

School-based health expands in North County



Photo by Wiley Price

Rick Stevens, Christian Hospital president, led the ribbon-cutting on a new health clinic at Hazelwood East High School on October 29, along with district officials and other stakeholders. The clinic is funded by Christian Hospital Foundation and staffed by CareSTL Health.

Hazelwood East, Riverview Gardens open clinics with Christian Hospital Foundation, CareSTL

By Sandra Jordan
Of The St. Louis American

Monday, October 29 was proclaimed "Hazelwood East School-Based Health Center Day" in St. Louis County at Hazelwood East High School. A few hours later, the same date was proclaimed Riverview Advanced Medical Service Day in St. Louis County at Riverview Gardens High School.

Both ribbon-cutting events celebrated the openings of new health clinics at temporary locations ahead of build-outs, thanks to a collaboration and partnerships. The school districts provided the space; Christian Hospital

■ "School-based healthcare is a powerful tool for achieving health equity among children and adolescents, who unjustly experience disparities."

— Rick Stevens, president of Christian Hospital

Foundation funded the clinics; CareSTL Health will staff the clinics for medical and behavioral health. Health Equity Works

conducted the needs assessment and deployment support from Show-Me School Based Health to get the partnerships started.

At the events, Rick Stevens, president of Christian Hospital, greeted everyone with the traditional greeting question of the African Masai people: "How are the children?" He said the warriors of the Masai tribe in Kenya ask that question daily, because they knew that the wellbeing of the children is a good measure of community wellbeing. Stevens said the clinic ribbon cuttings are the realization of a community dream.

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"School-based healthcare is a powerful tool for achieving health equity among children and adolescents, who unjustly experience disparities and outcomes simply because of their race, ethnicity, or family income," Stevens said. "Opening these school-based health centers is making good on our commitment to the hospital's four walls to address these disparities."

Having school-based health centers also reduces parents' taking time off from work and absences for students.

Christian Bertel, coordinator of Health Services for the Hazelwood School District, said school-based health clinics address real needs.

"When our students come here, they don't just drop all the trauma that they had the night before. Their teeth don't suddenly feel better; their head's not better; their vision doesn't clear up. They bring that all with them," Bertel said.

"And the reality is – a lot of our students don't even make it into that door because of all those things. So this center truly is a possibility that, not only can they change what they knew about medical care or about however they feel about behavioral health care, but it opens up an opportunity – the possibility to get care right where they are."

Chaketa Mack-Riddle, assistant superintendent of Student, School & Community Support Services at Riverview Gardens School District, agrees that school-based health clinics are needed.

"We don't know what they come to school with every day," she said. "And many times you have to ask them what's going on, and before they even tell you they like to develop a relationship with you



Photo by Wiley Price

Rick Stevens, Christian Hospital president, cut the ribbon on the new health clinic at Riverview Gardens High School on October 29, along with district officials and other stakeholders. The clinic is funded by Christian Hospital Foundation and staffed by CareSTL Health.

– they want to trust you."

LaShonda Griffin, manager of Transformation Support for BJC Healthcare who played a major part in developing the project, said the clinic buildout at Riverview Gardens High School will serve about 1,200 scholars when completed.

"They also chose the name Riverview Advanced Medical Services, or RAMS," Griffin said, naming the school mascot. "They also helped select the area of focus."

Riverview Gardens High School student Jayden Keys spoke of the convenience of having an onsite clinic, when students need someone to talk

to about how they are feeling – or when parents are too busy or lack funds for gasoline to take their children to a clinic.

"Our health is very important, be it physical health, mental health or emotional health," Keys said. "Being actually able to make an appointment if you want to talk to somebody, being able to feel right throughout the day instead of being all bitter and the anger and holding in – usually we don't like to talk about our feelings naturally."

With the opening of clinics in Hazelwood and Riverview Gardens, CareSTL Health is staffing clinics in three school

districts, with a clinic already in operation in the Jennings School District. They also plan to open a clinic early next year in another St. Louis County school district.

"What we wanted to do is increase the access points for children in our community to be able to have the preventative services," said Regina Askew, director of Behavioral Health for CareSTL Health.

Askew said that includes the youth becoming knowledgeable about preventative care and being able to walk into the clinics and ask questions about anything.

"The curiosity that our

children have – many times they don't have those resources available to them to answer those questions," Askew said. "We are here for that."

The health center at Hazelwood East will serve about 1,300 middle and high school students with medical and behavioral health care.

"It's exciting to celebrate the commitment the leaders in this room have shown to this community, the students, and their families," said Melodie Donatelli, co-chair of the Show Me School-Based Health Alliance, which is listed as an "emerging affiliate" in the national alliance that advocates

for school-based healthcare.

"It's a vision of our organization that every child and youth in the state of Missouri has the ability to succeed by having access to quality healthcare."

At both events, attendees (including administrators, parents, patrons and elected leaders) were encouraged to support the work of the Christian Hospital Foundation. For more information, visit <https://www.christianhospital.org/Giving/Foundation>.

For more information on the national School-Based Health Alliance, visit www.sbh4all.org.

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Hazelwood Math Teacher Earns Regional Teacher of the Year Award

Hazelwood West High School math teacher Scott Borcharding has been named a Regional Teacher of the Year by the Missouri Department of Elementary and Secondary Education.

He is one of area teachers recognition of only 32

Borcharding was recognized State Teacher Awards 22 in Jefferson

“I have believed that have been relationships created with colleagues,”



10 St. Louis to earn the and one statewide.

the Missouri of the Year Banquet Oct. C i t y . a l w a y s my successes based off that I have students and Borcharding

Scott Borcharding (L), Mark Behlmann, Director (R)

said. “This award has been a blessing to help me grow through opportunities that it has created throughout the past year.”

Borcharding has taught math at Hazelwood West High School since 2006, and is a Class of 2000 alumnus of the school.

He also is the senior class sponsor, varsity baseball coach, and girls tennis coach.

“Mr. Borcharding truly is a leader both for his students and Hazelwood West High School,” Superintendent Nettie Collins-Hart said. “He is a shining example of our highly-qualified staff setting high expectations and helping students reach those expectations. I am very proud of him and his hard work.”

Recipients are chosen based on their ability to foster excellence in education through improved student learning.

They also must play an active role in their school community and provideserviceandleadership,aswellasbehighlyrespected

Hazelwood District School Appoints Two New Principals

Northwest Middle, Brown Schools

The Hazelwood School District has announced the appointment of two new school building principals. The HSD Board of Education has approved the appointment of Stacy Ray as principal of Hazelwood Northwest Middle School, and Melanie Davison as principal of Brown Elementary School.

Ray has worked in the Hazelwood School District for the past seven years; since the beginning of this school year, she has served as interim principal of Northwest Middle School.

She also has worked as a curriculum coordinator and assistant principal at Hazelwood West Middle School, and held the position of building principal in two other school districts.

Ray holds a bachelor's degree in social studies from the University of Missouri, along with a specialist in administration and a doctorate in educational leadership from Missouri Baptist University.

Mrs. Davison has worked in the Hazelwood School District for more than 18 years; most recently, she served as an instructional coordinator at Jana Elementary School.

Prior to this, she served as both interim principal and instructional specialist for Cold Water Elementary School for almost seven years, and was a teacher at Brown Elementary School for 10 years.

Mrs. Davison holds a bachelor's degree in elementary education from Western Illinois University, and a master's in educational administration from Lindenwood University.

"I look forward to seeing the great things Dr. Ray and Mrs. Davison will continue to do for the students in our district,"

HSD Superintendent Nettie Collins-Hart said. "We value our diverse staff members who are caring, culturally-competent, well-trained, and highly-effective in their roles."



Stacy Ray, new principal of Hazelwood Northwest Middle School.



Melanie Davison, new principal of Brown Elementary School.



District and community healthcare officials join to celebrate proclamation of Hazelwood East School-Based Health Center Day issued by Barbara Fraser, Education Liaison for County Executive

Hazelwood District Partners With Health Agencies For School Health Center

The Hazelwood School District and its community health partners that includes Christian Hospital joined together to celebrate the opening of the Hazelwood East School-Based Health Center Oct. 29. A ribbon-cutting ceremony marked the start of an innovative new opportunity for HSD students.

The health center is the first of its kind in the Hazelwood School District, and allows students to access several health services during school hours. Students can receive immunizations, physicals, behavioral services, nutrition guidance, referrals for other medical services, and more at the new facility.

The center was the result of a collaboration between the Hazelwood School District, Christian Hospital Foundation, CareSTL Health, Health Equity Works, and Show-Me School Based Health Alliance.

“We know that this would not have been made possible without the dedication and leadership of our community partners, and we’re very grateful to them for that support,” HSD Superintendent Dr. Nettie Collins-Hart said. “We are excited that our students can have safe, convenient access to healthcare right now.”

The School Health Center will serve approximately 1,300 of the Hazelwood district’s middle and high school students.

“School-based healthcare is a powerful tool for achieving health equity among children and adolescents who unjustly experience disparities and outcomes simply because of their race, ethnicity, or family income,” Christian Hospital President Rick Stevens said. “Opening these school-based health centers is making good on our commitment to the community to get

outside the hospital’s four walls to address these disparities.” “We know that this would not have been made possible without the dedication and leadership of our community partners, and we’re very grateful to them for that support,” HSD Superintendent Dr. Nettie Collins-Hart said. “We are excited that our students can

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One of the primary goals of the center is to cut down on missed class time for students, both by keeping them healthier and providing on-site care instead of students leaving the building for health appointments.

“This center truly is the possibility that, not only do students change what they know about medical care, but it opens up the opportunity to receive medical care right where they are,” HSD Coordinator of Health Services Christian Bertel said.

Accessibility also was a driving factor in opening the facility.

“What we wanted to do was increase the access points for children in our community to have preventative services,” CareSTL Director of Behavioral Health Regina Askew said. “We want our children to be knowledgeable of preventative care, and to be able to access those services.”

At the ceremony, Director of Health Equity Works Dr. Jason Purnell discussed how health facilities in schools can help students achieve in multiple ways.

“School-based health centers are an important intervention because of their ability to improve not just health outcomes, but also educational outcomes,” he said. “It’s partnerships like what we see here today that makes school-based health centers successful and sustainable, but it’s also these kinds of partnerships that give us hope for the future of our children, our communities, and our country.”

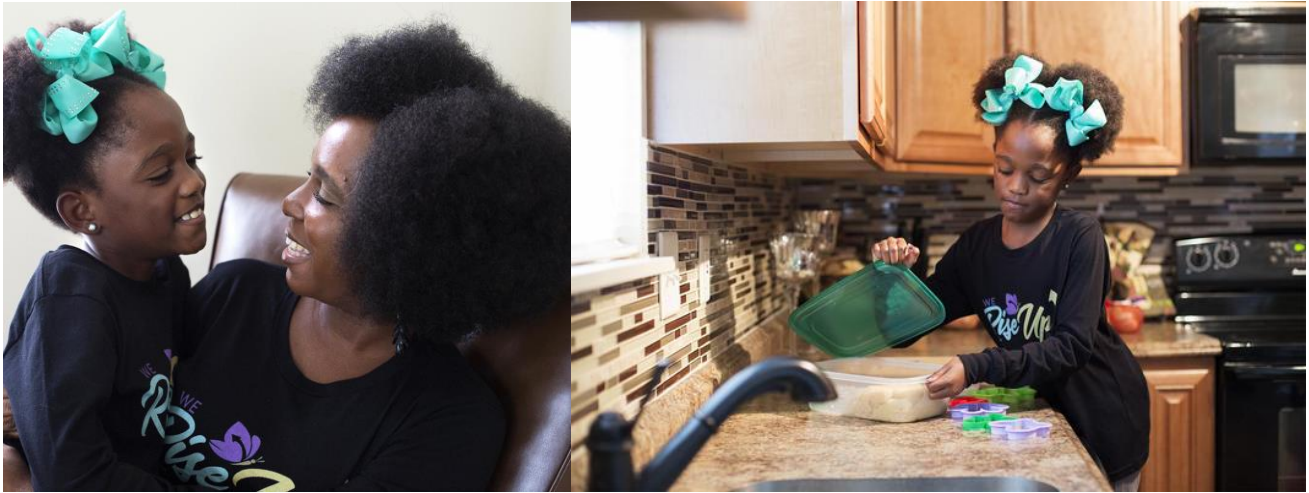
Hazelwood Teacher Forfeits Gifts for Displaced Youth

Michelle Pendleton,
a Hazelwood School District Families in Transition Specialist, recently celebrated her 60th birthday. Instead of gifts, Pendleton asked her friends and family to donate gift cards for displaced youth. "In this position, I see firsthand the need of our displaced community," said Pendleton. Pendleton's friends and family donated more than \$500 in gifts cards.





'I want other kids to be able to heal': Florissant 9-year-old starts anti-bullying organization



On the surface, Mikaylah Norfolk is like most kids her age. She likes to play with her three-story Barbie Dreamhouse, dress up her dolls, hang out with her friends and do arts and crafts. But the 9-year-old Florissant resident is also the founder of an anti-bullying organization. [We Rise Up 4 Kids](#) aims to help kids deal with the trauma of bullying, while also providing mental health resources.

"[Kids] shouldn't have to think about it all the time," Mikaylah said. "So, like, we're providing outlets for kids who are victims of bullying to just ... not focus on what they're going through. And focus on fun things in life."

Mikaylah is a smart, creative girl with a personality much larger than her tiny frame. Yet the inspiration behind her organization comes from personal experience. *turned her experiences with bullying into an organization to help others.*

When Mikaylah was 8, she experienced intense physical and verbal bullying by one of her classmates. That went on for months. MORE

<http://www.kbia.org/post/i-want-other-kids-be-able-heal-florissant-9-year-old-starts-anti-bullying-organization#stream/0>

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'I want other kids to be able to heal': Florissant 9-year-old starts anti-bullying organization, cont.

"He bullied me," Mikaylah said. "He pinched me. He pushed me. He shoved me. And on Oct. 26, 2017, he escalated his behavior to assaulting me at school. And it was hard. It was really hard."

Mikaylah said she told her teachers what was going on, but they minimized it. That disheartened her parents, especially because they'd been communicating with her teacher, trying to get the issue addressed.

"We were both really frustrated that it was allowed to get this far, because she did tell the teachers when it started with just teasing and they kind of minimized it as kids just being kids," said Mikaylah's mother, Monique Norfolk. Monique and her husband Damon had documented everything. She said that specific incident, in which Mikaylah was kicked hard, led to thousands of dollars in medical expenses including eight months of physical therapy, gynecologists, urologists, counseling sessions, and a couple of procedures to make sure she didn't have any internal damage. "She was in pain every time she went to the restroom for eight months," Monique said. "So if you imagine how many times somebody goes to the restroom a day, for eight months she was in pain. And she was 8 years old trying to process in her mind why this person did this to her?" However, it was more than just physical pain that was affecting her. At one of Mikaylah's counseling sessions, her parents found out that she had feelings that she didn't want to live anymore. "She told me she thought it would be better in heaven," Monique said. "You know she wouldn't have to go through this anymore. And she'd be with God. And be able to be happy because all of that would be gone." Mikaylah said at that point things were just too hard. "It felt like I couldn't overcome," she said. "And I want other kids to know that they can overcome and don't let bullying bring you down just because of one person." Her parents eventually withdrew Mikaylah from the Hazelwood School District and began teaching her at home. Both Mikaylah and her mom said it wasn't an easy decision at first, but things are working out for the better now, they say. Mikaylah credits a lot of that to counseling. "It helped tremendously, because she was just so nice and she actually cared about what I was going through," Mikaylah said of her counselor. "And she gave me little arts and crafts and stuff to do to help with ... coping skills, and help when I was angry or sad or mad." Mikaylah wanted others her age to have that chance, too. She said the concept of her organization started with conversations between her and her mom. She wrote about it, thought up a list of names and eventually decided on We Rise Up 4 Kids. "Mommy was like should we just do this for African-Americans?" Mikaylah said. "Should we just do this for girls? I was like no, because bullying affects everyone. And it doesn't matter what color you are. It doesn't matter if you're boy, if you're a girl. It doesn't matter. Bullying happens and it's not just something that goes away." We Rise Up 4 Kids officially launched with a kickoff event at the Centennial Commons in University City in late October. The room was loud and packed with family, friends and even strangers. There were games, activities, live storytelling by Mikaylah's grandparents Bobby and Sherry Norfolk. A large backdrop with the organization's name was setup to take photos. But it was Mikaylah who was at the center of it, wearing a black We Rise Up 4 Kids t-shirt and a blue tulle tutu skirt. The launch event was the first of what Mikaylah says will be quarterly events, where kids will have a safe space, access to mental health resources and numerous activities to do, including community service projects. Monique said that was a full circle moment for both her and her daughter, as well as other kids and their parents. "To be a parent and hear from other parents to see other kids and be able to say this is a safe place, this is where you can come and you can have a good time," Monique said. "You don't have to think about what you're experiencing and you can find a new community. And it's friends that are here to support you that felt amazing." Florissant resident Lora Gulley agrees. Her son who was also in the Hazelwood School District experienced intense bullying a couple of years ago. She said this effort is important for kids and she's inspired by Mikaylah's resilience. "I think all of the young people [who] may be going through bullying or experience something that may knock them back a few," Gulley said. "This is demonstration and demonstrating that you can overcome a challenge or a barrier or obstacle." Kira Collins is a social worker for Special School District of St. Louis County. She was one of two therapists who took part in the We Rise Up 4 Kids event. Collins said bullying is a systemic problem in schools that often gets minimized. That's why she said it's important to believe and listen to your kids, because often parents won't be able to see the invisible scars of mental health as a result. "Be understanding, be able to kind of take that in and sit with that and help them process through that," Collins said. "And if you know just you and your child are not able to process through that — finding that professional help to help you guys do that all together." At the end of the day, Mikaylah wants other kids to feel empowered like her. So far, the organization has helped her with that. "It was like the starting of a new chapter and helping others," Mikaylah said. "It's a form of healing. So I was healing and I want other kids to be able to heal, starting with that kick-off event. And much more other events that we'll have. But that felt awesome to know that was done to help kids."

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