SBHCs Helping School Children Maintain A Healthy Weight

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Maslow’s Hierarchy of Needs

- Physical survival needs
- Need for safety and security
- Social needs - belonging
- Need for self esteem
- Need for self actualization

**Motivation to Satisfy Need**

- Challenging Projects. Opportunities for Innovation and Creativity. Learning at a High Level.
- Important Projects, Recognition of Strength, Intelligence, Prestige and Status.
- Acceptance, Group Membership. Association with Successful Team. Love and Affection.
- Water, Food, Sleep, Warmth, Health, Excercise.
Challenges on the Frontlines

- Guests in the school
- Primarily a clinical program
- Staff are busy delivering services
- Variability in model
Challenges on the Frontlines

- Size of school, grade levels
- “Chaos” factor: school/community gaps, culture
- Range of services; financing
- Students uninsured, low income, often racial/ethnic minorities
- Shortage of school health staff
- Indirect links to school leadership
Intervention and Treatment Opportunities

- Screening, identification
- Monitoring through measurement, lab
- Mental health treatment; family intervention
- Counseling intervention; family consultation; small group
Motivational Interviewing

Simplified:

Not ready     Unsure     Ready

⇒ Raise doubt  ⇒ Explore change  ⇒ Make a plan

Brief Interventions to Prevent Injury: Chris Dunn, PhD, conference proceedings, Jan 2003
Motivational Interviewing

- Patient-centered, yet directive counseling
- Brief
- Prepares people for change
- Targets “why” rather than “how” of change
- Requires training in advanced counseling skills, not psychotherapy
- Effectively adapted to clinical settings

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Prevention Opportunities

Partnering with school-based team to establish a Coordinated School Health Program
Toward a “Tipping Point” – process elements of coordinating school health

- Assess gaps
- Establish a building-based team
- Planning and involvement of faculty, parents, community
- Action on “leverage points”
- Evaluation
Recommendations

- Effectively communicate what’s at stake to school administrators
- Train SBHCs/SNs on practical skills in leadership, organization and teaming; prevention, intervention and treatment strategies
- Broaden focus to include related health risks
- Encourage schools to create infrastructure, advance policies and implement annual plans