



SBHCs Helping School Children Maintain A Healthy Weight

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Challenge



Maslow's Hierarchy of Needs



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