

# SCHOOL BASED WELLNESS CENTERS

SBHCs, also referred to as **school-based wellness centers** or student wellness centers provide school-aged youth with comprehensive physical, behavioral, and preventive health services delivered by qualified medical and behavioral health providers in school settings. Students can access services on-site during school hours which reduces scheduling conflicts, transportation issues, and time away from the classroom.

SBHCs provide Delaware children with quality integrated school health services that improve health status and optimize academic achievement. Studies have shown that Schools with supported Health Centers such as those that Beebe Healthcare supports at Cape Henlopen High School, Sussex Central High School, Sussex Technical High School and Indian River High School help by:

- + Reducing critical health problems
- + Reducing the incidence of high-risk behaviors
- + Ensure coordination with students' primary care provider
- + Increase community awareness
- + Increase parental/school involvement in the care of students.
- + Reducing mental health and psychosocial problems of adolescents by improving access and utilization of mental health services



# SCHOOL BASED WELLNESS CENTERS

## Beebe Healthcare supports School-Based Wellness and provides basic services such as:

- + Preventative Care including vaccinations and physicals
- + Detecting signs of emotional stress and psychosocial problems for counseling and/or referral (on-site, in-school counseling services for a wide range of behavioral health concerns)
- + Nutrition consults for weight, sports optimization, blood pressure, diabetes management, or body image issues.
- + Improve responsible decision-making about health matters
- + Reduce risk-taking behavior
- + Early detection of chronic conditions and early diagnosis
- + Treatment of minor and acute illnesses.

## Who is eligible/How do I get my child enrolled?

Any child attending a School with a Wellness Center is eligible regardless of insurance eligibility or coverage. A parent can enroll their child in the Wellness Center services by completing an enrollment form which covers that child for the entire school year.

## Who do I contact if I have questions?

You may reach out to your school Wellness Center directly:

Sussex Technical High School Wellness Center

Contact: January Gibbs 302-271-2522

17099 County Seat Hwy, Georgetown DE 19947



*DELAWARE HEALTH AND SOCIAL SERVICES*

Division of Public Health

