



masbhc

MARYLAND ASSEMBLY ON SCHOOL-BASED HEALTH CARE

Executive Director's Welcome Address

Dear MASBHC Members:

Welcome to the Maryland Assembly on School-Based Health Care's (MASBHC) newsletter. We are excited to have this opportunity to reach all of our supporters and involve them in the past, present, and future of MASBHC.

MASBHC believes that all children should have access to quality health care and believes schools are a logical place to make this belief a reality. Putting health care in schools makes sense, and ensures that kids have access to the health care they need to succeed.


This newsletter will coincide with the mission and vision of MASBHC and involve the stories and advancements of the communities in which we serve.

We want membership aware of board, committees, and community partners updates.

MASBHC have been through substantial personnel changes, policies and procedures, committees, community outreach, and the board of directors.

About the Newsletter:

 It will be published and distributed quarterly.

 It will consist of information, tips, and updates provided by staff, members and the community.

 It will be distributed only to MASBHC members and member organizations.

 You will receive messages from both the Executive Director and Board President.

We hope that you enjoy and continue to send us stories and updates to include in your MASBHC newsletter.

Sincerely,

Gene Lewis
Executive Director

p.s. Thanks MASBHC staff for all your hardwork and dedication!

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2008 Legislative Day (left to right)
Gene Lewis, MASBHC Executive Director
John Colmers, DHMH
Mark Hodge, MASBHC Board President



Frederick County Gets its 1st SBHC!

The Frederick County Public Schools (FCPS) and the Frederick County Health Department (FCHD) were granted \$500,000 from the Maryland Community Health Resources on June 23rd to develop a school-based health center. The new center will open in the 2008-2009 school year at Hillcrest Elementary to provide healthcare, mental health and dental services to about 630 students in pre-kindergarten through grade five.

Hillcrest Elementary is a federal Title I school, focused on improving academic achievement of its large percentage of disadvantaged students. Many children who attend Hillcrest are under- or uninsured. For many, only emergencies resulting from an injury or crisis receive medical attention, and typically that care is received in the emergency room. Nearly a quarter of Hillcrest families listed "emergency room" as their child's physician.

Barbara Brookmyer, MD, MPH, Health Officer for the Frederick County Health Department said, "A large body of evidence



photo by: Mark T. Smith

supports a connection between health status and academic performance. It's wonderful that we can use our knowledge and expertise to provide services and aid to deserving children in our community."

Through the school-based health center, the FCHD will provide the medical expertise, management, infrastructure and experience necessary to run a health clinic. The

school system will provide the space, access, support and guidance. The health center will be staffed by medical, dental and mental health professionals. Parental consent will be required for staff to provide services to students.

Frederick County Public Schools Superintendent Linda Burgee, PhD said, "Investing in our children's health is key to helping them succeed in school. Children with little or no access to health care miss more days of school due to illness. Opening a health center on school grounds will lead to better learning."

FCPS and FCHD staff expect the center will increase student enrollment in public health insurance programs, link students to a single source for primary care, and ultimately improve attendance and academic achievement.

submitted by Jackie Douge

President's Welcome

Hello MASBHC members and friends,

Exciting things are happening at MASBHC as we grow the organization, seek out new partners, and begin to think outside the box to become financially sustainable. Most of all, we are working hard to become a strong and respected voice in Annapolis and across the State to advocate for comprehensive health care in schools. And, your Board has committed to being proactive in this work to keep moving the organization forward.

Our first order of business this past month was to welcome four new Board members, including two High School students. With these new Board members, MASBHC's Board has strengthened its diversity and has brought new expertise that will

allow us to support the organization as well as new and existing SBHCs throughout Maryland.

I look forward to sharing more exciting news with you throughout the year, and I can't wait to read about your exciting news in the MASBHC newsletter. On behalf of the Board and staff at MASBHC, thank you for the support and dedication you give every day to your School Based Health Care organization.

Mark Hodge

President, MASBHC Board

Lt. Governor Anthony G. Brown Visits P.G.'s SBHC

Staff at the School-Based Health Center located at Bladensburg High School in Prince George's County was thrilled to welcome Maryland Lt. Governor Anthony G. Brown on September 3, 2008. Lt. Governor Brown visited a health class at the school just before taking a tour of the School-Based Health Center (SBHC).

Frances J. Caffie-Wright, MSN, CPNP (Program Chief, School-Based Wellness Program - Prince George's County Health Department), served as tour guide as Lt. Governor Brown walked through the SBHC and talked with staff. He asked several questions about the facility and spoke with the staff about their tenure at the SBHC and their prior experience in the health care field.

Lt. Governor Brown focuses on five specific areas for our great state including the area of health care. It was encouraging to have him show interest in the important work and dedication of the SBHC staff.

He was joined by the Superintendent of Schools John E. Deasy (Prince George's County Public Schools), Donald Shell, M.D., M.A. (Health Officer, Prince George's County Health Department), Howard Burnett (Prince George's County



Left to right: Glynis Jordan, John E. Deasy, and Lt. Governor Anthony Brown

Deputy Chief Administrative Officer for Health and Human Services) Bladensburg High School Principal Glynis Jordan, and other county officials.

MASBHC's Steve Morris, Board of Directors, Patricia J. Morris, Director of the Prince George's County Department of Family Services (Community Advisory Council member), MASBHC's Policy Manager Lisa Kramer and Prince George's County Community Organizer Kelly L. Alexander were also among those who welcomed Lt. Governor Brown to the SBHC.

Following the tour, a press conference was held in the lobby of the school where Lt. Governor Brown presented Superintendent Deasy with a check in the amount of \$2.9

million as state contribution to the capital improvements recently made at the school. During the press conference, Lt. Governor Brown mentioned the importance of the 61 School-Based Health Centers in our state, four of which are located in Prince George's County. He also pledged to continue to work toward expanding access to quality health care for all Marylanders.

The Prince George's County Community Advisory Council for MASBHC will work to continue to keep the interest of state and local officials, as well as the community, in our School-Based Health Centers a top priority for the benefit of our children.

submitted by Kelly L. Alexander

welcome to
MASBHC!

new member corner

Sen. Richard Colburn - Maryland General Assembly
Pauline Fagbuyi - Prince George's Health Department
Paige Johnson - Lansdowne Middle School
Cheryl Scott - Baltimore County Public Schools
Preston Shelton, DDS - University of Maryland Dental School

Introducing the MASBHC Board

The Maryland Assembly on School-Based Health Care voted in six new members to its board of directors at the July 17, 2008 and September 25, 2008 board meetings. The new members bring with them diverse backgrounds and experiences and are welcomed additions to the board.

Kenya Asli lives in Baltimore, MD and currently works for the Citizens Planning and Housing Association as the Leadership and Capacity Building Director. Kenya received her bachelor of science for social work at Morgan State University and her law degree from the University of Maryland School of Law.

Sue Brenchley is a resident of the Eastern Shore community of East New Market. Sue has a history of working with school based health centers while working as an employee of Choptank Community Health System. Her educational background includes a B.S. in Physical Education from the State University of New York at Brockport, a M.A. in Education from the University of Connecticut and a M.S. in Counseling from Texas A&M University at Commerce.

Janet Gaines of Columbia, MD has over ten years experience as a social worker. Much of her work focused on children including work with the Children's Home Society and Family and Children's Services. Janet

received both a B.A. and M.A. in social work from the University of Maryland.

Chanel Lee and **LaShawn English** are both residents of Baltimore, MD and are entering their senior year at Northwestern High School. Both are active in the governing board for the health center at Northwestern. In addition, they have worked on campaigns, including the organization of students to improve nutrition in the cafeteria and improve rest room cleanliness.

Sara Rich lives in Easton, Maryland and currently works for Choptank Community Health system overseeing the operations of the school based wellness centers; school based dental program; migrant health and pharmacy assistance programs. Sara has a Masters in Public Administration from Western Michigan University.

With the addition of the six new members, the MASBHC board of directors is now 19 members full including Mark Hodge, board president, Steven Morris, president-elect, Rachael Carey, treasurer, Frances Caffie-Wright, secretary, Carol Gilliss, Cheryl Bailey, Yvonne Bronner, Jacqueline Dougé, Clara Floyd, Damien Frierson, Michelle Michael, Dennis Whitley, and Jacqueline Smith.

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submitted by Lisa Cinelli

Good Fat vs. Bad Fat

According to the American Dietetic Association, no more than 30% of your daily calories should come from fat. Most of the fat you consume should come from sources of "good fat" (polyunsaturated and monounsaturated fat), such as nuts, fish, and certain oils (olive, safflower, corn, soy and canola). "Good fat" reduces the level of bad cholesterol in your body and, according to recent studies, a particular polyunsaturated fatty acid (omega-3) may reduce the risk of heart disease. Only 7-10% of your daily fat should come from saturated fat (one of the "bad fats") as it raises bad cholesterol in your body and can clog arteries and lead to a stroke or heart attack. Saturated fats are found in full-fat cheese, milk, cream, butter, meat, palm, and coconut oils. Trans fat (the other "bad fat") is mainly a man-made fat formed when liquid oils are processed into solids by hydrogenation. Partially hydrogenated oil is used as a preservative and is commonly found in store-bought baked goods and some butter replacements. When it comes to fat, choose lean meats, low fat dairy products, nuts, fish and healthy oils in order to keep your body healthy. For a well-rounded diet, eat lots of fruits, vegetables and whole grains.

Save the Dates

Member Holiday Party and Board Meeting - December 18, 2008

Legislative Day - January 29, 2009

Board Meeting - March 19, 2009

Howard County Youth Led Advocacy

As an intern for MASBHC, I have several responsibilities in Howard County. To help bring school based health centers to the county, I have set up a board dedicated to this effort. The main focus of the board is to get youth to build community support for school based health centers.

School based health centers are a great idea that most people agree with. The problem is that many people in Howard County aren't even aware that school base health centers exist. Through this youth project, we try to build community support for this idea so that legislators will be more willing to fight this battle with us. For the youth movement in Howard County to be successful, our goal is to have 100 students in the community arrive in Annapolis for Legislative Day in January. Through all of these students, we hope to convince the legislators of Howard County to put school based health centers into effect.

On the board, we have four ways of spreading community support, which include recruitment, media, events, and advocacy. Sophomores Megan McGeehan, Sarah Helman, Andrew Cheng, Rebeka Gomez-

Wick and Aileen Tartanian are all board members who donate time one Saturday a month. Through these meetings, my team and I have managed to achieve several accomplishments towards building community support.



Abby Kramer

In the first board meeting, we only had two people arrive. However, through the recruitment aspect of the group, we managed to more than triple this number, which is a great feat in such a short amount of time. Aileen and Rebeka show a great knack for contacting the media. Together, we managed to write letters to the editors about MASBHC and distribute them to local newspapers. Megan works excellently as the head of our events department. She research back to school nights, fairs, and festivals in

the area, and works very hard to see that we can get spots at these events to spread the word. This has been a very successful department, and as of now we have several projects pending.

Advocacy is possibly the most important aspect of the movement because of how much help it will be for the students on Legislative Day. Sarah and Andrew work at the meetings on acquainting themselves with the legislators in our area, so that they will recognize them for Legislative Day. The most exciting prospect we have currently is a potential field trip for a number of 10th grade American Government students in Howard County who would go through advocacy training and then take the trip to Annapolis to meet and advocate the members of our state government. One hundred students would make a huge impression on the legislators to convince them to work for school based health centers in Howard County. As youth correspondents, we are going to build grassroots support for MASBHC in our county any way that we can.

submitted by Abby Kramer

Join a MASBHC Committee!

The Legislative/Advocacy Committee assists in planning and organizing the annual legislative reception in Annapolis and provides input and direction to the organization around policy and legislative issues.

The Technical Assistance and Training Committee assists with the organizing and planning of training days, annual conference and other technical assistance as members see fit.

The Nominating Committee, is composed of 5 members, they're charged with nominating persons for election, officers, board of directors and members of the succeeding nominating committee.

Mental Health Committee, provides representation and input from mental health providers in schools and school-based health centers to the Board and other committees of the organization.

The Membership Committee promotes to increase and retain MASBHC members. Acknowledge and take advantage of opportunities to increase MASBHC membership. Ensure that current membership needs are heard and addressed to the MASBHC staff.

The MASBHC DVD

Last spring, in an effort to increase awareness and support on behalf of School-Based Health Centers, MASBHC began the project of creating a promotional DVD.

I'll admit I was a bit anxious the day filming began. The early part of the process felt like a crash-course on filmmaking, with lighting being the first hurdle: *Shades open or closed? If they're open, what do we do if a cloud passes over the sun? Overhead lights on or off? Does the desk-lamp create an appropriate back-light, or does it create shadows under the chin?*

At each school we visited, concern over the technical aspects faded once the interviews began and I re-

ally got lost in some of the personal stories. We heard from a student with chronic asthma who, thanks to the medical care provided by her School-Based Health Center was able to remain in school and graduate with her class this spring. We heard from a mother of four children in the school system who said that she without access to the SBHC, she would not have been able to keep her job. And we heard from clinicians, whose commitment to their work and the students in their care really came across on camera.

Along the way, we made some special stops: we were able to capture footage of MASBHC's TA & Training Day last spring; we visited

Washington College to interview a grateful alum of Cambridge South Dorchester High School, who had benefited greatly from use of her school's wellness center; and we even stopped by Annapolis for a special filmed endorsement from Lt Governor Anthony Brown.

Filming wrapped up in early August, and the DVD is currently in the editing process. The final product should be ready for distribution by late fall and we will be getting copies out to every legislator and policy-maker in the state, every local news organization, and every SBHC in Maryland.

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submitted by Lisa Kramer

Legislative Update

As a response to a poor economy at the state and national level, and the resulting budget constraints, Maryland's Board of Public Works met in October and slashed \$144,000 out of the School-Based Health Care budget.

The fact that times are tough is not a reason to scale back services that help those struggling. In a letter sent to Governor O'Malley, the Maryland Assembly stated:

When times are tough, more and more of our state's children fall through the cracks. They go without necessary medical care because they lack insurance or because their parents are faced with a choice between taking time off to take their child to a doctor and keeping their jobs. They go to emergency rooms in increasing numbers to compensate for a lack of primary or preventative care. They come to class unprepared to learn because their basic health needs - physical and mental - have gone unattended.

But for students at 61 schools throughout Maryland, School-Based Health Centers have been an answer to these realities. At these centers, students have access to the health care they require without having to leave the school. Cutting the budget for School-Based Health

Centers puts at risk the important work they do each day.

The Board of Public Works will meet again in December, and the Maryland Assembly is already working on a strategy to prevent further cuts to the budget, and to reinstate the funds cut last month. We are currently considering many avenues to help us meet our goals, including:

- Collecting signatures on postcards to deliver to Governor O'Malley
- Reaching out to the media to raise awareness and support
- Direct advocacy (including from many of our community activists and students)

In the coming weeks, we will be asking for assistance from our members and supporters to help enact this strategy and prevent cuts to School-Based Health Care centers throughout Maryland. In the meantime, you will find a complete copy of our letter to Governor O'Malley on our website (www.MASBHC.org). Please take the time to download it, sign it, and send it to his office. Thank you.

MASBHC Observes Red Ribbon Week

Red Ribbon Week is meant to serve the public by bringing awareness of the need for prevention of the use of illegal drugs, alcohol, tobacco and the misuse of legal drugs. Red Ribbon Week 2008 was October 23 through October 31.

Red Ribbon Week started in 1985 after the kidnapping, torture and murder of Drug Enforcement Administration (DEA) Agent Enrique "Kiki" Camarena. According to the Red Ribbon Coalition website (www.redribboncoalition.com), "His efforts led to a tip that resulted in the discovery of a multimillion dollar narcotics manufacturing operation in Chihuahua, Mexico. The successful eradication of this and other drug production operations angered leaders of several drug cartels who sought revenge." Agent Camarena's hometown wore red ribbons in response to his brutal death and in 1988 Red Ribbon Week was created with President Ronald Reagan and First

Lady Nancy Reagan serving as the Honorary Chairs.



The Maryland Assembly on School-Based Health Care observed Red Ribbon Week on October 29, 2008 by hosting a presentation on substance abuse to 9th and 10th grade students at Northwestern High School in Baltimore, MD. Kim Burton, a mental health and substance abuse educator for the Mental Health Association of Maryland, with 18 years in recovery from addiction, volunteered to speak to the students. Kim presented her

personal story to the students as well as showing them slides of the human brain on drugs, a replica of a liver damaged by years of alcohol abuse, and a doll which showed students what a baby with alcohol fetal syndrome would look like. After the presentation students were offered the chance to win a prize for creating a story, poem, or piece of artwork on what substance abuse means to them.

The presentation received a great response from the students. The hope is that they will use the resources at their school-based health center if they need assistance for themselves or someone they know with substance abuse issues. Because Red Ribbon Week was such a success, MASBHC will be hosting more observances at schools in the future. If you are interested in having MASBHC come to your school, contact Lisa Cinelli at lcinelli@masbhc.org or 410-235-1178 ext. 228.

Who to Call at MASBHC?

Gene Lewis - Executive Director

As Executive Director Gene is the conduit for all official MASBHC business mandated by the Board of Directors, he is the liaison between MASBHC and NASBHC as well as other state assemblies, he is also the go-to person for any issues as they relate to finances, community partners, and staff.

glewis@masbhc.org
410-235-1178 ext. 209

Lisa Cinelli - Office Manager

Lisa is the office contact for MASBHC. She's available to update members of their membership status, verify MASBHC event calendar, provide staff whereabouts, and confirm board meeting minutes after they're board secretary approved.

lcinelli@masbhc.org
410-235-1178 ext. 228

Lisa Kramer - Policy Manager

Field Operations Manager

Lisa supervises the community partners in Baltimore City, Prince George's County, Dorchester County, and Montgomery County. She provides advocacy trainings and community outreach for the four community partners. She is the primary contact for the MASBHC DVD, advocacy and policy, and SBHC legislative tours.

lkramer@masbhc.org
410-235-1178 ext. 233



Become a Member

Name: _____

Address: _____

Phone: _____ Email: _____

MEMBERSHIP OPTIONS

Individual Membership: \$40 _____ Organization Membership: \$60 _____

Apple Individual Membership: \$100 _____ Apple Organization Membership: \$300 _____

Golden Apple member. Make monthly donations to MASBHC through my credit card or checking account:
\$20 _____ or more \$ _____

In-kind donation (tax-deductible) / Amounts: _____

Sign me up for a committee: Circle your interest

Legislative/Advocacy

Technical Assistance/Training

Membership

Mental Health

Nomination



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