

School-Based Health Center at Proviso East High School 2016 ANNUAL REPORT



After 15 Years, Loyola's School-Based Health Center Is Still Growing!

The School-Based Health Center (SBHC) at Proviso East High School (PEHS) increased health outreach in 2016 by adding capacity to behavioral health services at the high school; expanding behavioral health interventions for middle school students; creating an active recess program in the elementary schools; increasing educational outreach into more classrooms; and expanding access to healthy foods for students in cooperation with the school Wellness Committee. Extensive health promotion interventions within the school and community are part of the mission of keeping students healthy and ready to learn.

In addition to providing a full range of health care to more students than in any previous year, we focused on maximizing student immunizations—particularly vaccinating both girls and boys against Human Papilloma Virus (HPV). The HPV vaccine is the only vaccine known to prevent cancer. This safe and highly effective vaccine is available free of charge to any student who qualifies for the Illinois Vaccine for Children program.

About the School Based Health Center

Operated by **Loyola University Chicago School of Nursing**, the SBHC at PEHS delivers health services in school so students do not need to miss class to get necessary health care. The goal is to provide comprehensive medical, behavioral health and nutrition services to help keep students healthy so they stay in school and succeed.

The SBHC is a full-service clinic within the school that is independent from PEHS and offers services beyond what school nurses can provide. Services include school and sports physicals, care for acute and chronic illnesses, behavioral health counseling, nutrition education, immunizations, and laboratory services. Robert Miller, MD, provides sports medicine services.



Proviso student discussing an appointment with SBHC Nurse Practitioner Whitney Henderson, APRN.

The SBHC is open every day that school is in session and all summer. Students must be enrolled and have parental/guardian consent on file for most services. We request a copy of insurance cards or Medicaid registration for our files, but services are offered free of charge and all are welcome.

Loyola staff at the SBHC include a nurse practitioner, physicians, clinical social workers, a community outreach nurse, dietitians, a psychiatrist and a medical assistant. Loyola University undergraduate and graduate nursing, dietetic, social work, health systems management, public health, and medical students, as well as medical and pediatric residents, assist the SBHC staff with health education and health care services.

The SBHC is funded by the U.S. Health Resources and Services Administration; Illinois Department of Public Health; Westlake Health Foundation; in partnership with Proviso Township School Districts 209 and Maywood-Melrose Park-Broadview District 89. Loyola University Health System/Trinity Health provides laboratory services and access to an electronic medical records system. PEHS students who enroll at the SBHC for services are automatically enrolled in Loyola Health System's medical record system.



Proviso East High School is a high school serving students from the communities of Broadview, Forest Park, Maywood, and Melrose Park. Proviso East is located at the intersection of Madison Street and First Avenue in Maywood, IL.



District 89 serves seven elementary schools and two middle schools in Maywood, Melrose Park, and Broadview.



School-Based Health Center at Proviso East High School
807 South First Ave
Maywood, IL 60153
Phone: (708) 449-9522
Fax: (708) 449-9525

The SBHC is Operated by Loyola University Chicago's Marcella Niehoff School of Nursing in collaboration with Proviso East High School.

Health Education During a Healthy Lunch: SBHC Lunch Bunch



Despite the evidence that poor nutrition hurts students' ability to learn, many Proviso East High School students skip breakfast and often skip lunch as well.

To encourage students to eat a healthy lunch, the **SBHC Lunch Bunch** program provides innovative, fresh, and nutritious lunches for up to 40 students per day, three days a week, along with teen-appropriate health and nutrition education. Funded by the **Westlake Health Foundation**, Lunch Bunch is free of charge and available to any student who wishes to participate.

Kelly Sierra, RD, supervises dietetic interns from Loyola University who plan the meals which comply with standards set by the USDA National School Lunch Program. While

Proviso students enjoy the meal, Loyola nursing students and dietetic interns, supervised by their faculty, Patricia Kennelly, MSN, facilitate a round-table discussion about health topics. These included topics such as urban agriculture, healthy nutrition, coping with bullying, healthy relationships, and the dangers of marijuana.

Lunch Bunch continues to be one of SBHC's most successful and anticipated group education offerings, with a total of 61 Lunch Bunch sessions serving 1,344 PEHS students in 2016.

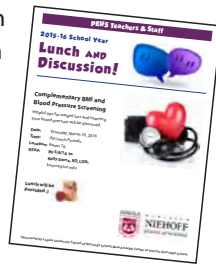


Students at Lunch Bunch learning about sugary drinks.

Teacher Lunch Bunch

Teachers also benefited from an opportunity to meet monthly with SBHC staff over a healthy lunch to enhance their own knowledge of nutrition and healthy lifestyles.

Addie Van Zwoil, LCSW, reports that in addition to helping teachers identify and deal with behavioral health issues they see in their classrooms, these monthly lunches provide an opportunity for teachers to build relationships with the SBHC staff - which makes



teachers more comfortable identifying and referring students to the SBHC for services.

Teachers especially appreciate an opportunity to interact with SBHC staff on topics such as: *Managing Difficult Behaviors in the Classroom; Restorative Practices; 1-Minute Interventions and Meditation/Relaxation Techniques; Combatting High Cholesterol; Healthy Eating Patterns, Sleep and Nutrition, and Stress Management Tips.*

Reaching Students Beyond the Clinic

Innovative programing to promote health reaches the entire school. Our experienced social workers provided ongoing support in special education classrooms weekly in the 2016 school year. Students were provided with the tools to manage stress, cope with bullying, understand their feelings, and to use conflict resolution skills.

Dietetic interns and registered dietitians delivered monthly presentations to freshman health classes on topics such as brain foods for function, health and memory, nutrition and behavioral health, reducing sugary beverages, and food safety and sanitation.

SBHC staff also provided nutrition education for the Human Development class, several Special Education classrooms, and an after-school program at **Proviso Area for Excep-**

tional Children, which serves children with mild to moderate behavioral and/or physical disabilities. A total 1,007 students benefited from classroom nutrition education in 2016.

On **National Food Day**, dietetic interns had a booth in the school cafeteria where they discussed eating fresh, healthy foods in place of packaged and processed foods.



Health information for students in the PEHS cafeteria.



PIRATE: An Alternative to Suspension

The **PIRATE Program** is an alternative to suspension for students referred by the PEHS Deans of Students. The SBHC social worker Addie Van Zwoil, LCSW, developed the three-day after-school intervention program in 2011 in collaboration with the Deans.

The program continues to be offered to students as an alternative to/reduction of a suspension following physical and verbal aggression. Due to increased public awareness about the harm to educational outcomes and the racial inequities of school suspension policies, Illinois passed a new state law in 2016 restricting suspensions and requiring pre-suspension behavioral support services for students.

Despite the new law that calls for a reduction of suspensions, this program is still essential in providing students with the support that they need to stay in school.

Rolling Out "Active Recess" in District 89 Elementary Schools

The American Academy of Pediatrics believes that safe and well-supervised recess offers cognitive, social, emotional, and physical benefits and should not be reduced. However, recess time has been cut in many schools in favor of increased academic time.

SBHC staff are working to keep kids active. During Fall 2016, Loyola nursing students led by Community Outreach Nurse Ann Andreoni, DNP, APRN, CPNP-PC and faculty member, Anne Cahill, MSN, APRN, FNP-BC, initiated **Active Recess** at Roosevelt School in Broadview. The goal of the Active Recess initiative is to ensure that all students are physically active for the majority of recess time and are engaged in activities that encourage development of important social skills.

Each school's Wellness Committee is teaming up to choose the unique design for their playground. This initiative is funded in part by the **Transforming Communities Initiative** that Proviso Partners for Health received from Trinity Healthcare and is a wonderful exemplar of community collaboration to improve health in Proviso Township.

Proviso East Wellness Committee: Creating a Healthier Proviso East Community

Under the leadership of Marcia LaPorte, PEHS Department Chair for Fine Arts and World Languages and Joanne Kouba, PhD, RD, LDN, Loyola faculty, an inaugural year of assessment and planning paid off as the **Proviso East Wellness Committee** put plans into action in 2016.

The PEHS Wellness Committee meets monthly to bring together PEHS students, PEHS faculty, SBHC staff and school food service representatives to foster a school community that supports health. The goal is to implement programs to encourage healthy food choices, promote staff wellness, and increase physical activity in the school community. Activities include taste testing in the cafeteria, the introduction of healthier foods, and a community garden.

Healthier Lunches Made Easier

To improve access to high quality food for students and staff, the Wellness Committee implemented "Grab and Go" salads in the PEHS cafeteria on March 1, 2016. With pre-made salad options, student can quickly pick up fresh fruits and vegetables, making the healthy choice also the easy choice. The program started serving 100 salads daily. Due to a positive student response and increase demand, this increased to 160 salads daily in the fall of 2016.



PEHS students choosing the Grab N' Go salads.

Continuing to Grow!

Through a partnership with **Proviso Partners for Health (PP4H)**, the PEHS Wellness Committee and students have become active in the **Giving Garden**.



Located on Madison Street just south of PEHS, this community garden grows vegetables year round under the direction of Chris Epps and Mary D'Anza, RD.

Chris, the garden manager, was trained through the **Chicago Botanical Garden's Windy City Harvest program** and shares his expertise with our students. PEHS students work at the garden for community service hours, and/or paid internships in gardening over the summer months. The project increases access to healthy foods, develops gardening skills and encourages physical activity. Fresh vegetables are for sale to PEHS community.



Mary D'Anza and Chris Epps at the Giving Garden.



Life Guard Training

The Wellness Committee partnered with the West Cook YMCA to champion the opening of the long-shuttered PEHS swimming pool in 2016. The goal is to enhance physical activity and institute the first ever life guard training. The first group of lifeguards graduated in May 2017.

Behavioral Health Services Expanded at PEHS and District 89 Middle Schools

Loyola's School of Nursing was awarded a behavioral health expansion grant through the **Health Resources and Services Administration (HRSA)**, which began on July 1, 2016. For the SBHC, this was an opportunity to hire another full-time social worker, Ann Terrell, LCSW, as well as a part-time psychiatrist Katherine Johnson, MD.

Our behavioral health team members have full case-loads providing individual therapy for students on a weekly basis as well as group support and classroom interventions. Without Federal government funding, many students would not receive these much needed supportive and therapeutic services.

The SBHC expanded its middle school outreach to add behavioral health programming focusing on skills to build self-esteem, develop healthy relationships, manage anger and control impulses for students enrolled in District 89 middle schools. These programs are being

implemented in classrooms and small support group formats by Ms. Terrell, LCSW.

At Irving and Stevenson middle schools, weekly anger management/coping skills groups in 6th and 7th grade classrooms were implemented and reached a total of 70 students. Weekly communication skills programming was offered, in collaboration with the school social worker, in a special education classroom at Irving. A stress and mindfulness workshop was offered for three health classes in which students practiced reducing stress through Mind-Body Scan activities.

At Stevenson, our weekly self-esteem support group for 6th grade girls focused on building positive body image, reducing social and academic anxiety, and strengthening personal boundaries. The group for 8th grade girls at Irving Middle school addressed topics such as suicide, peer and dating relationships, and sibling and family stress.



PEACE/DREAM: Continuing Partnership with West 40

The SBHC continues to support the district's most at-risk students in the **PEACE/DREAM** programs through **West 40**, an organization that works with west suburban school districts to provide alternative educational opportunities for students with behavioral and truancy issues.

The **DREAM** program is for students with chronic truancy issues while the **PEACE** program is for students who have ongoing behavioral issues and are on the verge of being expelled from the district.

Each program has one hour of **Social Emotional Learning (SEL)** facilitated by a West 40 Counselor. The SBHC Licensed Clinical Social Worker (LCSW) and Master of Social Work (MSW) intern Madisyn Horn, continue to provide additional support for the SEL group. The SBHC LCSW met with the PEACE program twice a week and the DREAM program once a week during the 2015-2016 school year. Beginning in the 2016-2017 school year, the MSW intern has worked with the PEACE/DREAM program twice a week. All students who participate in the PEACE/DREAM programs are eligible for SBHC services.



Student and parent yoga class at Emerson elementary in District 89.

School-Based Health Center Staff and Loyola Faculty

Diana Hackbarth, RN, PhD, FAAN, Project Director, is a professor at Loyola University School of Nursing. She is a Navy veteran and has a BSN in nursing from Loyola University Chicago, a Master of Science in Nursing and a PhD in Public Health Sciences from the University of Illinois.



Whitney Henderson, RN, FNP-BC, is a board certified Family Nurse Practitioner who earned her BS in Nursing from Benedictine University and an MSN from Loyola University Chicago. In addition to providing primary care services, Ms. Henderson serves as the Clinical Manager for the SBHC. Her interests include health promotion, disease prevention, and women's health.



Kelly Sierra, RD, LDN, is a Registered Dietitian providing individual nutrition counseling and group education to students. Kelly earned her BS in Nutrition from Benedictine University and completed her dietetic internship at Loyola University Chicago. She also earned a diplomate de cuisine from Le Cordon Bleu in London.



Lexus Lowe is the Medical Assistant at the SBHC. She has an Associate's Degree in Medical Assisting and Allied Health. At the SBHC she welcomes students, schedules appointments, and assists healthcare providers with clinical duties.



Ann Andreoni, DNP, PNP-BC, is a certified Pediatric Nurse Practitioner, Assistant Professor at Loyola University School of Nursing and earned her Doctor of Nursing Practice from University of Illinois Chicago. Ann is the Community Health Outreach Nurse for the nine elementary schools in District 89 and provides consultation and health education for students, parents and staff.



Adriane Van Zwoil, MJ, LCSW, is a clinical social worker at the SBHC and has degrees in criminal justice and social work from Western Michigan University, a Masters in Social Work from the University of Michigan, and a Masters of Jurisprudence in Children's Law and Policy from Loyola University Chicago. She has extensive experience in juvenile justice, adoption, foster care, residential treatment, and schools.



Dr. Robert Miller, Medical Director, is a faculty member at Loyola University Chicago. He earned his medical degree from Rush Medical College and completed a sports medicine fellowship at St. Joseph Hospital - Midwest Orthopedics. His interest is in adolescent health and sports medicine.



Joanne Kouba, PhD, RD, LDN, is a Registered Dietitian and Associate Professor at Loyola University School of Nursing. Dr. Kouba is a proud Spartan, having received a BS in Food and Nutrition at Michigan State. She also completed graduate work at New York University (MS) and University of Illinois at Chicago (PhD, Public Health).



Ann Terrell, LCSW, provides outreach in behavioral health for District 89 students and well as PEHS students. Ms. Terrell is a certified rape victim advocate and worked in child welfare within Cook County prior to coming to the SBHC. Ms. Terrell obtained her Masters of Social Work from Loyola University Chicago, where she specialized in youth health education and reproductive justice.



Dr. Katherine Johnson, graduated from Loyola University Chicago Stritch School of Medicine. She completed both a psychiatry and a child and adolescent psychiatry residency and is certified by the American Board of Psychiatry and Neurology.



PEHS Annual Health Fair: March 30-31, 2016

All Proviso East students were included in another successful annual health fair. Over 30 topics were presented by Loyola students from various health care disciplines and by local community partners. In addition, PEHS students were selected by their health teachers to present a health related topic based upon a classroom assignment.

The health fair offered education that focused on risk reduction, personal responsibility, and positive health behaviors. Loyola students – including students in nursing,

public health, social work, medicine, and dietetics – worked side-by-side with faculty, SBHC staff, PEHS students, and community volunteers to promote adolescent health.

Not only did PEHS students learn to make healthy choices, the health professions students gained valuable experiences to help reduce health care disparities in the future.

A big thanks goes out to all of the community-based providers, Loyola students, and Proviso East students who made this event a success!

Loyola University Student Participation at the SBHC

32 Loyola undergraduate nursing students provided health education and health care services working under the supervision of 2 clinical faculty at the SBHC and District 89.

17 Loyola dietetic interns assisted in providing nutrition programs and services as part of their supervised practice under the direction of the SBHC Registered Dietitians.

12 Loyola Family Practice and Pediatric residents perfected their skills in delivering primary care to adolescents under the supervision of SBHC physicians.

8 Loyola advanced practice nursing students developed and implemented health promotion interventions tailored to the needs of diverse adolescents.

4 Loyola Health Systems Management students assisted in the delivery of health promotion services.

3 Loyola Exercise Science students provided activities at the annual health fair to keep students moving and healthy.

1 Master of Social Work intern worked closely with the LCSW to provide behavioral health services including individual therapy and group health promotion.

Statistics for 2016

Proviso East High School:

Number of Students	1,814
Low Income	60%
Racial/Ethnic Background:	
Black	48%
Hispanic	48%
Other	4%

School-Based Health Center (SBHC):

PEHS Students enrolled for Primary Care	70%
Individual medical encounters	1205

Nutrition:

"Lunch Bunch" student encounters	1,344
"Lunch Bunch" teacher encounters	105
Classroom nutrition encounters	1007
Medical nutrition therapy encounters	55

Behavioral Health:

Individual therapy encounters	653
-------------------------------------	-----

Classroom Health Promotions:

Presentations	58
Student participants	1681

Community Health Outreach: Dream Program

DREAM encounters	65
PEACE encounters	125

