Oakland Unified School District’s (OUSD) School Health Centers are part of the district’s commitment to creating the necessary conditions each child needs to graduate college, career and community ready. This document highlights the positive impacts School Health Centers made on student health and well-being during the 2017-18 school year.

**Services Offered:**
- Mental health counseling and case management
- Diagnosis and treatment of medical conditions
- Dental screening and treatment
- Health education on nutrition, sexual health, and substance use
- Youth development and leadership programs

**Impact: Enhancing Academic Success**
Studies have documented that healthy students have improved academic outcomes. School Health Centers are designed to provide health and wellness services to support the school population and help eliminate barriers to academic success.

**Keeping Students in School**
The vast majority of clients who visited the School Health Centers for a medical visit were sent back to class (97%) rather than sent home. Without health services on/nearby campus, students might have missed a portion of the school day to have their health needs addressed.

**Supporting Academic Achievement**
The majority of clients “agreed” or “strongly agreed” that the School Health Centers helped them:

- 91% Miss less school or class time
- 87% Have goals and plans for the future
- 74% Get better grades
- 71% Skip less school/classes
Most clients were Latino (53%), African American (25%), and Asian/Pacific Islander (9%). Over half (56%) of all clients were female. Most were 15-19 years old (52%) or 10-14 years old (34%). Over one-third (36%) of the clients were community clients, including graduates, family/community members, and out of school youth.

The OUSD School Health Centers served a diverse client group:

- Over half (56%) of all clients were female.
- Most clients were Latino (53%), African American (25%), and Asian/Pacific Islander (9%).
- Most were 15-19 years old (52%) or 10-14 years old (34%).

Impact: Providing Universal Access to Health Care

School Health Centers provide youth access to health care in a convenient and familiar setting and have been shown to improve health equity and health and education outcomes.¹

Serving Students and Community Members

In the 23 main OUSD schools where students have access to School Health Centers, 41% of the school population made at least one visit.

Over one-third (36%) of the clients were community clients, including graduates, family/community members, and out of school youth.

Offering Integrated Services

From 2012-13 to 2017-18, the number of OUSD School Health Center visits increased from 31,160 to 37,438. Most visits were for medical (45%) or individual behavioral health (31%) services, but also included dental, first aid, health education and group behavioral health.

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Reaching Students Most in Need

Clients who used the School Health Centers frequently (>10 times a year) were more likely than non-users in the same schools to need support. They were more likely to:

- Receive free or reduced lunch: 91% high users vs. 77% non-users
- Have experienced chronic sadness and hopelessness: 43% high users vs. 27% non-users
- Have seriously considered suicide: 23% high users vs. 11% non-users

Given the high needs of these youth, it is encouraging that they are receiving much needed services from the School Health Centers. In fact, one out of four high frequency users reported receiving medical, mental health, and dental care from the School Health Centers. School Health Center high frequency (68%) and low frequency (64%) users were also more likely than non-users (57%) to report having an adult who cared about them at school.
Achieving High Client Satisfaction

Most clients (66%) returned for multiple visits of different types (i.e., medical and behavioral health), demonstrating the value of integrated services. Nearly all clients agreed that the School Health Centers helped them get care sooner than they normally would (96%), learn how to take better care of their health (97%), use protection (like condoms, birth control) more often (94%), and deal with stress/anxiety better (90%).

WHAT CLIENTS SAID...

I appreciate everyone who works here, they’re all friendly, caring and helpful.

Having the clinic at school makes me more inclined to go talk to a nurse when I need help.

You all rock! Thank you for taking good care of me!

Thanks for being here and helping me.

The Health Center takes really good care for us and always find a solution to help.

They have always answered every question even though I ask 1 million every time I come.

IMPACT: SUPPORTING THE SCHOOL COMMUNITY

School Health Center services expand beyond the provision of individual client health-related services to reach the broader school community. Research has found that the School Health Centers are associated with characteristics of positive school learning environments.⁵

Reaching Beyond the Clinic Walls

School Health Centers reach beyond the clinic walls to provide public health services to the entire student population, including:

- **First Aid Supplies Distributed**: 9,075
- **Reproductive Health Education Contacts**: 1,676
- **Dental Screenings**: 3,836
- **Trauma Screenings**: 1,578
- **Nutrition Health Education Contacts**: 2,525
- **Job Training/Career Exploration Contacts**: 1,090
- **Safety/Climate Activity Contacts**: 1,855
- **Acculturation Support Contacts with Newcomer Youth**: 586

2 Basch CE. Healthier students are better learners: A missing link in school reforms to close the achievement gap. J Sch Health. 2011;81(10):593–598.