

## **The Portland High Student Health Center Enrollment Information**

The Portland High Student Health Center is a multi-service clinic that has been established as a partnership between Portland's Health & Human Services Department - Public Health Division, Portland Public Schools, Maine Medical Center and Community Counseling Center to provide more accessible physical, dental and mental health care to Portland teens. The goal is to keep students healthy and in school. **If your child already has a regular doctor, dentist or mental health provider, he/she can still utilize the Student Health Center services.** When there is a regular provider involved with a child's care, the work of the Student Health Center is to supplement and complement the services of these core providers and communicate with them on an on-going basis as appropriate.

### **Eligibility**

Any Portland High student with a completed and parent-signed enrollment form on file (see attached) may use the services of the Student Health Center throughout the current school year. We will allow one initial visit to the Student Health Center with a verbal consent from the parent, but thereafter, a signed consent is required before a student can continue to access services. Students who are at least 18 years old, emancipated minors, married, or who live independently, may sign permission for themselves.

### **Services**

In most cases, students are first seen by the school nurse or social worker and referred on to Student Health Center services as appropriate. Students should have a pass that releases them from class to be seen at the Health Center or they can be seen without a pass after school. Most students are seen by appointment, but exceptions are made when able for students who drop-in with an acute care need during non-classroom time. All students are entitled to unlimited use of the Student Health Center throughout the school year.

A few of the services offered at the Student Health Center are listed below.

- Treatment of acute illness or minor injury (sore throats, bronchitis, muscle strain, etc)
- Management of chronic health conditions (acne, asthma, allergies, etc)
- Reproductive health services including risk assessment and counseling, testing and treatment of sexually transmitted infections, birth control services for sexually active students, pregnancy testing
- Birth control services for sexually active students
- Physical exams
- Immunizations
- Preventive dental services (screening, cleaning, fluoride, sealants, etc.; not restorative treatment)
- Mental health and substance abuse counseling. Psychiatric evaluations.

### **Staff**

The Student Health Center staff consists of two pediatricians, a nurse practitioner, dental hygienist, dental health care manager and two clinical assistants. Mental health services are provided by licensed clinical social workers and a psychiatric nurse practitioner via a contract with Community Counseling Center. The school nurse and social workers are not employees of the Student Health Center, but work closely with them as team members to coordinate student referrals into the clinic and assist with follow-up as needed.

### **Parent Involvement**

The Student Health Center staff invites parents to be an integral part of a student's health care plan. Parents are welcome to call or make an appointment to come in to the Student Health Center with questions or concerns about their child's health or accompany them to a Health Center visit as appropriate. Staff will make every effort to inform parents about their child's diagnosis and treatment when appropriate.

**(See back)**

### **Cost for Physical Health Services**

When able, we will be billing most private insurances as well as MaineCare/Medicaid. Currently, there are no co-pay fees, but families may be billed for Student Health Center services not covered by their insurance. Additionally, the cost of services provided outside the Student Health Center, such as prescriptions, lab work or diagnostic tests, are the responsibility of the student and his/her family. For those families who do not have health insurance for their child, the Health Center staff can assist with making an application for MaineCare coverage. **No student will be denied services due to lack of insurance coverage or inability to pay.**

### **Cost for Dental Services**

When able, we will be billing MaineCare/Medicaid for dental services, but are currently unable to bill private insurance. If students have private insurance or are uninsured, there currently is no fee. In the future, we hope to be able to bill privately insured student if/when this opportunity arises. The cost of any dental treatment services provided outside the Student Health Center such as x-rays, fillings, extractions and other restorative care, are the responsibility of the student and his/her family. You may be able to use your MaineCare or private dental insurance plan to cover the cost of these services. **Once again, no student will be denied services due to lack of insurance coverage or inability to pay.**

### **Cost for Mental Health Services**

Community Counseling Center will be billing for both privately insured students and those who have MaineCare/Medicaid coverage. There may be co-pays associated with the delivery of these services. A sliding fee scale may be used for students who lack health insurance coverage. **Once again, no student will be denied services due to lack of insurance coverage or inability to pay.**

### **Confidentiality**

By law, all medical, dental and mental health information kept in any student's clinic health record is confidential and will remain locked at the Health Center site. Health records will only be released from the Student Health Center with written consent from the parent, legal guardian or student as appropriate. Whenever possible, students are encouraged to share their health concerns and treatment information with their parents. However, please note that the law allows minors to seek services from health care providers for issues related to reproductive health, mental health or substance abuse without requiring parental notification. (22 M.R.S.A. can be found at <http://janus.state.me.us/legis/statutes/22/title22ch0sec0.html> ) In cases where abuse or neglect is suspected, the appropriate authorities will be notified as required by law. In crisis situations, such as when a student is actively considering suicide, the parent will be notified and immediate crisis intervention will be sought.

### **Hours of Service**

The Student Health Center is open Monday through Friday. The hours vary each day depending on the type of service being offered. During weekends, school vacations and holidays, the Student Health Center will be closed. Students are encouraged to contact their regular doctor or health care provider if a health need arises during these times.

### **For Further Information**

Listed below are phone numbers to call for further information about Student Health Center services and how to enroll.

- Portland Public Health Division 874-8919
- Portland High Student Health Center 756-8418
- Maryellen O'Toole, school nurse 874-8250
- Kathy Randall, Katie Small and Sophie Payson-Rand, school social workers 874-8250

