



**School-Based Health Center  
Overview**

Melanie Wilde-Lane  
Executive Director  
The CT Association of School Based  
Health Centers Inc.

# Services in School-Based Health Centers

Medical health

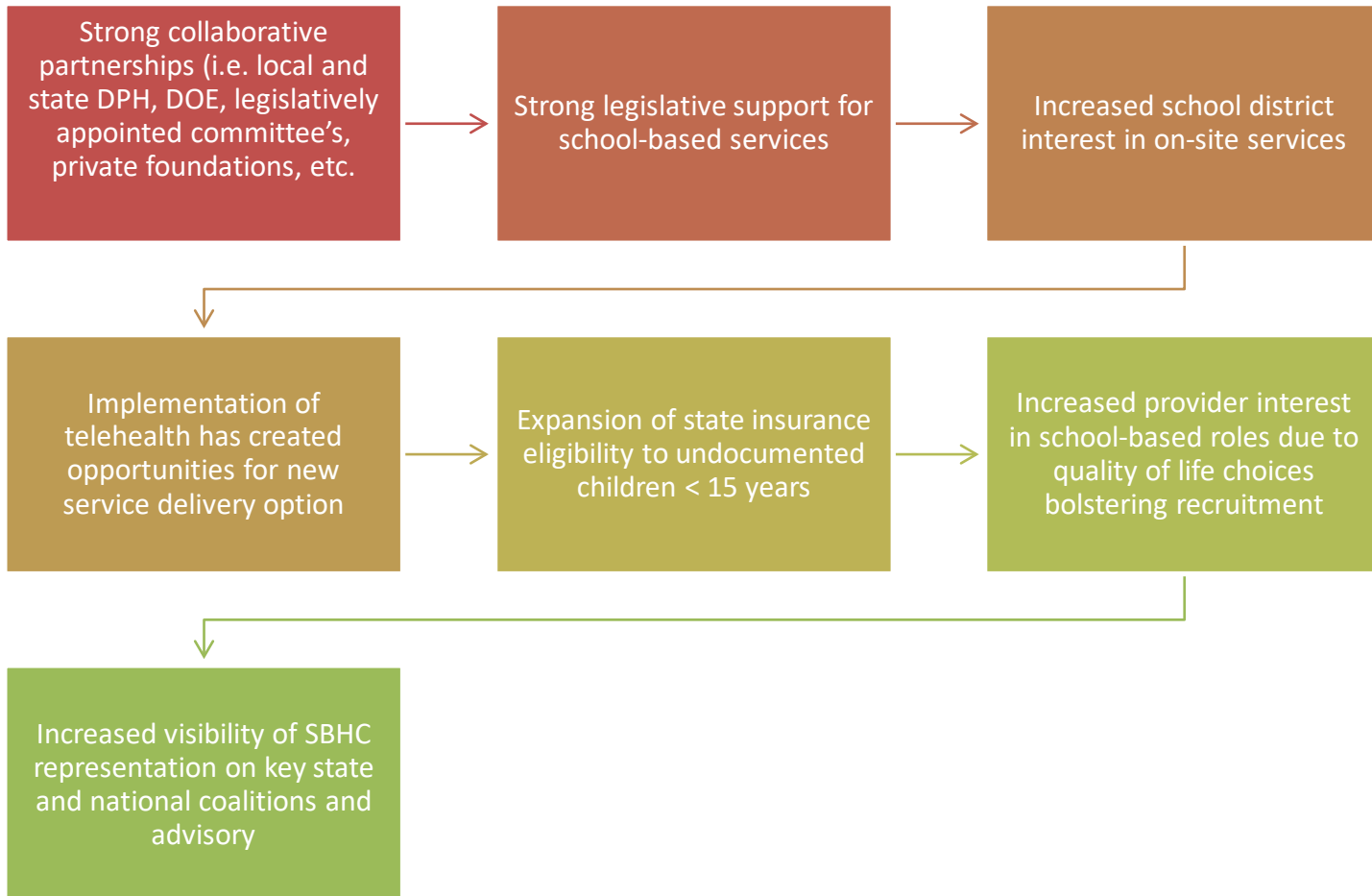
Mental health

Dental health

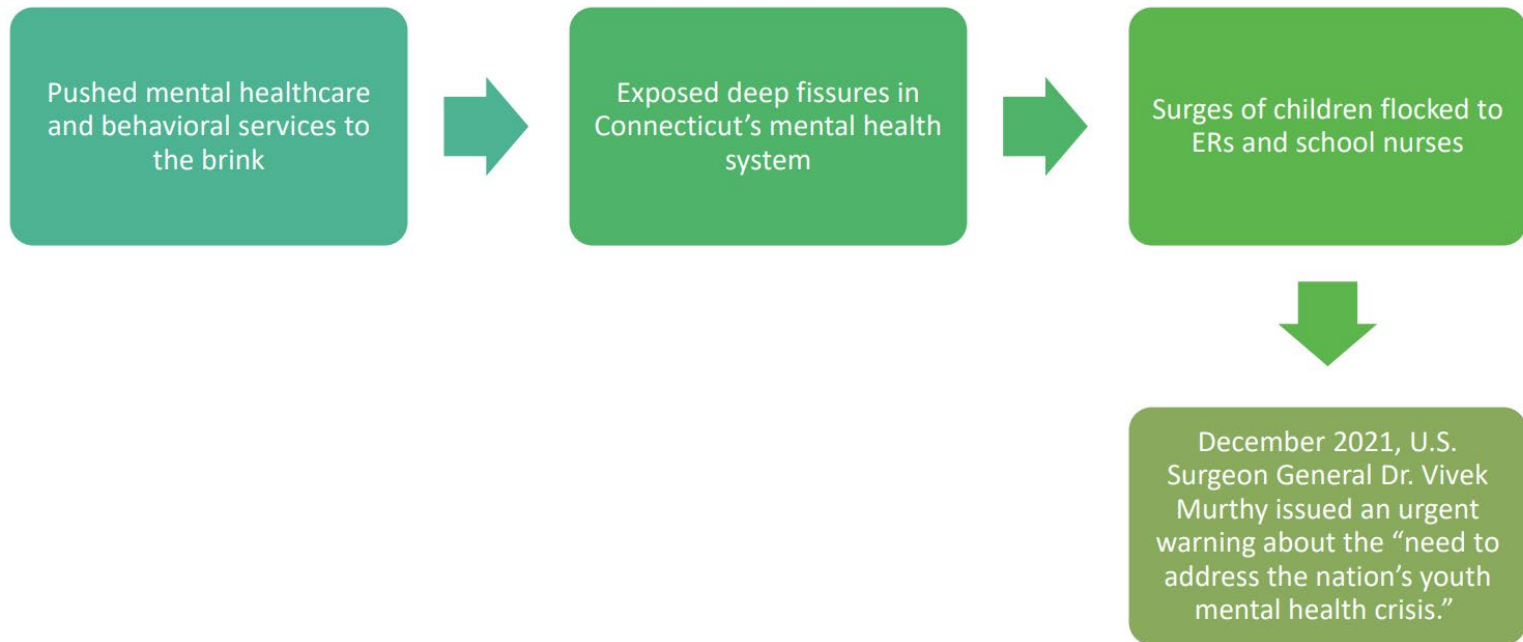
SBHCs can include any combination of these three.



# SBHC Importance



# WHAT DID COVID-19 DO FOR MENTAL HEALTHCARE



# WHAT DID WE LEARN?

Clear need for expanded mental health services and school-based health services

Still poor funding for trauma-informed mental health care and teacher training, especially in schools

Glaring inequities in who can access mental health care and in who is providing it

Racial minorities highly underrepresented across mental health practice

## SBHC Trends

Pediatric obesity

Peer relationship issues

Identity concerns

School avoidance

Anxiety and Depression

Social determinants of health

- Food insecurity
- Financial insecurity
- Risky behaviors

# BIGGEST BARRIER FACING CHILDREN AND MENTAL HEALTH

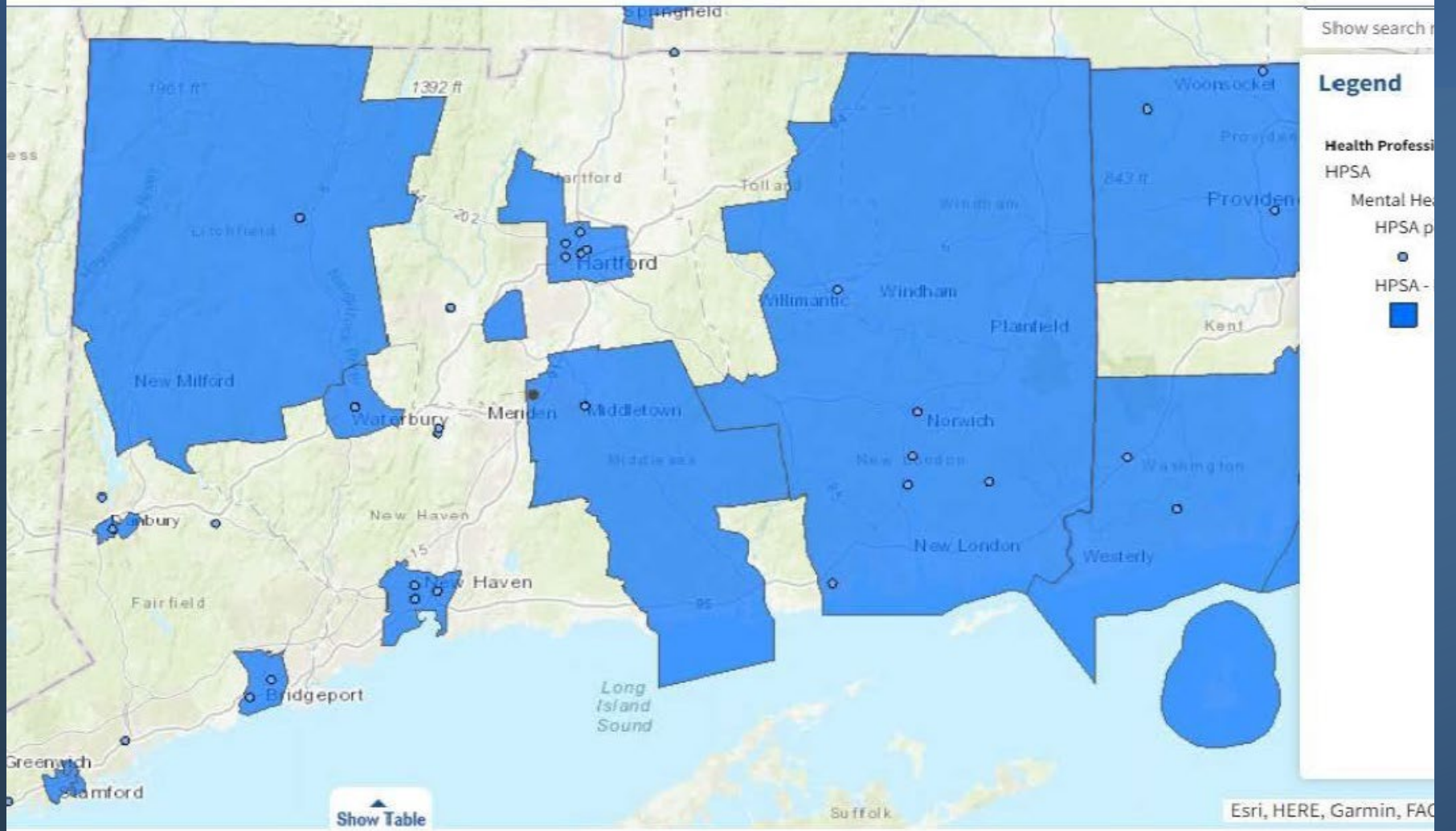
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# HRSA Mental Health HPSAs in Connecticut

## Quick Maps - Mental Health Health Professional Shortage Areas





# SBHC Challenges

Insufficient licensed providers (LCSW, LMFT, LPC)

Provider burnout

Competing salary and benefits impacting recruitment and retention

Increasing demands = high caseloads = minimal or no on-site administrative support staff

Inequities in insurance reimbursement and documentation requirements

Dire need for psychiatrists to provide case consultation & referral for needs outside scope of SBHC

# SB1

- \$10 million in expansion funds for school-based health centers
  - Focus on mental health
  - Extended hours

# Potential Recommendations For Children's Health Transformation

Comptroller's Health Cabinet Children's Subcommittee  
12/19/23

