

# Annual Latino Public Affairs Forum

Dr Maria Aramburu MD MPH FAAP  
Medical Director

Medstar Georgetown University Hospital  
Roosevelt School Based Health Center

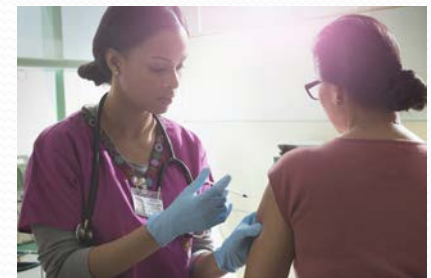
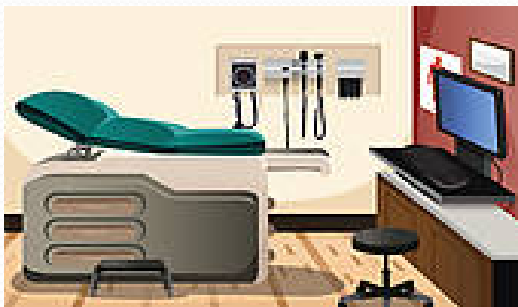
# School Based Health Center

- The School-Based Health Center (SBHC) is funded by DC DOH to provide comprehensive primary medical care and promote wellness to DCPS students enrolled at :
  - Roosevelt Senior High School
  - Roosevelt STAY ( Under 18)
  - Children of the adolescents enrolled in RSH

**Regardless of insurance**

# SERVICES AVAILABLE

- Physicals for school forms/sports
- Child and adolescent sick visits
- Health education
- Women's health
- Pregnancy testing
- Laboratory testing
- Substance abuse
- Psychiatry
- Reproductive care and prenatal care
- Blood pressure and blood sugar checks
- Mental health services
- Immunizations
- HIV and STI testing
- PPD (Tuberculosis tests)
- Minor wound care
- Risk assessment



# Creating a Wellness Home: The Five Pillars of Health

Physical Health

Oral Health

Nutrition

Mental Health

Social Determinants of Health

Evidence Based and Community Centered  
Practice Model

# Partnerships



DC Department of Health  
Community Health Administration



Department of Pediatrics at MGUH  
Division of Community Pediatrics

# Physical Health-Services provided

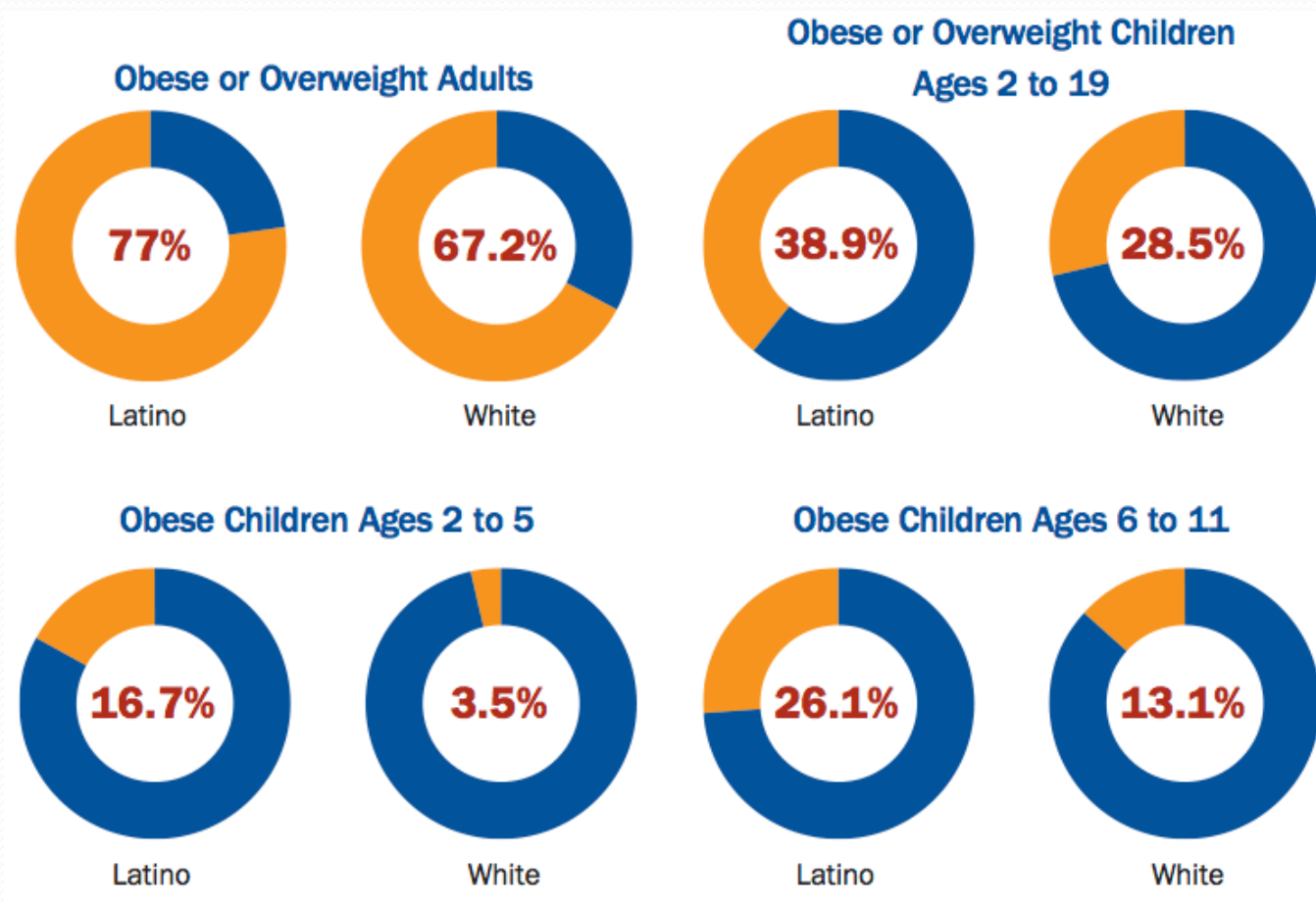
- School/Sports/Camp/Daycare Physicals
- Sick/Periodic Care
- Hearing/Vision Screenings
- Immunizations
- Laboratory Studies
- Tuberculosis Testing
- Reproductive care and prenatal care
- Specialty Referrals and Care Coordination
- 24 hour On-call coverage
- On-site Pharmacy

# Oral Health

- US Dept of HHS report that 25% of children have 80 percent of all tooth decay.
- Unemployment, poverty, and homelessness , health insurance access and immigration status affect the accessibility and utilization of oral health care and dental services in the DMV area, resulting in very low oral health indicators

Early childhood caries experience negative consequences such as pain, difficulty eating and sleeping, and diminished quality of life

# Nutrition

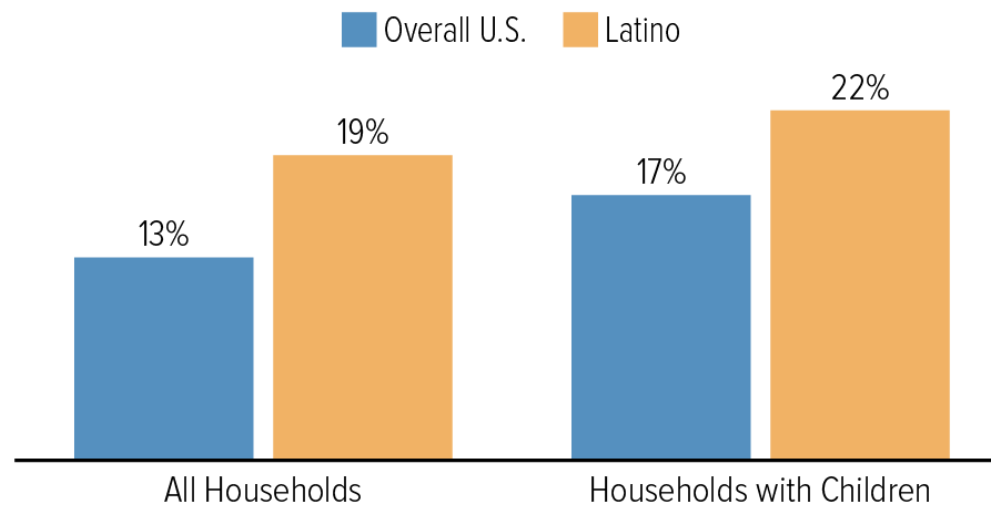




# Food Insecurity

## Latino Households Have Higher Food Insecurity Than Nation as a Whole

Percentage of households that lacked access to adequate food at some point in the year, by ethnicity, in 2015



Source: Alisha Coleman-Jensen et al., "Household Food Security in the United States in 2015, Statistical Supplement," USDA, September 2016.

# Mental Health –

## Assessing the need

- AAP policy statement in 2009 Recognized the uniqueness of the primary care clinician's role:
  - Building resilience in all children
  - Promoting healthy lifestyles
  - preventing or mitigating mental health and substance abuse problems
  - identifying risk factors and emerging mental health problems in children and their families and
  - partnering with families, schools, agencies, and mental health specialists to plan assessment and care
- In July 1<sup>st</sup> 2013 – DC Medicaid Managed Care Organizations are required to ensure annual mental health screening using approved screening tools

# What is trauma?

“*Trauma* is a scary, dangerous, or violent event that can happen to anyone.”

“An event can be *traumatic* when we face or witness an immediate threat to ourselves or a loved one, often followed by serious harm or injury”

# What can be a traumatic event?

- Accident
- Injury
- Serious illness
- Fires
- Crime
- Community violence
- Injury or death of a loved one
- Violence within the family
- Abuse or neglect
- Homelessness
- School violence
- Bullying/cyberbullying
- Living in or escaping from a war zone

# How big is the problem?

- Nationally,
  - Between 25-43% of children are exposed to sexual abuse
  - Between 39-85% of children witness community violence
  - More than half of children report experiencing a traumatic event by age 16
- In the District of Columbia,
  - 40% of high school students reported seeing or hearing violence and abuse during the last 12 months
  - There were 33,000 domestic violence calls made to DC police in 2013

# What about immigrants?

- At higher risk for traumatic stress
  - Trauma before and during journey to the United States
  - Adverse childhood experiences
  - Violence in home country
  - Loss in family/death in family
  - Bullying or discrimination
  - Separation from loved ones for any period of time
  - Toxic stress from fear of deportation

# Why is this important?

- Early childhood exposure to trauma changes the way the brain develops
- Trauma can affect:
  - Language development
  - Academic achievement
  - Ability to form relationships
  - Executive functioning and self-regulation
- Children exposed to trauma do worse in school, are more likely to be in special education, have higher rates of detention/suspension, lower test scores/grades, and are less likely to graduate

# Our Research Study

- WHO: Latino immigrant adolescents who attend Theodore Roosevelt High School
- WHAT: Students will complete the Trauma Symptom Checklist for Children to screen for traumatic stress
- WHERE: At school in the student health center
- WHEN: 2017-2018 school year
- WHY: To determine the prevalence of traumatic stress in these student, make sure that these students are receiving the help they need, and plan for future school-based mental health interventions.



# Mental Health-Resources and Gaps

- Early Identification
- Prompt Referral
- Proper connections and availability
- Language barriers
- Cultural competence barriers
- Access to resources outside the school

# Social Determinants of Health

- Screening for Food insecurity
- Screening for housing insecurity
- Toxic stress from immigration challenges
- Social Work support
- Legal concerns
  - Health Justice Alliance
  - KIND
  - Break the Cycle
  - Community Partnerships

# Ensuring all Children have the opportunities...

