COORDINATED SCHOOL HEALTH

A MODEL FOR SCHOOL AND COMMUNITY COLLABORATION
COORDINATED SCHOOL HEALTH COUNTYWIDE EVENT – JANUARY 29TH

SPEAKER: Dr. Pat Cooper Superintendent, McComb School District McComb, Mississippi

LOCATION: HILLSDALE ISD
PURPOSE OF THIS PRESENTATION

• INCREASE YOUR AWARENESS AND UNDERSTANDING OF THE COORDINATED SCHOOL HEALTH PROGRAM (CSHP) MODEL

• EXAMINE THE BENEFITS OF ESTABLISHING A COUNTYWIDE COORDINATED SCHOOL HEALTH COLLABORATIVE IN HILLSDALE COUNTY

• DISCUSS THE OPTIONS FOR MAKING THIS HAPPEN
REFRESHER: WHAT IS COORDINATED SCHOOL HEALTH?

8 Components of Coordinated School Health

- Family & Community Involvement
- Physical Education
- Comprehensive School Health Education
- School-site Health Promotion for Staff
- Healthy School Environment
- Counseling, Psychological & Social Services
- School Health Services
- Nutrition Services
SUCCESS!
McComb School District
McComb, Mississippi
Minority - Low-income – 3,000 Students

Significant increases in reading, language and math test scores. One group moved from the 30th percentile to the 47th percentile within four years. In 2000, 46.5% of these children were in the bottom quarter, four years later only 22.6% of them were

MCT scores for 2nd – 8th grade reading, language and math increased by 32.8 to 80.4 points.

The graduation rate has increased from 77.03% in 1996-97 to 90.7% in 2002-03. This is nearly 10% higher than the state average.
WOW!

- Special Education inclusion rate in McComb is double that of the state of Mississippi. They ranked 1st in providing special education services within general education classes.

- The total number of special education students has decreased from 443 in 1997 to 375 in 2004.

- Only 3% of teens in the Teen Parent Program had a repeat teen pregnancy before the age of 20, compared to 23.5% for Mississippi and 20.9% for the U.S.

- A decrease of 59% was seen in juvenile crime arrests out of school

- Decreases of more than 42% in suspensions/detentions and 33% in expulsions have occurred since the Safe Schools Component was initiated.
MCCOMB SCHOOL DISTRICT’S CSHP MODEL

DVD: “A SAFETY NET 2007”
BEFORE

An Example of an Uncoordinated System

Psychological Testing
After-School Programs
HIV/AIDS Prevention

Special Education
Pupil Services
Physical Education
Health Education

Health Services
Nutrition Education

School Lunch Programs

Drug Prevention

Drug Services

Clinic

Mental Health Services
Community-Based Organizations

Juvenile Court Services

HIV/AIDS Services
Social Services
Child Protective Services

Pregnancy Prevention
Counseling
Codes of Discipline

Smoking Cessation for Staff

Child Family

Social Security
Medical Aid
Diversity

EDC in partnership with APA, ASCA, NASN, NASP, and NASW
JACKSON PUBLIC SCHOOLS
COORDINATED SCHOOL HEALTH INITIATIVE –PROPOSED STRUCTURE

JPS SCHOOL BOARD
SUPERINTENDENT

JPS COORDINATED SCHOOL HEALTH COUNCIL
-School Staff
-Community Health Agencies
-Medical Professions
-Parents

DISTRICT HEALTH TEAM
-Leadership Team Members
-Key school staff representing
8 components of CSH
-Teachers
-Students
-Parents

Building Level Coordinated School Health Team

Building Level Coordinated School Health Team

Building Level Coordinated School Health Team

Building Level Coordinated School Health Team

Building Level Coordinated School Health Teams

FOCUS: IMPLEMENTATION OF HEALTHY SCHOOL IMPROVEMENT PLAN
SCHOOL/COMMUNITY COLLABORATION/COOPERATION

- School Nurse Program…Foote Hospital
- Safe Routes to School..Fitness Council
- Conducted YRBS & PNA Surveys
- 21st Century Grant After-School Programs
- Girls Quest/Boys Quest
- School-Based Health Centers…CFH
# Benefits of Coordinated School Health

## MEAP SCORES

<table>
<thead>
<tr>
<th>Year</th>
<th>Reading</th>
<th>Math</th>
<th>Science</th>
</tr>
</thead>
<tbody>
<tr>
<td>2004</td>
<td>51</td>
<td>35</td>
<td>44</td>
</tr>
<tr>
<td>2005</td>
<td>64</td>
<td>46</td>
<td>47</td>
</tr>
<tr>
<td>2006</td>
<td>68</td>
<td>70</td>
<td>66</td>
</tr>
<tr>
<td>2007</td>
<td>74</td>
<td>75</td>
<td>72</td>
</tr>
</tbody>
</table>

## GRADUATION RATES

<table>
<thead>
<tr>
<th>Class</th>
<th>Freshman</th>
<th>Senior</th>
<th>Graduate %</th>
</tr>
</thead>
<tbody>
<tr>
<td>2004</td>
<td>525</td>
<td>356</td>
<td>317</td>
</tr>
<tr>
<td>2006</td>
<td>560</td>
<td>391</td>
<td>370</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Graduate %</th>
<th>2004</th>
<th>2006</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>60.4</td>
<td>66.1</td>
</tr>
</tbody>
</table>
## Collaboration Continuum

<table>
<thead>
<tr>
<th>Networking</th>
<th>Cooperation</th>
<th>Collaboration</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Share ideas</td>
<td>- Share ideas and resources</td>
<td>- Combine resources</td>
</tr>
<tr>
<td>- Learn about each other’s programs and services</td>
<td>- Minimize duplication of programs</td>
<td>- Shared vision and a new system</td>
</tr>
<tr>
<td>- Loose and informal links</td>
<td>- Semi-formal links</td>
<td>- Formal and written links</td>
</tr>
<tr>
<td>- Loosely defined roles</td>
<td>- Somewhat defined roles</td>
<td>- Formalized roles</td>
</tr>
<tr>
<td>- Informal communication</td>
<td>- Group planning and decision making</td>
<td>- Consensus used in decision making</td>
</tr>
<tr>
<td>- Little conflict</td>
<td>- Regular communications</td>
<td>- Highly developed communication</td>
</tr>
<tr>
<td>- Some specific decisions</td>
<td>- Some conflict</td>
<td>- Greater potential for conflict</td>
</tr>
<tr>
<td>- Resources of partners are kept separate</td>
<td>- Funds are raised for specific projects</td>
<td>- Development of new resources and joint budget</td>
</tr>
</tbody>
</table>
HILLSDALE SCHOOL DISTRICTS’ INTEREST IN CSHP IS VERY HIGH

• 6 out of 10 school districts have committed resources to receive training and support in the CSHP model.
MOVING TO THE NEXT LEVEL OF COMMUNITY-SCHOOL COLLABORATION

FORMING A COORDINATED SCHOOL HEALTH COUNCIL
BENEFITS OF A SCHOOL HEALTH COUNCIL

• UTILIZE AND MAKE THE MOST OF TOTAL COMMUNITY RESOURCES AND ASSETS

• INFLUENCE MORE PEOPLE WITHIN A COMMUNITY THAN A SINGLE INSTITUTION COULD

• BE A CREDIBLE, COLLECTIVE VOICE OF SUPPORT FOR HEALTHY CHILDREN AND YOUTH

• FOSTER COOPERATION BY BUILDING TRUST AND CONSENSUS AMONG GRASSROOTS ORGANIZATIONS, COMMUNITY AGENCIES AND SCHOOLS
EXAMPLES OF WHAT A SCHOOL HEALTH COUNCIL CAN DO

• SUPPORT THE IMPLEMENTATION OF THE EIGHT COMPONENTS OF COORDINATED SCHOOL HEALTH IN EACH SCHOOL /SCHOOL DISTRICT

• HANDOUT
CSHP COUNCIL

OPTIONS:

• REGIONAL COUNCIL (JACKSON-HILLSDALE COUNTIES)
• SUBGROUP OF THE HSN
• CREATE A SEPARATE ENTITY-HILLSDALE COUNTY CSHP COUNCIL
ADVANTAGES OF HSN SUBGROUP

• Tap into an existing collaborative which represents key stakeholders in a Coordinated School Health council.

• Reduces time for recruitment, building familiarity and trust among council members, etc. Can get to work quicker!

• HSN has an established track record and structure for interagency collaboration for the benefit of youth and families
BENEFITS TO HSN

• INCREASED INVOLVEMENT OF LOCAL SCHOOLS IN HSN ACTIVITIES AND EFFORTS
• EXPAND HSN’S COOPERATIVE AND COLLABORATIVE PROGRAMS AND SERVICES BENEFITTING YOUTH AND FAMILIES
• INCREASE HSN’S AND MEMBER AGENCIES INVOLVEMENT IN LOCAL SCHOOLS
QUESTIONS?
THANK YOU FOR THE OPPORTUNITY TO PRESENT THE CSHP MODEL
MERRY CHRISTMAS AND HAPPY HOLIDAYS!
LOCAL DATA ON HEALTH RISK BEHAVIORS

• ASSET SURVEY (1999-2007)
  Alcohol, Tobacco, and Marijuana, Truancy, Anorexia/Bulemia and protective factor data (Grades 6, 8 and 10)

  Risk and protective factors, drug use (Grades 6, 8, 10 and 12)
Michigan Profile for Healthy Youth (MiPHY)

- New statewide online survey
- Provides student results on health risk behaviors including *substance abuse*, *violence*, *physical activity*, *nutrition*, *sexual behavior*, and *emotional health*
- Also assesses risk and protective factors
- Free
WINTER/SPRING 2008
BASELINE SURVEY

• CONDUCT SURVEY IN ALL COUNTY SCHOOLS IN GRADES 7,9, AND 11
• IMPLEMENTATION TRAINING FOR ALL SURVEY COORDINATORS IN JANUARY
• SURVEY WINDOW UNTIL THE END OF MAY
• SURVEY RESULTS IN EARLY JUNE
SOME CURRENT AND EMERGING NEEDS
Underage Drinking

Emerging Issue in Hillsdale County
Fact

- High Incidence of Alcohol-Involved Traffic Crash Fatalities, Injuries and Alcohol Involved Crashes in Hillsdale County.¹
Fact

- High Incidence of past 30 day Alcohol Use and Binge Drinking by Youth in Hillsdale County.¹
Fact

- Hillsdale County Youth Need Alcohol Prevention Services.¹

### Mid-South Substance Abuse Commission

**Epidemiological Summary**

**Need for Prevention Services - Alcohol Youth**

**By County**

<table>
<thead>
<tr>
<th>County</th>
<th>Epi Score</th>
<th>Epi Summary Ranking</th>
<th>High Need = 1-2</th>
<th>Medium Need = 3-4</th>
<th>Low Need = 5-10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calhoun</td>
<td>2</td>
<td>2</td>
<td>High</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Clinton</td>
<td>0</td>
<td>5 (tie)</td>
<td>Low</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eaton</td>
<td>1</td>
<td>3 (tie)</td>
<td>Medium</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gratiot</td>
<td>1</td>
<td>3 (tie)</td>
<td>Medium</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hillsdale</td>
<td>4</td>
<td>1</td>
<td>High</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ingham</td>
<td>0</td>
<td>5 (tie)</td>
<td>Low</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ionia</td>
<td>0</td>
<td>5 (tie)</td>
<td>Low</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jackson</td>
<td>0</td>
<td>5 (tie)</td>
<td>Low</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lenawee</td>
<td>0</td>
<td>5 (tie)</td>
<td>Low</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Newaygo</td>
<td>0</td>
<td>5 (tie)</td>
<td>Low</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Source: 2006 Prevention Needs Assessment Survey. Percent Having Used Alcohol Within 30 Days, Percent Having Engaged in Binge Drinking (Tables 4-5).*
QUESTIONS?

• Presentation provided by the Hillsdale County Substance Abuse Prevention Coalition (HCSAPC). For more info contact Matt Frizzell, Prevention Coordinator at 517.439.8707 or matt.frizzell@yahoo.com

Data Source

¹Mid-South Strategic Prevention Framework-State Incentive Grant Needs Assessment Report, August 31, 2007