



neighborcare | health™

at CHIEF SEALTH INTERNATIONAL  
HIGH SCHOOL



## Welcome!

**Neighborcare Health at Chief Sealth International High School is a full service health clinic that provides medical, dental and mental health services for students of Chief Sealth International High School.** Funding

for the Health Center is partially supported by the Families and Education Levy and the City of Seattle. Neighborcare Health staff members partner with the school nurse at the Health Center to provide high quality coordinated care to students.



## Where?

Neighborcare Health at Chief Sealth International High School is located on the **walkway above the Galleria.**

## Why?

Our goal is to **help students do better in school** by working with them to **solve medical, dental and mental health concerns.** Our care team focuses on **promoting healthy lifestyles and preventing serious illness.**

Our Health Center is part of **Neighborcare Health**, a network of medical, dental, and school-based clinics, serving more than 70,000 patients in Seattle and Vashon Island each year. Neighborcare Health is committed to creating a health care home, that includes medical, dental and mental health care, and encourages long-term relationships between patients and providers.



## When?

Neighborcare Health at Chief Sealth International High School provides services to all students on weekdays before, during and after school hours. **To schedule an appointment please call 206-938-1360 or stop by the office.**

The Health Center is closed during school holidays and summer break.

When Neighborcare Health at Chief Sealth International High School is closed, students and their families are encouraged to call a Neighborcare Health clinic for medical, dental and mental health services. The closest clinic to Chief Sealth International High School is **Neighborcare Health at High Point**, 206-461-6950.

*Students and their families are also welcome at any of our Seattle clinic locations (see back cover).*



*At Neighborcare Health, we believe that everyone deserves a health care home, regardless of income or insurance status. A health care home is where a team of medical, dental and mental health professionals works in collaboration with each patient to develop a personal health improvement plan. It's a place where we encourage long-term relationships with patients and care for them from birth through end of life. No matter which Neighborcare Health clinic patients visit, we want them to feel at home.*



## What services are offered to students?

### Medical and mental health services offered at Chief Sealth International include:

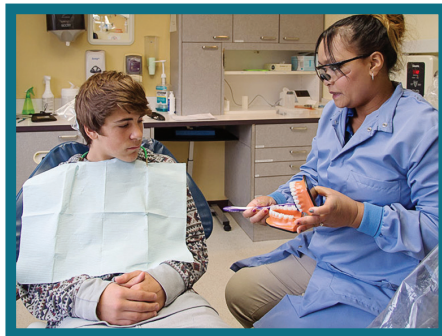
- Evaluation and treatment of common health problems
- Sports physicals
- Preventive health care
- Reproductive health
- Vaccinations
- Individual, family and group mental health counseling
- Family coordination to establish health care home
- Insurance eligibility and enrollment assistance
- Crisis intervention
- Community and school-based referrals
- Health promotion and health education

### Neighborcare Health at Chief Sealth International High School

also provides dental care in the Health Center to any student registered as a patient. All procedures are performed by one of our licensed dentists and dental assistants using portable equipment to provide high quality, convenient care at school.

### Dental services include:

- Oral exams
- Cleanings
- X-rays
- Sealants
- Fluoride Treatment
- Fillings
- Some extractions



*Any procedure that cannot be completed at school can be scheduled at one of our Neighborcare Health dental clinics located throughout Seattle (see back panel).*

## How can students use the center?

**Register!** Students must register with Neighborcare Health at Chief Sealth International High School in order to receive care. A complete registration form and consent with parent or guardian signature is all that is needed to access all of the services offered. **Students 18 years old and over can sign registration forms themselves. Under Washington state law, students under 18 can register themselves for confidential care, including reproductive health services and mental health counseling.**

Request to Report slips are given for appointments during school. We will do everything possible to schedule or reschedule so students miss as little class as possible. Students may also visit the clinic without an appointment by getting a pass from their teacher or a referral from the school nurse.

*To access the Health Center's registration packet online, visit [neighborcare.org](http://neighborcare.org).*

## What is the cost?

Our intention is to reduce as many barriers as possible to accessing medical, dental and mental health services. **No student will be denied services due to inability to pay.** Because the Families and Education Levy covers only a portion of the costs to operate the Health Center, we bill insurance companies when possible.

**We have Eligibility Specialists who work in all of our sites to assist families and students to enroll in health insurance programs.** We accept a wide variety of health insurance plans, including Washington Apple Health (Medicaid) and bill them directly for services. Lab services for non-confidential services are billed to the student's health insurance by LabCorp.

*If you have questions about services, please call the Health Center at 206-938-1360.*

*If you have questions about billing, please contact our billing department at 206-548-3100.*

## Meet our staff

**We are delighted to be part of the Chief Sealth community. Please stop by and say hello!**



**Haley Brunner**  
Health Center Coordinator



**Elizabeth Montgomery, ARNP**  
Nurse Practitioner



**Lisa Krogman, ARNP**  
Nurse Practitioner



**Breona Mendoza, LMHC**  
Mental Health Therapist



**Jenny Gutama Kulas, LICSW**  
Mental Health Therapist



**Katie Acker, MPH**  
Health Educator



**Milgo Sharif**  
Eligibility Specialist



**Tanvi Kacheria, DDS**  
Dentist



**Rachel Aho, CDA**  
Dental Assistant



**Jose Galeon, CDA**  
Dental Assistant

## What we do

**Each person in our clinic plays an important role in delivering comprehensive care to our patients.**

The **Health Center Coordinator** manages the Health Center and helps students and families access the school-based health services.

The **Nurse Practitioner** is a licensed medical provider who provides comprehensive primary medical care services.

The **Mental Health Therapist** is a licensed clinician who provides individual, family and group mental health counseling.

The **Health Educator** provides reproductive and sexual health education and resources to students and families.

The **Eligibility Specialist** assists families in signing up for health insurance that meets their family's health care needs.

The **Dentist** is a licensed dental provider who provides comprehensive dental care through oral health exams, cleanings, and treatment using portable dental equipment.

The **Dental Assistant** prepares patients for dental treatment and supports the dentist during the dental exam and treatment.



# neighborcare health

*Neighborcare Health is the largest provider of primary medical and dental care in Seattle for low-income and uninsured families and individuals, serving our community for 50 years.*

- |   |  |
|---|--|
| 1. Neighborcare Health at 45th Street    | 11. Neighborcare Health at High Point    |
| 206-633-3350  | 206-461-6950   |
| 2. Neighborcare Health Youth Clinic at 45th Street   | 12. Neighborcare Health at Highland Park Elementary   |
| 206-633-7650  | 206-455-9025   |
| 3. Neighborcare Health at Bailey Gatzert Elementary    | 13. Neighborcare Health at Lake City    |
| 206-548-3162  | 206-417-0326   |
| 4. Neighborcare Health at Ballard    | 14. Neighborcare Health at Madison Middle School    |
| 206-782-5939  | 206-933-7842   |
| 5. Neighborcare Health at Central District   | 15. Neighborcare Health at Mercer Middle School   |
| 206-461-7801  | 206-762-2394   |
| 6. Neighborcare Health at Chief Sealth International High School   | 16. Neighborcare Health at Meridian               |
| 206-938-1360  | 206-296-4990   |
| 7. Neighborcare Health at Columbia City     | 17. Neighborcare Health at Pacific Tower    |
| 206-461-6957  | 206-548-5850   |
| 8. Neighborcare Health at Dearborn Park Elementary   | 18. Neighborcare Health at Pike Place Market     |
| 206-548-3166  | 206-728-4143   |
| 9. Neighborcare Health at Denny International Middle School    | 19. Neighborcare Health at Rainier Beach    |
| 206-923-2809  | 206-722-8444   |
| 10. Neighborcare Health at Georgetown    | 20. Neighborcare Health at Roosevelt High School    |
| 206-461-6943  | 206-527-8336   |
|   | 21. Neighborcare Health at Roxhill Elementary   |
|   | 206-452-2660   |
|   | 22. Neighborcare Health at St. Vincent de Paul–Aurora   |
|   | 206-548-7600   |
|   | 23. Neighborcare Health at Van Asselt Elementary   |
|   | 206-548-3168   |
|   | 24. Neighborcare Health at Vashon   |
|   | 206-463-3671   |
|   | 25. Neighborcare Health at Vashon Island High School    |
|   | 206-548-7550   |
|   | 26. Neighborcare Health at West Seattle Elementary    |
|   | 206-548-3164   |
|   | 27. Neighborcare Health at West Seattle High School   |
|   | 206-658-8048   |

 = Medical  = Dental  = School-based Health Center  = Pharmacy

