

School-based Health Centers Provide Stability for Students



“The Clinic is a safe place for these kids. We can be their voice when they can’t advocate for themselves,” explains Reina Galvez, Mental Health Therapist with Neighborcare Health School-based Health Center (SBHC) at West Seattle High School.

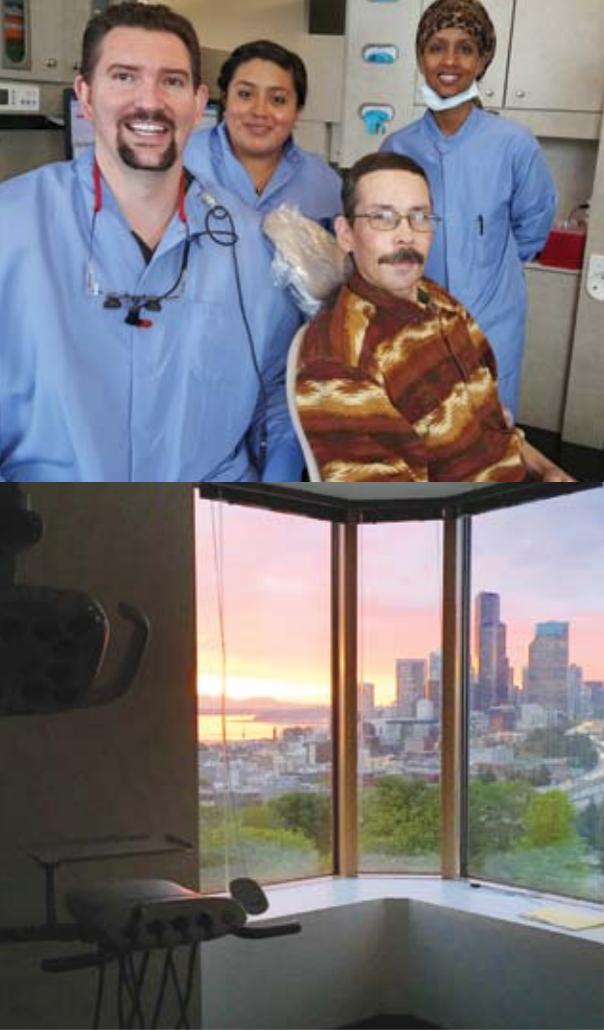
Reina has spent several years working with students at West Seattle High School as the on-site mental health counselor at Neighborcare Health’s SBHC. She has helped students with problems ranging from depression, bi-polar disorder, drug and alcohol addiction and complications from ADHD. Working directly with school counselors and administrators, Reina and the rest of the care team are able to identify the students who are not succeeding and provide them with the resources and care they need, so they can focus on graduation.

Reina is rich with success stories. Just one is of a student who was diagnosed with ADHD in middle school, and due to some instability at home was having trouble attending classes and earning the credits he needed to graduate. The care team developed a plan to ensure that his ADHD was addressed properly and worked with the school to help him get the credits he needed. “He became a different kid,” says Reina. “He passed his classes and took his medication.” When the student began to struggle again as an upper classman, the team helped enroll him in Job Corps, a program that will ensure this student graduates high school at the end of this year.

Providing mental health services, as well as medical and dental care, inside the school is life changing. Reina has an open door policy with easy access to the students in need, and has built trusting relationships with administrators and teachers who see each success story unfold firsthand. Instead of suspending students who are struggling with behavior and academic issues, the SBHC team can create a care plan. Together they can address the problems unique to that student’s situation and work to put them back on track to graduation.

Just before school let out last summer, the SBHC at West Seattle High School partnered with the WSHS Student Health Council to sponsor a student-led Mental Health Panel. This panel opened up the conversation among adolescents, parents and teachers about the challenges of addressing adolescent mental health. Together with Loretta Baud, Neighborcare Health Mental Health Therapist, nine WSHS students bravely spoke before a group of adults and peers to discuss their own challenges. They also talked about ideas for combating mental health stigma in their community. The event was a resounding success, and the teams are excited to continue this conversation with students, parents and teachers moving forward.

As students return to school this fall, they can rest easy knowing that the teams at our 12 School-based Health Centers are there to provide them with the care that they need when they need it.



New Clinics Join the Neighborcare Health Family

Dental Education Clinic is Open

The morning of June 15—opening day—Neal arrived bright and early for his appointment at our new dental clinic in the Pacific Tower, hours before his scheduled time. Neal was the first patient in our new 20-chair dental clinic, and he sat in the corner chair with the fantastic view of the city. The staff welcomed 18 other patients on the first day.

Occupying the entire fourth floor of the Pacific Tower, the Dental Education Clinic is an innovative collaboration of Neighborcare Health, Seattle Central College Hygiene Program and the Seattle Vocational Institute Dental Assisting Program. This patient-centered dental clinic has a dual purpose: to increase affordable dental care access for low-income people, and to provide an experiential education for dental assistant and dental hygiene students. The unique setting provides workforce development for students in a full service dental clinic which does not exist in purely academic settings.

Neal has already been back for follow-up appointments and is grateful for getting the care he has gone without for so long.

Neighborcare Health at Pacific Tower is welcoming new patients of all ages. The clinic is located in the Pacific Tower on the 4th floor in Beacon Hill.

Neighborcare Health is expanding to Vashon Island

Neighborcare Health was recently asked to open a primary care clinic on Vashon Island, as the island's longtime medical clinic closed on August 5. Our response was yes! We were honored to be asked, and grateful for the opportunity to meet a critical health care need, especially for seniors, families with young children, residents with transportation challenges, and many others for whom traveling off the island for primary care poses serious barriers. Neighborcare Health teams are now working quickly to get a clinic staffed and open by mid-September.

Here are some stats to help paint the picture for Vashon Island:

- Population is approaching 11,000
- 13% of residents are at or below 200% Federal Poverty Level
- 7% of residents are at or below 100% Federal Poverty Level
- Over half of residents use Medicare
- We understand there is also an underserved homeless and uninsured population

The Vashon community, legislators, and our own staff understandably have many questions about the new clinic, so we have been collecting and posting answers as we have them on our website www.neighborcare.org. You can also listen to an interview about health care for the island with Neighborcare Health CEO Michael Erikson, State Senator Sharon Nelson, State Representative Eileen Cody, King County Executive Dow Constantine, and State Representative Joe Fitzgibbon on the Voice of Vashon radio program.

We look forward to welcoming a new member into our Neighborcare Health family and in turn being welcomed by a new community.

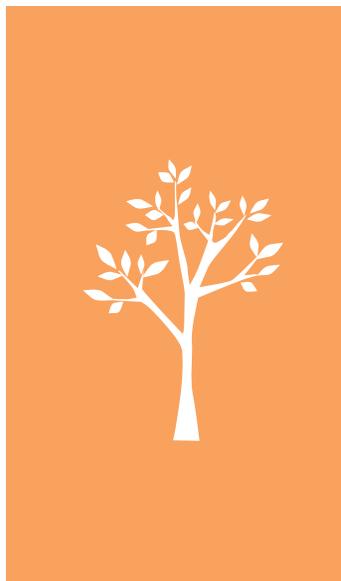


From l to r, State Representative Eileen Cody, State Senator Sharon Nelson, King County Executive Dow Constantine, Neighborcare Health CEO Michael Erikson, and State Representative Joe Fitzgibbon.

Thank you to our wonderful community of donors!

Neighbors | Fall 2016

Neighborcare Health has a tremendous community of donors and we are so grateful for your support. In 2015, individuals, foundations and corporations donated more than **\$1.2 million to patient care**. With your help we served a record breaking **61,773 patients**. Thank you for joining us as we continue to provide quality medical and dental care to low income and uninsured men, women and children, regardless of ability to pay.



Neighbors | Fall 2016

45th Street
Bailey Gatzert Elementary
Ballard Homeless Clinic at Nyer
Urness House
Boren
Central District
Chief Sealth International High School
Columbia City
Dearborn Park International School
Denny International Middle School
Georgetown
Greenwood
High Point
Highland Park Elementary
Homeless Youth Clinic at 45th Street
Lake City
Madison Middle School
McDermott Place
Mercer Middle School
Meridian
Pacific Tower
Pike Place Market
Rainier Beach
Roosevelt high School
Roxhill Elementary
St. Vincent de Paul – Aurora
Van Asselt Elementary
Vashon
West Seattle Elementary
West Seattle High School



Feast at the Market!

A unique progressive dinner featuring many of your favorite Pike Place Market restaurants, including The Pink Door, Maximilien, Matt's in the Market and more! Find the full list at neighborcare.org/feast.

To make a gift to provide health care to those who have difficulty accessing care, send your donation in the enclosed envelope, call us at 206.548.3260, or donate online at www.neighborcare.org.