

What is a school based health center (SBHC)?

A SBHC is a health center located in a school that offers enrolled students confidential primary and urgent health care and health education at no cost to the student or family. Enrolled students can receive care such as: flu shots or immunizations, annual physical exam, treatment or medication when they are sick or hurt during school, in a safe, nurturing, and familiar place during the school day.

Who works in the school based health center?

Our SBHC is staffed by a licensed medical provider and a medical assistant. These providers do not replace your child's regular pediatrician/nurse practitioner. We will communicate with his/her primary care provider when needed, to coordinate care and to follow-up for your child.

What are the benefits of using the SBHC?

- Improves health of students
- Convenience for both students and parents
- Students receive care from trusted adults where they are, when they need it
- Less missed time from work and school
- Allows students to stay in school and be available to learn
- No cost to students/families
- Follow-up care done in school

What services are provided?

- Diagnosis & treatment for injuries and illness
- Well-child physical examinations & sports physicals
- Immunizations and laboratory tests
- Management of chronic health conditions
- Prescription and over-the-counter medications
- Promotion of healthy life choices
- Referrals for specialty care, including behavioral health and dental
- Individual, group & classroom health education
- Birth control & sexually transmitted infection testing (for students over age 13)

How much does it cost?

SBHC services do not cost anything for students or their families. For students with private insurance or HUSKY (Medicaid), we will bill the insurance company directly for eligible services.

How do I enroll my child in the SBHC?

It's easy! Parents/guardians must complete and sign a permission form to enroll each child under 18 years old. Students 18 or older can sign permission forms for themselves. Submit the completed form to the SBHC staff at your child's school, and he/she is eligible to receive all services in the SBHC for as long as he/she is enrolled in East Haven High School.

How is the school based health center different from the school nurse?

The school based health center is staffed by a nurse practitioner who is a licensed registered nurse with at least a Masters-level training in primary/chronic health care of children/adolescents and who can diagnose and treat illnesses such as strep throat, flu, etc., as well as prescribe medication for treatment the same day. The school nurse can refer the student to the SBHC, but cannot diagnose and treat.

Are reproductive health services available for adolescents?

Yes. Our goal is to work with students and their families to prevent sexually transmitted infections and pregnancy. Under CT state law, adolescents 13 and over can obtain birth control or testing and treatment for sexually transmitted infections, including HIV, without parental consent or notification. Our providers strongly encourage adolescent patients to discuss their reproductive health care needs with a parent/guardian.