Hallways to Health
Project Opportunity

The Maryland Assembly on School Based Health Care (MASBHC) is seeking three partner SBHCs to participate in a new project called *Hallways to Health*. This project is being led by the National Assembly on School-Based Health Care (NASBHC) as part of a national, multi-state campaign with Kaiser Permanente (KP) known as *Thriving Schools*, which aims to have students, staff, and teachers focus on making healthy choices. *Thriving Schools* is a partnership with school districts leaders, teachers, administrators, parents, students, clinicians, unions, employer groups, and community organizations working to improve health and enhance school climate. The multi-year *Hallways to Health* grant will expand the role that SBHCs play in advancing obesity prevention, social and emotional health, and school employee wellness.

Overview

Selected SBHCs will be expected to facilitate improvements in health behavior among students, their families and school staff, in *all* of the following arenas:

- Obesity prevention
- Social and emotional health
- School employee wellness

Participating SBHCs will implement health improvement programs at *each* of the following levels:

- Clinical service delivery (e.g., BMI assessments and counseling interventions)
- School wide health education and promotion (e.g., bullying prevention)
- Policy and environmental change (e.g., improving access to healthy foods and physical activity for students and staff)

This project will help drive an understanding of best practices in the field, and participating SBHCs will be recognized nationally for their participation.

All partners will be expected to utilize the collaborative model for breakthrough change, a conceptual framework designed by the Institute for Health Care Improvement. This approach emphasizes use of the Plan-Do-Study-Act (PDSA) cycle for rapid process improvement. More information about this approach can be found here. The learning collaborative will provide for peer learning, shared accountability, and leadership development. It will build the skills of participants throughout the 2-year process. All partners will participate in a series of expert-led forums featuring interactive, experiential learning techniques, and will receive resources and tools to support core competency areas and evidence-based practice.

Funding Available

Each SBHC partner will receive $45,000 per year for two years, starting approximately May 1, 2013.

-- SBHC information is due to MASBHC on April 29, 2013 --

Eligibility/Selection Criteria

- We will be selecting 3 SBHCs to participate in our learning collaborative.
- Applicant should be SBHC sponsor/fiscal agent. Applicant may be school district/LEA, community health center/FQHC, local health department, hospital, or community-based organization.
- To be eligible, your SBHC must be located in a Kaiser Permanente Service Area. To find out if it is, check your SBHC zip code here.

Your SBHC must:

- Be school-based (not school-linked or mobile)
- Already be seeing patients or will begin to see patients by August 2013
- Be open at least 4 days per week **OR** operate at least 24 hours per school week
- Have both a primary care provider and mental health professional working within the SBHC
- Demonstrate enthusiasm for the initiative and commit to attending all required meetings/trainings
- Not be in danger of ceasing operations
- Have completed/will complete the NASBHC 2010-2011 SBHC census

Your school site must:

- Demonstrate enthusiasm for participating in the initiative
- Have a significant low-income student population, which can be defined by one or more of the following metrics:
    - School receives Title I funding
    - Free/reduced lunch rate of at least 50%
- Not be in danger of closing

It would be an *additional bonus* (but not required) if your school:

- Has a credentialed school counselor or social worker on staff
- Has a school nurse on staff at least 50% of school hours
- Has a fulltime health and/or P.E. teacher on staff
- Requires health education in at least one grade
- Has after school programs
- Has established a wellness council
- Is a community school - Defined as both a place and a set of partnerships between the school and other community resources. Its integrated focus on academics, health and social services, youth and community development and community engagement leads to improved student learning, stronger families, and healthier communities. The school serves as a hub by bringing together many partners to offer a range of supports and opportunities to children, youth, families, and communities. (*Source: Coalition for Community Schools).*

SBHC Responsibilities/Commitments

If selected, your SBHC will be expected to participate in a statewide learning collaborative. All SBHCs will need to:

1. Complete a variety of *assessments*, including:

a. A baseline, mid-point and final assessment of current practices, existing resources, school community needs and skills related to improving target health behaviors

2. Participate in the *learning collaborative* which includes:
    a. One person from SBHC to attend national planning meeting with NASBHC and KP partners on June 22, 2013 at NASBHC Convention in Washington DC.
    b. In-person, initial project training with MASBHC (early Fall 2013)
    c. Participate in *monthly phone or webinar meetings* with MASBHC for progress reporting, consultation and technical assistance.
    d. Booster training sessions linked to June 2014 NASBHC convention (travel and registration paid by NASBHC)
    e. Final project meeting of all partners at 2015 NASBHC convention.
    f. Participate in all state-led training sessions related to best practices and policies on obesity prevention, social and emotional health, and employee wellness.

3. Develop and implement a Program Improvement Plan including:
    a. *Identify specific activities and programs to improve student, family, and staff wellness*. The Program Improvement Plan might include activities such as establishing a school wellness committee, incorporating healthy snacks and drinks into staff meetings and lunchrooms, conducting school wide BMI screenings, or expanding the school safety plan to include new policies and procedures for responding to bullying, violence, or dating abuse among students.
    b. *Plan, implement and continuously revise PDSA cycles* according to experience.
    c. Create an ongoing "storyboard" demonstrating progress toward implementing your program. The storyboard is a graphical representation of your program progress and successes, and may be digital or "hardcopy."

4. Submit *quarterly progress reports* to MASBHC.

5. Share your site's experience and findings through at least one *workshop, webinar and/or publication.*

Ongoing training and technical assistance will be available throughout this program, with significant support from MASBHC, NASBHC and Kaiser Permanente.

Questions? Please contact MASBHC at masbhc@gmail.com

Please answer the following questions and return to MASBHC (masbhc@gmail.com) electronically by April 29, 2013 no later than 5:00 pm.

1. Background Information/Qualifications

A. About the Organization (SBHC sponsor/fiscal agent)

Agency:		
Type of organization (check only one):	☐ Community health center/FQHC ☐ School district ☐ Hospital	☐ Non-profit organization ☐ Other:
Total Annual Budget:		
Contact Name:		
Contact Title:		
Contact Email:		
Contact Phone #:		
Contact Address:		

B. About the SBHC

Name of SBHC:		
Date SBHC established:		
Address:		
Name of School: Is this a Title I school?	☐ YES ☐ NO	
School where SBHC is based is (check all that apply):	☐ Elementary school ☐ Middle school ☐ High school	☐ All ages (K-12) ☐ Other:
Enrollment at host school (#):		
# SBHC patients: *(This # should include all unique patients within a 1-year period)*		
SBHC operating hours:		
Current SBHC staff titles and % FTE for each staff: *Please include all SBHC staff, even if employed by a partner agency.*		

B. Student demographics

Racial/ethnic composition of student body (%):	☐ American Indian/ Alaska Native ☐ Asian ☐ Native Hawaiian/ Pacific Islander ☐ Filipino	☐ Hispanic/Latino ☐ Black/African American ☐ White ☐ Two or more races ☐ Not reported
Free/reduced price enrollment: Click here to find this information.	% of students eligible for free or reduced price meals	
Please address the bonus selection criteria by indicating whether your school has the following:	☐ A credentialed school counselor or social worker on staff ☐ A school nurse on staff at least 50% of school hours ☐ A fulltime health and/or P.E. teacher on staff ☐ Requires health education in at least one grade ☐ After school program ☐ A wellness council ☐ Is a community school	

2. Project Narrative

Your total project narrative should not exceed 3 pages (single-spaced).

A. **How is your SBHC engaged in health promotion and wellness programs?** (Please be as specific as possible.)
   i. Highlight any experience targeting obesity prevention, social and emotional health, and school staff wellness.
   ii. Please provide one or more concrete examples of how your wellness programs have improved health behaviors or the school environment.

B. **Has your SBHC been involved in influencing policy at the school or community level?** If yes, please describe.

C. **How would this project support work your SBHC is already doing, or wanting to do?** Please specifically address the goals of the initiative: advancing obesity prevention, social and emotional health, and school employee wellness through 1) clinical service delivery, 2) education, and 3) policy and environmental change.

D. **Please describe your SBHC's relationship with:**
   i. School staff
   ii. Families
   iii. Community groups/members

E. **Part of this project involves participating in a learning collaborative. What are some of the challenges you've encountered in this work that could be addressed through this learning collaborative?**

F. **What other resources and partnerships would you bring to support your work on this project?**

G. **How would your SBHC sustain the efforts of this project?**

Thriving Schools Budget			
SBHC Name:			
	Year 1	Year 2	TOTAL
PERSONNEL (list title, FTE on project, and role in project):			
			$ -
			$ -
			$ -
			$ -
Supplies			$ -
			$ -
Travel:			$ -
One SBHC staff to national meeting at NASBHC convention: June 22nd, 2013 in Washington DC			
			$ -
			$ -
Indirect (cannot exceed 10% of direct costs)			$ -
			$ -
			$ -
			$ -
	$45,000	$45,000	$90,000