

Case Study of Student- Led SBHC Start-Up During COVID-19

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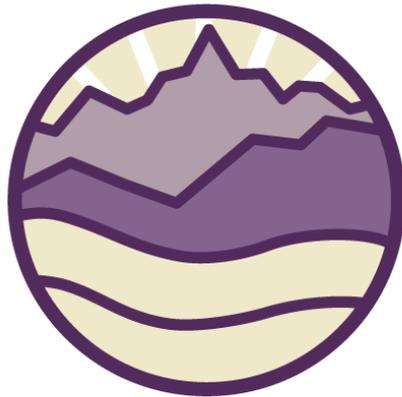




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The Nova Wellness Center

Case Study of Student-Led SBHC Start-Up During
COVID-19

Presenters

Nova High School Students: India Dabbs (she/her), Grace Borich (they/them), Troye Reyes (they/them/he/him), Rose Prevo (she/her) Sebastian Dwyer (he/him), Ethan Schumacher(he/him)

Nova High School Principal: Eyva Winet (they/them)

Country Doctor Community Health Center Staff: Michelle Mitchell - Nova Wellness Center Clinic Administrator (she/her/hers); Aviva Rubin, ARNP- Nova Wellness Center Medical Provider (she/her/hers); Kat Felpo - Nova Wellness Center Behavioral Health Specialist (she/her/hers)

Nova High School: School Profile

Nova is a liberatory inquiry project where students, staff, families and our community partners work collaboratively to move through cycles of growth which include healing, celebration, scholarship, reflection, creation and action. Through these cycles we deconstruct systems of power and privilege and rebuild ourselves, our school and our communities with different ways of being. By decentering whiteness, patriarchy, hetero and cis normativity, able bodies and embracing neurodiversity we are revisioning educational communities as spaces where students' needs are met, growth is the metric that matters, and behavior is understood as a form of communication.

Nova High School: Consent is Our Practice

We are creating a space where bodies, minds and spirits are treated with compassion and consent and where systemic harm is transformed into healing, creation and action. Nova's innovative teaching and learning approach provides inquiry, project and problem-based instruction where students apply their learning through application, performance, and portfolio-based assessment. Nova is a non-graded competency-based program with a long history of successfully transitioning students into their post high school college and career goals.

Nova High School: Robust Individualized Supports

Our coordinating system provides a robust and individualized advisor and mentor for every student. Students share decision making and learn individual and social responsibility in a personalized and safe environment. Nova operates with a growth mindset where we build into our curriculum and our committee and advisory systems academic, social, and emotional development.

Nova's Population

80+% of Nova Students Identify as LGBTQIA+

40+% of Nova Students Identify as Transgender and/or Nonbinary

½ of our students have an IEP or 504

Nova students come from every neighborhood and several surrounding suburbs.

Nova students represent a similar racial demographic breakdown to the City of Seattle.

Nova students are often represented around the city as poets, musicians, playwrights, urban farmers, journalist and in internships and volunteer positions where they can work for social justice.

Nova students are disproportionately impacted by ACES, young adult trauma and mental health impacts.

Nova students run their own educations, school and hold strong norms of consent and justice.

Nova's Story

1970-1972: SPS youth advocated and created a school run on democratic principles where students were the center of their own education

70s and 80s: The Nova Project was space where students ran the program and created a meaningful and authentic education beyond traditional school walls. (school without walls)

90s: Students with LGBTQIA+ identities found a place where they could express themselves. First Gender All bathrooms in SPS acknowledged. Queer Support Group established. Intentional education and resources shared to support LGBTQIA+ youth by and for LGBTQIA+ youth.

2001: Alliance Against Hate (earliest form of Action Faction)

2002: Gender Affinity Spaces Began -evolved to become Gender Seminar and Gender Tea

2003: Action Faction and Queer Group and Racial Affinity Support Groups came out of Alliance Against Hate

2003-current: Action Faction advocated for gender and sexuality justice and provided gender affirming, menstrual and safer sex supplies as well as resources and education

The Nova Wellness Center's Story: Nova

Nova was moved to the Meany Building and shared a teen health center with World School. It was transformative for our students to have in building supports.

Return to Mann Building: student mental health, gender and sexuality needs and crisis increased, despite advocacy and attempts to get students to seek support at Garfield there were large barriers.

Students advocated to the SPS school board, city council and public health directly. Sally Bagshaw took an interest and eventually got our clinic included in the levy. Sawant after seeing our students advocate for cut teachers reached out to our students when there was levy underspend and we requested additional funding to start the clinic. Nova students attended and spoke at multiple city council meetings.

Nova students participated in many focus groups to guide the preparing of the RFA, gave feedback on the report and the RFA, participated in the application review of the RFA, as well as the initial hiring of staff for The Nova Wellness and the planning for building and designing the temporary location and the permanent location.

Currently Nova Students, Staff and The Nova Wellness Center Staff work together on The Wellness Steering Committee

Country Doctor (Aviva, Michelle, Kat)

Discuss how CDCHC became involved and contracted to build out a SBHC at Nova High

CDCHC answered the request for proposal to become the providers for the Nova Wellness Center.

We were delighted to be selected in early 2020.

Reasons for being a good fit for Nova Wellness Center: locality, shared values, and integrated gender affirming care into primary care

Advocacy/Education (Nova Staff/Students)

Advocacy to the city council, school district, public health

Education to medical organizations, schools and public health about serving LGBTQIA+ youth

Focus groups for king county public health, uw research projects, district and state survey

Mylo shares experiences advocating and educating adults about LGBTQIA+ youth and their needs.

Action Faction (Ethan/Troye)

Supplies to youth

Education and Advocacy

Social Media

Student Voice (Grace, Sebastian, Rose, India)

Why is it so important that student voice is critical in areas like who is working in the health care center, what language is used in the forms, how the space looks and feels, the art that is present and how did each of you participate in those processes?

Hiring and Forms Review: Grace

Architect Design and Feedback: Rose, India and Mylo

Art for the space and Logo Development: Sebastian and India

Wellness Steering Committee (Michelle)

This student-led committee plays a pivotal part in the maintenance and improvement of the Wellness Center through their feedback.

Meets weekly for 50 minutes with open topics to discuss Wellness Center needs/concerns and/or acknowledgements

Continuing collaboration and growth opportunity between Wellness Center and Wellness Steering Committee

Community Engagement: Michelle

Attending Back -To- School Nova Site Days

Attending Nova High Virtual Events

Collaborating with Student Committees

Collaborating and Connecting with Community Organizations and Resources

Collaborating and Communicating with Administrators and Coordinators/Teachers

Hosting Office Hours

Hosting Consent Day Workshops

Consent Day and Patient Contract (India and Michelle)

What is Consent Day? Why is it important?

How did Nova Wellness Center and students collaborate for consent day?

How did participating in Consent Day support Nova Wellness Center?

How did participating in Consent Day support student voices?

Behavioral Health Services: Kat

Providing services to students with a behavioral health need: consultation, crisis management support, brief skill building, assessments, and counseling

Creating survey for students to identify group topics and facilitating groups based on student feedback; participating in the Gender Tea student committee

Providing linkage to Nova Wellness Center medical providers, and referrals to behavioral health resources in the community

Collaborating with and receiving consultation from Seattle Children's providers specializing in gender affirming care

Covid 19 : Challenges and Opportunities

Delayed original meetings because of school closure

Unknowns in terms of building access and clinic set up

Unknowns in terms of student presence in Fall planning

Providing appropriate care through Telehealth to student population that does not know our staff

Creating opportunities for collaboration through remote services: registration, outreach, office hours, committee meetings, staff meetings, and more

Question & Answer

(please pose questions for speakers in the chat box)

*Thank you for providing feedback
through the survey link in the chat
box.*