



Choptank Community Health System Community-Based Program





Mission – to provide access to exceptional, comprehensive, and integrated health care for all

Vision – to improve the health and well-being of the communities we serve; to provide and outstanding care experience; and to be an exceptional place to work and make a difference

Patients - 30,000 patients

43% patients Caroline County
24% patients Talbot County
27% patients Dorchester County
6% patients non- service area

37% under 18
59% white
82% ethnicity Hispanic/Creole
43% Medicaid/Medicare





A history of care on the Eastern Shore of Maryland....

Founded in Caroline County in 1978

- Federally Qualified Health Center
- 1st health Center opened in 1980 in Goldsboro, MD-Northern Caroline County
- Six health care centers across the Mid-Shore/Eastern Shore of Maryland

Opened first SBHC April 2000

- Caroline County Public School partnership for school health services
- By 2012 operated a SBHC in EVERY school in Caroline County

Expanded SBHCs Talbot County in 2010

- Partnered with Talbot County Public Schools and the Talbot County Health Dept.
- Opened newest SBHC in 2022
- 2022 Talbot County Public School Community Partner of the Year

Growing an Integrated Model of Care

- Expanded in office primary medical/dental/behavioral health care
- SB Dental Program in Caroline, Dorchester, Talbot, Kent and Queen Annes Counties
- Mobile Unit to provide SB dental care and community outreach in 2021

Choptank's Community Based Program 2023

- School Based Health and Dental Programs:
 - ❖ Caroline County
 - ❖ Talbot County
 - ❖ Dorchester County
 - ❖ Kent/Queen Annes County
- Integrated SB Behavioral Health & Nutrition Services
- Migrant
- Community Outreach



Choptank provides CLINIC BASED medical, dental services

Behavioral Health- Integrated with medical and dental services

Pediatrics- medical and dental

Women's Health/Prenatal

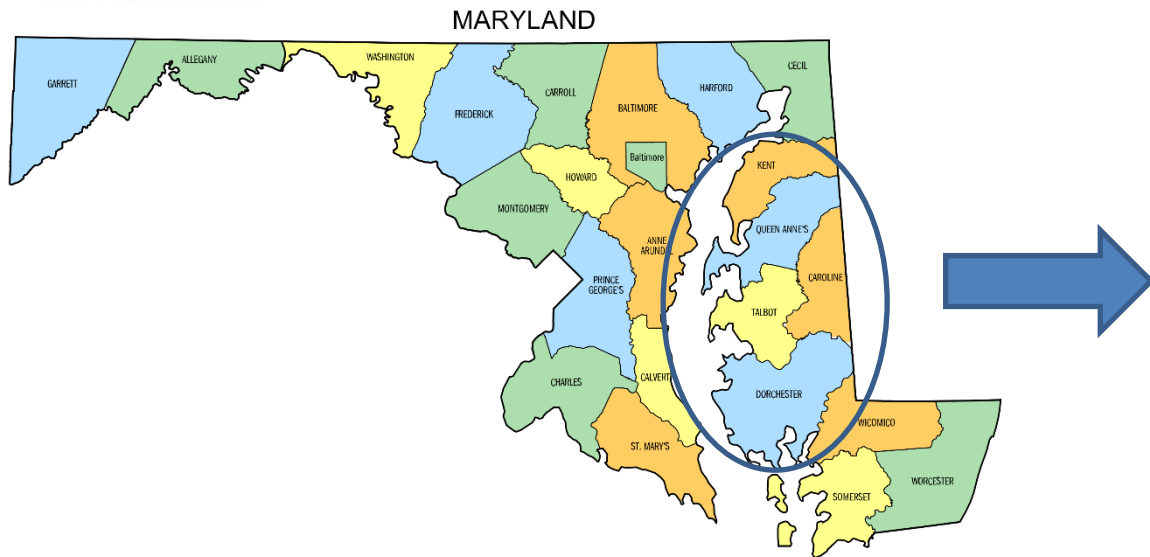
MAT-Medication Assisted Therapy

Choptank provides COMMUNITY BASED medical, dental, behavioral health and nutrition services in the School Based Health Centers

- Operational since 2000
- Provided care to 5500 SB patients in 2019
- Currently 32 school-based sites in 5 counties
- Added behavioral health, nutrition services and 4 additional SBHC medical sites in the 2022-2023 school year



School Based Centers on Maryland's Eastern Shore



Choptank SBHCs-
Medical & Dental
Services



Choptank SBHCs-
Dental Services Only



School Based Health Centers on Maryland's Eastern Shore



Caroline County SBHCs:

Greensboro Elementary
Ridgely Elementary
Denton Elementary
Lockerman Middle
North Caroline High

Federalsburg Elementary
Preston Elementary
Colonel Richardson Middle
Colonel Richardson High

Kent County SBHC:
Rock Hall Elementary

Queen Annes County SBHCs:
Church Hill Elementary
Sudlersville Elementary
Sudlersville Middle

Talbot County SBHCs:
Easton Elementary
White Marsh Elementary
Easton Middle
Easton High
St. Michaels Campus-
Elementary/Middle/High

Caroline County Public Schools

- 5,500 students enrolled in PreK-12th grade
- 58.5% FARMS
- 36.6% Economically Disadvantaged
- 16% Hispanic
- 46% designated as Title One
- Three Concentration of Poverty/Community Schools- Greensboro/Federalsburg Elem and Colonel Richardson Middle
- Greensboro Elementary
- Ridgely Elementary
- Denton Elementary
- Lockerman Middle
- North Caroline High
- Federalsburg Elementary
- Preston Elementary
- Colonel Richardson Middle
- Colonel Richardson High

Talbot County Public Schools

- 4,524 students enrolled in PreK-12th grade
- 49.5% FARMS
- 29.7% Economically Disadvantaged
- 22% Hispanic
- 37% designated as Title One
- Easton Elementary designated as a Community/Concentration of Poverty School
- Easton Elementary
- White Marsh Elementary
- Easton Middle
- Easton High
- St. Michaels Campus-Elementary/Middle/High

Queen Annes County Public Schools

- 989 students enrolled in PreK-8th grade
- 37% FARMS
- 26% Economically Disadvantaged
- 25% Hispanic
- 95% designated as Title One
- Sudlersville Elementary
- Sudlersville Middle
- Church Hill Elementary

Kent County Public Schools

- 1786 students enrolled in PreK-8th grade
- 54% FARMS
- 42% Economically Disadvantaged
- 12% Hispanic
- 69% designated as Title One
- Rock Hall Elementary- designated as a Community/Concentration of Poverty School

Rock Hall Elementary – Community Health Center

All other Kent County Schools- dental only

- HH Garnett Elementary
- Galena Elementary
- Kent County Middle
- Kent County High



Dorchester County Public Schools

- 4,573 students enrolled in PreK-12th grade
 - 95% FARMS
 - 57% Economically Disadvantaged
 - 10% Hispanic
 - 34% designated as Title One
- Six Elementary Schools:
 - Choptank, Maple, Hurlock, Vienna, Sandy Hill and Warwick
 - Three Middle Schools:
 - South Dorchester, Mace's Lane and North Dorchester
 - Two High Schools:
 - Cambridge-South Dorchester and North Dorchester

School-Based Medical Care

Choptank Community Health operates School Based Health Centers in Caroline, Talbot, Kent and Queen Anne's County.

- Any student or staff member enrolled in the SBHC can receive care at any location
- The School Based Health Centers are staffed by licensed advanced practice clinicians including Certified Nurse Practitioners and Physician Assistants
- Most of the School Based Health Centers are also staffed by Certified Interpreters

The School Based Health Centers provide comprehensive preventive, primary care and acute care health services

- The School Based Health Center operates like a typical doctor's office
- Medical providers can assess and diagnose illness, write prescriptions and perform laboratory testing
- The School Based Health Centers can also be utilized for Well Visits including sports physicals.



School-Based Medical Care

Common Medical Services:

- Acute care lab testing (Flu, Strep, COVID)
- Evaluation of ear infections, conjunctivitis, allergic rhinitis, gastrointestinal infections and more!
- Flu Shots
- Sports Physicals
- Medication management for chronic conditions (asthma)
- Health Education
- Referrals to specialists



Student who utilize School Based Health Centers spend more time in class and are sick less often.

According to data from the School-Based Health Alliance, school-based health centers help students perform better in school, increase high school graduation rates and decrease school discipline cases.

School Based Dental

- Access to dental care is provided to all students enrolled in the Dental Program
- Each enrollee receives Oral Hygiene Instructions and Nutritional Counseling regardless of insurance status
- Dental services may include:
 - Dental Screenings
 - Dental Cleanings
 - Fluoride Varnish Treatments
 - Dental Sealants
 - Dental Emergency Referrals
 - Oral Hygiene Instructions
 - Nutritional Counseling



School Based Dental Staff with CCHS Certified Interpreter at the Multicultural Festival in Easton, MD

(pictured left to right: Vanessa Cifuentes, Misty Moyer, DA; Sarah L. Czyz, SB Lead RDH)

School Based Dental

- Enrollees are encouraged to continue services with their regular dental home as often as recommended by their dentist for x-rays and periodic exams
- Referrals for emergency dental care due to pain and/or abscess(es) are given the option to be seen in one of Choptank's Dental Clinics or with their established dental home
- Three Choptank School Based dental teams
- Dental equipment is compact and portable, set up from school to school
- The amount of time spent at a school depends on the number of enrollments, ranging from two weeks to two months each school year



Pictured above: Jennifer Insley, Talbot Co. SB Program Manager, participating in Career Day at White Marsh Elementary School

School Based Dental

- In 2022 CCHS purchased the first Mobile Health Unit
- MHU provides easier access to dental care; especially in public schools with limited space
- CCHS acquired two more MHU's in 2023 upon the success of MHU #1
- Utilized in all counties where services are provided



Pictured Above: Lorena Gracia, PSS and Certified Interpreter, Elisabeth Boyko, RDH for Dorchester and Talbot County Public Schools



School Based Dental 2022-2023 Statistics

- **Caroline County Public Schools**

- ❖ *1,180 enrollees seen for dental services*
- ❖ *584 teeth sealed*
- ❖ *455 enrollees with dental disease*
- ❖ *23 enrollees needing emergent dental care*

- **Dorchester County Public Schools**

- ❖ *463 enrollees seen for dental services*
- ❖ *630 teeth sealed*
- ❖ *178 enrollees with dental disease*
- ❖ *1 enrollees needing emergent dental care*

- **Kent County Public Schools**

- ❖ *337 enrollees seen for dental services*
- ❖ *444 teeth sealed*
- ❖ *115 enrollees with dental disease*
- ❖ *14 enrollees needing emergent dental care*

- **Talbot County Public Schools**

- ❖ *212 enrollees seen for dental services*
- ❖ *160 teeth sealed*
- ❖ *75 enrollees with dental disease*
- ❖ *5 enrollees needing emergent dental care*

- **Queen Anne's County Public Schools**

- ❖ *302 enrollees seen for dental services*
- ❖ *359 teeth sealed*
- ❖ *70 enrollees with dental disease*
- ❖ *2 enrollees needing emergent dental care*

Total Seen: 2,494

Total Teeth Sealed: 2,177

Total with Dental Disease: 893

Total needing Emergent Dental Care: 45



Integrated SBHC Behavioral Health

- **Funding** for integrated School-based behavioral health services was obtained and services began in Caroline County during the 2022/2023 school year.

- **Expanding services in 2023/2023:**

 - Caroline County- 2 school based Behavioral health teams

 - Talbot County- 2 school based Behavioral health teams

- Referral process:** Internal Referrals up as much as 75% in some schools post-pandemic. Students must be enrolled in the SBHC program. Integrated into the services provided in the schools with referrals from the guidance counselors and administration.

- Common reasons for referral:** symptoms of anxiety, ADHD, or depression, behavioral concerns, trauma, grief

School-Based Behavioral Health

SBHC Behavioral Health Process:

- Referral is made
- Intake with Parent/guardian and student
- Patient is scheduled for ongoing appointments (weekly, bi-weekly, or monthly)

Benefits:

- Convenient (eliminates transportation issues/missed appointments)
- Available for crisis intervention within the school
- Provider works with patient, parent/guardian, and teachers/school staff on goals/objectives for home and school



School-based clinician, Lindsay Newcomb, LCSW-C practicing yoga with a student at FES

SBHC Nutrition Services

SBHC Nutrition Process:

- Referral is made by PCP, SBHC medical provider, or parent
- Nutrition services are discussed with parent prior to meeting with student
- Patient is scheduled for ongoing appointments based on need

Benefits:

- RD travels to all schools to accommodate the student's needs while reducing strain on family to find transportation
- Nutrition services are offered to all students for a variety of reasons, so no students feel singled out based on weight
- Counseling is available individually or in groups based on need and student comfortability
- RD meets with student while also developing a relationship with the patient's family for increased support and success
- Patient's feel in control of their progress because they help set their own goals
- All successes are celebrated which creates a positive environment
- Students develop a trusting relationship with RD which increases appropriate referrals to behavioral health and other specialties

SBHC Nutrition Services



Above: Abigail Webster, RDN, and Dottie Hardee offering healthy snacks at field day.

Right: Student using Choptank's blender bike to make a healthy smoothie during Earth Day celebrations.



SBHC Nutrition Services

- **Community Work:**

The nutrition team participates in a variety of community events which increases community awareness of available services.

- **Community Partnerships:**

New community partnerships have been created while preexisting partnerships have been strengthened. This allows the nutrition team to interact with more students and to target the student groups who are at increased nutritional risk.

- **School Relationship:**

Detailed program information has been shared with school staff to ensure that any students who may benefit from nutrition services are identified. RD also consistently offers nutrition education to school staff members.

- **Services:**

RD offers counseling for a variety of nutritional concerns including obesity, disordered eating, picky eating, food insecurity, and nutritionally related medical issues including DM I, DM II, HTN, IBS, and abnormal nutritional laboratory results.

SBHC Nutrition Services



Weekly nutrition education and healthy snacks available for student athletes during community basketball camp.



Nutrition team promoting all SBHC services available through Choptank at a community event.

Choptank Health's Produce Prescription Program



Rx FRESH PRODUCE

Beginning this spring and continuing through the fall of 2022, Choptank Health will be handing out "produce prescriptions" to students in Caroline and Talbot Counties. Choptank School Based Health Center providers will distribute these produce vouchers along with health education on topics including the importance of a healthy diet and physical activity. Choptank is excited to partner and work to address childhood hunger and improve the dietary health of families in our community.

Questions? 410-479-5772



Made possible by the School-Based Health Center (SBHC) Food Access Learning Network and Share Our Strength's No Kid Hungry Campaign

Students and their families can redeem the coupon prescriptions at:

Sho Go Mobile Market
Daily Locations:
carolineculinaryarts.org/shogomobile

Easton Farmer's Market:
avalonfoundation.org/easton-farmers-market





RX No. _____

Questions? 410-479-5772



Redeemable for \$5 toward the purchase of
FRESH PRODUCE

Sho Go Mobile Market Daily Locations: carolineculinaryarts.org/shogomobile
Easton Farmer's Market: avalonfoundation.org/easton-farmers-market

EXPIRES: 12/01/2022



Made possible by the School-Based Health Center (SBHC) Food Access Learning Network and Share Our Strength's No Kid Hungry Campaign

Migrant Health

Healthcare on the move and in the community . . providing remote access to health care for our area's migrant H2A & H2B visa workers.

Serving Camps throughout Kent, Queen Anne's, Talbot, Caroline, and Dorchester Counties with 350+ patients yearly.



Wings Landing Farm
Phyto Ecology
Brisk Wind Farms
Claytons Seafood
Rippon's Seafood
Russell Hall Seafood
Lindy's Seafood
G.W. Hall Seafood
Simmons Seafood
Skinners/Cohee's Farm
Phillip's Seafood
Quail Run Nursery
Angelica Nursery
Friel's Cannery
Godfreys Farm
Arnold Farms

Caroline
Caroline
Caroline
Dorchester
Dorchester
Dorchester
Dorchester
Dorchester
Dorchester
Dorchester
Dorchester
Kent
Kent
Queen Anne
Queen Anne
Queen Anne



Migrant Health Program Services



- ▶ In 2022- the team visited 13 migrant camps in Dorchester, Caroline, Kent, and Queen Annes County
 - ▶ Total workers enrolled = 452
 - ▶ Total visits = 524
- ▶ H2A agricultural and H2B nonagricultural nonimmigrant seasonal workers- landscaping/nursery, farmworkers, and crab picking facilities
- ▶ Medical care to seasonal migrant workers onsite at migrant camp locations or at our Choptank medical/dental clinics
 - ▶ Work facilities (shift change- before/after work and during lunch/breaks)
 - ▶ Living Quarters/Camps
 - ▶ Other visits at CCHS sites as needed
 - ▶ Telehealth

Migrant Program- Overcoming Barriers to care

Choptank's New Mobile Health Units x2

- Protection from the elements (heat/weather/insects)
- Dental Screenings

Connectivity/Internet

- Cradle Points and Plum Case = Internet at the camps
- Telehealth

Communication

- Community Partners assisting with communication and needs assessments
- Certified translators and Ipad Interpretation support

Adherence to medicine and therapies

- Increase Patient education
- Blood Pressure cuffs, Medication Logs/Medicine Management





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