

# 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 48.4% male
- + 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

# 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

Medical Team: Dr. Currie, Public Health Nurses; Erin Taylor & Kerrie Hollatz, OPT Nurse; Lelaine Pukas & Division of Family Practice ED; Tracey Kirkman



# 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)

\*after an engagement in the Wellness Centre

- 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**