

# 2021-22 Annual Report Overview



Connecting education, health, & community



# Healthy Schools Impacts Over Time

If this...

then this...



Short-term (1 yr)

↑ School Community  
Engaged in SHIP

↑ Shared Priorities  
and Actions

↑ Capacity Built for  
EBPs

Mid-term (2-3 yrs)

↑ Collaboration and  
Integration

↑ EBPs

↑ Links to care

↓ Unmet health  
needs

↑ PYD

Long-term (3+ yrs)

↑ School Climate  
and Culture

↑ Student Health  
Outcomes

↑ On-time Grad

↓ Disparities

**SHIP:** School Health Improvement Process

**EBPs:** Evidence-based Practices

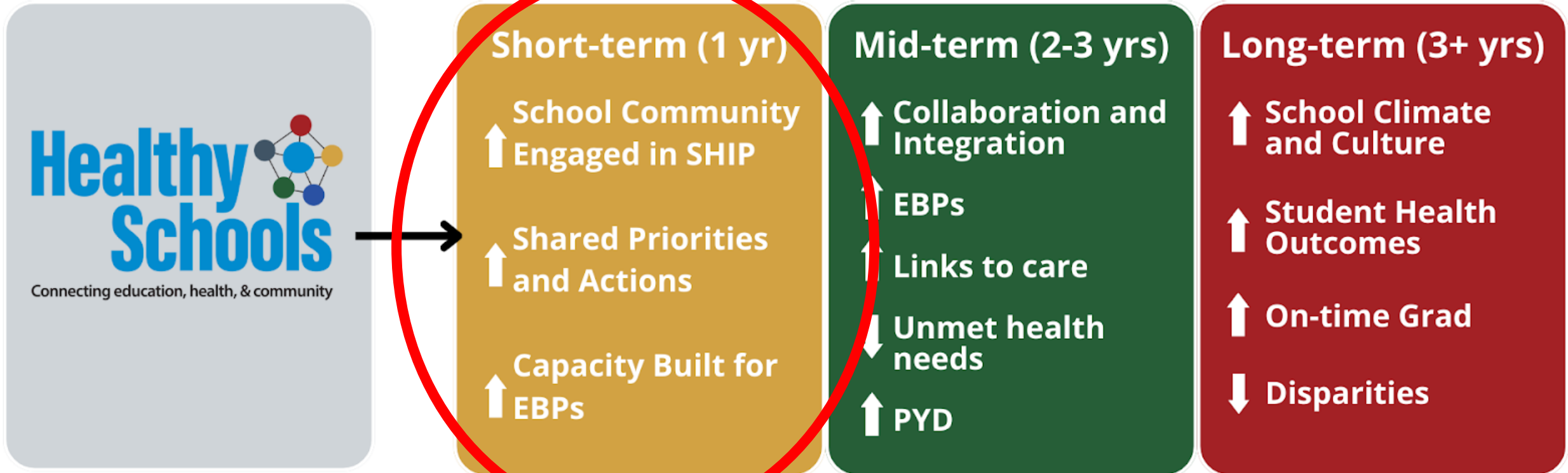
**PYD:** Positive Youth Development



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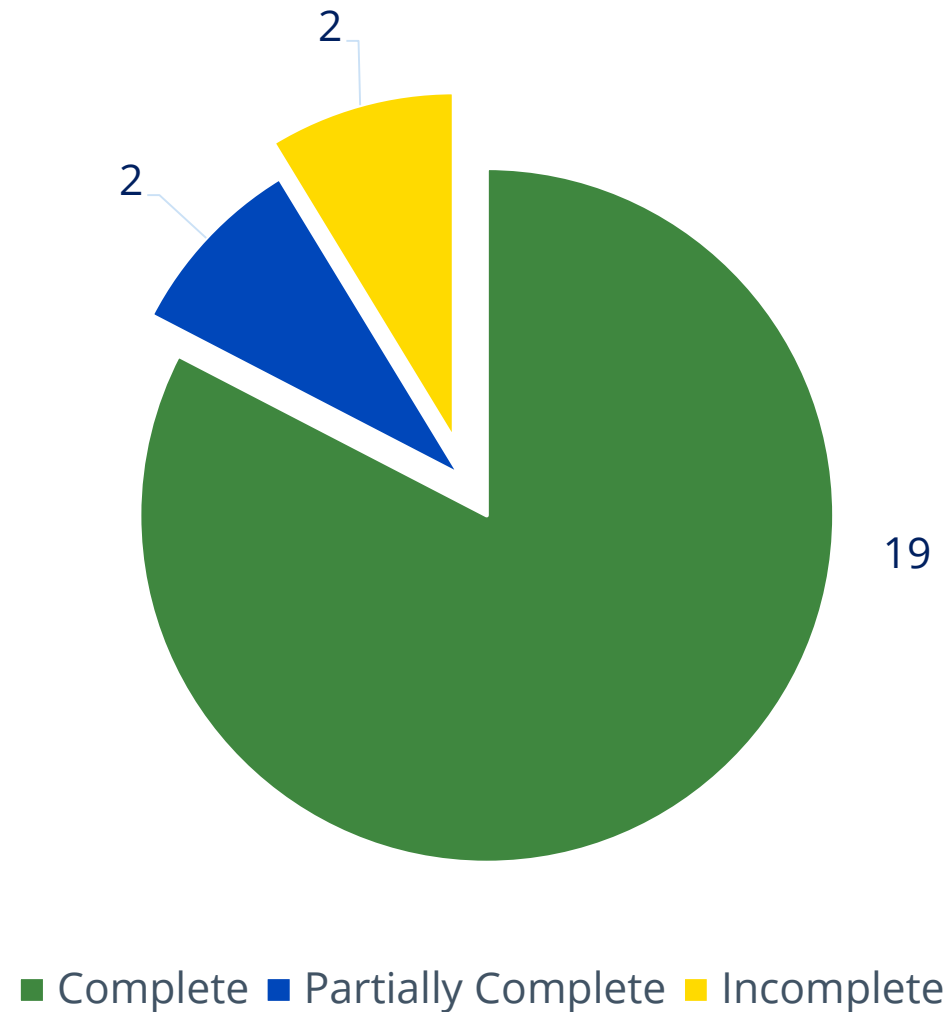
**PYD:** Positive Youth Development



# First Year Results Overview

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# First Year – 91% Activities Complete



# School Health “Core Capacity”

## School Health Core Capacity

- 1. School Health Coordinator**
2. Evidence-based Assessment
3. School Health Council
4. Health Goal in Improvement Plan

## Oregon schools with “Core Capacity”:

- More evidence-based practices
- More Positive Youth Development\*
- More healthy student behaviors\*
- Higher grades\*
- Fewer attendance violations
- Fewer disciplinary actions
- Higher 4-year graduation rates\*

\*statistically significant



# Highlights

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# A Day in the Life of a **Healthy Schools** Public Health Specialist –

## Meet Lindsay Seibel





# First Year Successes

## District

- Achieved OR “Core Capacity” at High Schools
- Established Health Educator Network
- Systemic Health Ed Improvements
- Multi-tiered system of support for youth substance use

## Bend Senior High

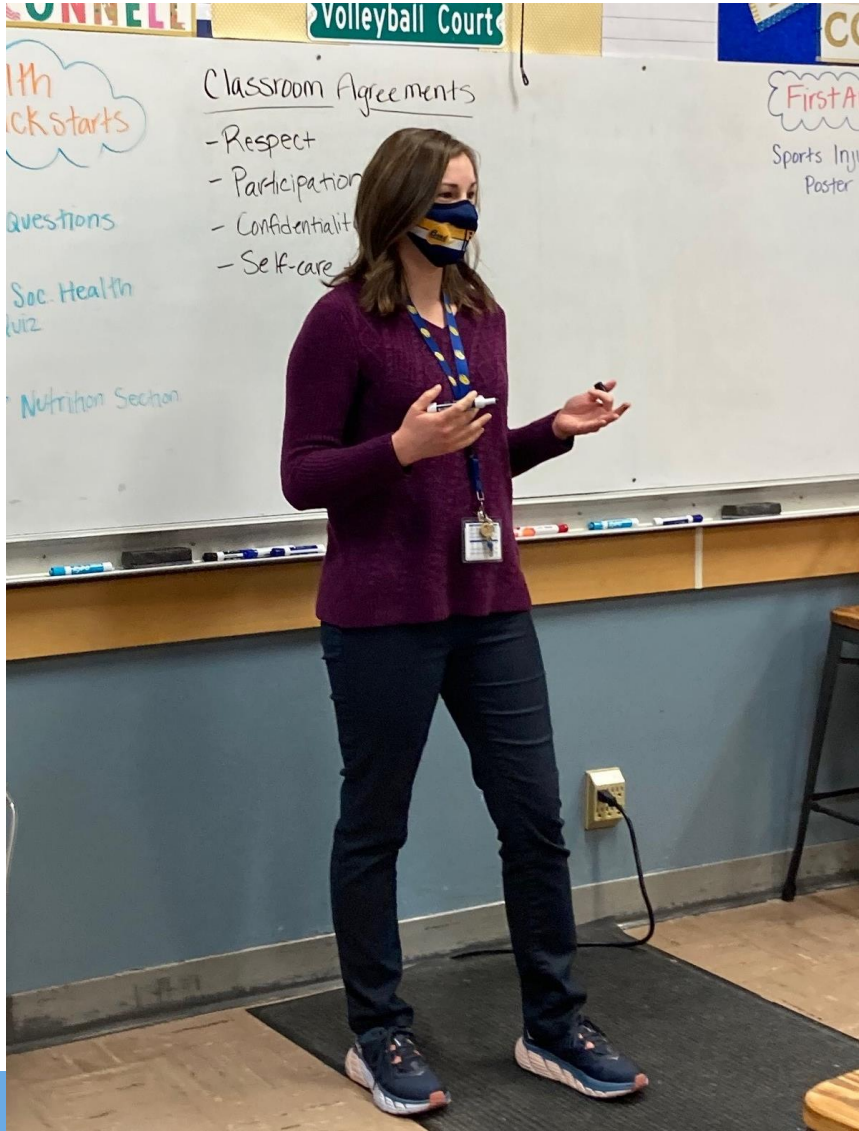
- SHIP plan: Engaged 25 staff, 65 students, 3 families, and 4 community partners
- Co-taught suicide prevention to all Health classes
- Orient and link to Health resources
- Co-organized “Post-Pandemic Parenting” with 4 partners

## La Pine High

- SHIP plan: Engaged 14 staff, 5 students, 3 families, and 2 community partners
- In-class support for suicide prevention education
- Orient and link to Health resources
- Expanded UpShift and closed gaps



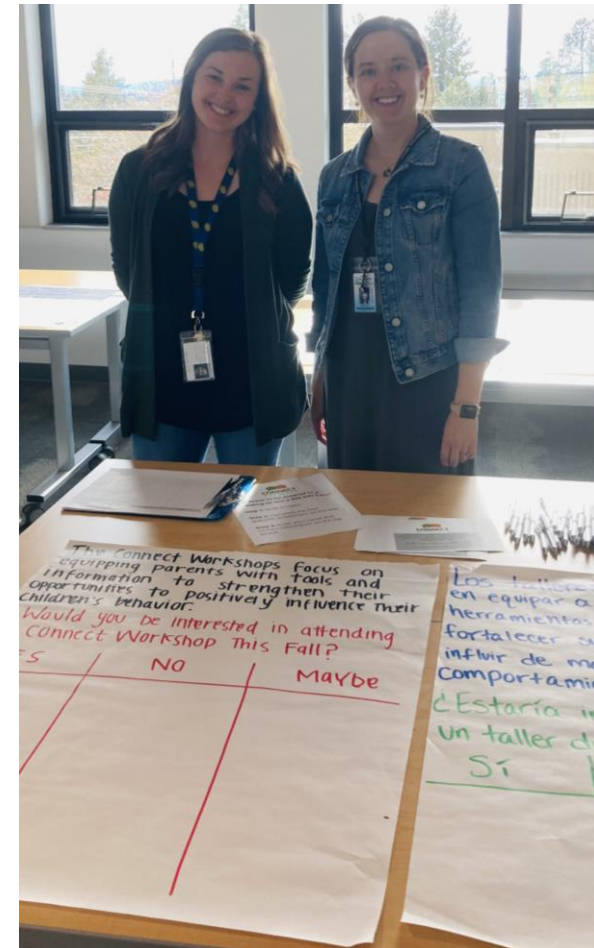
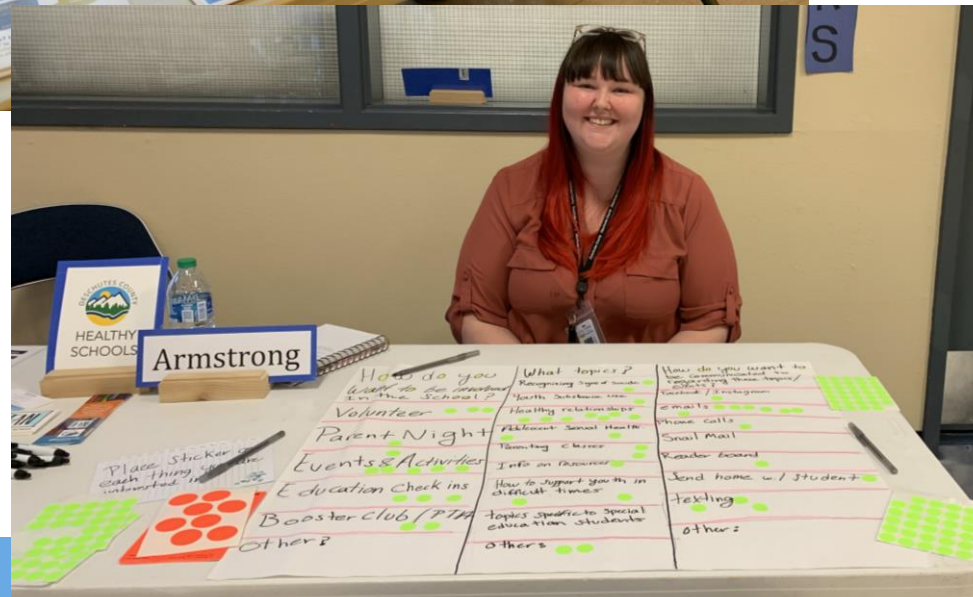
# Suicide Prevention Education



- Suicide prevention education
  - Required by district protocol under Oregon's Adi's Act
  - 43+ hours of instructional time relief
  - 462+ 9<sup>th</sup> and 10<sup>th</sup> grade students
  - Assured quality and fidelity



# Family Engagement and Orientation





# La Pine's UpShift Expansion

***"My contacts generally end in a warning or citation.** There wasn't any real tool for follow-through here and it left the responsibility for additional action either in the hands of the family or the court with **a large gap** between the two.*

*UpShift provides a real resource with most of the **common barriers removed to bridge that gap** that I can name, point to, and feel good about suggesting because it provides an actual chance for help and follow through. I **expect** to see a **much higher rate of success** among students dealing with substance abuse because **instead of sending the student or their family out into the unknown to address a problem they may not have the tools or resources to solve**, this brings help, support, and options to the student directly."*

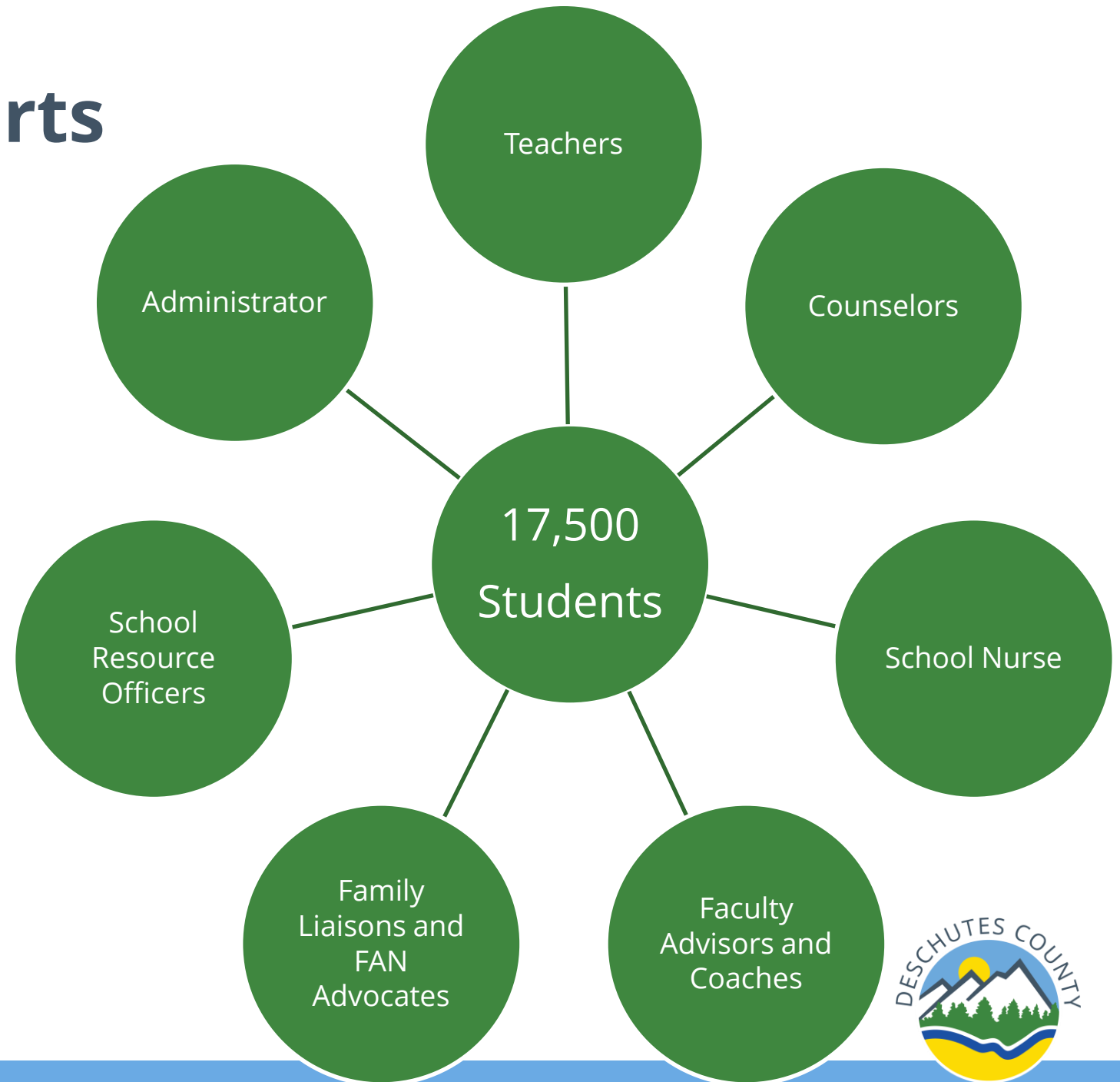
-Deputy Woods, School Resource Officer [edited for brevity]

- PHS reached out to Deschutes County Sheriff's Deputy, School Resource Officer
- Deputy Woods learned about UpShift; Interested in referring youth to UpShift
- PHS worked with admin/counselor and county UpShift Strategist to expand La Pine's program



# A System of Supports

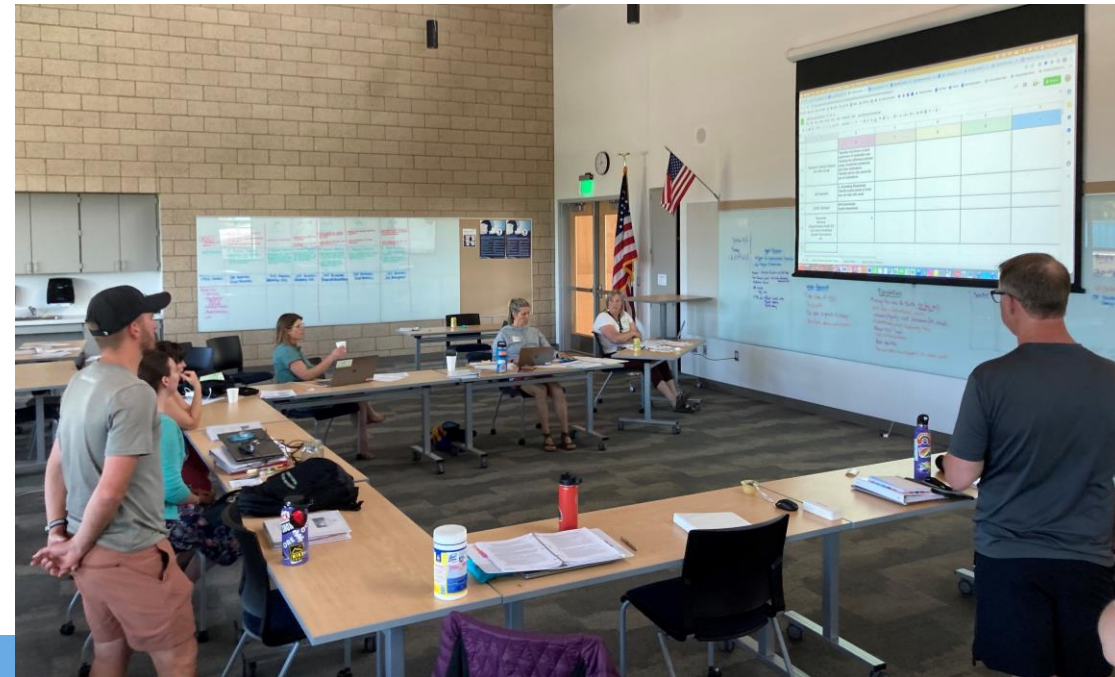
- Prevention that reaches all students and families
- Extra supports at school for groups who may need it
- Links to treatment as early as possible for students who need it



# District Health Education

*"The Healthy Schools Program has impacted my teaching by shedding light on current student health behaviors and trends. I am able to tailor my curriculum, scope, and sequence to better meet the needs of my students in health topics and skills relevant to them. I have also been able to connect students to local health services and programs."*

-Denise Horton, PE & Health Teacher,  
Caldera High



# Early Indicator of Student Outcomes

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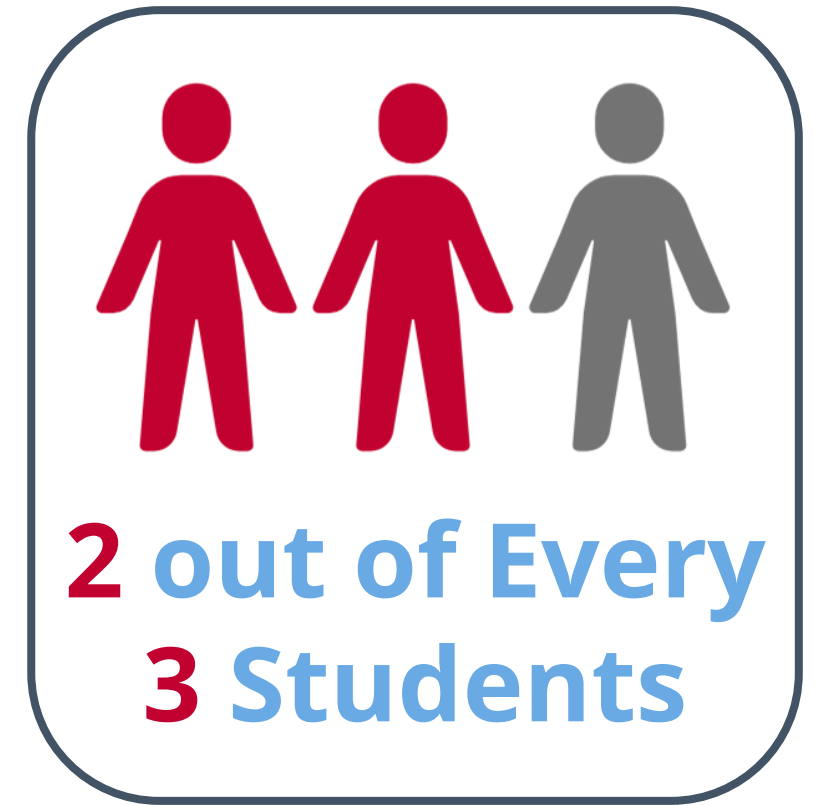
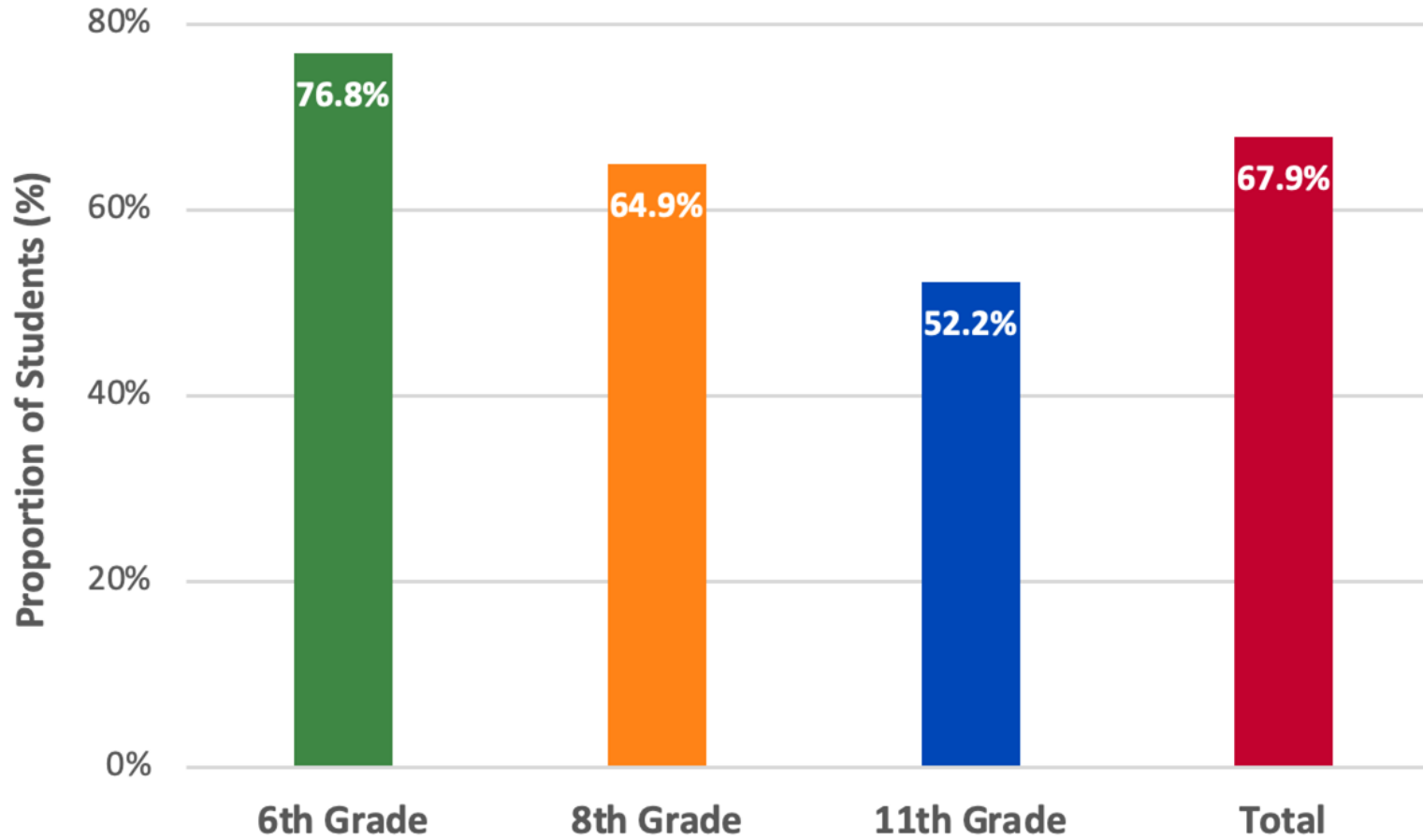
# Positive Youth Development

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- Oregon's PYD Benchmark
  - Physical and Mental/Emotional Health
  - Competence
  - Confidence
  - Connection
  - Contribution
- Meeting the PYD Benchmark predicts:
  - Mostly As and Bs
  - More health-promoting behaviors
  - Less suicide consideration, being in a fight at school, being suspended, substance use, and having sex



# BLS Students who Meet the Positive Youth Development Benchmark



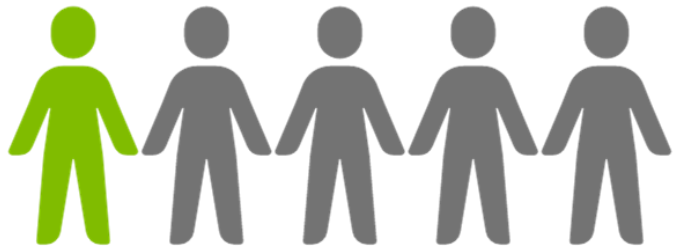
# BLS Students Who Seriously Considered Suicide in the Past Year by Positive Youth Development Benchmark

500%

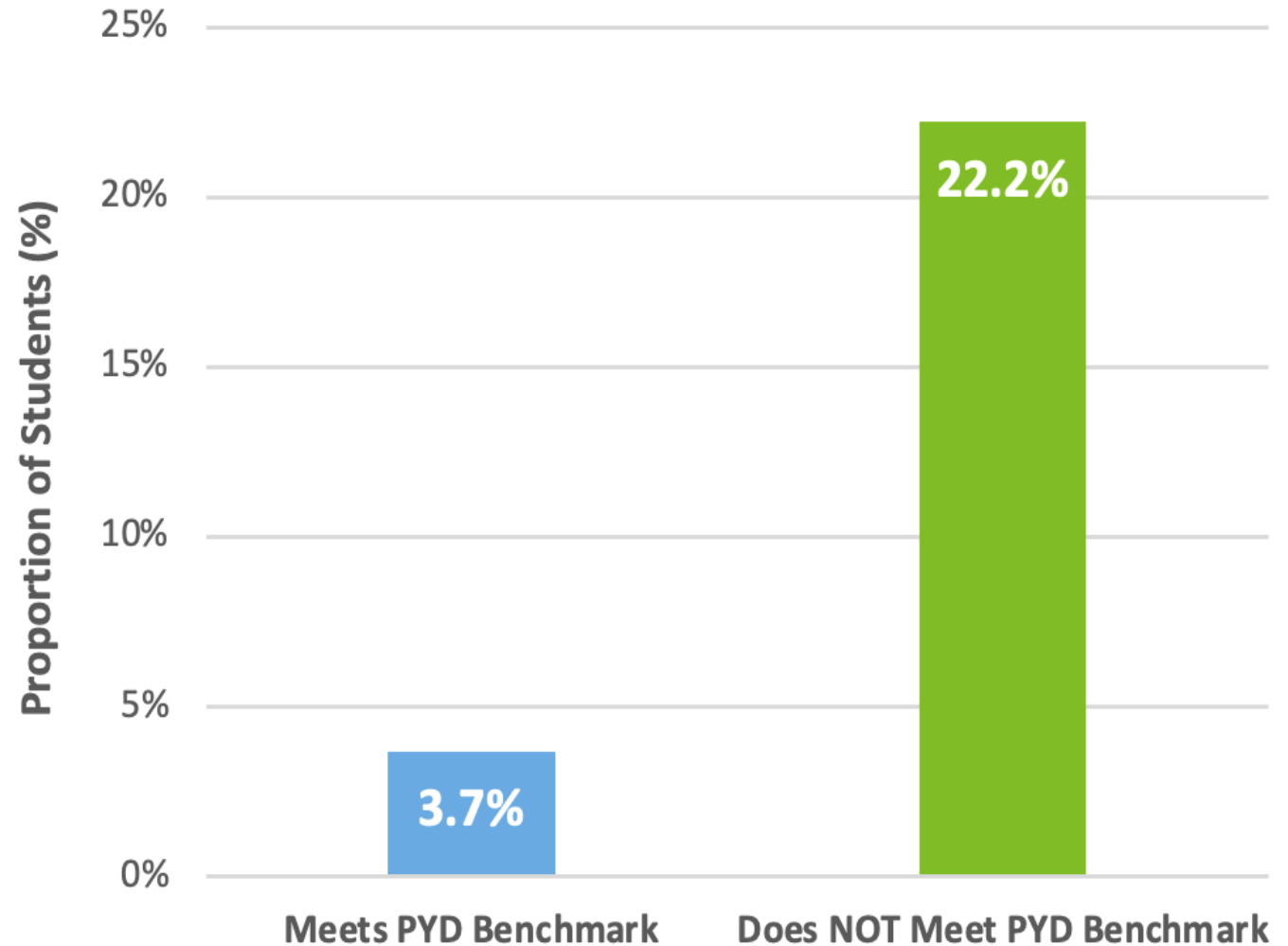
Difference



Meets PYD Benchmark



Does NOT Meet PYD  
Benchmark



# Questions and Discussion



**Mosaic**Medical  
Quality Care For All

