

Wellness Center Overview



Red Clay Consolidated School District elementary schools offer expanded health services through the District's partnership with Christiana Care Health Services. The School-Based Health Centers (SBHC) offer acute visits for illnesses, immunizations, physicals for sports, school, or camp, nutritional counseling, and mental health services.

In-School Health Care

Because it's located right in school, SBHC helps children and adolescents overcome many obstacles to receiving good health care - obstacles such as lack of transportation, inconvenient appointment times, or worries about cost and confidentiality. Your SBHC provides comprehensive medical and mental health care, treatment and health education, to promote a healthy lifestyle.

Each SBHC is operated by a partnership that includes Christiana Care, your school district and the Delaware Division of Public Health, Department of Health and Social Services. Christiana Care is rated the No. 1 Quality Leader in the region by the National Research Corporation for the past two years.

The SBHC's friendly staff work closely with your health care provider, parents and school nurse to create a health care resource you can rely on and trust. If you have not yet found a health care provider, the SBHC can help you locate one, using the free services of Christiana Care's referral service. Partnership in elementary, middle and high school health centers throughout Delaware is just one part of Christiana Care's mission to improve the health of the people living in the community.

Benefits

Here are some of the benefits you should know about School-Based Health Centers. The SBHC provides, free of charge:

- Physical examinations, whether they are routine, for sports or pre-employment
- Health screenings, including those for communicable infections
- Treatment for minor illnesses and injuries

- Immunizations
- Nutrition and weight management
- Individual, family, and group counseling
- Crisis intervention and suicide prevention
- Tobacco cessation counseling
- Drug and alcohol abuse counseling and referral
- Outreach to at-risk youth
- Health and nutrition education
- Follow-up as requested by your family health care provider

The SBHC **does not** provide hospitalization, x-rays or complex laboratory tests, does not distribute or prescribe birth control, and does not provide ongoing treatment of complex medical or psychiatric problems.

Enroll Today!

Enroll! If you are under 18, ask your parent or guardian to sign a consent form and complete a registration and health history form. Enrollment forms must be returned to the Wellness Center before any services will be provided. Parents and guardians are invited to call with questions or arrange to visit the Wellness Center.

To sign up your child in the SBHC:

Up-to-date insurance information is needed if your child is insured. No co-pay, co-insurance or deductible will be charged to you, and no one will be turned away based on ability to pay.

For your child to use the School-Based Health Center, you will need to complete and return the Registration packet. Please complete the Wellness Center Registration packet. You or your student may also pick one up in the School-Based Health Center, the Nurse's office, the Main Office, or the Guidance Office. We cannot provide services to your child unless your signature is on the form.

Please know that your child's pediatrician or family doctor is still your child's main doctor. The SBHC **does not** take the place of your child's pediatrician or family doctor, and SBHC doctors and

nurses will work with your child's main doctor to care for your child. The SBHC offers services that may round out the care provided by your main doctor. When appropriate, and with your permission, we will try to share medical information with your child's doctor to prevent any duplication of health care services, and to take the best care of your child. If your child does not have a doctor, we can help you find one.

The SBHC staff thank you for your time. Together with you and your child's main doctor, we will work towards keeping your child healthy and in school. Please encourage your child's pediatrician or family doctor to call the SBHC with questions.

If you have questions or need more information, please call the Richardson Park Elementary School-Based Health Center at 302-651-2732. If no one answers, we are away from the desk helping students. Please leave a message. You will receive a call back during normal business hours, 7:00am-3:00pm, Monday through Friday, within 24 hrs.

Forms & Information

1) Registration Packets

- a. **SBHC Registration Packet (11 years old and under) English:** [School-Based Health Center \(SBHC\) Registration Packet for Students 11 and Under\(7211\) - PROOF FOD - \(2\).pdf](#)
- b. **SBHC Registration Packet (11 years old and under) Espanol:** [School-Based Health Center \(SBHC\) Consent for Services 11 and Under - Spanish\(7303\) - PROOF FOD - Do 1.pdf](#)

2) Intake Form

- a. **Link:** <https://forms.office.com/r/2i7N4fYSzT?origin=lprLink>
- b. **Body:** Please complete this form for each child you have registered in the wellness center.

3) Vaccine Consent Forms

- a. **Electronic:** <https://forms.office.com/r/mMmEy0tsTf?origin=lprLink>
- b. **English:** [School-Based Health Center \(SBHC\) Vaccine Administration Consent\(8191\). Fillable.pdf](#)
- c. **Spanish:** [School-Based Health Center \(SBHC\) Vaccine Administration Consent - Spanish.pdf](#)

4) CHW Consent Form

- a. **REFERRAL LINK:** [CHW Referral](#)
- b. **English:** [CHW Consent SBHC.pdf](#)
- c. **Spanish:** [Spanish CHW Consent SBHC.pdf](#)

5) DIAA Form

Link: [Medical Forms – Delaware Interscholastic Athletic Association](#)

- a. Body: Your child must have this form completed BEFORE their sports physical appointment. Please drop it off, email it, or bring the completed form with you the day of the appointment.

6) Choose Health Delaware

Link: [Choose Health Delaware](#)

- a. Body: Families can now enroll in new health plans under the new Affordable Health Care Act. The State of Delaware has a website devoted to that process. The Choose Health Delaware website is your guide to the Health Insurance Marketplace. Choose Health Delaware is the free Official State Program to help you understand health insurance reform and the Health Insurance Marketplace.

GET STARTED:

ONLINE: www.ChooseHealthDE.com/Health-Insurance

PHONE - Call the 24/7 Helpline with questions:

- i. 1-800-318-2596
- ii. TYY 1-855-889-4325

7) Special Olympics Physical Form

- a. [Athlete Registration Medical Packet.pdf](#)
- b. Your child must have this form completed BEFORE their special Olympics physical. If your child has been seen by a specialist and cleared for sports, please also send a copy of that clearance in as well.

8) Virtual Psych Visit Form

- a. [virtual psych Consent Forms \(003\).pdf](#)
- b. Body: Please complete these consent forms if your child is scheduled to meet with our psychiatric mental health nurse practitioner on a virtual visit.

All students enrolled at the school may use the SBHC regardless of income or health care coverage. You must be registered with the SBHC to use the services, and the registration link can be found below.

Meet Our Caregivers!

Behavioral Health Therapist- Leah Handwerk

Leah is a Licensed Clinical Social Worker. After graduating from Lycoming College with her Bachelor of Arts in Sociology on the Human Services Track with a double minor in Psychology and Painting, she went on to receive a Master of Social Work degree from Bryn Mawr College, Graduate School of Social Work and Social Research.

Leah has experience working with children, adolescents, families, and adults in both individual and group settings. Through her work, Leah has provided exceptional care and counseling to clients who have struggled with issues surrounding grief and loss, trauma, anxiety, depression, self-esteem, and family conflicts. With a natural ability to manage all types of personalities and diffuse stressful situations, Leah has a demonstrated track record of success in working with diverse client populations.

Leah takes a client centered, strength-based therapeutic approach, which is personalized to best meet the needs of each client. She provides a non-judgmental and safe space where trust can be built, and clients can navigate challenging life situations. Clients describe Leah as being relatable and easy to talk to.



Pediatric Nurse Practitioner- Kristi Wert, MSN, CPNP-PC

Kristi Wert is a pediatric nurse practitioner with over 15 years of experience as a nurse, and nearly a decade as a nurse practitioner. While in nursing school, Kristi volunteered with the Penn-del-Middletown Emergency Squad as a Nationally Registered EMT (NREMT) and worked as a nurse extern at the Children's Hospital of Philadelphia (CHOP) in the Emergency Department. Kristi earned her Bachelor of Science degree in Nursing from Thomas Jefferson University in 2008. After college, Kristi worked as a nurse in the emergency department, outpatient pediatric offices and community health departments of Lehigh Valley Health Network in Allentown, Pennsylvania. For fun, Kristi also worked in first aid at Sesame Place in Langhorne, PA taking care of Elmo and all his friends!

In 2015, Kristi graduated with her Master of Science in Nursing from Drexel University with a major in Pediatric Primary Care and was a member of the Sigma Theta Tau international nursing honor society. She is board-certified through the Pediatric Nursing Certification Board (PNCB). Upon graduating from Drexel, Kristi began her NP career working for Valley Pediatrics in Warminster, PA. She also worked for Margiotti & Kroll Pediatrics in Trevoze, PA for several years following. Kristi has also held moonlighting positions in pediatric urology, pediatric urgent care, and newborn nursery services. In 2021, Kristi found her true calling in working with students in school-based health centers in Pennsylvania and went on to earn her Pennsylvania school nurse certification from Eastern University later that year. She worked for Neshaminy School District in Langhorne, PA prior to coming on board with Christiana Care.

Kristi is also a clinical adjunct faculty at Gwynedd Mercy University and enjoys shaping the minds of new nursing students. Kristi is a member of the National Association of Pediatric Nurse Practitioners (NAPNAP), and the National Association of School Nurses (NASN). Kristi lives in Pennsylvania with her husband & three children. When she's not working, Kristi volunteers with the *Girl Scouts of Eastern Pennsylvania* and *Shop with a Cop* and enjoys spending time with her family.



Dietician- Kim Scarpa, RD, LDN

Kim is a licensed dietitian passionate about improving nutrition, health, athletic performance, overall wellness for our youth. She has worked at the Dickinson School, McKean High School, Christiana Care Nutrition Clinic, St. George's School (Rhode Island), Hilltop Lutheran Neighborhood Center, Latin American Community Center, Christina Cultural Arts Center, University of Delaware Early Head Start, Wilmington and Newark, DE, Woodstown Physical Therapy and Sports Rehabilitation (Woodstown NJ), and Salem County Center for Autism, NJ, (Pennsville NJ).

Kim was trained by the CDC and Nemours through a pilot program with the NJ Dept. of Health, Office of Nutrition to train early care and education program educators and administrators to implement toolkits and policies to prevent and reduce obesity in children. Kim earned a certificate in adolescent and pediatric obesity with the Academy of Nutrition and Dietetics. Ms. Scarpa enjoys collaborating with students, health care staff, family service workers, therapists, coaches, and caregivers to ensure the student is supported in identified needs and strategies. Kim enjoys discussing weight management, blood glucose control, eating issues, improving self-confidence, positive association with food/meals, food allergies and intolerances, prenatal nutrition, athletic performance and overcoming challenges in special needs individuals.

Ms. Scarpa has experience working with high school and elementary school children and guardians with favorable results.



Community Health Worker- Courtney Mills

Courtney has been with Christiana Care Health Services for five years. Courtney received her Medical Assistance certification from Harris School of Business. She worked as an MA for 14 years prior to starting with the school-based health center 5 years ago. As a community health worker, she is passionate about helping members of her community get connected with services they need. Courtney looks forward to building relationships with the families here at Richardson Park. Go Eagles!



Medical Assistant- Keicha Sharp, CMA

Keicha is a Certified Medical Assistant, Phlebotomist and Electronic Health Record Specialist with over 20+ years' experience in the medical field both clinically and administrative. She also enjoyed teaching other students to become medical assistant at The Harris School of Business as the Lead Medical Assistant Adjunct Instructor for 10 years. Keicha also currently works as a Lead Program Coordinator for the Police Athletic League of Wilmington in their Life Savers Program. As a Medical Assistant, she is very passionate about her career and really enjoys not only working with kids in the school-based health wellness program with CCHS but also in the community.

In her free time, you will always find her helping youth in her community, or spending time with her family. She loves shopping, movies, and amusement parks.



Contact Information

To schedule an appointment at the SBHC:

Call 302-651-2732 to schedule an appointment. You can also schedule appointments by communicating with us in the Remind App.

You can send the message to:

Keicha Sharp - Medical Assistant:

Keicha.sharp@redclay.k12.de.us

Kristi Wert - Nurse Practitioner:

Kristi.wert@redclay.k12.de.us

Leah Handwerk- Behavioral Health Therapist:

leah.handwerk@redclay.k12.de.us

Courtney Mills- Community Health Worker:

Courtney.mills@redclay.k12.de.us

Kim Scarpa- Registered Dietician:

kim.scarpa@redclay.k12.de.us

If you have a medical emergency, please call 911.

**If you have a mental health emergency, please call
Child Priority Response 24 hr Crisis Line 800-969-4357.**

For immediate medical concerns contact your Primary Care Provider or visit a Medical Aid Unit.

RICHARDSON PARK ELEMENTARY
SCHOOL SCHOOL-BASED HEALTH
CENTER

16 Idella Avenue, Wilmington DE
19804

Phone: 302-651-2732

Fax: 302-651-2733

EMAIL (Email is only responded to
during office hours.)

HOURS Monday to Friday 07:00
am - 3:00 pm

APPOINTMENT HOURS 09:15 am-
3:00 pm