

School-Based Health Services Planning Grant: Needs Assessment Report

January 23, 2023



Needs Assessment Activities

*June-
September 2022*

**0
1**

**COMPILE AND
REVIEW
EXISTING DATA**

**Planning Committee
established and meeting**
**Data summary and placemats
created from secondary data**

*September-
November 2022*

**0
2**

**DISTRIBUTE
SURVEYS TO
FILL IN GAPS**

32 Students
36 Parents
23 Staff

*September-
November 2022*

**0
3**

**FOCUS GROUPS
AND INTERVIEWS
ADD NUANCE**

Students and parents
Staff and community partners

*November-
December 2022*

**0
4**

**FINAL DATA
ANALYSIS**

**Identified a clear need for
increased school health
services**



NEEDS ASSESSMENT FINDINGS: What is the **Survey** Data Telling Us?

Top Health Concerns Identified Across Survey Respondent Groups

- Mental Health
- Behavioral Health
- Lack of sleep
- COVID-19



Data to note: Drug and alcohol use and smoking were identified by some students and staff as issues. No parent respondents identified these as issues – 66.67% of respondents were parent/guardians of elementary school children, 41.67% were parent/guardians of high school-aged children, and 36.11% of middle school children.

Top Reasons for Not Seeking Care

- ❑ Hard to schedule appointments
- ❑ Hours not good for student/family
- ❑ Cost/Too Expensive
- ❑ Transportation



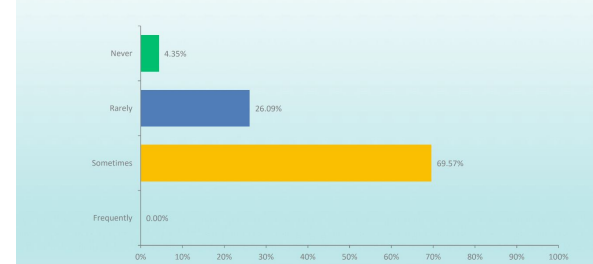
Data to note: 75% of parent respondents shared that the last time they took their child/children to access care they had to miss work, and that 77.78% of their child/children had to miss school. 63.89% of parent respondents think there are not enough places near them to get healthcare

Impact of Health Issues on District Staff's Ability to Do Their Job by Role

- The majority of staff respondents reported that students' mental health needs and behavioral problems frequently make their jobs more difficult compared to students' physical health needs which sometimes or rarely make their jobs more difficult

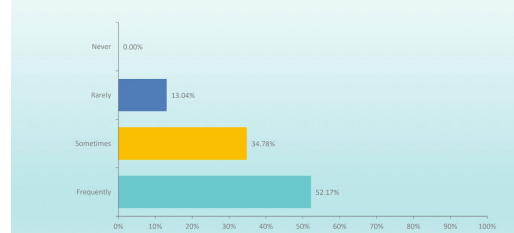
Q1: How frequently is the work that you do made more difficult because of students' physical health needs?

Answered: 23 Skipped: 0



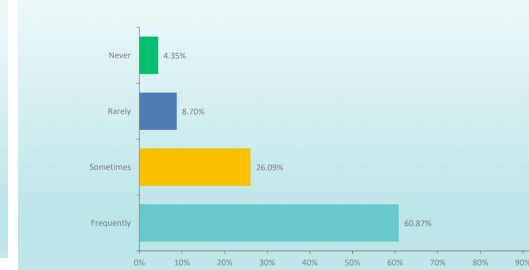
Q2: How frequently is the work that you do made more difficult because of students' mental health needs?

Answered: 23 Skipped: 0



Q3: How frequently is the work that you do made more difficult because of students' behavioral problems?

Answered: 23 Skipped: 0



- ❑ Primary Care Providers
- ❑ Mid-Columbia Medical Center
- ❑ Therapists or other mental health provider
- ❑ Emergency Room or Urgent Care

Most Common Places Families Seek Care



Helpful Qualities of School Health Services Across Survey Respondent Groups



□ **Available during or after school**



□ **Easy access**



□ **Friendly and welcoming environment**



□ **Confidentiality**



□ **Cost**

“I would prefer to have healthcare workers that share my gender. I feel nervous around those of other genders sometimes.”– Dufur student

Survey Summary

“It’s hard to get into some offices, sometimes the wait is MONTHS with fully booked offices and staff shortages” – Dufur parent

“Picking only the top three health concerns was extremely hard, I believe that for our students almost half that list applies. And while I didn’t include them, lack of sleep and good nutrition are top concerns..”
– Dufur staff member

Overall, primary data pointed to the top health needs:

- ❑ Barriers to scheduling appointments and the availability of appointments; timing is inconvenient because of work and school.
- ❑ A need for mental and behavioral health services
- ❑ Lack of sleep and mental health issues are consistently and overwhelmingly identified as concerning issues
- ❑ Lots of appreciation for school nurse, Kamala, exists.



NEEDS ASSESSMENT FINDINGS:

What is the **Focus Group
and Interview** Data Telling
Us?

Focus groups:
☐ 24 students

- ☐ Mental health services, mental breaks, and a space/room in school where a student can find a less stressful environment.
- ☐ Preventative services such as flu shots, sports physicals, etc. could be helpful
- ☐ Care for smaller injuries, fevers, and general health
- ☐ Affordable and accessible health care services in a safe space where there is access to prescriptions, vaccines, and reproductive healthcare (e.g. STI testing, birth control, menstrual pain)
- ☐ Better nutrition

Student Focus Group Themes & Needs Identified

**“Mental health needs are severely unmet. We only have one counselor, and it takes days to set a meeting with her”
– Dufur High School student**

**Mental health stigma,
transportation, and type of care
available are all barriers to accessing
necessary medical services**

Preventive services such as vaccines and reproductive health were named specifically

What kinds of health needs do students have that are not being met?



Focus Groups

Ranger Pride Education Foundation (15 participants)

Dufur School Cabinet (9 participants)

Dufur School District Board of Directors (9 participants)

- **Mental health, environmental health, access to quality health care, vaccinations, birth control, STI prevention, healthy relationships, a struggle to access sports physicals and well child checks are top issues students are facing and the pandemic has amplified them**
- **Distance from care and a financial impact of losing work time to take a child to an appointment are barriers to accessing care, access is a huge issue in our area, both because of the geographic location, as well as lack of available providers in the area, and inconvenient hours.**
- **Within a school district - sports physicals, vaccines, birth control, and injury evaluations (and follow ups), well child checks, daily care, general health would be helpful services**

Excerpts from a Key Informant Interview

Clinical Programs Supervisor

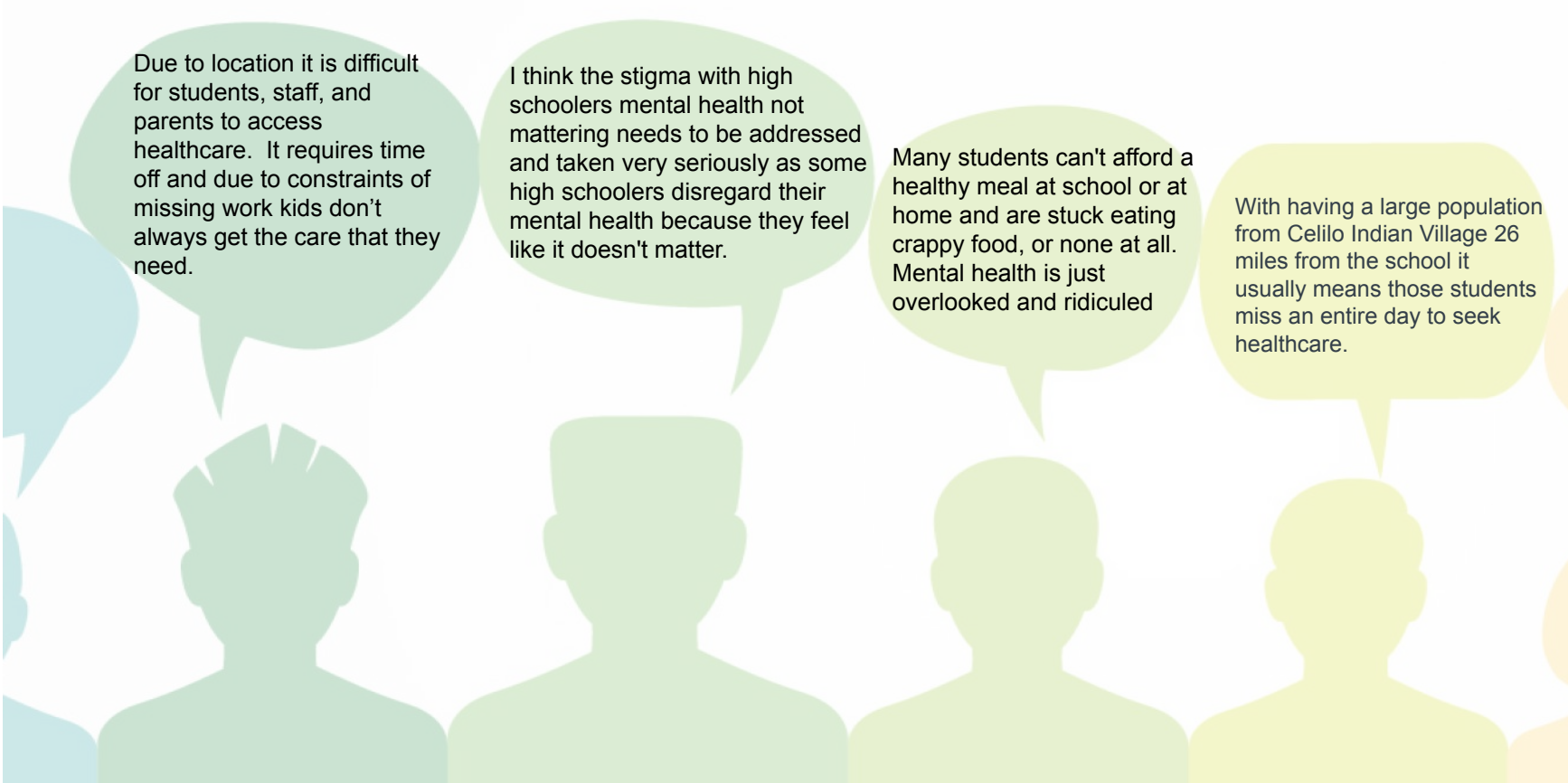
“Gaps in services that the school district could assist with include reproductive health, immunizations and needs to access health education.”

“The need for mental health [services] has increased tenfold.”

“Resources for LGBTQIA2S+ is an equity priority the school should consider when expanding services”



Community and Student Voice



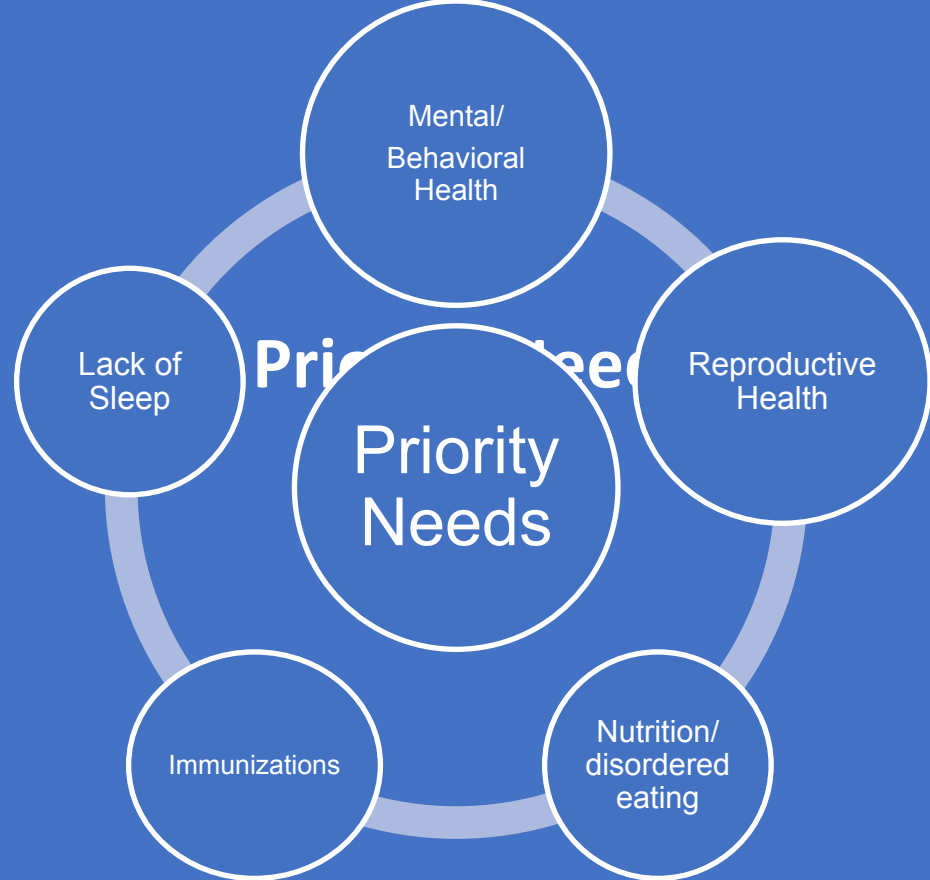
Due to location it is difficult for students, staff, and parents to access healthcare. It requires time off and due to constraints of missing work kids don't always get the care that they need.

I think the stigma with high schoolers mental health not mattering needs to be addressed and taken very seriously as some high schoolers disregard their mental health because they feel like it doesn't matter.

Many students can't afford a healthy meal at school or at home and are stuck eating crappy food, or none at all. Mental health is just overlooked and ridiculed

With having a large population from Celilo Indian Village 26 miles from the school it usually means those students miss an entire day to seek healthcare.

PRIORITIES



Community Resources

Tele-mental health
through One
Community Health

Full-time School
Nurse

Columbia Gorge
Food Bank

St. Alphonsus
Catholic Church
Food Pantry

Full-time School
Counselor

Discussion

