

## ATTENDEES

Molly Parker, Dunia Faulx, Jefferson Healthcare, Susan O'Brien, Melinda Bower, SBHC - JCPH, Tricia Frieberg, Quilcene; Cynthia Langston, Chimacum Mental Health Therapist, Victoria Kalscheuer, Principal, Blue Heron MS; Kara Billinger-Hessom, Teen Coalition (JCPH); Cynde Marx, SBHC; Jerome Stevens, SAP Chimacum Jr/Sr HS; Natalie Dettmer, Quilcene SBHC Mental Health Counselor; Erin Vicha, SBHC-JCPH; Lori J. Fleming, BHC.

## MEETING SUMMARY

The SBHC Advisory Board discussed various updates from different school districts, the importance of mental health services, and the progress of ongoing projects. The meeting highlighted the expansion of behavioral health services and addressed the need for more mental health resources and community engagement. (See [3/14/2024 meeting packet](#).)

## KEY DISCUSSION TOPICS AND DETAILS

### School District Updates:

- **Blue Heron Ocean Campus:** SBHC funding awarded! The Blue Heron Ocean Campus School-Based Health Clinic is projected to open in August 2024, providing comprehensive medical and mental health services to students. The project recently received legislative funding that must be initiated by June 30, 2024 and completed by June 2025, necessitating a fast-tracked timeline. Initial steps include hiring an architect for the clinic's design and beginning construction promptly, alongside recruiting and training healthcare staff. The clinic aims to enhance healthcare access for students, promoting better health outcomes within the school community.
- **Mental Health Pilot Program:** Discovery Behavioral Health (DBH) has implemented a pilot at Port Townsend High School, with plans to expand to Chimacum and Quilcene. The pilot program involves a DBH staff member coming to the school for two hours each week to meet with students in need of mental health services at DBH; the process to get services at DBH has been challenging for teens, and this added support has made a huge difference for our youth. This initiative aims to provide a smoother and more effective connection to mental health resources for students, facilitating a warm handoff and ensuring that those in need receive timely support.

### Mental Health Services:

- **Diversity in Counseling:** Our initiative to enhance diversity in counseling at school-based health centers focuses on providing culturally competent and linguistically appropriate mental health services. Efforts include contracting with bilingual counselors, offering translation services, and training existing staff in cultural competency. Community support and funding have been secured for these initiatives, with pilot programs and ongoing evaluations planned to refine the approach. The goal is to create an inclusive environment that improves mental health outcomes for students from diverse backgrounds.

- **Late Start Proposal:** The late start discussion focused on the benefits of allowing high school students in Chimacum to begin their day one hour later, which research shows can significantly improve teenagers' mental and physical health. While there is interest from the school administration, implementation has been delayed due to concerns about transportation, scheduling, and sports. Efforts are ongoing to gather support from parents and students to demonstrate the need for this change to the administration.

**Grant Funding and Expansion:**

- The discussion on grant funding and expansion highlighted that the school-based health centers received additional funding from the Department of Health, ensuring the maintenance and expansion of mental health and medical services. The recent grant provides \$110,000 this year and are increasing funding to \$150,000 for next school year, which will provide increased funds for mental health services. This funding is crucial for sustaining current services and avoiding the need for extra financial support from other sources.

**Behavioral Health Updates:**

- Providing mental health services in Quilcene faces significant challenges due to the high level of trauma among students and limited resources. The community has a substantial need for comprehensive mental health support, exacerbated by the isolation and under-resourced nature of the area. Efforts are being made to secure funding for additional mental health professionals and case management services to better meet these needs. There is also a focus on integrating Discovery Behavioral Health services more effectively to provide sustained and coordinated care for students.

**ACTION ITEMS AND NEXT STEPS****School Districts:**

- Follow up on the progress of the Blue Heron clinic opening and continue planning with the architect for the remodel.
- Explore the feasibility and interest in implementing a late start in Chimacum.

**Behavioral Health Expansion:**

- Expand the DBH pilot program to Chimacum and Quilcene.
- Connect with community members and organizations to support mental health diversity initiatives.

**Funding and Resources:**

- Secure additional funding for case management and mental health services in Quilcene.
- Monitor and assist with the legal and logistical aspects of providing DBH services in the Quilcene post office building.

**Next Meeting:** The next SBHC-AB meeting is set for May 23, 2024, and will be held in a hybrid format with the physical location being in at the Quilcene Campus.