

How SBHCs Can Support Student Sexual Wellness During COVID-19

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AGENDA

- Welcome
- COVID and sexual health considerations
- Challenges and solutions related to COVID and sexual health
- Wrap up

1. Identify three impacts of COVID-19 on access to sexual healthcare services in SBHCs
2. Identify potential strategies for navigating challenges related to confidentiality and sexual health services
3. Identify potential strategies for adapting sexual health service provision to reach students when on-site care is limited or unavailable

OBJECTIVES

WELCOME!



MENTI



PRESENTERS



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FAMILY PLANNING IN YOUR SBHCs

Which sexual health services did your SBHC provide *before* COVID?

Which sexual health services is your SBHC providing *during* COVID?



COVID AND SEXUAL HEALTH CONSIDERATIONS

- Decreased access to patients
- Some providers have shared that *fewer* students report being sexually active
- Too early for data on unplanned pregnancy and STI rates
- Challenges with STI testing and treatment due to availability of testing materials and antibiotics
- Childhood immunization rates impacted by pandemic

CHALLENGES AND SOLUTIONS RELATED TO COVID AND SEXUAL HEALTH

What challenges are
you facing in your
SBHC related to sexual
health services?



CHALLENGES
AND
SOLUTIONS
RELATED TO
COVID AND
SEXUAL
HEALTH

- Reaching students
- Maintaining confidentiality
- Connecting students to care

REACHING STUDENTS



REACHING STUDENTS

- Being proactive and using multiple modes of outreach
- Targeting outreach
 - Using contraception
 - Needing immunizations
 - New to the school/ SBHC
- Designating an SBHC cell phone
- Encouraging word of mouth referrals among friends and from partner organizations
- Offering telehealth appointments later in the day (high schoolers might sleep late!)

REACHING STUDENTS

- SBHC presence on school & sponsor websites
- Presentations at virtual school events
- Recording SBHC tours and sharing them online
- Youth advisory councils doing social media marketing and word of mouth

REACHING STUDENTS

Combining modes of outreach:

"And we set up a Google hotline and got it out there through websites, through in-school platforms like Schoology, and just word of mouth, working with administration to connect with the students."

One creative approach to outreach:

"So we could call a parent and ask like, [...] "Do you want us to bring groceries?" right? And then, when we're there, make sure the kid has our number and ask her to call us."

REACHING STUDENTS

What strategies has your SBHC used to reach students during the pandemic?



MAINTAINING
CONFIDENTIALITY



MAINTAINING CONFIDENTIALITY

"We're not getting a ton of calls, which really worries me [...] It's really different to wander by the clinic during lunch than to find a quiet place in your house where maybe your parent is within earshot to call."

MAINTAINING CONFIDENTIALITY

- Students taking a walk during a phone visit
- Using code words/chat function when student feels like visit is no longer confidential
- If proceeding without privacy, Yes/No questions, headset, type answers in chat box
- Respect students' preference to text
- Send prescriptions to pharmacies close to home or drop off in convenient locations

MAINTAINING CONFIDENTIALITY

- Conduct outreach or schedule telehealth visit when student expects to have privacy & good internet connection
- During visit, ask if anyone else is in the room
- Reschedule if cannot ensure privacy
- Confirm if anyone else has access to voicemail, to portal or to email
- Be careful about how staff introduce themselves on the phone
- Designate which phone numbers belong to students (vs. parents/guardians)

MAINTAINING CONFIDENTIALITY

One nurse practitioner explains how the timing of calls can help maintain confidentiality:

"So late afternoon or even evening [...] it's usually a time when youth is able to talk confidentially. So they're away from their families or they're able to have a confidential conversation."

MAINTAINING CONFIDENTIALITY

What strategies has your SBHC used to protect students' privacy during the pandemic?



CONNECTING
STUDENTS TO
CARE



CONNECTING STUDENTS TO CARE

SBHCs use a variety of strategies to connect students to care depending on:

- School, SBHC, and sponsor operations
- Digital infrastructure
- Student comfort
- Student access and insurance

CONNECTING STUDENTS TO CARE

- Telehealth (video/audio or audio)
- Working with school/school district to keep SBHCs open & allow students to enter the school building/campus when classes are totally remote
- Working with sponsor to allow students to be seen at sponsor sites when SBHCS are closed

CONNECTING STUDENTS TO CARE

- Providing "drive-by" appointments
- Becoming "mobile" and going where students are
- Pharmacy delivery
- Seeing students at partner hospital and using hospital's Uber program
- Incorporating safety protocols, including screening for COVID-19, spacing out appointments, and limiting appointment availability

CONNECTING STUDENTS TO CARE

One nurse practitioner describes using different strategies depending on students' level of comfort:

*"For kids who, for example, are using Depo and would like an appointment for Depo, we have a clinic in [town] that is able to see any patients for family planning that if they want and if they can, I've been making them appointments there. **Some of them have said, "I can't. I'm not even leaving the house. So I do not continue my Depo right now."** Some of them have switched to pills, and have switched to prescriptions for pills."*

CONNECTING STUDENTS TO CARE

What strategies has your SBHC used to connect students to care during the pandemic?



MOVING FORWARD

Will you continue any of the strategies or approaches you developed during the pandemic as we return to in-person learning? Which ones?



QUESTIONS?



THANK YOU!

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