

Naureen Khan

n.khan@chsica.org

Submission Date **Feb 29, 2024 3:42 PM**

Tax Exempt Status **YES**

Service Area **Fallbrook**

Will no less than 80% of the program recipients live within the communities of Fallbrook, Rainbow, Bonsall or De Luz? **YES**

Collaborative/Joint Application **NO**

Organization Information


Legal Name	DBA (if Applicable)
Community Health Systems, Inc.	Potter JHS School-Based Health Center

Contact Information

Contact Name	Title
Naureen Khan	Director of Grants Management
Primary Contact Phone	Email Address
9496978814	n.khan@chsica.org


Organization Physical Address **1743 Reche Rd.
Fallbrook, CA, 92028**

Board of Directors



2024 Board Roster. upd 01312024.pdf
114.38 KB

Financial Documents - Audit



CHSI 2022 Audited Financials.pdf
687 KB

Financial Documents - P&L and Balance Sheet



CHSI - Balance Sheet 2023.pdf

22.54 KB



P&L - Consolidated YTD -2023.pdf

26.84 KB

Financial Documents - 990



2022 990.pdf

3.81 MB

Organization's Mission Statement

Community Health Systems, Inc. improves and strengthens the health of our diverse communities by providing compassionate and comprehensive health services.

Organization's Vision Statement

Community Health Systems, Inc. will be the provider of choice and trusted community partner in improving the health of the people we serve.

Organization History & Accomplishments

Community Health Systems, Inc. (CHSI) is a nonprofit, 501(c)(3), Federally Qualified Health Center (FQHC), operating six stand-alone community health centers, two mobile medical units, one school-based health center, and one community pharmacy in the tri-county areas of San Bernardino, Riverside, and North Inland San Diego. CHSI has provided uninterrupted primary and preventative health care services since 1984 and has grown from an average of 1,900 patients to more than 25,000 patients in 2023. In 2023, CHSI re-certified and maintained its Level 3 recognition as a Patient-Centered Medical Home (PCMH) organization for five (5) of its health centers. In 2019, CHSI implemented the Health Homes Program, now known as Enhanced Care Management (ECM) Program to provide long-term services and support to members experiencing chronic health conditions, severe mental illness, substance use disorder, and homelessness status. CHSI's health centers provide primary and preventative medical care, women's health services, behavioral health, dental care, vision care, chiropractic care, pharmacy services, health education services, and community outreach programs to all community residents regardless of their ability to pay. Since the COVID-19 public health emergency, CHSI has expanded and enhanced its telehealth service delivery model, in addition to COVID-19 rapid testing and treatment, and vaccinations at all of its health centers. CHSI's notable accomplishments within the last 5 years as it relates to the provision of the proposed program at its Fallbrook Family Health Center (FFHC) are expanding its behavioral health services within the community, and establishing a memorandum of understanding (MOU) with Fallbrook Union Elementary School District to provide behavioral health services to youth and adolescents at James E. Potter Junior High School in Fallbrook. CHSI received support from the Fallbrook Regional Health District (FRHD) to expand services for this school-based health center site at the time of implementation in August of 2022.

Program Name/Title

SBHC BH Expanded Services Program

Brief Program Description

The vision of the School District is to provide behavioral health services to middle schoolers exhibiting social and/or behavioral deficits. CHSI's Potter

JHS SBHC will provide essential behavioral health services through its clinicians who will develop and maintain trust among school personnel, educators, clinicians, and students to support their vision.

Is this a new initiative/service or established program within your organization?

Established Program

Did this program receive FRHD CHC - Grant funding last funding cycle (FY 23.24).

YES

Describe the impact of the program to date. Briefly explain how the service/intervention has worked - include cumulative metrics from the Q1 and Q2 Impact reports.

CHSI's Potter JHS School-Based Health Center (SBHC) has had significant success with the current funded program, and has served 49 patients as of December 31, 2023, accounting for 92 visits, approximately 61% of its projected goal. Services commenced on a part-time basis at three days per week, and due to patient demand, services have increased to five days week. From quarter 1 to quarter 2, Potter SBHC has seen a 31% increase in visits as a result of increased access, which reflects the strong presence on the school campus, addressing and actively reducing the stigma around mental/behavioral health for this age group. CHSI is confident that the continuation of this program beyond the current funded year will assist in maintaining access to these services.

If this program was previously funded, please provide an example of how the District's funding of this program was acknowledged.



Potter BH Enrollment Flyer (6) (1).pdf

798.44 KB

Funding Amount Being Requested

60000

Program Information - Type

Ongoing

Projected number of residents that will directly benefit (participant/client) from this program.

200

Target Population - Age

	Percent of program participants	Estimated number of participants
Children (infants to 12)	33	50
Young Adults (13-17)	67	100
Adults (18-60)	0	0
Seniors (60+)	0	0
We do not collect this data (indicate with 100%)*		

Target Population not collected - Age

N/A

Target Population - Gender

	Percent of program participants
Female	50
Male	50
Non-binary	
Unknown*	

*Target Population - Gender

N/A

Target Population - Income Level

	Percent of program participants
Extremely Low-Income Limits, ceiling of \$32,100	70
Very Low (50%) Income Limits, ceiling of \$53,500	15
Low (80%) Income Limits, ceiling of \$85,600	15
Higher Than Listed Limits	0
We do not collect this data (indicate with 100%)*	

*Target Population - Income Level

N/A

What language(s) can this program accommodate:

- English
- Spanish

What demographic group does this program predominately serve:

- Youth - school based
- Youth - other setting
- Community - Health & Fitness

Program/Services Description - Social Determinants of Health

Healthcare Access & Quality (Access to Health Care, Access to Primary Care, Health Literacy)

Social Determinants of Health - Healthcare Access and Quality

A community accessible model allows this SBHC to serve not just students of Potter Jr. High but parents, family members, staff, and even neighbors who wish to access behavioral health services at this additional site. Within the school campus, CHSI has heavily integrated its Behavioral Health Coordinator and Community Relations team – being involved in school staff trainings/meetings, showing presence within school activities such as back to school night, parent engagement meetings, and/or individual student meetings with school staff – to form a strong connection to the population served and garner trust from school administrators, teachers, parents and students. CHSI's Fallbrook Family Health Center is the closest federally qualified health center (FQHC) to the Potter JHS SBHC site (Google Maps link here: <https://goo.gl/maps/rJ4FUbAS5cGDskrx6>). CHSI is the dominant health center in Fallbrook's zip code of 92028, providing services to 61.54% of the low-income population, and is the only FQHC with the SBHC. Since securing

the agreement with the school district, CHSI is the exclusive provider of access to behavioral health services in this region.

Statement of Need/Problem

According to a 2023 data report from County Health Rankings and Roadmaps, 14% of San Diego County adult residents reported experiencing 14 or more days of poor mental health per month. In the same report, it was stated that San Diego County had one mental health provider for every 210 residents. Although there is a higher rate of mental providers to patients in San Diego County than the state, stigma and health literacy continue to be fundamental barriers to health care access. Nearly thirty percent of the population lives in a county designated as a Mental Health Professional Shortage Area. A 2021 American Psychological Association survey of 1,141 psychologists found a significant increase in the demand for mental health treatment – 84% reported increases in anxiety, 72% reported increases in depression, and 62% reported an increase in trauma and stressor-related disorders for their patients. In Fallbrook, the emergency department (ED) discharge rate per 100,000 residents for mood disorders was 155.7, and anxiety and fear-related disorders was 128.1; the highest and second highest behavioral health indicators respectively, among all indicators for ED discharge rates. In order to reduce the increasing trends and mitigate long-term effects of disorders of this type, early detection and treatment are vital to making behavioral and lifestyle changes. This can be assessed at the beginning of, and during a child's middle school years, when these concerns start to surface. The population in the county for children ages 0-17 in 2021 was 792,577, of which 136,139 were aged 11-13, and 182,703 aged 14-17. According to kidsdata.org, between 2017 and 2019, depression-related feelings among 7th graders was 28.6%, 9th graders, 31.5%, and 11th graders, 34.3%. It is evident that children's feelings increased by 3% over this time period, with these feelings being higher in females when compared to males. The rate of youth needing help for emotional or mental health problems doubled from 13.6% in 2009, to 26.4% in 2016. The ongoing COVID-19 public health emergency has exacerbated an already growing problem of mental/behavioral health among youth in the nation. Mental health is essential to overall health and well-being, and if issues are left untreated, individuals are at-risk for serious problems in social, occupational, or school functioning. The need for uninterrupted access to mental health services in the Fallbrook region as FQHCs continue to integrate this service with primary care is vital for continuity of care for individuals. The vision of the School District is to provide behavioral health services to middle school children exhibiting social and/or behavioral deficits. These children are mimicking social media behaviors in exchange for 'likes' and popularity on various platforms, significantly affecting social skills. The need for training, empathy, skill-building, and parental support and presence on campus is essential to mitigating these social behaviors. Potter JHS has been challenged in creating a system with wraparound support for their student population. By partnering with CHSI, resources and community outreach can be expanded on campus to raise awareness, reduce and/or eliminate stigmas, and provide transparent support.

How are other organizations addressing this need in the community?

In Fallbrook, Palomar Family Counseling Service has been providing mental/behavioral health services to children and families, continuing to address the community's needs via their ongoing programs and services. However, recently their focus has been on the elementary school population, whereas CHSI's proposed services in this request is continued focus on middle school children and their families. CHSI has had seasoned experience with providing behavioral/mental health services for over twenty years in the Fallbrook community. As one of the region's primary safety net providers, FFHC is a vital link to primary and specialty health care services for thousands of underserved residents who are unable to access basic healthcare. Having the SBHC at Potter JHS will not only provide behavioral health services, but will also assist eligible students' and their family members with health insurance enrollment, offer services that support at-risk students, and ultimately increase school attendance.

Program/Services Description -
Program Entry & Follow Up

CHSI's Community Relations team has already begun outreach services and health education on the school campus, with on-site school staffing to include a Patient Services Representative, Health Educator, and Licensed Clinical Social Worker (LCSW). A community accessible model will allow this SBHC to serve not just students of Potter Jr. High but parents, family members, staff, and even neighbors who wish to access behavioral health services at this alternative site. Within the school campus, CHSI will be heavily integrating its Behavioral Health Coordinator and Community Relations team within Potter Jr. High – being involved in school staff trainings/meetings, showing presence within school activities such as back to school night, parent engagement meetings, and/or individual student meetings with school staff – to form a strong connection to the population served and garner trust from school administrators, teachers, parents and students. Students and parents will be provided health educational material along with information on what services are provided at the Fallbrook Family Health Center site which is approximately three miles away. CHSI's staff at the SBHC behavioral health site will have access to its EHR appointment system. SBHC staff member will also schedule appointment(s) for other services as needed upon parental consent.

Program/Services Description -
Program Activities

Behavioral Health Services at Potter JHS will be provided using a dedicated, modular unit on the school campus. Potter JHS will designate one faculty/staff member as the liaison between school personnel and the school based clinician(s). Patients will first enter through the main entrance of the school, adhering to all current visitor safety protocols, as noted on their website. Designated faculty/staff will then guide/direct all visitors to room #90 for health services. Walk-in appointments will be available in addition to scheduled appointments. Services at the school site will be provided on a part-time basis at 3 days per week, with projected expansion to full-time as demand progresses. CHSI's referral process starts with the school counselors at the referring entity, Potter JHS, upon completing a referral form and then sending it to CHSI's Fallbrook Family Health Center (FFHC) via secure email or fax. Once the referral is captured in FFHC's practice management system, a Patient Service Representative (PSR) makes an assessment of health coverage, while obtaining parental consent. If the patient is insured, the PSR checks insurance, verifies eligibility. When verified, authorization is then requested from the health plan within 2 days and the patient is scheduled for an appointment. The PSR will notify the referring entity of appointment status accordingly. If no coverage is available, everyone interested in accessing services will be encouraged to apply for CHSI's Sliding Fee Scale Discount (SFSD) Program. CHSI uses evidence-based health screenings & questionnaires such as Patient Health Questionnaire (PHQ) in its initial assessment of patients. Based on the results of this screening, services within that visit and future visits is determined. Once the patient has completed their first appointment by CHSI's BH provider at the SBHC, and it has been determined that further mental and/or behavioral health care is needed, then the patient will be referred to specialty pediatric mental/behavioral health services. Integrated behavioral health services within the primary care model is important for continuity of care for individuals, and to address other chronic conditions that may be disclosed during a visit. Mental/behavioral health is almost synonymous with other co-morbidities such as diabetes and hypertension. Unhealthy lifestyles contribute negatively towards mental and emotional well-being and chronic diseases such as these, and if not detected early can lead to serious health problems for children as they become adults.

Program Goal

By partnering with CHSI, the goal of the Fallbrook Union Elementary School District and Potter JHS, is to provide resources and community outreach in an expanded format on campus to raise awareness, reduce and/or eliminate stigmas, and provide transparent support for behavioral health. Students and their family members have reassurance in knowing that confidential services will be provided in a safe and culturally appropriate manner. CHSI has demonstrated its commitment and capacity to serve the community by documenting a steady increase in utilization of services provided to underserved patients.

Program Objectives & Measurable Outcomes

Program Objective #1:

By the end of the program year, or June 30, 2025, CHSI will have provided 200 visits to uninsured students from Potter JHS.

Measurable Outcome - CHSI has estimated that approximately 50% of the SBHC's referrals to FFHC are patients who have health insurance coverage by plans not covered by FFHC. In order to maintain continuity of care and ensure that no patient is turned away, CHSI is proposing to cover the cost of 200 visits for students needing services, since there may be multiple visits needed for each individual.

Organization Collaborations

CHSI has established a memorandum of understanding (MOU) with Fallbrook Union Elementary School District, to provide behavioral health services on-site at Potter Junior High School. CHSI will be the sole provider of services, and will refer patients to emergency services, specialty care, or other community-based organizations as necessary to CHSI's Fallbrook Family Health Center.

Anticipated Acknowledgment

Social Media Postings

Print Materials to Service Recipients

Website Display

Anticipated Acknowledgment

If awarded, CHSI will promote FRHD's name and/or logo via the methods selected in the previous question. For example, on CHSI's Instagram and Facebook page, CHSI will acknowledge FRHD in all social media posts related to this program in English and Spanish. In addition, CHSI will promote this program and acknowledge FRHD in CHSI's San Diego Monthly newsletter and CHSI's website under the educational workshop calendar. Lastly, CHSI anticipates advertising this program and recognizing FRHD in the Live Well San Diego online resources and upcoming calendar events page.

Funding History

YES

Funding History - withdrawn, reduced or discontinued explained

Upon award, the Fallbrook Regional Health District stated that Bonsall School District was under-represented in the application for 2023-2024. Due to this feedback, CHSI acknowledges that students who may live in Bonsall, De Luz, and Rainbow may also attend Potter JHS and seek services at the SBHC, however since services are delivered in Fallbrook, CHSI has selected Fallbrook as the service area for this year's application.

Program Budget



24_25 FRHD CHC Program Budget Form_... .xlsx
53.66 KB

Terms and Conditions

Accepted

Authorized Signature

A handwritten signature in black ink, appearing to read "J. B. Khan" or similar, written in a cursive style.