



SCHOOL-BASED HEALTH SERVICES

UNDERSTANDING THE WSCC MENUS OF EVIDENCE-BASED PRACTICES

To make evidence-based practices (EBPs) more easily understood and accessible to schools, university partners of Healthy School Successful Students have developed Menus of Evidence-based Practices for each component of the WSCC model.

EBPs are shown to increase academic success, graduation rates, and student safety, while decreasing bullying and fostering a positive school climate. When school administrators and staff use EBPs, they are better able to produce successful outcomes for students and school communities.

With the variety of evidence-based strategies that the Menus provide allows schools and districts will be able to find a practice that fits their time and funding availability.

BENEFITS OF FOCUSING ON SCHOOL-BASED HEALTH SERVICES

- School-based health services have been associated with decreases in absenteeism related to health issues, decreases in depressive symptoms, increases in physical activity and fruit consumption.
- Health service programs and interventions that are based in schools provide the opportunity to reach students who otherwise would not have access to physical and mental health services. This, in turn, can assist in reducing health inequities and bring resources to students who are underserved for a variety of reasons.
- School-based mental health services reduce stigma around receiving such services, facilitate outreach into community resources, and assist students in receiving more information about mental health in general.

EVIDENCE-BASED STRATEGIES

- School nurses are in a unique position to assist with closing the gap between school health policies and the implementation of programs.
- Comprehensive and peer-led sexual health programs have shown positive results in increasing students' knowledge, positive normative beliefs about abstinence and condom use, a decrease in unprotected sexual practices and number of sexual partners, and increases in STI and HIV knowledge.
- School staff training in mental health first aid can lead to a higher identification of mental health issues, as well as increased referrals to community services to ensure that students receive the help they need.

DISCOVER YOUR STRATEGY

- Check out the School-based Health Services Menu of Evidence-based Practices to find what works for your school community!