



School-Based Health Center FAQ

What is the School-Based Health Center (SBHC)?

A SBHC is a collaboration between your child's school and Mountain Community Health. We provide health visits by nurse practitioners and physicians at school so that students can stay healthy and in school, ready to learn.

What services are provided?

- Assessment of and treatment for acute illnesses including ear infections, strep throat, colds, rashes, etc.
- Concussion assessment and management
- Care coordination for chronic conditions such as asthma, diabetes, eating disorders, etc.
- Assessment and care of mental health concerns such as depression, anxiety, ADHD
- Management of musculoskeletal and sports injuries
- Limited laboratory testing (strep throat, mono, urine tests, sexually transmitted infections)
- Sexual health services
- Wellness counseling on topics such as exercise, healthy eating, substance use, sexual health, mental health

When and where will these services be provided?

Every other Friday throughout the school year, visits will be conducted in the health office.

Can any student receive services in the SBHC?

Yes, students who have completed the SBHC and Mountain Community Health forms can access the SBHC. These forms are available on the health office website, the SBHC website, or by calling the health office. It is not necessary to be a patient at Mountain Community Health to use these services.

How does a student make an appointment?

Parents and students may schedule an appointment by contacting the school nurse. Walk-ins may be seen if there is time in the schedule.

Do all students have to receive services at the SBHC? No, it is voluntary.

Can I attend my student's appointment?

Yes, parents and guardians are welcome to attend appointments by phone or in-person (please check in at the front office prior to coming to the visit). Students may also attend appointments on their own. Students 18 and over have the right to choose whether or not a parent may attend an appointment. Per Vermont law, students age 12 and over have the right to seek confidential care without parent permission for reproductive health, mental health, and substance abuse services.

Will sports physicals be available?

Yes, please coordinate scheduling with the school nurse. We will need extra information for these visits, such as the students' medical and family history.

Can the SBHC replace visits to my regular health care provider? No, students should continue to see their regular health care providers. The SBHC is meant to increase access to health care, not to replace your primary care provider.

Will information be shared with my child's regular health care provider?

Yes, a summary of each visit will be sent to the student's primary care provider to ensure that ongoing care, if needed, can be coordinated.

Are the records confidential? Yes. High school students have a right to confidential (private) health care which is protected by the law. At the SBHC, confidentiality guidelines will be followed as done when visiting other medical offices.

What is the cost of a visit to the SBHC? Is insurance accepted? Insurance is accepted. Sliding scale options are available for those without insurance. Please call Mountain Community Health (802-453-3911) for more information.