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The National Voice for School-Based Health Care

Got Transition? Launching Students From SBHCs Into Adult Health Care

A New Playbook for Getting Started





Hello, I'm Diana. *(she/her)*

- **Consultant on school health/education equity**
- **Advisor on K-12 COVID response**
- **Former school administrator: school health services, immunizations, SBHCs, Section 504, HIV/STI prevention, teen pregnancy, Title IX, LGBTQ and transgender accommodations**
- **25+ years working at intersection of health and education equity**
- **Parent of two college students!**



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Hello, I'm Samhita.

- Responsible for assisting with health care transition research and quality improvement activities as part of The National Alliance's Got Transition efforts.
- Experience working in autism research as well as reproductive health research.
- Bachelor's degree in Cognitive Science from Johns Hopkins University and received her master's degree in Public Health, focusing in health policy at Johns Hopkins Bloomberg School of Public Health.



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OBJECTIVES

Participants will be able to...

- **Have a foundational knowledge of Healthcare Transition.**
- **Be aware of the playbook and its resources.**
- **Get excited about starting their own Healthcare Transition program.**





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Agenda

- **Introductions & how you can participate**
- **About SBHA & the role of SBHCs**
- **About Got Transition & HCT**
- **Q&A**
- **The Playbook introduced**
- **Q&A**
- **Digging Deep**
- **Thank you!**





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INTRODUCTIONS (drop into chat)

- Name
- Location, organization, role.
- Why do you want to learn more about health care transition from pediatric to adult care?





How to participate:

- All attendees are in listen-only mode.
- To ask a question during the session, drop them into the chat, and we'll pause along the way to answer them.
- We'll engage you in a “discussion” using SLIDO later on!

Join at
slido.com
#2821 959





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School-Based Health Center Playbook on Health Care Transition





School-Based Health Alliance

Transforming Health Care for Students

- We provide technical assistance and training to the school-based health care field
- We support the improvement of students' health via school-based health care by supporting and creating community and school partnerships

www.sbh4all.org



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Health care transition (HCT) in SBHCs

- **Innovative collaboration between SBHA and GT!**
- **Customize and implement GT's Six Core Elements of HCT to prepare students to transition to adult health care after they leave the SBHC.**





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Got Transition in SBHCs

Why SBHCs?

- You're a trusted provider for adolescents.
- You're focused on launching **teens** into adulthood.
- You're **connected to schools that have resources you can leverage.**





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About Got Transition

- Federally funded national resource center on health care transition (HCT)
- A program of The National Alliance to Advance Adolescent Health





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About Got Transition

**The aim of Got Transition is:
to improve the transition from pediatric to adult
health care using evidence-driven strategies.**





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What is health care transition (HCT)?

- process of moving from a child/family-centered approach to care to an adult/patient-centered approach to care
- helps students find and stay connected to adult care once they leave their SBHC





What is health care transition (HCT)?

This change involves assisting high school students in managing their own care and helping them navigate care independently.





Why is HCT important?

Research^{1,2} has shown that a structured HCT process has significant positive improvements for youth in terms of:

- health outcomes
- self-care skills
- satisfaction with care
- reductions in hospital admissions

¹Schmidt A, Ilango SM, McManus MA, Rogers KK, White PH. Outcomes of Pediatric to Adult Health Care Transition Interventions: An Updated Systematic Review. *J Pediatr Nurs*. 2020 Mar-Apr;51:92-107. doi: 10.1016/j.pedn.2020.01.002. Epub 2020 Jan 22. PMID: 31981969.

²White PH, Cooley WC; Transitions Clinical Report Authoring Group; American Academy of Pediatrics; American Academy of Family Physicians; American College of Physicians. Supporting the Health Care Transition From Adolescence to Adulthood in the Medical Home. *Pediatrics*. 2018 Nov;142(5):e20182587. doi: 10.1542/peds.2018-2587. Epub 2018 Oct 22. Erratum in: *Pediatrics*. 2019 Feb;143(2): PMID: 30348754.





Why is HCT important?

However, 80% of youth in the US ages 12-17 have not received HCT preparation from their health care providers.³

³Child and Adolescent Health Measurement Initiative. 2019-2020 National Survey of Children's Health (NSCH) data query. Data Resource Center for Child and Adolescent Health supported by the U.S. Department of Health and Human Services, Health Resources and Services Administration (HRSA), Maternal and Child Health Bureau (MCHB). Retrieved [04/18/22] from [www.childhealthdata.org].





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How can SBHCs help?

- Knowledge of one's own health and health care is part of the transition to adult care and an essential element of adolescent learning, one that has not previously received the attention it deserves.
- SBHCs are well-positioned to offer HCT services, building on their ongoing efforts to provide student-centered care and support students' active engagement in their own care.





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Q&A

**Please enter your questions
into the chat!**



The Playbook

The playbook has 4 sections to guide the process to integrate HCT into SBHCs

1. Starting An HCT Process
2. HCT Intervention Tools
3. Examples from the Field
4. Additional HCT Resources



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Starting An HCT Process

[Playbook Home](#)

[Starting an HCT Process](#)

[HCT Intervention Tools](#)

[Examples from the Field](#)

[Additional HCT Resources](#)



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The Playbook guides SBHCs and other school staff on assisting students with their preparation for the transition from pediatric care to adult health care. Guidance and sample resources can be found in the following Playbook sections: Starting an HCT Process, HCT Intervention Tools, Examples from the Field, and Additional HCT Resources.”

- Form a Team and Enlist School Support
- Develop an HCT Improvement Plan
- Develop an Implementation Plan/Workflow
- Track and Measure HCT Improvements
- Communicate, Disseminate, and Advocate

The Playbook

Starting an HCT Process

HCT Intervention Tools

[Playbook Home](#)

[Starting an HCT Process](#)

[HCT Intervention Tools](#)

[Examples from the Field](#)

[Additional HCT Resources](#)



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Four different HCT tools, described in detail below, can be used as part of the intervention: Welcome and care HCT policy, transition readiness assessment, medical summary, and a resource to find an adult doctor in the community. This table indicates at which age SBHC students may be ready to receive each tool during high school.

Health Care Transition Tools	Younger High School Students (ages 14-16)	Older High School Students (ages 17+)
Welcome and Care HCT Policy	X	X
Transition Readiness Assessment	X	X
Medical Summary	X	X
Resource to Find an Adult Doctor in the Community		X

+ Welcome and Care Policy

+ Transition Readiness Assessment

+ Medical Summary

+ Resource to Find an Adult Doctor in the Community

The Playbook

HCT Intervention Tools



Examples From The Field

[Playbook Home](#)

[Starting an HCT Process](#)

[HCT Intervention Tools](#)

[Examples from the Field](#)

[Additional HCT Resources](#)

The Playbook

Examples from The Field



- *Connecticut's Community Health Center, Inc.*, with its network of over 100 SBHCs across the state, created a Transition Age Youth (TAY) playbook with templates from the Six Core Elements of HCT embedded in their EHR.
- *Michigan's Department of Health and Human Services* partnered with the Blue Devil Wellness Center in Wakefield, Michigan, an SBHC run by the health department of Northwest Michigan, to replicate an SBHC transition project based on the Six Core Elements of HCT.



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Additional HCT Resources

[Playbook Home](#)

[Starting an HCT Process](#)

[HCT Intervention Tools](#)

[Examples from the Field](#)

[Additional HCT Resources](#)

[+ Youth, Young Adults, and Family Resources](#)

[+ Tools for Other School Settings](#)

[+ Tools for the SBHC HCT Team](#)

The Playbook

Additional HCT Resources

Playbook Resources

Playbook

<https://tools.sbh4all.org/health-care-transition/health-care-transition-home/>

Recorded Webinar

<https://www.sbh4all.org/events/got-transition-launching-students-from-sbhcs-into-adult-health-care-a-new-playbook-for-getting-started/>



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Q&A

**Please enter your question in
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Discussion

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Discussion

How could HCT be beneficial for your students?

What students would you start an HCT pilot with?

How would you get your staff on board with HCT?

What wish do you have for young people as they transition to adult health care?



THANK YOU!



For more information, contact:

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