

## Annual Report 2009/2010

### Mission Statement

**The mission of Metro Care Connection School-Based Services is to support student learning and the physical, social, emotional, and behavioral health of all students by collaborating to provide school-based healthcare, mental health services and substance abuse counseling.**

#### Program Overview

Metro Care Connection (MCC) is a collaborative school and community effort focused on removing barriers to learning for youth by offering expanded school-based health care services. In partnership with The Abbe Center for Community Mental Health (Abbe) and the Area Substance Abuse Council (ASAC), MCC offers school-based health care, mental health counseling, and substance abuse counseling to Cedar Rapids Community School District (CRCSD) students. MCC services can be beneficial in decreasing the many barriers that CRCSD students face that prevent optimal learning and educational success. MCC staff work closely with school staff to ensure students are ready and able to learn through consultation, intervention and education.

MCC's vision is quite simple, healthy children make healthy schools, and the mission reflects this with the statement; to promote educational success for all CRCSD students by providing accessible health care, mental health counseling and substance abuse counseling. MCC is striving to meet diverse student needs, improve well-being, increase student attendance and achievement and ensure connectedness.

MCC services are available to all CRCSD schools and students. These services are provided without charge to the students or their families. We provide health care services to students which include: physical exams, immunizations, treatment of minor illnesses (ear infection, strep throat), basic laboratory procedures, prescriptions for medications and health education and counseling. School-based mental health and substance abuse services can provide assessments, counseling, crisis intervention, social skills groups and consultation.

During the 2009/2010 school year.....

1849 CRCSD students utilized the MCC program during 9598 visits or sessions

1110 students received physical health –related care during 2855 visits

595 students received mental health related care during 4744 sessions

144 students received substance abuse counseling during 1999 sessions

227 physical exams were done. 176 of these were sports related

248 immunizations were done. 95 of these were given to 81 students who had to have immunizations in order to be compliant with school requirements and state laws in order to attend school.

### Health Care

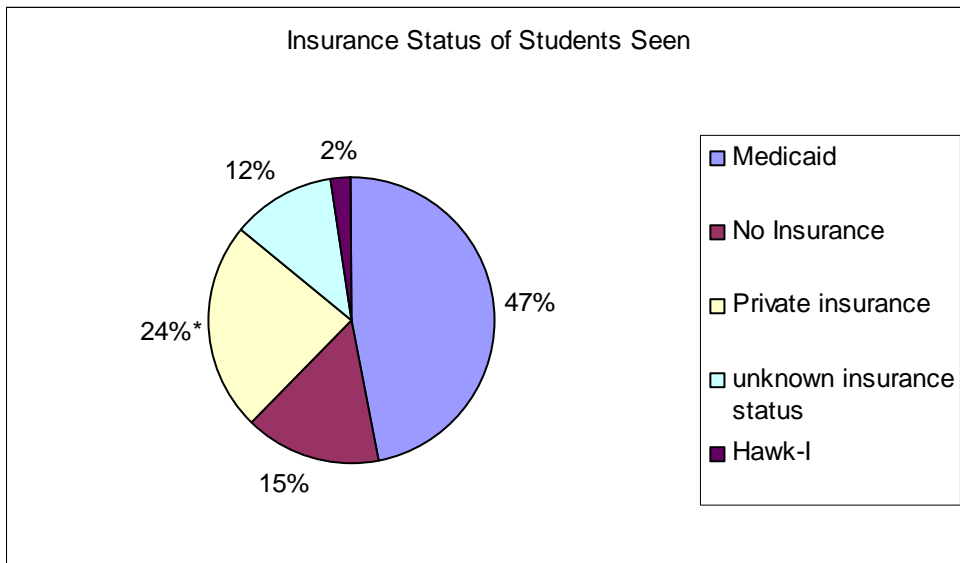
Students were seen from all 33 CRCSD schools

All ages and grade levels represented

41% of clients were minority students

### **Top health concerns students were seen for in the Clinics :**

Headache, Immunization, Physical Exams, Dysmenorrhea (pain or discomfort associated with menstration), Viral Infection, Knee pain and Back pain



**\*Many students with private insurance had no coverage for well care or were unable to get in to see their primary health care provider.**

### Outreach Efforts

The Health Staff reached a number of students in settings other than the MCC clinics. Two Nurse Practitioners saw 74 students in visits out to 10 different schools throughout the year and held a summer clinic to assist school athletes who start athletic practices prior to the start of school in August. Of the students seen in outreach clinics 63 were middle school age students, many of who would not have been able to compete in extra-curricular activities without a physical exam. Research shows that these athletic activities help keep students connected to and actively engaged in school at this age.

The chart below indicates some of the reasons students and their families used our health care clinics in the 2009/2010 school year. Many times there are multiple barriers for families looking for health care.

Access Factors(Reason being seen)	2009/2010
High Deductible	26
Resources exhausted/ No money	26
Keep in School	2328
No Physician	62
No coverage for well care	29
Parent can't leave work	121
No Transportation	10
No insurance	179
Immunization Provisional status ( keep in school)	95
Team requirement	176
Extracurricular/Job requirement	10
Preschool requirement	6
Health promotion/Outreach	87
Parent/Staff request	200
Unable to get appt with own physician	81

### Mental Health

Abbe services were utilized in all 33 CRCSD schools during the 09/10 school year.

Of the 595 students seen for mental health issues, 19% were identified as minority students. 20% had no ethnicity/race identified.

Of the 28 students referred for the Anger Management Program-10 students completed the program during 09/10 school year with 100% showing improvement on their post-test scores. Six students were referred at the end of the school year and will be followed up during the 10/11 school year. Eleven students dropped out of the program and one refused to participate.

During the 90/10 school year four skill building groups were offered in the schools. There were two friendship/ social skills groups, one group for students with anxiety issues, and one group for students with self-esteem issues. 19 students participated in these groups. 100% of the students showed improvement on at least one of the skills involved. In three of four groups over 60% showed improvement in all areas being measured.

### Substance Abuse

ASAC counselors served all four CRCSD high schools and four of the six middle schools during the 09/10 school year.

43.8% of the 144 students seen by ASAC counselors completed treatment. This is inline with the states average of 50%.

ASAC counselors provided 656.25 individual hours and 328.75 group hours of service in the 09/10 school year.

Additionally the counselors provided 23.5 hours of crisis intervention and 136 of evaluation hours to CRCSD students.

22% of the 144 students seen were minority students.

## Emergency Health Fund

One of the many services provided by Metro Care Connection is the Emergency Health Fund. This fund is utilized to provide medications and specialized medical/dental needs to students while staff assists the family to access more long term solutions to funding these medical issues. The EHF funds are available for Cedar Rapids Community School District students who may be temporarily without finances for medications, dental or vision care or for other medical needs. This fund is supported by donations, fundraisers and grant writing. In the 2009/2010 school year \$5414.95 of the Emergency Fund was utilized for medications, specialist visits, dental and vision needs as well as lab tests and medical supplies. These services have in previous years been well-utilized and with the current economic issues facing our country, MCC Staff anticipates a drastic increase in the number of students who will request and benefit from the emergency health fund this next school year and future years. This service is accessed by contacting any CRCSD school nurse or contacting the Metro Care Connection program office at 558-2481.

Below please find a breakdown of the EHF costs for the last 5 years.

School Year	Lice Supplies	Stock Meds	Student Meds	Dental	Labs	Supplies	Vision/Spec. dr	Other/misc.	Totals
2005/2006	\$216.92	\$1,757.45	\$1,541.69	\$148.00	\$997.81	\$0.00	\$106.00	\$0.00	\$4,767.87
2006/2007	\$194.29	\$1,806.99	\$2,528.88	\$92.00	\$1,396.57	\$460.00	\$98.00	\$0.00	\$6,576.73
2007/2008	\$200.75	\$2,002.96	\$3,184.23	\$10.00	\$1,477.93	\$518.50	\$0.00	\$83.46	\$7,477.83
2008/2009	\$366.01	\$1,121.73	\$1,973.94	\$148.25	\$2,532.65	\$962.20	\$190.00	\$42.00	\$7,336.78
2009/2010	\$78.00	\$2,358.69	\$1,072.00	\$223.75	\$1,672.51	\$10.00	\$0.00	\$0.00	\$5,414.95

Thank you!

Much appreciation is expressed to all the individuals, groups, businesses and organizations that have assisted the MCC staff in providing services to CRCSD students and families this past year. Metro Care Connection would not exist without the overwhelming support of our staff, administration and community.

A few special acknowledgements go to: The CRCSD school nurses and health secretaries, The CRCSD school counselors, Cedar Rapids Medical Education Foundation, CarePro 5<sup>th</sup> Avenue Pharmacy, Med Labs of Eastern Iowa, Hills Bank and Trust Company, Rockwell Collins Employee Fund, Greater Cedar Rapids Community Foundation, Cedar Rapids Community Schools District Foundation, and the Thursday Noon Optimists.

# What do Students, Parents and Staff say about Metro Care Connection in the 2009/2010 school year?

## Students:

When asked what they liked about the friendship/self-esteem group they participated in with a MCC/Abbe therapist, three female students responded with:

“You taught me to love me for me”

“All of it, I liked it”

“I liked when we had discussion because it took a lot of stress away from me”

## Parents:

“What a great staff and wonderful service to the students/families of Cedar Rapids. I am overwhelmed and very grateful”

Another mother reports that her son gets along better with friends since participating in a friendship group at his elementary. “He is willing to share with others. He has less of an attitude and doesn’t argue as much and follows direction better.”

## Staff:

“The Metro Care Center is an extremely valued resource, for student health and staff support”

“The MCC staff is outstanding to work with. Always willing to help, even when they are overloaded. We are fortunate they are a part of the CRCSD!!!”

“It is a great program which benefits many students, families, and staff. It definitely helps to decrease barriers to learning and help students succeed in school.”