The Wellness Centre

- At Salmon Arm Secondary Sullivan Campus Room
 143
- a legacy project of the Shuswap Local Action Team of the Child and Youth Mental Health and Substance Use Collaborative

Soft Launch Thurs. March 15

Sexual Health Education Fair

- food, games, prizes, chocolate!
- over 220 students dropped in
- 17 community service providers in attendance/dropped by
- 97 completed survey



Opening Survey – 97 respondents

Demographics:

- 50.5% female
- + prefer not to say
- 15.8% 18yrs

43.2% 17yrs

41.1% 16yrs

Interested in being on the Advisory Council (Sept '18)

• 18.9% yes

42.1% maybe

48.4% male

Services/Programs students would like to access in Wellness Centre

- 1. 31.5 % Mental Health Education and Support
- 2. 16.3% General support someone to talk to
- 3. 13.0% Sex education & support/STI Testing
- 4. 8.7% Recreational activities cards, games, yoga, drumming
- 5. 7.6% Drug education and support
- 6. Physical health services, quiet/safe space, LGBTQ support, open resource area

Officially opened Thurs. April 5

Tuesdays – 11 – 2pm

OPTIONS for Sexual Health

Wednesdays noon - 2pm

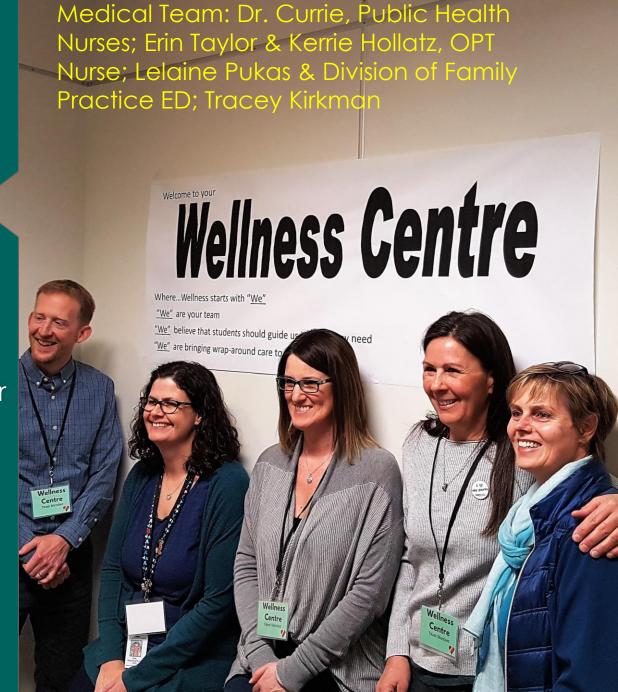
Public Health Nurse *started May

Thursdays 11:45 – 3:30pm

- Walk-in Medical Clinic Dr. Currie and a mental health and substance use counsellor
- Additional: #freelistening with community service providers Thursdays over the lunch break

Fridays noon – 12:45

 Free Pizza and talk series on 'Health Relationships with The SAFE Society – PEACE program – started May



Service Providers contribution to Wellness Centre*:

- 36 hours Doctor in Clinic
- 43 hours Mental Health Counsellors in Centre
- 24 hours OPT Sexual Health Nurse in Clinic
- 10 hours Public Health Nurse in Clinic
- 13 hours Other Community Partners in Centre
- 16 hours Closed group therapy sessions and meetings

^{*}April 5 – May 31, 2018 inclusive – does not include reporting, charts, prep and meetings

Primary Medical Encounters*:

- 44% Acute physical illness
- 18% Chronic mental health & counselling
- 14% Acute mental health and counselling
- 14% Chronic physical illness
- 5% Sexual health
- 5% Addictions

^{*}does not include OPT Clinic data. Time with physician has not been considered at this time. Despite lower percentage of mental health appointments, the time taken is 2 – 3X as long as physical complaints

Primary Medical Patient Demographics*:

- 56% had a GP 37% did not 7% unsure
- 82.5% self-presented 17.5% referral
- 82.5% Sullivan students 17.5% Jackson/storefront
- 58% first visit 42% follow up visit
- 14% required referral 86% did not require referral

*with mental health counsellors available during physician hours, there has been a quick referral process for mental health follow-up and counselling. The MH workers have also been able to refer students to the physician if they are concerned, and are typically able to fit them in the same day.

OPTIONS for Sexual Health*:

- 19 patients 18 female, 1 transgender
- 12 clients had anatomy myths clarified
- 2 pregnancy tests
- 8 clients initiated on oral contraception
- 9 packages of contraception dispensed
- 1 IUD checked by speculum
- 19 clients received sexual health counselling

Feedback from Students*:

- 56% strongly agree that they were comfortable accessing the Wellness Centre 36% Agree, 8% Neutral
- 64% strongly agree that the staff created a space that made them feel safe & welcomed 28% Agree 8% Neutral
- 40% strongly agree that the Wellness Centre met a need that was difficult to access previously 40% agree 16% neutral

Services/activities in the Centre that are most important to students:
48% mental health 36% sexual health 24% Doctor (physical health)

- I'm not 100% sure but it's helped me realize some triggers for my moods
- This is awesome, I wouldn't be able to set foot in my doctor's office without my mom being in my business
- It's very convenient for me to come here rather than miss school to go to the doctor's office
- It allows me to have access to health care options I struggled to find prior to the opening of the Centre. The Centre provides what I need to be safe mentally and in other aspects of my life.

Quotes from Students

- If it wasn't for the Wellness Centre, I wouldn't be coming to school
- Saves my family a trip to the Doctor's office (lives in Anglemont)
- Encourages me to leave the house and come to school knowing there are people who I can trust
- I feel like it gives me an option to help myself rather than hoping that my parents will understand me.

Quotes from Students