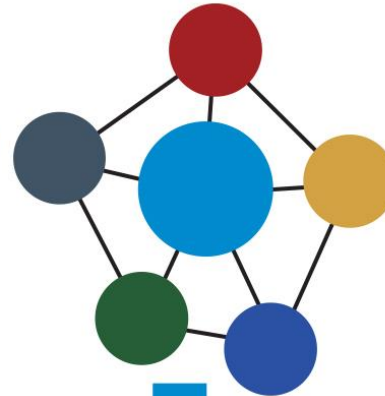


Healthy Schools



Connecting education, health, & community



Presentation Content

- **Introductions - Who's here**
- **Why do we need Healthy Schools?**
- **Healthy Schools Results**
- **Feedback from Principal Olszewski and Reese**
- **Questions**

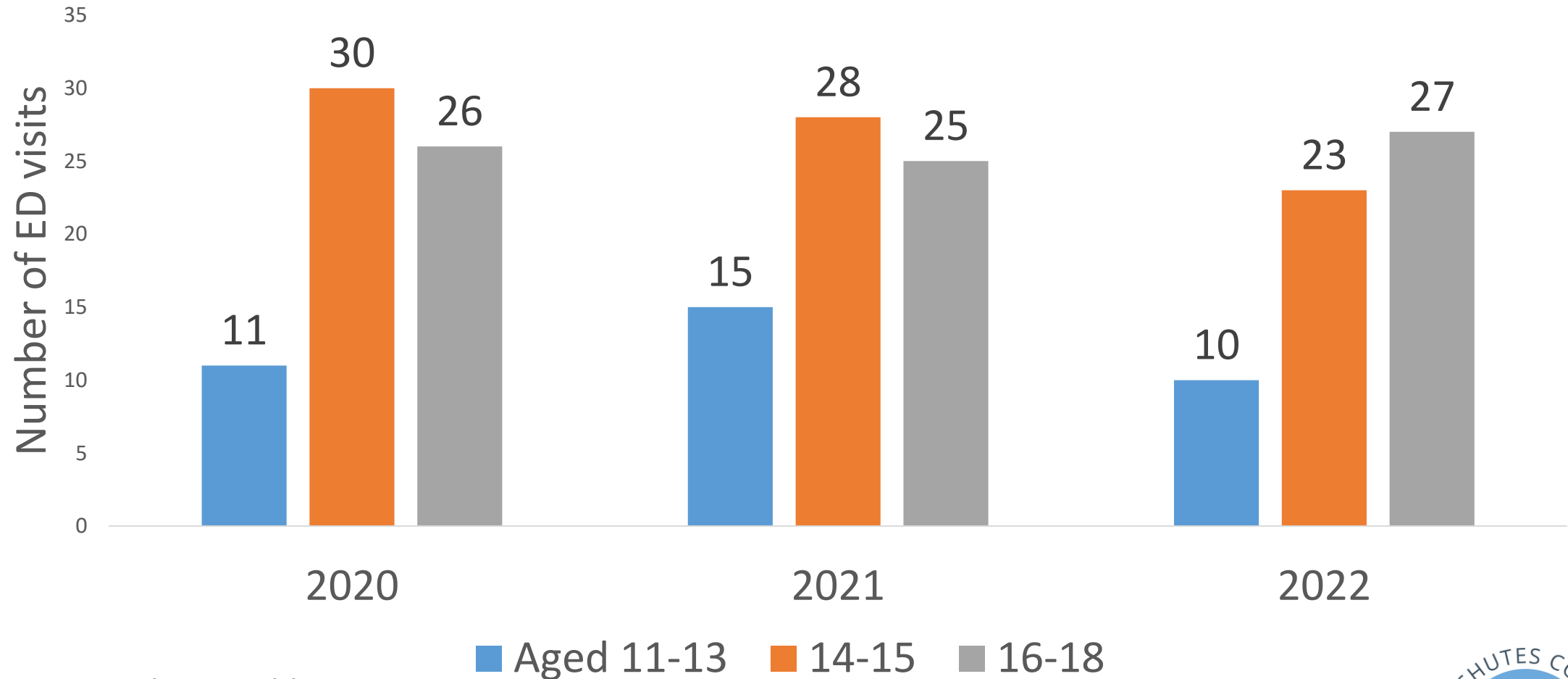
For more info on Healthy Schools go to: www.Deschutes.org/healthyschools



Indicator Data: Why do we need Healthy Schools?



Indicator Data: ED Visits for Suicide Attempt in BLS



2022 Oregon Student Health Survey
BLS=Bend-La Pine Schools
ED=Emergency Department





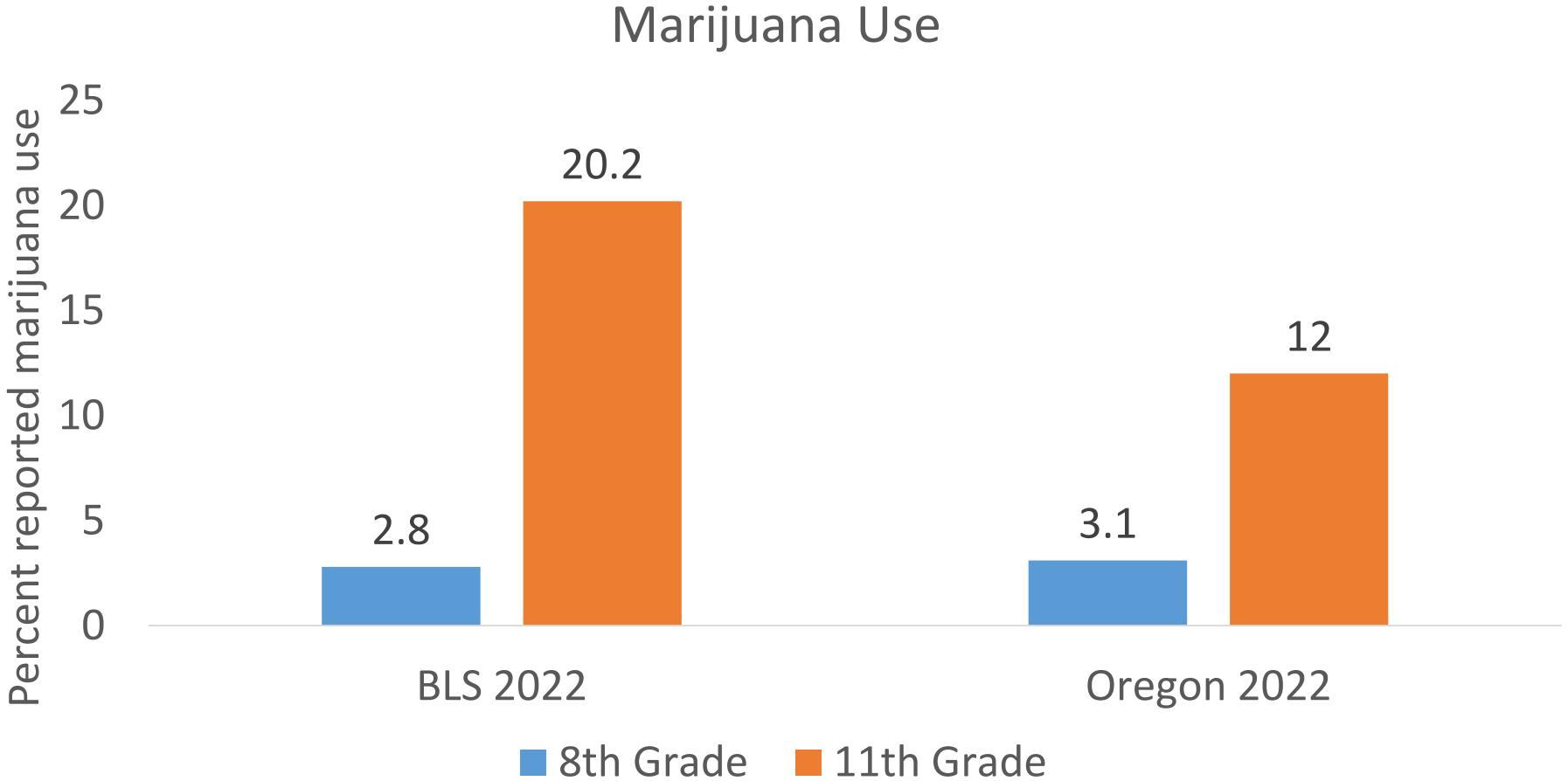
YOUTH
VOICE

What do you think
are the top stressors
for high school
students in Bend?

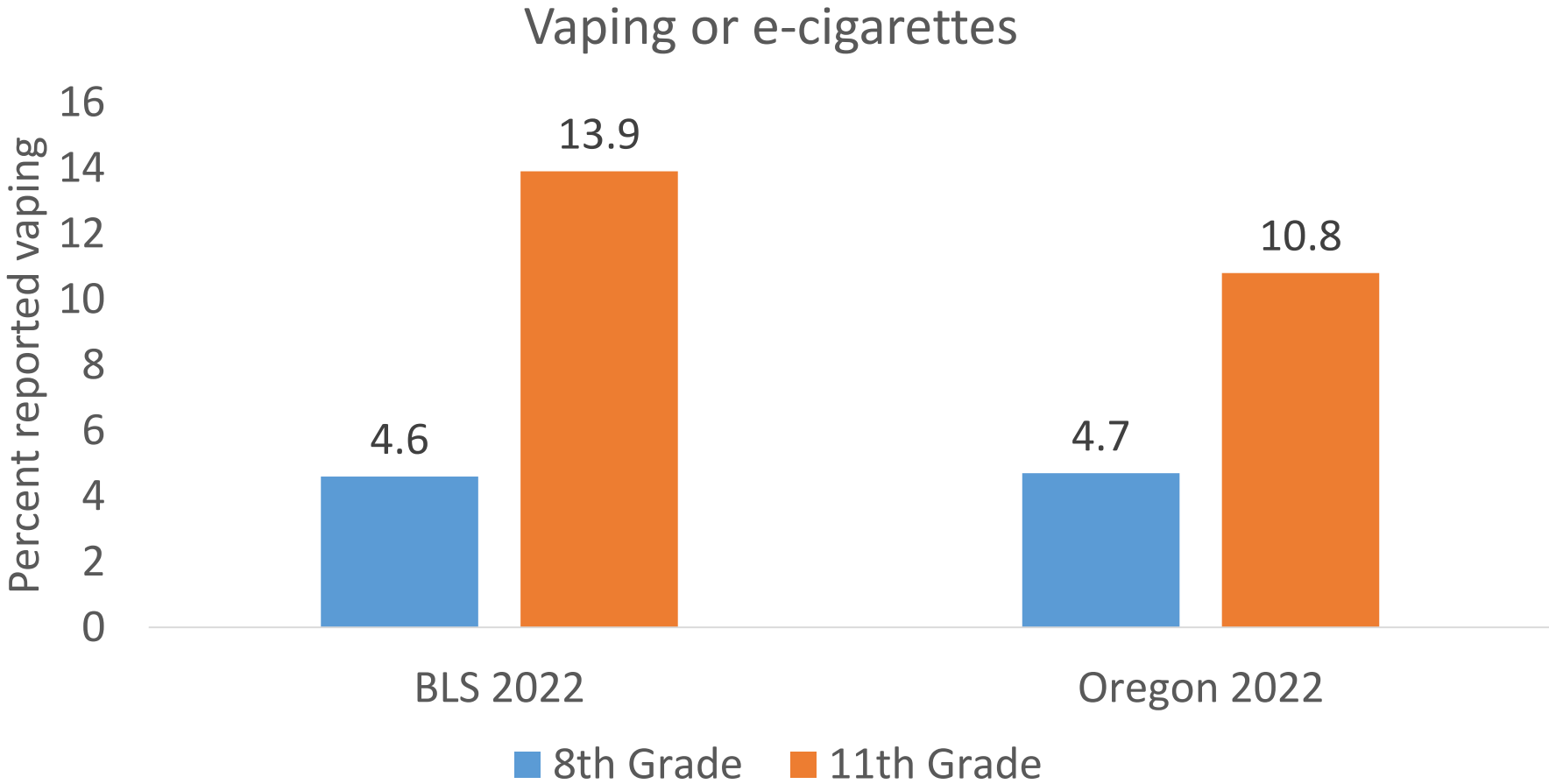
Bend, Caldera, and Summit High School student responses



Indicator Data: 30-day Marijuana Use



Indicator Data: 30-day Vaping Use



2022 Oregon Student Health Survey
BLS=Bend-La Pine Schools





YOUTH
VOICE

Why do you think
teens might use
marijuana or vape?

Bend, Caldera, and Summit High School student responses





YOUTH
VOICE

Is there anything you would like the adults in your community to know regarding any of these issues?

Bend, Caldera, and Summit High School student responses



Healthy Schools Program Phase-In

Year 1

Year 2

Year 3

La Pine Cluster

Bend High Cluster

Mountain View Cluster

Summit Cluster

Caldera Cluster

Pilot Schools Started Fall 2021



Started Fall 2022



Started Spring 2023



Starts Fall 2023



Starts Spring 2024



Starts Spring 2024



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[Amanda Armstrong](#)



[Lindsay Seibel](#)



[Aimee Snyder](#)

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[Lani McQuilkin](#)



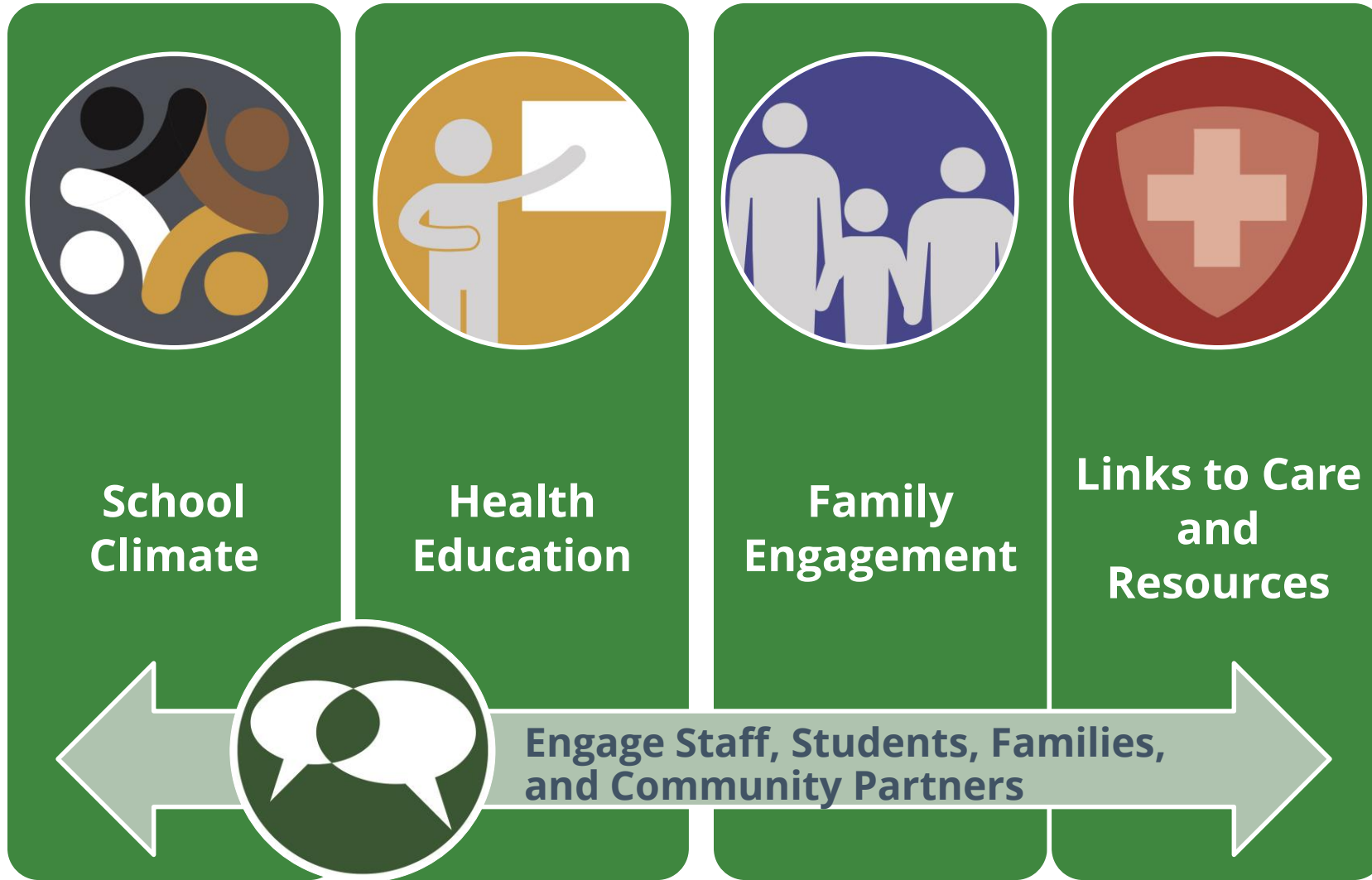
[Monica Desmond](#)



[Hailey Barth](#)

Healthy Schools Program Results

Our Program Areas and Process



Healthy Schools



Connecting education, health, & community

Improved Engagement, Communication, Coordination



**Staff,
Student,
Family,
Partner
Engagement**

9

BLS schools have a PHS as a designated coordinator, a school health team, collaborative planning process, and an action plan.

391

Students and parents were involved in the process to improve prevention and health promotion in schools.

33

Community partners were involved in the process to improve prevention and health promotion in schools.



Improved Capacity for Positive, Inclusive Climate



School Climate

11

BLS middle and high schools have *Sources of Strength* for 2023-2024 (up from 1 in previous years).

45

School admin, counselors, teachers, and other staff trained to implement *Sources of Strength*.

\$113,800

in grants brought in to fund schools' prevention programs, centering *Sources of Strength*.



Improved Effective Prevention Education in Schools



Health Education

5,327

BLS adolescents reached with effective prevention education through Health teachers.

95%

Health teachers now use effective skills-based prevention programs in Health classes (up from 31% since 2021).

100%

Health teachers now have a comprehensive plan and materials needed to prevent suicide, substance use, risky sex, and violence.



Improved Family Engagement in Health Promotion



Family Engagement

9

Schools have consistent school-to-family health communications: about student health issues, resources, and upcoming events.

8

Schools hosted *Parent Connect Workshops* to increase parents' confidence and connection to resources.

30%

Increase in schools' family engagement scores after 2 years with a PHS on staff (using CDC School Health Index).



Improved Linkages to Health and Help Resources



Links to Care and Resources

100%

BLS middle and high schools have referral systems for student mental health and substance use issues.

50%

CareSolace referrals resulted in behavioral healthcare appointments (out of 305 for 12-17 year olds).

59%

Students eligible for *UpShift* completed the screening and brief intervention portion (out of 224 students).



Program Spotlight: Sources of Strength



11 schools with Sources (up from 1)

- **80+** school admin and staff trained
- **20-40** students trained per site
- Almost all starting as a class
- \$100,000+ grant funds
- Linking to:
 - Health, Life/Career Readiness
 - Family nights
 - School newsletters



What is Sources of Strength?

An evidence-based program (EBP):

- Increase connection to adults
- Increase engagement in school
- Increase likelihood to refer a peer considering suicide to an adult
- Increase positive perception of adult support
- Increase acceptability of seeking help

([Sources of Strength, 2023](#))



Above: Trusted Adult Tree



Principal Feedback



Scott Olszewski

La Pine High School



Chris Reese

Bend High School



Acknowledgements

