

SBHC Services

Washington's school-based health centers (SBHCs) offer a wide range of services and are more than just a health center on school property. While SBHCs provide students with critical medical, behavioral and other health services such as dental care, SBHCs also collaborate closely with families, school nurses, teachers, other student support staff, and community service providers to support the overall health and academic success of children and youth.

SBHC services offered should be primarily determined by the needs identified in the school community, though may also be influenced by the healthcare sponsor's staffing, funding available, and the SBHC's physical space in the school. Some communities may decide it is important for the SBHC to also serve students' families, school staff, or other community members, which can influence the staffing model and services provided.

The following services are commonly provided in SBHCs in Washington and nationwide:

Integrated Physical, Behavioral and Other Health Care Services

- Physical exams such as well-child, sports, and Early and Periodic Screening, Diagnosis and Treatment (EPSDT)
- Vaccinations
- Management of diabetes, asthma, and other chronic conditions in collaboration with the school nurse, primary care provider (PCP) or specialist
- Treatment of minor and acute illness and injury
- Laboratory tests, including Point-of-Care testing
- Prescription and dispensing of medications (over-the-counter and non-controlled substances)
- Sexual health and pregnancy prevention including education and counseling, contraceptives, pregnancy testing, and testing and treatment for sexually-transmitted infections
- Screening for depression and substance abuse
- Risk assessments
- Screening, assessment, treatment and/or referral for neurodevelopmental disorders
- Mental and behavioral health awareness and counseling, including drop-in, crisis intervention and suicide prevention, individual counseling, group counseling, family counseling, screenings, brief interventions, and referrals
- Oral health education and preventive and primary dental care
- Vision and hearing screening
- Coordinated follow-up appointments with optometrist and audiologist

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- Nutrition counseling and coordinated follow-up appointments with nutritionist
- Health education, promotion, and risk reduction
- Information and assistance in enrolling students and families in health insurance
- Referrals and care coordination for services not available at the SBHC, including specialty care

Youth-Based Population Health & Preventive Services

- Student support and counseling groups
- Health education and promotion in classrooms
- Youth development activities such as peer health education and youth advisory boards

Community-Based Population Health & Preventive Services

- Information and resources at student and family-oriented school events and resource fairs
- Parent education programs and groups facilitation/support
- Collaboration with other community resources to meet the needs of students

School Coordination and Engagement Services

- Coordination with school staff and administration for student support
- Teacher and school staff support through health expertise and resources
- Support/supplement school's emergency and crisis response systems in collaboration with school staff

Some SBHCs may also offer access to resources or referrals for services such as food pantries, transportation, housing or legal advice, which have demonstrated benefits for students and their families and respond to the diverse social determinants of health impacting students.

Across all services, SBHCs should emphasize health equity, social justice, and improved academic outcomes, particularly for students of color and others historically underserved by our health and education systems. This includes an approach to care that is anti-racist, trauma-informed, based in restorative practices, LGBTQ- and culturally-responsive.