

Sisters of St. Joseph Health and Wellness Foundation



ANNUAL REPORT 2010-2011





The West Virginia School-Based Health Assembly

Advancing comprehensive health care in school settings

by Kelli Caseman, Executive Director

In the school-based health center at Independence High School in Raleigh County, there is a small sign in the waiting room that reads, "Hearts and boo boos are mended here!"

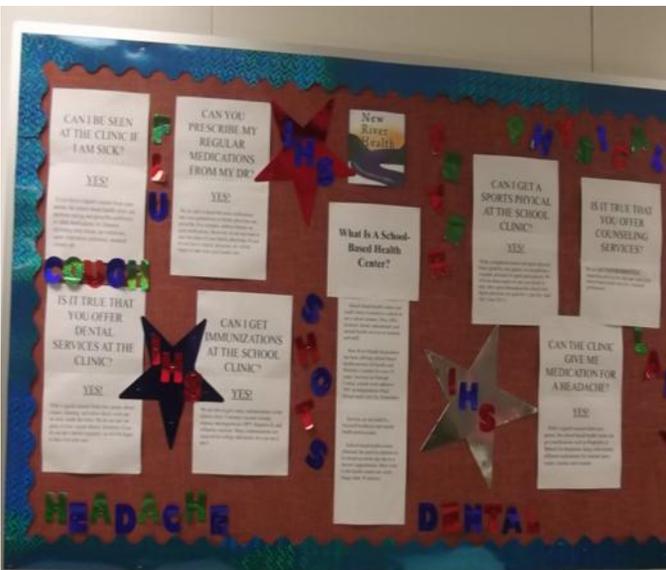
The West Virginia School-Based Health Assembly (WVSBHA) has helped school-based health centers (SBHCs) mend the hearts and minds of West Virginia's children for over 15 years. Together with our partners, we work toward addressing the physical and mental well-being of all students, knowing that a healthy child is a teachable child. And over the past year, our efforts have benefited more schools and students than ever before.



SBHCs are like a doctor's office located in schools or on school grounds. With parents' permission, SBHCs provide basic quality services such as immunizations, asthma and diabetes management, nutrition counseling, and sometimes oral and mental health services. Children receive these services regardless of their family's ability to pay. With a SBHC on campus, students don't have to leave school to see a provider, and their parents or guardians don't have to leave work to take them.

In 1994, the first SBHCs were piloted in 12 counties in West Virginia. The initial partners in this movement, the West Virginia Bureau for Public Health and the Claude Benedum Worthington Foundation, were guided by the basic idea that students perform better when they are healthy and ready to learn. With so many children in our state facing the challenges of poverty, hunger, and access to health care, SBHCs were seen as a way to alleviate some of these barriers and give these students the support they need to succeed in the classroom. The Sisters of St. Joseph Health and Wellness Foundation (SSJHWF) became a part of this initiative in 2002.

Almost twenty years later, there are now 62 SBHCs serving 78 schools in 27 counties in our state. Before the end of the 2011-2012 school year, more SBHCs will open and more are being planned. The WVSBHA is working in a number of counties and communities to help them bring the necessary partners together to cultivate support for school-based health.



State-specific data helps us show communities that SBHCs don't just make good common sense; they truly have the potential to make a positive impact. For example, during the 2008-2009 school year, 48 SBHCs recorded over 66,500 visits. Eighty-two percent of students had parental consent to use their SBHC. Many of these visits were made by adolescents—a demographic that rarely utilizes health care services.

So when SBHCs make health care affordable and accessible, many families will take advantage of

their services. Considering that many SBHCs see school staff and community members, the opportunity to keep the whole school and surrounding community healthy and productive is possible.

Thanks to the SBHC sponsoring agencies, as well as support from the federal and state government and funding partners such as the SSJHWF, our school system rarely has to incur any cost for providing SBHCs in their schools. Often, they only have to provide the space and utilities.



As the lead membership organization and unified voice in the state for the advancement of school-based health care, the WWSBHA is proud and thankful for the work we've accomplished together; but there is still a lot more work to be

done. Fewer than 10 percent of our schools have SBHCs, and not all SBHCs provide mental and dental health care services. Education, awareness, and advocacy at the state and local levels needs to improve, but we're confident that the grassroots support for school-based health will continue to grow and flourish as each new center opens.

The following quote is from the

SSJHWF's 2005-2006 Annual Report: *Every West Virginia child represents hope for the state's future. Within every child there is the potential to become a leader, an innovator, or a community servant. The fulfillment of that potential is dependent on physical and emotional health throughout childhood.*

The West Virginia School-Based Health Assembly thanks the Sisters of St. Joseph Health and Wellness Foundation for having the foresight to make school-based health a priority in West Virginia. Your leadership over the years is sincerely appreciated, and your investment will yield dividends in the lives of our children and communities for years to come.



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Sisters of St. Joseph Health and Wellness Foundation

Approved Grants FY 2010-2011



Since its creation in 2001, the Sisters of St. Joseph Health and Wellness Foundation has awarded more than \$7 million in grants. In fiscal year 2010-2011, the Foundation approved \$750,760.48 for grant funding for the following selected projects.

Cabin Creek Health Center (\$40,000.00) supports integrated mental health services in school-based health centers served by Cabin Creek Health Systems

E. A. Hawse Health Center (\$49,400.00) supports mental health services through therapist and social worker positions in the East Hardy School Complex

Lincoln Primary Care Center (\$45,125.00) supports a school-based **mental health counselor** position

Marshall University Research Corporation (\$83,553.00) supports the Technical Assistance Unit to provide effective service to those school-based health centers which have initiated mental health services

New River Health Association (\$27,000.00) supports a school-based **mental health educator** position in Mt. Hope, WV

New River Health Association (\$35,460.00) supports a school-based **mental health educator** position in Summersville, WV

Pendleton Community Care (\$40,725.31) supports a school-based **mental health counselor** position

Pendleton Community Care (\$43,996.88) supports a school-based **mental health educator** position

Rainelle Medical Center (\$44,064.56) supports a school-based **mental health counselor** position

Rainelle Medical Center (\$35,000.00) supports a school-based **mental health educator** position

Rainelle Medical Center (\$7,746.63) supports and strengthens the mental health capacity at the Rainelle Medical Center's School-Based Health Center

Ritchie Primary Care Association (\$35,375.00) supports a school-based **mental health counselor** position

WV Primary Care Association (\$80,000.00) supports the position of Executive Director of the West Virginia School-Based Health Assembly

West Virginia Catholic Foundation (\$138,314.10) supports school-based health services for St. Paul School in Weirton, WV (serving the Catholic Schools of Hancock and Brooke Counties) and Wheeling Catholic Elementary School (serving the Catholic Schools of Ohio and Marshall Counties)

Just for Kids Child Advocacy Center (\$9,000.00) supports expansion of Child Advocacy services into Wyoming County

Marion County Child Advocacy Center (\$17,000.00) supports provision of services at the Marion County Child Advocacy Center in Fairmont, WV

Monongalia County Child Advocacy Center (\$9,000.00) supports the continued development of the Monongalia County Child Advocacy Center



School-Based Health Programs in Catholic Schools of the Diocese of Wheeling Charleston

by Robyn Hammond, Grant Administrator

There is no doubt that the best environment for learning includes a committed attention to the health and wellness of our students. We know that health and wellness education will serve our students well in developing healthy habits and lifestyles, thereby increasing their chances for success in the classroom and beyond.

Since 2005, with generous funding from the Sisters of St. Joseph Health and Wellness Foundation and the Diocese of Wheeling-Charleston, our School-Based Health Programs in Catholic Schools, staffed with trained health care professionals, have been committed to a student-centered approach to health and wellness. Mary Ann Glusich, who serves as the Coordinator for the School-based health Programs in Catholic Schools as well as the school nurse serving Catholic schools in Ohio and Marshall counties, remarked, "The special love and caring that the Sisters of St. Joseph have for children is carried in the hearts and deeds of the team members who staff our centers. They work to develop health services and programs that involve the family, parish members, and their local communities, emphasizing the importance of prevention, health education, basic screenings, and health care access."



Beginning in the 2005-2006 school year, our school-based health programs opened at St. Paul School in the steel city of Weirton, with the second program based at historical Wheeling Catholic Elementary School. Our school-based health program teams recognize the link between health and academic achievement. After a student's home, the school represents the second most influential environment in a student's life. At an increasing rate, more students across the country enter school with physical or mental health issues, resulting in an even greater need for health services available at schools. The registered nurses, licensed counselor, and clerical assistants work together to bring quality care and education to the students, faculty and staff, and families in our schools.

Our school-based health programs support Bishop Bransfield's concern for the health and wellness of children and adults voiced in his pastoral letter, *A Church that Heals*, and his focus on mental health in his most recent pastoral letter, *Hearts Made Whole*. The school-based health nurses and counselor offer support with assessing physical disabilities, nutritional concerns, communication, behavior, and social skills. Additionally, the counselor is available to students and their families who are experiencing anxiety, depression, ADHD, ODD, and other issues. Erin McFarland, our school-based health counselor and newest member of our team, is so pleased to be a part of this program. "I especially welcome the opportunity to provide classroom education that can help all students understand that they are not alone and that many health issues can be managed. It is wonderful to be a part of a program in which students are empowered to reach their full potential intellectually, spiritually, physically, and socially through an emphasis on physical and mental health and wellness education."

Many students today face family crises, homelessness, poverty, and violence which impact both

School-Based Health Programs (continued)



their physical and mental health needs; many students have limited access to quality health care because of financial or other barriers. Early identification of a possible physical or emotional problem is only the beginning. Collaborating with a variety of community organizations, our school-based health teams have been able to provide home visits, parental support, and even transportation to appointments such as the Madison Dental Clinic, Pediatric Services, and local mental health clinics. Mary Alice Florio, principal of Wheeling Catholic Elementary School, said that these collaborative efforts have generated many positive outcomes for the students and their families.

With the disturbing statistics being reported in West Virginia regarding childhood obesity, diabetes, and asthma, the school-based health program nurses have taken a special interest in the prevention and management of these problems and work diligently to provide health and wellness education on important topics. Programs implemented such as "Foot Loose Fridays," "Jamm'in Minute," "Kids Can Cook" among others, promote exercise and healthy eating and aim to foster good health habits both in and out of the classroom.

Community involvement has been integral to the success of our programs, and community members have shown support in a variety of ways. The school-based health program at Wheeling Catholic Elementary School sponsored a "Breakfast of Champions" in which community leaders interacted with students sharing stories and tips for achievement. During the event, one hungry first grader looked at the mayor and said, "You going to eat that sausage?" The mayor graciously handed over the sausage for the student to enjoy.

Our school nurse at St. Paul School, Jill Mullens, who has been with the team for six years shared, "We have been so pleased with the positive impact that the programs have had on virtually every student, as well as families, faculty and staff, and members of our parishes and communities." Principal Jamie Lesho of St. Paul School in Weirton added, "The presence of the school-based health program at St. Paul School has made a significant difference in our school community. Not only do the team members provide health and wellness education on a number of topics, but we are also able to provide other essential services, such as counseling, that we could not provide otherwise."

Since their inception, our school-based health programs are dynamically changing based on the needs of our school populations and demographics of the surrounding area. Recently, our team members have been able to offer additional direct services and programs to near-by Catholic schools impacting over 2000 students in Hancock, Ohio, and Marshall Counties. Recognizing that on-site health services in distant Catholic schools are currently limited, our school-based health programs are reaching out to the other Catholic schools in the Diocese of Wheeling-Charleston via a recently developed school-based health website. This website



exists to assist principals and teachers with a wide range of health related information. The site provides resource information such as: immunization guidelines, physical/mental/behavioral health topics, exercise, nutrition, infection control, and many others. One of the most popular sections has been the "sample letters to parents" which provides a template for schools to communicate with parents on a variety of health issues. To visit the web site log on to www.schoolbasedhealth.org.

When reflecting on the impact of our school-based health programs in our Catholic schools, all the members of our team can remember a child who received new glasses, had teeth repaired, tasted a variety of fruits and vegetables for the first time, or had someone to talk to about the loss of a parent or a family member who was ill. Brenda Orth and Jackie Gaughenbaugh, our clerical assistants for Wheeling Catholic Elementary School and St. Paul School, are often the first face or voice seen or heard by our children or their parent(s). Both of them have been with our programs since the beginning and both have seen the impact and good work accomplished over the last six years. Along with the rest of the group, they are committed to our school-based health programs and are very enthusiastic about the up and coming plans for the future!

Nursing Services include:

Screening, Assessment, Intervention and Education regarding:

- † height/weight/BMI/vision/hearing
- † acute and chronic illness
- † injuries and emergencies
- † communicable diseases
- † medication administration
- † childhood obesity
- † diabetic management
- † substance use and abuse
- † dental health
- † nutrition/exercise
- † immunization information and review
- † assistance with obtaining health insurance programs
- † classroom presentations on a range of health issues/topics
- † CPR/first aid training

Mental/Behavioral Health Services:

- † screenings, consultations, assessments for mental/behavioral issues
- † individual, group, family counseling
- † crisis intervention
- † outside agency referrals
- † classroom education

Other Services & Programs

- † Cardiac Kids
- † health and wellness related field trips
- † health and wellness fairs
- † blood drives
- † monthly newsletters
- † speakers bureau



Our School-Based Health Programs Team Members:

(clockwise from front left)

Mary Ann Glusich, RN, BSN, Coordinator/School Nurse

Jill Mullens, RN, BSN, School Nurse

Jackie Gaughenbaugh, Clerical Assistant

Brenda Orth, Clerical Assistant

Erin McFarland, M. Ed., LPC, Counselor

Robyn Hammond, Grant Administrator (not shown)

Sisters of St. Joseph Health and Wellness Foundation

VISION STATEMENT

The children of West Virginia have resources available to assist them in living to their fullest potential.

MISSION

The Foundation will make optimal use of its resources in order to promote and support collaboration and partnership among various local, state and national groups working to address the wholistic health of children in West Virginia.



For more information about the foundation, contact co-directors:

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