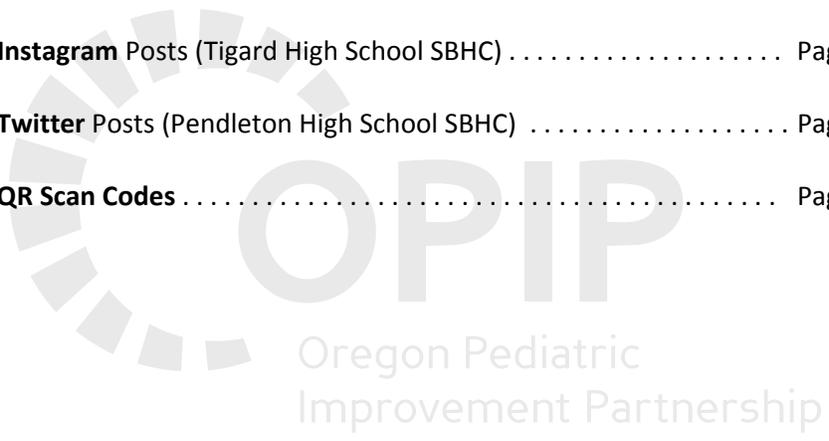


Adolescent Well Care Visits Project: Examples of SBHC Educational Materials

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HAVE YOU HEARD ABOUT THE HEALTH CENTER AT PHS?



As you become more independent, there is a lot to think about – school, friends, family, body image, self-esteem... What's on your mind matters to us, and our trained staff at **Pendleton High School Health Center** are here for you! At the Health Center you can get the same kinds of health services that you get at a regular primary care clinic, and we are conveniently **located here at school!** Our health providers are specifically trained to work with teens and are available to help you with whatever you need.

COMMON TOPICS YOU CAN HAVE ADDRESSED:

- ✓ What you want to talk about - our priority is partnering with you
- ✓ Emotional health and feelings
- ✓ Guidance for healthy relationships
- ✓ Bullying
- ✓ Health exams and sports physicals
- ✓ Drug or alcohol use or experimentation
- ✓ Treatment for illness and infections
- ✓ Dental and Vision exams
- ✓ Immunizations and vaccines

YOUR PRIVACY IS IMPORTANT

At the Health Center we have specific policies around confidentiality. For the most part, what you talk about will stay between you and your health provider and will not be shared with your parents or others. If something needs to be shared, we will always talk with you about it first, and work with you on how to do that.

BILLING & INSURANCE

No student will be turned away due to ability to pay. We welcome ALL students, and accept most insurance including the Oregon Health Plan. If you don't have insurance, don't worry – we will still see you.

WHERE ARE WE LOCATED?

The Health Center is located at Pendleton High School, on the second floor **near the cafeteria.**

WHEN ARE WE OPEN?

The Health Center is open during the school year:
Tuesdays, Wednesdays, & Thursdays @ 7:30am - 3pm

Stop by or call us @ (541) 966-3857

We want to partner with you to provide the best care possible. Make your appointment at the PHS Health Center today!

Follow us on Twitter @PHShealth



Trustworthy * Convenient * Confidential

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-Page2-

DID YOU KNOW?

Only **1 in 5** Oregon teens gets an **annual check-up**, and the odds of having **poor physical and mental health** in adulthood can be **52% higher** for people who **don't receive needed care** early in life.

1 in every 3 Oregon teens **experienced depression** last year, and **1 in 6** seriously considered **suicide**.

Each year there are **9.5 million** new **STD infections** among young adults.

Teens who start drinking at an earlier age are **4 to 5 times** more likely than others to develop **alcohol abuse** as adults.



That's why it's important to have a check-up each year... even when you are NOT sick.

From sprained ankles, to feeling stressed, to relationships and even sexual health, confidential services are available to you at the **Tigard School Based Health Center (SBHC)**.

Our Health Center providers are specifically trained and interested in working with teens and they will never judge you. They will listen and help you overcome challenges to become successful and independent both in body and mind.

The Tigard SBHC Clinical Staff Include:

- Nurse Practitioner
- Qualified Mental Health Professional
- Dental Hygienist

WHERE ARE WE LOCATED?

* **We are conveniently located here at school**, in between the Child Development Center and the Caring Closet.

* **We are open during the School Year:**
Monday - Friday @ 8 am - 4:30 pm

* **We also accept walk-ins based on availability.**

If you have **QUESTIONS** or want to make an **APPOINTMENT**, stop by or call us @ **(503) 431-5775**

COMMON TOPICS ADDRESSED AT A CHECK-UP:

- ✓ Your health questions- our priority is to partner with you
- ✓ Emotional health and wellness
- ✓ Guidance for healthy relationships
- ✓ Bullying
- ✓ Health exams and sports physicals
- ✓ Weight, diet and overall physical health
- ✓ Drug or alcohol use or experimentation
- ✓ Sexual health
- ✓ Treatment for illness and infections
- ✓ Vision exams and hearing screenings
- ✓ Immunizations and vaccines
- ✓ Dental cleanings

YOUR PRIVACY IS IMPORTANT

At the Tigard SBHC we have specific policies around confidentiality. For the most part, what you talk about will stay between you and your health provider and will not be shared with your parents or others. If something needs to be shared, we will always talk to you first and work with you on how to do that.

BILLING & INSURANCE

No student will ever be turned away due to ability to pay. We welcome all students of the Tigard/Tualatin School District, and accept most insurance including the Oregon Health Plan (Medicaid). If you don't have insurance, don't worry, payment can also be made based on what you can afford.



Trustworthy * Convenient * Confidential

**Our goal is to partner with you to provide the best care possible.
Make your appointment at the Tigard School Based Health Center today!**

<http://viriniagarcia.org/locations/tigard-school-based-health-center/>

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Our Health Center providers are specifically trained and interested in working with teens and they will never judge you. They will listen and help you overcome challenges to become successful and independent both in body and mind.

The PHS Health Center Clinical Staff Include:

- Nurse Practitioner
- Mental Health Counselors
- Registered Nurse
- Dental Hygienist

WHERE ARE WE LOCATED?

* **We are conveniently located here at school**, on the second floor near the cafeteria.

* **We are open during the School Year:**

Tuesday @ 7:30 am - 3 pm
Wednesday @ 7:30 am - 3 pm
Thursday @ 7:30 am - 3 pm

* **We also accept walk-ins based on availability.**

Trustworthy * Convenient * Confidential



Our goal is to partner with you to provide the best care possible. Stop by the PHS Health Center today!

Follow us on Twitter @PHShealth

YOUR PRIVACY IS IMPORTANT

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BILLING & INSURANCE

No student will be turned away due to ability to pay. We welcome ALL students, and accept most insurance including the Oregon Health Plan. If you don't have insurance, don't worry, we will still see you.

If you have **QUESTIONS** or if you want to make an **APPOINTMENT**, stop by or call us @ **(541) 966-3857**



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Get a check-up here at school! You can get a routine check-up at the Tigard School Based Health Center (SBHC) that is covered by your insurance. We will still see you if you don't have insurance too!

Only 1 in 5 Oregon teens gets an annual check-up, and the odds of having poor physical and mental health in adulthood can be 52% higher for people who don't get needed care early in life.



DID YOU KNOW?

SCHEDULE YOUR CHECK-UP TODAY!

It's important to have a check-up each year, even when you're not sick. Confidential services are available, and our SBHC providers are trained and interested in working with teens. They will never judge you, and they will listen and help you overcome challenges to become successful both in body and mind.

Tigard School Based Health Center (SBHC)

WE ARE LOCATED:

At Tigard High School, between the Child Development Center & the Caring Closet.

CLINICAL STAFF INCLUDE:

- ✓ Nurse Practitioner
- ✓ Qualified Mental Health Professional
- ✓ Dental Hygienist

WE ARE OPEN:

Mon - Fri, 8am - 4:30pm

For **QUESTIONS** or to make an **APPOINTMENT**, stop or call us at (503) 431-5775. We welcome all students of the Tigard/Tualatin School District, and we will still see you even if you don't have insurance.

Our goal is to **PARTNER WITH YOU** to provide the best care possible.

Take action and make the choice **TOWARD A HEALTHY FUTURE!**

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Pendleton High School Health Center

Tues - Thurs, 7:30am - 3pm
(541) 966-3857

We're on the second floor, near the cafeteria.

We welcome all Pendleton students, and we will still see you even if you don't have insurance.

Our clinical staff include a Nurse Practitioner, Mental Health Counsellors, Registered Nurse, & Dental Hygienist.

CALL US OR STOP BY TODAY!

Follow us on Twitter @PHSHealth

HAVE YOU HAD YOUR CHECK UP YET?

COMMON TOPICS

- ✓ Your health questions – we will partner with you
- ✓ Emotional health and wellness
- ✓ Guidance for healthy relationships
- ✓ Bullying
- ✓ Health exams and sports physicals
- ✓ Weight, diet, and overall physical health
- ✓ Drug or alcohol use or experimentation
- ✓ Treatment for illness and infections
- ✓ Dental and Vision exams
- ✓ Immunizations and vaccines



Teens who start drinking are 4-5 times more likely to develop alcohol abuse as adults.

If you've tried alcohol or think you may be drinking too much, we can help! Our PHS Health Center staff can help you identify the signs of problematic alcohol use that have lifelong consequences, and strategies you can use to protect your health.



TRUSTWORTHY • CONVENIENT CONFIDENTIAL



Only 1 in 5 Oregon teens gets an annual check-up. Having poor health as an adult can be 52% higher if you don't get care early in life.

Get a check-up here at school! You can get a routine check-up at the PHS Health Center that is covered by your insurance. If you don't have insurance, we will still see you!



TRUSTWORTHY • CONVENIENT CONFIDENTIAL

1 in every 3 Oregon teens experienced depression last year, and 1 in 6 seriously considered suicide.

If you feel that way, staff at the PHS Health Center can help! We have trained staff who are used to working with teens on how to cope with these feelings.



TRUSTWORTHY • CONVENIENT CONFIDENTIAL

Each year there are 9.5 million new STD infections among young adults.

If you are sexually active, you can protect yourself: Have a private conversation with your provider at the PHS Health Center about specific ways to prevent getting an STD or pregnant.



TRUSTWORTHY • CONVENIENT CONFIDENTIAL



Tigard School Based Health Center (SBHC)

Mon - Fri, 8am - 4:30pm

(503) 431-5775

Between the Caring Closet & Child Development Center

We welcome all Tigard/Tualatin School District students, and we will see you even if you don't have insurance. Our clinical staff include a Nurse Practitioner, Mental Health Professional, & Dental Hygienist.



CALL US OR STOP BY TODAY!

HAVE YOU HAD YOUR CHECK UP YET?

COMMON TOPICS

- ✓ Your health questions – we will partner with you
- ✓ Emotional health and wellness
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- ✓ Bullying
- ✓ Health exams and sports physicals
- ✓ Weight, diet, and overall physical health
- ✓ Drug or alcohol use or experimentation
- ✓ Sexual health
- ✓ Treatment for illness and infections
- ✓ Vision exams and hearing screenings



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Oregon Pediatric Improvement Partnership

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Get a check-up here at school! You can get a routine check-up at the Tigard SBHC that is covered by your insurance. If you don't have insurance, it's not a problem. We will still see you!



**TRUSTWORTHY • CONVENIENT
CONFIDENTIAL**

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If you feel that way, our staff at Tigard SBHC can help! We have trained staff who are used to working with teens on how to cope with these feelings.



**TRUSTWORTHY • CONVENIENT
CONFIDENTIAL**

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If you are sexually active, you can protect yourself: Have a private conversation with your Tigard SBHC provider about specific ways to prevent getting an STD or pregnant.



**TRUSTWORTHY • CONVENIENT
CONFIDENTIAL**

Pencils to attach pocket/business cards to (both SBHCs will have these):



Mood Pencils

STYLE: FOM

Create an advertising buzz with heat sensitive pencils that change color as your customers write with them. Pencils magically change color and return to normal when they return to room temperature. Custom imprint your company name and logo on this fun pencil and hand them out as a thank you gift to all your customers.

CUSTOMIZE

Text and Logo for Tigard SBHC:



Text for Pendleton SBHC:

Pendleton High School Health Center
(541) 966-3857
We're located on the second floor
near the cafeteria.
Call Us or Stop By Today!

Examples of Potential Instagram Posts (Tigard High School SBHC):



#TigardSBHC #Health #Wellness
#MakeYourAppt #PowerT
#SchoolSpirit #GoTigers



#TigardSBHC #TakeCharge
#StopByToday #VirginiaGarcia
#WeCare #AnnualCheckUp



#NotAlone #Awareness
#TigardSBHC #WeCanHelp
#MentalHealth #YouMatter
#FactsOfHealth

- **Other Instagram ideas could be:**
 - Picture of the SBHC building
 - Picture of the SBHC Staff
 - Additional Facts (some other ideas could be what are listed in the stress balls below)

Examples of Potential Twitter Posts (Pendleton High School SBHC):

- Did you know about the health center on school campus? We're on the 2nd floor by the cafeteria!
#ComeVisit #PHShealth #Wellness #GoBucks
- Take charge of your health! Make an appointment at the PHS Health Center today! (541) 966-3857
#TakeCharge #AnnualCheckUp #StopByToday
- Your Health Matters. Your Emotions Matter. YOU MATTER! Stop by the Pendleton Health Center today!
(503) 966-3857 **#YouMatter #MakeYourAppt**
- Need someone to talk to? Let your voice be heard. Visit Pendleton High School Health Center today!
#Trustworthy #Convenient #Confidential
- You don't have to be sick to have your wellness check-up! Schedule yours today at the PHS Health Center!
#YourHealth #EachYear #Wellness
- Only 1 in 5 Oregon teens gets an annual check-up when they should. Have you had yours?
#KnowYourBody #Prevention #Important #FactsOfLife
- 9.5 million STD infections occur in young adults each year. Learn how to protect yourself.
#AvoidTheStatistic #ProtectYourself #PHShealth
- Last year 1/3 Oregon teens felt depressed and 1/6 considered suicide. If you feel this way, we can help.
#Awareness #MentalHealth #WeCare
- Teens who start drinking are 4-5x more likely to have alcohol abuse as adults. If you struggle in this, we can help. **#NotAlone #PHSHealth**
- Are you hurt but don't have a doctor or health insurance? Come to the PHS Health Center.
#WeWillStillSeeYou #PhysicalHealth #MentalHealth

Examples of QR Codes:



(Pendleton Umatilla County website)



(Tigard Virginia Garcia website)

