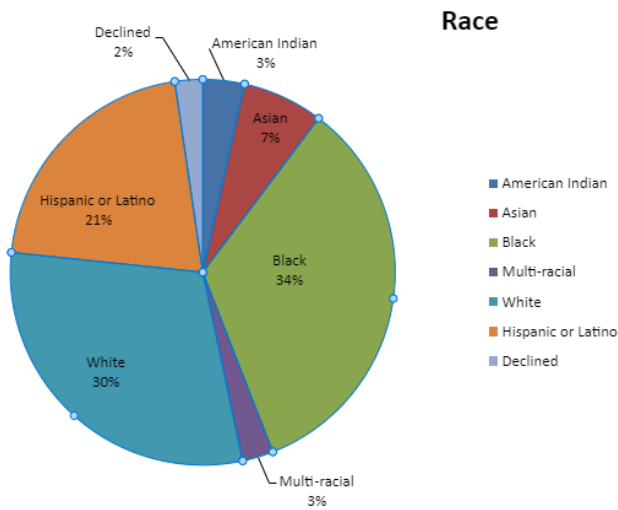
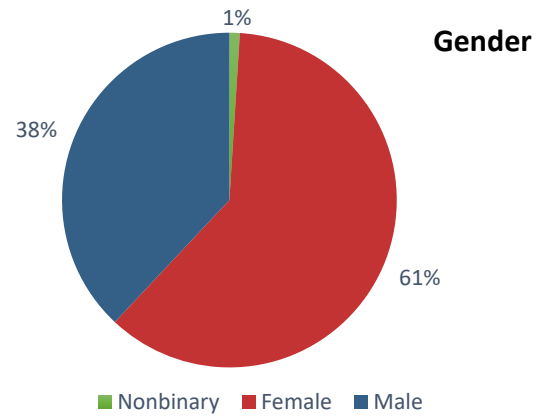
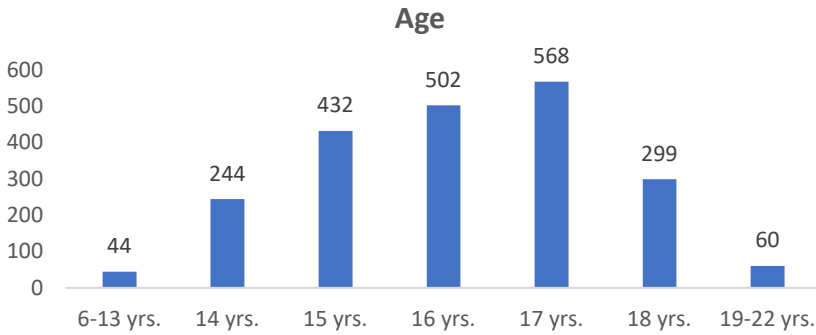
Average number of mental health visits per client annually
13.5

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Demographics

Client demographics across all clinics (2021-2022):



Client and parent feedback

How satisfied are clients with their care?

- 49% of clients say they use the clinic once a month or more
- 99% of clients say they would come back to the clinic
- 81% of clients strongly agree that the staff treated them with respect and dignity.

Client comments on the best part about using the clinic:

- *"The people there are very helpful and welcoming"*
- *"I didn't feel like anyone was talking down to me, they don't treat you like a kid but also acknowledge that you might be new to this, and were very comforting and guiding"*
- *"The respect and actual concern the doctor presented to me"*
- *"The best part is that I feel safe and that they understand me"*

How do parents/guardians feel about the clinics? 2021-2022

Parent/Guardian Survey from all School Based Clinics (690 responses):

- 85% of parents surveyed encourage their students to use the SBC
- Most important benefits of using the SBC according to parents:
 1. Mental health and counseling services
 2. Having a private nonjudgmental environment for teens
 3. Access to no cost or low-cost services
 4. On-site sports physicals/well-teen checkups
 5. Students not having to miss too much school to get care



Common themes from client comments when asked "what was the best part about using the clinic?"

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Individual stores from SBC staff

One of my clients was very apprehensive about starting therapy at first. They never had their camera on during virtual visits and they didn't want to share much with me. Now, our visits happen in person, and they have become such a confident young adult. I am so proud of them for coming to their appointments and taking charge of their mental health, even though it was scary at first. They have taken such great strides in improving their confidence and it's so good not only to see their face, but also to see them smile. -Anonymous SBC staff

Wellness

Mental health

Number of mental health clients		
231		
2018-2019	2019-2020	2020-2021
282	184	157

Physical health

Number of well-teen/sports physical visits		
664		
2018-2019	2019-2020	2020-2021
588	588	181

Screenings based on national recommendations

School	% of SBC clients with risk assessment	% of SBC clients with BMI assessment	% of SBC clients with depression screening	% of sexually active clients with chlamydia screening
Edison	22%	69%	22%	54%
FAIR-Wellstone	4%	28%	4%	98%
Henry	55%	49%	55%	43%
Longfellow	0%	26%	0%	75%
Roosevelt	56%	61%	56%	35%
South	46%	44%	46%	52%
Southwest	25%	48%	25%	72%
Washburn	46%	55%	46%	51%
TOTAL	40%	52%	40%	53%

Risk assessment:

SBC providers annually assess teens to gauge potential environmental, social, emotional, and behavioral threats to their wellbeing; create opportunities to intervene early; and organize a response for students who are at highest or immediate risk for harm.

BMI assessment:

Children and adolescents should be screened at least annually for body mass index (BMI), according to the U.S. Preventive Services Task Force. Patients with a high or increasing BMI should be counseled on nutrition and physical activity to encourage healthy weight.

Depression screening:

The U.S. Preventive Services Task Force (USPSTF) advises primary care clinicians to screen adolescents ages 12 and older for depression. The Patient Health Questionnaire-9 and 2 (PHQ9 or PHQ2) have been shown to be an effective screening tool in adolescent populations.

Chlamydia screening:

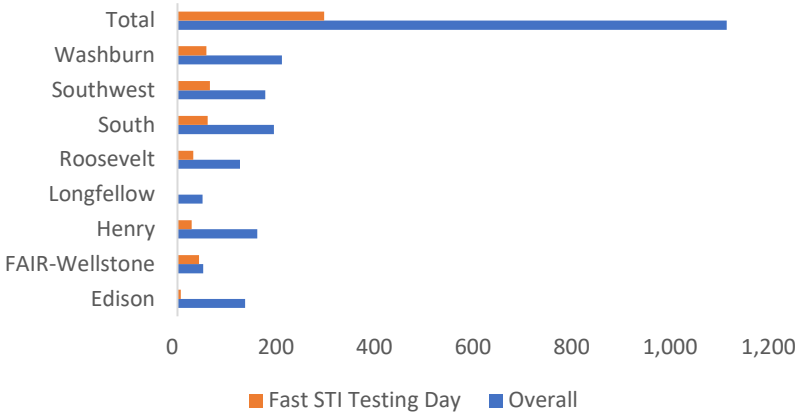
The Centers for Disease Control and Prevention recommend screening all sexually active females under 25 years of age for chlamydia, and to consider also screening high risk adolescent males.

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Sexual and reproductive health

Number of clients tested overall vs. on Fast STI Testing Day by school



School	Number of sexually active clients (estimate)	Number of individual clients tested for STIs	Percent of sexually active clients tested
Edison	158	85	54%
FAIR-Wellstone	47	46	98%
Henry	217	94	43%
Longfellow	28	21	75%
Roosevelt	187	66	35%
South	261	135	52%
Southwest	167	121	72%
Washburn	237	122	51%
Total	1302	690	53%

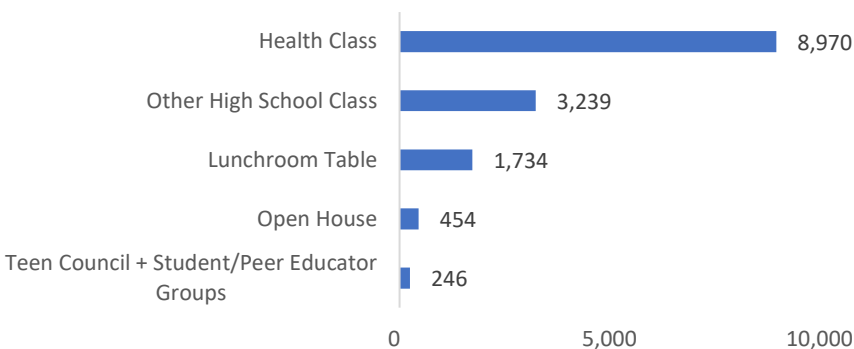
Community Engagement

Community engagement and outreach activities, internally referred to as “Group Activities,” are organized interactions that SBC staff has with clients, students, parents, student and peer educator groups, school faculty and staff (among others) outside the clinic. These group activities range from classroom presentations to themed lunch tables, to attending open houses, and more. The purpose of community engagement and outreach activities are to raise awareness of the SBC and increase the client base.

Number of contacts with students through Group Activities in 2021-2022

14,800

Where SBC staff reached students outside of the clinical setting



THE Council

The Teen Health Empowerment Council (THE Council) is a peer education and advocacy group composed of high school students from across Minneapolis. THE Council is youth-led and facilitated by SBC staff, and members meet biweekly to discuss health topics of interest to them including sexual health and mental health. THE Council members work with SBC staff to make services more teen friendly and provide feedback regularly. They also provide meaningful support for outreach and education across their school communities.

For reasonable accommodations or alternative formats please contact the Minneapolis Health Department at 612-673-2301 or email health@minneapolismn.gov. People who are deaf or hard of hearing can use a relay service to call 311 at 612-673-3000. TTY users call 612-673-2157 or 612-673-2626. Para asistencia 612-673-2700 - Rau kev pab 612-673-2800 -

Minneapolis

School Based Clinics

Serving MPS students since 1979

Comprehensive services

Accessible

- Located within the schools
- Youth-centered
- Convenient and low to no cost
- Culturally responsive

- Well-child/ sports physicals exams
- Sick visits
- Minor injury treatment
- Vision and other health screenings
- Immunizations

- Mental health counseling
- Sexual/ reproductive health counseling
- Classroom presentations
- Nutritional services

High quality and effective

- Age appropriate care
- Primary and preventive care
- Removing barriers to care
- Addresses health disparities

Convenient!



Confidential!

Developed and sustained through partnerships among:

