



# STUDENT HEALTH NEEDS ASSESSMENT AND COMMUNITY RESOURCES

Planning for a School-Based Health Center  
at Brighton High School

## Background

In July 2017, Kids First Health Care received a School-Based Health Center (SBHC) Planning Grant, in partnership with School District 27J, from the Colorado Department of Public Health and Environment. Kids First Health Care contracted with the Colorado Association for School-Based Health Care (CASBHC) to support the planning process, including the completion of an assessment of student health needs and community resources. The findings from this assessment will guide Kids First Health Care's and School District 27J's strategic decisions to operationalize the new SBHC at Brighton High School.

This assessment captured input from parents, students, staff and community organizations through surveys, focus groups and interviews, to answer the questions:

- What are the health care needs of the students at Brighton High School?
- Would the Brighton High School community utilize a SBHC?
- What are the existing community resources, including health care facilities that serve low income children and youth?

The following report provides a summary and analysis of the assessment results.

## Methodology

Survey: Online (SurveyMonkey) and paper surveys were distributed in October to Brighton High School students and parents inquiring about the top student health concerns; previous experience with getting health care; barriers to accessing health care; and utilization of a SBHC. The parent and student surveys were available in Spanish. Surveys were distributed via parent/staff emails, school website, parent/teacher conferences, sporting events, student lunchroom and in the high school's main hallway. An online survey was developed for staff to inquire about students' health needs; access to health care; and staff support for the SBHC. Staff surveys were distributed via staff emails. (Attachment A: Student Survey, Attachment B: Parent Survey, Attachment C: Staff Survey)

A total of 355 surveys were collected, including 64 from Brighton High School staff, 150 from students and 141 from parents. Survey responses were significant and mostly representative of the school community. Nearly 70% of staff respondents were teachers. Only 5% of the parent surveys were completed in Spanish which is a potential underrepresentation of the mono-lingual Spanish speaking parents. Of the parent respondents, 81% were female, 16% male and 3% preferred not to answer. Among the student respondents, 61% were female, 36% male and 3% other/preferred not to answer.

Focus Groups: A total of 6 focus groups were conducted at Brighton High School. These included 2 student focus groups, 2 parent focus groups in English and 1 in Spanish, and 1 staff focus group. Participation in the parent and staff focus groups were low, ranging in 2-3

participants per group. One-on-one conversations with staff were held in lieu of a second staff focus groups and resulted in 2 staff phone interviews. The phone interview findings are included in the overall staff focus group findings presented below.

The focus group facilitator/interviewer used a focus group discussion guide as a general guide for each of the focus groups. (Attachment D: Student Focus Group Guide, Attachment E: Parent Focus Group Guide, Attachment F: Staff Focus Group Guide). The student focus groups lasted about 30 minutes. Parent and staff focus groups lasted an hour.

Community organization Interviews: A total of 7 community organization were interviewed via phone. Kids First Health Care, School District 27J and CASBHC staff identified key community organizations serving low-income children and youth. Interviewees were selected based on their expertise in a variety of issues, including health care, local government, local community, and knowledge of underserved populations. The facilitator used an interview guide to structure the interviews (Attachment G). Each interview lasted approximately 35 minutes.

The community organizations included the following individuals:

- Meredith Hadley, Public Health Nurse- Tri-County Health Department
- Rachel Monroe, Interim Executive Director- Almost Home
- Jennifer Morse, Director of Development- Salud Family Health Center
- Dr. Ethan Kerns, Chief Dental Officer- Salud Family Health Center
- Jody Pierce, Executive Director- Pennock Counseling
- Melinda Weatherholt, Community Resource Liaison- City of Brighton
- Peggy Jarrett, Director of Community Outreach- Platte Valley Medical Center
- Malisa Baldwin, Brighton High School Health Para
- Jennifer Albietz, Brighton High School - School Nurse

## Findings

The responses from the survey, focus groups and community organization interviews are summarized below and are organized under each research question addressed.

### *Health care needs of Brighton High School students*

#### Top Health Concerns

Staff, parents and students agreed that **anxiety/stress; alcohol/drug use; and eating/weight issues** are among the top 5 health issues for BHS students. Additional top health issues raised included problems at home; coming to school hungry; depression; not enough exercise; smoking; and suicide/wanting to hurt themselves. Table 1. depicts the top student health concerns by respondent.

Table 1. Top 5 Student Health Concerns

Staff*	Parent*	Students
Problems at home	Anxiety/stress	Alcohol/drug use
Anxiety/stress	Violence/bullying	Smoking
Violence/bullying	Eating/weight issues	Anxiety/stress
Alcohol/drug use	Alcohol/drug use	Eating/weight issues
Eating/weight issues	Not enough exercise	Suicide/what to hurt themselves

\*in order of concern

Parents and staff noted the potential causal relationships between the top health issues. For example, anxiety/stress; violence/bullying; and problems at home may lead to alcohol/substance use and eating/weight issues. Social and academic pressure, including social media and the transition to high school, were mentioned as influencers of student health needs.

Community organizations commonly cited dental and mental health services as a top health needs among Brighton adolescents. Suicide was specifically mentioned as an increasing trend.

Access to Care

A clear majority of parents and students reported having a regular source of health care beyond urgent or emergency care clinics. Twenty-five (25%) of Spanish-speaking parent did not have a regular source of health care for their children.

Most parents and students reported that they (student) have seen a doctor and dentist in the past year. Students reported slightly lower rates for both. Nearly half of students reported seeing a counselor or therapist in the past year, compared to 30% of parents who say their child has received these services (note: students’ definition of counselor may include academic counselor and thus the higher rate). Table 2. depicts the percentage of parents and students who reported students’ access to care in the past year by service type.

Table 2. Percent Reporting Student Access to Care in the Past Year by Service Types

Respondent	Seen doctor	Seen Dentist	Counselor/Therapist
Parent	91%	89%	30%
Student	81%	79%	43%

Parents indicated various barriers that have caused them to delay or avoid health care for their child(ren) (Table 3.). Nearly a quarter of parents delayed care for their child(ren) due to lack of time.

Table 3. Percent of Parents Avoiding/Delaying Care due to Barriers

<b>Barrier</b>	<b>Percent of Surveyed Parents Avoiding/Delaying Child’s Health Care</b>
Lack of time	23%
Cost	18%
Transportation	7%

Some respondents noted a lack of nearby health care facilities. 35% of staff, 26% of parents, and 22% of students do not think there are enough places near the campus for students to access health care.

Community organization reported that access to care remains an issue even with the high rate of insured individuals in the community because some youth and/or families are not eligible for public coverage; cannot afford coverage and/or care; or cannot obtain timely, convenient care. Organizations noted that delayed care, especially dental care, leads to more health issues.

***Use of a SBHC at Brighton High School***

Parents and students indicated interest in using the SBHC to address a variety of adolescent health needs, including acute care, mental health, reproductive health and oral health. Of the survey respondents, 43% of parents would send their child to the SBHC, while 29% were neutral/did not know. Fifty-eight percent (58%) of students would use the SBHC and 32% were neutral/did not know. Sixty-seven percent (67%) of staff noted their support the SBHC and 16% were neutral.

All focus groups participants expressed interest in accessing the SBHC. A few students noted that they would not use it because they do not have health issue, but agreed that if issues arise they would use the SBHC. Some parents said they would allow their child to use the SBHC, but would leave the decision up to their child. Parents expressed a desire for a SBHC provider who communicates with parents about their child’s health needs.

Further analysis of the survey results revealed that parents with students who are on public health insurance (Medicaid/CHP+) or uninsured, were more likely to use the SBHC (Table 4.).

Table 4. Parents Utilization of SBHC for their Children by Insurance Type

Child/Student's Insurance Type	Would you send you child(ren) to the SBHC at BHS?		
	Yes	Neutral/Do not know	No
Public Health Coverage (Medicaid/CHP+)	73%	17%	10%
Uninsured*	50%	33%	17%
Private Health Insurance	35%	33%	32%

\*small sample size

Parents and students reported the same top five services they would use at the SBHC: illness/injury, sports physicals, immunizations, counseling/emotional support and annual exams.

Focus group participants and community organizations most frequently expressed the need for mental health services, oral health services and reproductive health care. Potential drawbacks to having a SBHC included finding available space in the high school; maintaining funding when the budget is already tight; using the SBHC as an opportunity to miss class; student privacy; loss of communication with parent or primary care provider on student’s health needs; and use of bond dollars when there are other needs in the building.

Staff are an important source of support and referrals for the SBHC. Staff reported that they support the SBHC and think it’s a good idea. Staff who expressed concerns about students missing class and/or the use of bond funds to build the SBHC specifically noted that their concern does not negate their belief that the SBHC will be beneficial to students.

Students, staff, parents and community organizations all noted the ability of a SBHC to increase access to care. Benefits noted were convenience; low-cost; reduced missed class time or work; timely care; access for uninsured; and age-appropriate and integrated care. Additionally, all groups noted the benefit of increasing students’ ability to navigate the health care system on their own.

### ***Existing community resources***

Other primary care providers in the area that serve similar populations include:

- Salud Family Health Center’s Brighton clinic- a federally qualified health center less than one mile away from Brighton High School who served Medicaid, CHP+ and uninsured individuals
- Brighton Pediatrics- a private practice that accepts Medicaid and CHP+ children and youth located less than one mile away from Brighton High School

Community organizations noted the following gaps in health care resources for adolescents in Brighton:

- Confidential services including reproductive health
- Mental health services
- Oral health- cleanings, sealants and cavity care
- Bi-lingual health care providers
- Screening and follow-up for trauma
- Accessible medical homes
- Parental support to access health care
- Physical activity

Community organizations expressed an interest in partnering with the SBHC to help reduce gaps in health care for adolescents. Potential partnerships were mentioned in these areas:

- Mental health referrals and education
- Dental health
- Primary care referrals (complex cases)
- 9 Health Fair
- Immunization clinics
- Support for teen parents
- Exercise classes

Two organizations noted that the City of Brighton included a new SBHC in the city's latest Master Plan developed years ago.

### ***Common Questions and Concerns***

Most comments from staff, parent and students include general support for the SBHC. The questions and concerns raised should be addressed through ongoing SBHC education; outreach; marketing effort; and SBHC procedures.

Many stakeholders expressed support for the SBHC and noted that the clinic is a great idea that would help student health and academic achievement. A small number raised concerns about maintaining student confidentiality, keeping parents involved in their student's health care decisions, the cost to operate a SBHC, students avoiding class and use of tax dollars.

Most questions involved the 'who and how' about the SBHC, including:

- Cost to get care
- Location
- Hours
- Appointments and walk-ins
- Service Population
- Available Services
- Use of insurance
- Staffing model
- Student confidentiality
- Coordination with primary care provider
- Ability to assess health history

- Communication with parents
- Coordination with school resources (i.e. school nurse, CNA program)

A small number of respondents raised questions about the decision to open a SBHC, including:

- Use of tax funding
- Ongoing cost to operate
- Decision to open at Brighton High School

Staff, parents and students shared ideas for communicating about the SBHC among their peers, including:

- Social media (Instagram, BHS Facebook page; Student reflections)
- School staff and groups, such as the school nurse and student government
- Online forum for parents to ask questions
- Marketing to 8<sup>th</sup> graders/incoming freshmen
- Specific strategies for the monolingual, Spanish-speaking community- church bulletin and events, Boys/Girls Club, employers, carneraerias/tortillerias, letter to parent
- Staff meetings and emails; communications coming from leadership; timing at beginning of semester

## **Recommendations**

The Brighton High School community demonstrates receptiveness to and need for a SBHC at the school. Continued outreach and education to key stakeholders, including parents, staff and students, are critical to maintain and increase engagement. A strategic education and outreach plan should be developed and implemented as quickly as possible to increase awareness of the SBHC, especially among hard-to-reach populations such as mono-lingual Spanish-speaking parents.

An integrated clinic approach will benefit the Brighton community by increasing access to primary care, mental health and oral health services. Access to mental health and dental health services, along with primary care, upon the opening of the SBHC may drive utilization based on the identified needs and gaps in the community.



**Attachment A: Student Health Survey**

**School District 27J School-Based Health Center  
Student Health Survey**

School District 27J is partnering with Kids First Health Care on plans to open a school-based health center on the Brighton High School campus. This would be a clinic where students could go to receive a variety of health services (medical care, dental care, counseling services, health education, etc.). Your feedback is very important for us to understand the health needs of Brighton High School students and what services are most needed. This survey is anonymous, so your answers will not be linked to you in any way.

**1) What is your gender?**

- Male     Female     I prefer not to answer     Other \_\_\_\_\_

**2) What is your Race or Ethnicity?**

- |   |  |
|---|--|
| <input type="checkbox"/> Black or African American        | <input type="checkbox"/> Native Hawaiian or Other Pacific Islander |
| <input type="checkbox"/> American Indian or Alaska Native | <input type="checkbox"/> White or Caucasian                        |
| <input type="checkbox"/> Hispanic or Latino               | <input type="checkbox"/> Two or More Races                         |
| <input type="checkbox"/> Asian                            | <input type="checkbox"/> I prefer not to answer                    |

**3) Where do you get health care most of the time?**

- |  |   |
|--|---|
| <input type="checkbox"/> I do not have a place to go for health care | <input type="checkbox"/> Community health center (like Salud Family Health Centers) |
| <input type="checkbox"/> Emergency department                        | <input type="checkbox"/> Other _____  |
| <input type="checkbox"/> Urgent care clinic                          |   |
| <input type="checkbox"/> Doctor's office                             |   |

**4) What do you think are the TOP 5 health issues for students in your school?**

- |  |   |
|--|---|
| <input type="checkbox"/> Eating and weight issues          | <input type="checkbox"/> Coming to school hungry                        |
| <input type="checkbox"/> Toothaches/problems with teeth    | <input type="checkbox"/> Violence/bullying                              |
| <input type="checkbox"/> Smoking                           | <input type="checkbox"/> Feeling sad                                    |
| <input type="checkbox"/> Alcohol or drug use               | <input type="checkbox"/> Feeling worried or stressed                    |
| <input type="checkbox"/> Not enough exercise               | <input type="checkbox"/> Difficulty behaving in class                   |
| <input type="checkbox"/> Teen pregnancy                    | <input type="checkbox"/> Suicide or students wanting to hurt themselves |
| <input type="checkbox"/> Sexually transmitted infections   | <input type="checkbox"/> Problems at home                               |
| <input type="checkbox"/> Not seeing well (vision problems) | <input type="checkbox"/> Other (please describe) _____                  |
| <input type="checkbox"/> Difficulty breathing/asthma       |   |
| <input type="checkbox"/> Diabetes or blood sugar           |   |

**5) During the last 12 months, have you (mark YES or NO for each question):**

Seen a doctor or nurse?	<input type="checkbox"/> YES <input type="checkbox"/> NO
Seen a Dentist?	<input type="checkbox"/> YES <input type="checkbox"/> NO
Seen a counselor or social worker?	<input type="checkbox"/> YES <input type="checkbox"/> NO

**6) The LAST TIME you went to the doctor or dentist, did a parent, family member or guardian have to miss work to take you?**

- YES     NO     I don't know

**7) The LAST TIME you went to the doctor or dentist, did you have to miss school?**

- YES     NO

**8) Do you think there are enough places near you to get health care?**

- YES     NO

**THANK YOU FOR YOUR INPUT!**

9) If there was a health center on the Brighton High School campus, would you go there for health care? (mark your answer with an X in circle below)

○ ————— ○ ————— ○ ————— ○ ————— ○

Definitely use                  Probably use                  Neutral/                  Probably *not* use                  Definitely *not* use

Don't Know

10) Check the services you think you would use there

- Regular annual check-ups
- Sports physicals
- Care for illness or injury (such as sore throat, sprain, or feel sick)
- Lab tests (throat cultures, blood tests)
- Getting prescription medications
- Care for problems like asthma or diabetes
- Immunizations/shots (like the flu shot)
- Dental care (tooth cleaning, filling cavities)
- Reproductive health (birth control, pregnancy, worry about a sexually transmitted infection)
- Care for illness or injury (such as when you have a sore throat, a sprain, or feel sick)
- Help with weight issues (like weight loss or eating disorders)
- Treatment for skin problems (acne, rash)
- Counseling or other emotional support (for feeling sad, substance use, family problems)
- Other \_\_\_\_\_
- I do not think I would use the health center

11) What questions, suggestions and/or concerns do you have about opening a school-based health center in Brighton High School?

12) If you would you like to be involved in a youth advisory group focused on addressing health issues relevant to your classmates, please [click this link](#) or contact {Insert contact name}.

THANK YOU FOR YOUR INPUT!

## Attachment B: Parent Survey on Student Health

### School District 27J School-Based Health Center Parent Health Survey

---

School District 27J is partnering with Kids First Health Care on plans to open a school-based health center on the Brighton High School campus. This would be a clinic where students can receive a variety of health services (medical care, dental care, counseling services, health education, etc.). Your feedback is very important for us to understand the health needs of Brighton High School students and what services are most needed. This survey is anonymous, so your answers will not be linked to you in any way. Thank you for your input!

What does a school-based health center do?

- Serves youth with parents' permission regardless of insurance or ability to pay (often no or low cost).
- Students receive health care in school, making it easier to get regular preventive care.
- Treats acute and chronic health problems and returns students to class as soon as possible.
- Parents don't have to miss work for their child's minor health problems.

#### 1) What is your gender?

Male    Female    I prefer not to answer    Other \_\_\_\_\_

#### 2) What is your Race or Ethnicity?

- |   |  |
|---|--|
| <input type="checkbox"/> Black or African American        | <input type="checkbox"/> Native Hawaiian or Other Pacific Islander |
| <input type="checkbox"/> American Indian or Alaska Native | <input type="checkbox"/> White or Caucasian                        |
| <input type="checkbox"/> Hispanic or Latino               | <input type="checkbox"/> Two or More Races                         |
| <input type="checkbox"/> Asian                            | <input type="checkbox"/> I prefer not to answer                    |

#### 3) Where do you take your child for health care most often?

- |   |  |
|---|--|
| <input type="checkbox"/> Emergency department | <input type="checkbox"/> Community health center (like Salud)    |
| <input type="checkbox"/> Urgent care clinic   | <input type="checkbox"/> My child(ren) do not have a place to go |
| <input type="checkbox"/> Doctor's office      | <input type="checkbox"/> Other _____                             |

#### 4) What are the TOP 5 health concerns you have had about your child(ren) and/or your children's classmates/friends in the past year?

- |  |  |
|--|--|
| <input type="checkbox"/> Eating and weight issues          | <input type="checkbox"/> Coming to school hungry               |
| <input type="checkbox"/> Toothaches/problems with teeth    | <input type="checkbox"/> Violence/bullying                     |
| <input type="checkbox"/> Smoking                           | <input type="checkbox"/> Feeling sad                           |
| <input type="checkbox"/> Alcohol or drug use               | <input type="checkbox"/> Feeling worried or stressed           |
| <input type="checkbox"/> Not enough exercise               | <input type="checkbox"/> Difficulty behaving in class          |
| <input type="checkbox"/> Teen pregnancy                    | <input type="checkbox"/> Suicide or wanting to hurt themselves |
| <input type="checkbox"/> Sexually transmitted infections   | <input type="checkbox"/> Problems at home                      |
| <input type="checkbox"/> Not seeing well (vision problems) | <input type="checkbox"/> Other (please describe) _____         |
| <input type="checkbox"/> Difficulty breathing/asthma       |  |
| <input type="checkbox"/> Diabetes or blood sugar           |  |

THANK YOU FOR YOUR INPUT!

**5) During the last 12 months, has your child or children (mark YES or NO for each question):**

Seen a doctor or nurse?	<input type="checkbox"/> YES <input type="checkbox"/> NO
Seen a dentist?	<input type="checkbox"/> YES <input type="checkbox"/> NO
Seen a counselor or therapist?	<input type="checkbox"/> YES <input type="checkbox"/> NO

**6) What type of insurance does your child(ren) have?**

- Health First Colorado/Medicaid
- Private
- Child Health Plan *Plus* (CHP+)
- None - my child(ren) do not have insurance
- Discount plan
- Other \_\_\_\_\_

**7) During the last 12 months, have you delayed or avoided getting health care (like medical visits, dental care, medicine) for your child(ren) for any of the following reasons?**

- Cost
- Transportation
- Lack of time
- Other \_\_\_\_\_

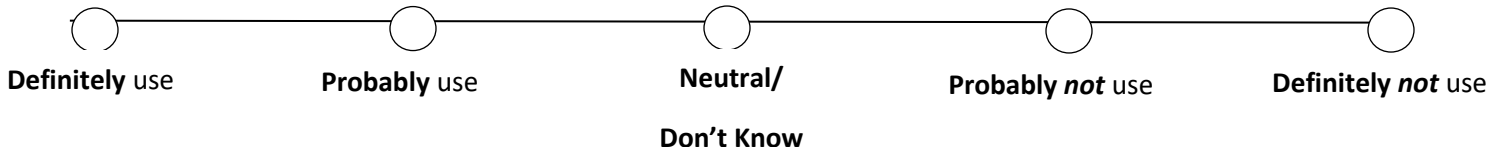
**8) The LAST TIME you took your child(ren) to the doctor or dentist, (mark YES or NO for each question):**

- Did you have to miss work?  YES  NO  I DO NOT KNOW
- Did they have to miss school?  YES  NO  I DO NOT KNOW

**9) Do you think there are enough places near you to get health care?**

- YES  NO

**10) If there was a health center on the Brighton High School campus, would your child(ren) go there for health care? (mark your answer X in circle below)**



**11) What services do you think your child(ren) would use there (select all that apply)?**

- Regular annual check-ups
- Sports physicals
- Care for illness or injury (sore throat, sprain, or feel sick)
- Lab tests (throat cultures, blood tests)
- Getting prescription medications
- Care for problems like asthma or diabetes
- Immunizations/shots (like the flu shot)
- Dental care (tooth cleaning, filling cavities)
- Reproductive health (birth control, pregnancy, worry about a sexually transmitted infection)
- Help with weight issues (like weight loss or eating disorders)
- Treatment for skin problems (acne, rash)
- Counseling or other emotional support (feeling sad, substance use, family problems)
- Other \_\_\_\_\_
- I do not think my child would use the health center

**12) What questions, suggestions and/or concerns do you have about opening a school-based health center opening in Brighton High School?**

---



---



---

**13) If you would you like to be involved in the planning process for the school-based health center, please click this link or contact {Insert contact name}.**

## Attachment C: Staff Survey on Student Health

### School District 27J School-Based Health Center Teacher/Faculty Survey

---

School District 27J is partnering with Kids First Health Care on plans to open a school-based health center on the Brighton High School campus. This would be a clinic where students could receive a variety of health services (medical care, dental care, counseling services, health education, etc.). Your feedback is very important to understanding the health needs of 27J students and what services would be most needed. This survey is anonymous, so your answers will not be linked to you in any way.

Why a School-Based Health Center (SBHC)? SBHCs:

- Improve academic performance
- Increase graduation rates
- Reduce absenteeism
- Improve readiness to learn
- Support families

How does a SBHC do that? A SBHC does this by:

- Increasing access to health care for students who do not have access
- Helping students miss less class time for medical appointments obtained outside of school
- Helping parents avoid missing work to get health care for their children

#### 1) What is your role at the school?

- |  |   |
|--|---|
| <input type="checkbox"/> Teacher           | <input type="checkbox"/> Administrator    |
| <input type="checkbox"/> Para professional | <input type="checkbox"/> Classified Staff |
| <input type="checkbox"/> Counselor         | <input type="checkbox"/> Other _____      |

#### 2) What are the TOP 5 health concerns that Brighton High School students face?

- |  |  |
|--|--|
| <input type="checkbox"/> Eating and weight issues          | <input type="checkbox"/> Diabetes or blood sugar               |
| <input type="checkbox"/> Toothaches/problems with teeth    | <input type="checkbox"/> Coming to school hungry               |
| <input type="checkbox"/> Smoking                           | <input type="checkbox"/> Violence/bullying                     |
| <input type="checkbox"/> Alcohol or drug use               | <input type="checkbox"/> Feeling sad                           |
| <input type="checkbox"/> Not enough exercise               | <input type="checkbox"/> Anxiety or stress                     |
| <input type="checkbox"/> Teen pregnancy                    | <input type="checkbox"/> Difficulty behaving in class          |
| <input type="checkbox"/> Sexually transmitted infections   | <input type="checkbox"/> Suicide or wanting to hurt themselves |
| <input type="checkbox"/> Not seeing well (vision problems) | <input type="checkbox"/> Problems at home                      |
| <input type="checkbox"/> Difficulty breathing/asthma       | <input type="checkbox"/> Other (please describe)               |

#### 3) Check the TOP 5 health complaints or chronic conditions that affect student attendance and academic achievement in your classroom?

- Headaches
- Toothaches or dental problems
- Sore throat, colds/fever, ear aches
- Coughing, breathing issues, asthma

- Stomach aches
- Skin problems or rashes
- Allergies
- Injuries or accidents
- Diabetes
- Seizures
- Overweight/Obesity
- Poor nutrition
- Behavior issues (please circle: ADD/ADHD, other: \_\_\_\_\_)
- Emotional issues (please circle: depression, anxiety, other: \_\_\_\_\_)
- Other (please describe) \_\_\_\_\_

**4) On average, how often do students miss class per semester to go to the doctor, dentist or access other health services?**

- 0 days per semester
- 1 day per semester
- 2-4 days per semester
- 5-7 days per semester
- More than 7 days per semester

**5) Do you think there are enough places near the campus for students to access health care?**

- YES    NO    DON'T KNOW

**6) How do you feel about having a school-based health center on the Brighton High School campus?**

- I think it is a good idea, and I am supportive
- I feel neutral
- I do not think it is a good idea, and I have concerns.
- I am unsure. I would like more information.

Comments:

**7) What questions, suggestions and/or concerns do you have about opening a school-based health center at Brighton High School?**

**8) If you would you like to be involved in the planning process for the school-based health center, please [click this link](#) or contact {Insert contact name}.**

## **Attachment D: Student Focus Group Guide**

### **School-Based Health Center at Brighton High School Student Focus Groups Discussion Guide October 2017**

#### **Introduction**

Hello and welcome. My name is \_\_\_\_\_ and I work for \_\_\_\_\_. We are working with School District 27J and Kids First Health Care to plan a school-based health center in Brighton High School. We are interested in talking with you about access to health care for students at Brighton High School, health needs and use of the school-based health center. We want to learn more about the how students who attend BHS get health care, what challenges you may experience in getting care, what health issues are most important to students at BHS and if and how you will use the school-based health center. Your answers will help to inform the planning process for the school-based health center.

A representative from our partner group(s) has/have joined us today to observe the focus group (Introduce \_\_\_\_\_).

[Moderator or partner provides a brief overview of school-based health centers, including kids need parental consent. Provide a handout with a description of a SBHC.]

#### **Confidentiality**

We want to hear from each of you. Please know that everything you say here today is confidential. We will not be identifying you personally in any of work. We will only summarize themes from the discussion. \_\_\_\_\_ will be taking notes of our discussion. We would also like to tape record the discussion so that she can refer to the recording for things she might have missed. The recorded tapes will be discarded after the discussions are summarized.

#### **Participant Questionnaire**

Hopefully you have had an opportunity to fill in the participant survey. Thank you for taking the time to complete it. The survey is anonymous and is only intended to provide basic background information regarding participants of the focus group. We will use it to generally describe who came to these focuses. If you have not had the opportunity to fill the survey out, please let us know. You can complete one at the end of the focus group.

#### **Ground Rules**

In order for everyone to participate in the group, we have some ground rules we hope you will follow. Please....

- Mute or switch off phones and pagers
- Speak one at a time
- Always respect other people's opinions
- Know that there are no silly questions or answers
- Be a part of the discussion
- Agree to keep this discussion confidential
- Is there anything else that would make you feel more comfortable participating in this focus group?

#### **Focus Group Questions**

#### **A. Participant Introductions**

1. Let's start by going around the table and introducing ourselves. Please tell everyone your first name and how many times in the past year you think you have gone somewhere for health care (medical care like a doctor, dentist, therapy).

#### **B. Barriers to health care**

2. What makes it hard for you or your friends to get the health care they need? [Probes: Problems with getting to the care (transportation)? Parents can't miss time at work? You can't miss school? Unsure the visit would be kept private or confidential? Didn't want parents to know? Doctor (or other) office has limited hours? The wait to get an appointment is too long? No health insurance coverage? Cost is too high? Don't know where to go?]

#### **C. School-based health center benefits and drawbacks**

[Moderator or partner provides a brief overview of school-based health centers]

3. How would having a school-based health center at BHS help you (and your classmates)? Any downside?

#### **D. Use of the School-based health center**

4. Would you use the school-based health center?
  - i. If yes, why? [Probe: how do you see yourself using it? what do you hope to get by using the school-based health center?]
  - ii. If no, why? How can this be overcome?
5. What is the best way to get the word out to other students about the school-based health center? What about parents- how can we let them know about it?
6. How can we make the school-based health center friendly to teens and someplace you would like to use?

#### **E. Closing**

7. What final thoughts or questions do you have about school-based health center?

Thank you very much for participating in this focus group. The information you have provided has been very helpful. We will take this information along with the information we have collected back to the planning committee. This information will help inform the next steps of the planning process which is to begin to determine how and where the school-based health center will work. Student involvement is a very important part of all school-based health centers. Your input helps during the planning phase, but is also very important once the school-based health center opens. The school-based health center will have a youth advisory group that focus on addressing health issues relevant to teens. If you are interested, please add your name to the sign-up sheet or come see us when we finish. Finally, if you haven't had a chance to fill in the questionnaire please do so. Thanks again!



## **Attachment E: Parent Focus Group Guide**

### **School-Based Health Center at Brighton High School Parent Focus Groups Discussion Guide October 2017**

#### **Introduction**

Hello and welcome. My name is \_\_\_\_\_ and I work for \_\_\_\_\_. We are working with School District 27J and Kids First Health Care to plan a school-based health center in Brighton High School. We are interested in talking with you about access to health care for youth at Brighton High School, health needs and use of the school-based health center. We want to learn more about how your children who attend BHS get health care services, what barriers you may experience in helping them get care, what health issues are most important to students at BHS and if and how your student will use the school-based health center. Your answers will help to inform the planning process for the school-based health center.

A representative from our partner group(s) has/have joined us today to observe the focus group (Introduce \_\_\_\_\_).

#### **Confidentiality**

We want to hear from each of you. Please know that everything you say here today is confidential. We will not be identifying you personally in any of our work. We will only summarize themes from the discussion \_\_\_\_\_ will be taking notes of our discussion. We would also like to tape record the discussion so that she can refer to the recording for things she might have missed. The recorded tapes will be discarded after the discussions are summarized.

#### **Participant Questionnaire**

Hopefully you have had an opportunity to fill in the participant survey. Thank you for taking the time to complete it. The survey is anonymous and is only intended to provide basic background information regarding participants of the focus group. We will use it only for descriptive purposes. If you have not had the opportunity to fill the survey out, please let us know. You can complete one at the end of the focus group.

#### **Ground Rules**

In order for everyone to participate in the group, we have some ground rules we hope you will follow. Please....

- Mute or switch off phones and pagers
- Speak one at a time
- Always respect other people's opinions
- Know that there are no silly questions or answers
- Commit to the discussion by participating
- Agree to keep this discussion confidential.
- Is there anything else that would make you feel more comfortable participating in this focus group?

## Focus Group Questions

[Moderator or partner provides a brief overview of school-based health centers, including kids need parental consent. Provide a handout with a description of a SBHC.]

### A. Participant Introductions

- a. Let's start by going around the table and introducing ourselves. Please tell everyone your first name, number of children you have and how many attend BHS.

[Following introductions, remind parents that we are talking about their students at BHS, whether they have 1 or more].

### B. Priority health issues

2. As you may know, we recently surveyed staff, parents and students at BHS about the school-based health center. They selected the top 5 health concerns for students at BHS. Among parents these were anxiety/stress, violence/bullying, eating/weight issues, not enough exercise, alcohol/drug use. Each of you have 5 index cards with these top health concerns on them. Please take a moment and rank each health concern by priority. Mark the health concern with the highest priority as 1. The health concern with the least priority as 5. [give respondents a few minutes and ask respondents to pass them to the moderator]
3. [After co-moderator has tallied the ranked top five health concerns, co-moderator will list the results of the ranking exercise. For example, the #1 health concern is....].
  - i. Why is XXX the top health concern? [repeat for at least top 2 health concerns]
  - ii. What surprised you about this list? Did you rank them in a different order?

### C. Barriers to health care

4. What makes it hard for your child(ren) or your friends' peers or classmates to get the health care they need? [Probes: Problems with getting to the care (transportation)? Unable to miss time at work? Inconvenient office hours? The wait to get an appointment is too long? No health insurance coverage? Cost is too high?]
5. Tell me more about this barrier. [Probes: Does it happen often? What have you done to 'get around' it?]

### D. School-based health center benefits and drawbacks

6. How will having a school-based health center at BHS impact your child(ren) in a positive way? Any downside?
7. How will having a school-based health center at BHS impact the entire BHS community (students, staff)? Any downside?

### E. Use of the School-based health center

8. Would you enroll your child(ren) in the school-based health center?
  - i. If yes, why? [Probe: what do you hope your child(ren) will gain from using the school-based health center?]
  - ii. If no, what would prevent you from enrolling your child(ren)? How can this be overcome?
9. What is the best way to get the word out to parents about the school-based health center before it opens? After it opens?

## **F. Closing**

10. What final thoughts or questions do you have about school-based health center?

Thank you very much for participating in this focus group. The information you have provided has been very helpful. We will take this information along with the information we have collected from the other focus groups, surveys and interviews with community groups back to the planning committee. This information will help inform the next steps of the planning process which is to begin to determine how and where the school-based health center will work.

Parent engagement is a very important part of all school-based health centers. Your input helps during the planning phase, but is also very important once the school-based health center opens. If you would be interested in continuing in this process, the school-based health center will have a Community Advisory Council that will include parents and community members. If you are interested, please add your name to the sign-up sheet or come see us when we finish.

Finally, if you haven't had a chance to fill in the questionnaire please do so. Thanks again!

## Attachment F: Staff Focus Group Guide

### School-Based Health Center at Brighton High School Staff Focus Groups Discussion Guide December 2017

#### Introduction

Hello and welcome. My name is \_\_\_\_\_ and I work for \_\_\_\_\_. We are working with School District 27J and Kids First Health Care to plan a school-based health center in Brighton High School. We are interested in talking with you about the health needs of students at Brighton High School and use of the school-based health center. Your answers will help to inform the planning process for the school-based health center.

A representative from our partner group(s) has/have joined us today to observe the focus group (Introduce \_\_\_\_\_).

**[Moderator or partner provides a brief overview of school-based health centers, including kids need parental consent. Provide a handout with a description of a SBHC.]**

#### Questions

- A. **First tell me a little about your role at BHS? What do you teach? Any other activities? How long have you been at BHS?**
- B. **Have you heard about the SBHC being planned for BHS next Fall? If so, what are your initial thoughts?**
- C. **School-based health center benefits and drawbacks**
  1. How would having a school-based health center at BHS help your students? Any downside? [Probes: how do you see the school-based health center impacting academic achievement? Attendance?]
- D. **What concerns do you have about the SBHC? Questions? Suggestions?**
- E. **Use of the School-based health center**
  2. Would you refer students to the school-based health center?
    - i. What kinds of things would they refer the student to the SBHC for, sore throat, mental health, etc. [Probe: what do you hope to get by referring students to the school-based health center?]
    - ii. If no, why? How can this be overcome?

3. Would you be interested in opportunities to partner/support the SBHC related to your subject area?
4. What is the best way to get the word out to other staff about the school based health center? What is the best way to let students know about it? What about parents- how can we let them know about it?
5. We would like to improve how we engage staff during/after the planning process? Good survey response, but low focus group participation? Any thoughts on why this might be challenging and other ways to ensure staff feel engaged in the process.

**F. Closing**

11. What final thoughts or questions do you have about school-based health center?

## **Attachment G: Community Organization Interview Guide**

### **School-Based Health Center at Brighton High School Community Organization Interview Guide November 2017**

#### **Introduction**

Explain what the planning efforts of School District 27J and Kids First Health Care for a SBHC at Brighton High School. If needed, explain the BHS SBHC and its benefits.

#### **Questions**

1. Tell me a little about your organization and who you serve (do you serve similar pop)? How many youth in Brighton served? If they can adequately address the health needs of this population?
2. What are the biggest health needs of youth? Specific to Brighton?
3. What gaps exist in health care access in Brighton? Specific to adolescents?
4. What are the benefits of a SBHC in Brighton?
5. What is the downside of a SBHC in Brighton?
6. What programming do you have or are planning focused on high school youth in Brighton?
7. What opportunities do you see for your organization to partner with the SBHC?
8. Are there other community organizations that the SBHC should speak to and/or partner with?
9. What questions, suggestions or concerns do you have about the SBHC?