

## Take the Next Steps to Access the Benefits of your SBHC

### Register your student

Fill out the forms required for permission to treat your child, and please attached a copy of your insurance information. We do not collect insurance co-payments for any appointments.

Your registration paperwork will be collected by the clinic staff, who will then schedule your child for an appointment, and notify you of the date and time. The clinic staff will ensure that the school administration is aware of the appointment and a hallway pass will be issued. For questions please call Corinne at 860-387-0432.

To make an appointment with Behavioral Health, parents should call a guidance counselor to fill out a referral form. They will then receive a phone call from a BH provider to complete the rest of the process.

Nutrition services are available by referral, and Elizabeth will call parents to set up an appointment at a convenient time.

### SBHC Hours

**Medical:** Tuesdays 8 a.m. – 12 p.m.

**Behavioral Health:** By appointments Monday and Thursday, 8 a.m. to 12 p.m.

**Nutrition Services:** By appointment

## Your SBHC: Community Health and Wellness Center of Greater Torrington

Oliver Wolcott Technical High School's SBHC was reopened by the Community Health and Wellness Center of Greater Torrington (CHWC) in April 2018. The mission and vision of the school clinic is consistent with the mission and vision of CHWC.

**Mission:** The Community Health and Wellness Center of Greater Torrington is committed to keeping communities healthy. In a compassionate, high quality and patient-centered environment, services are accessible and provided without discrimination, with cultural competence, and where all people matter regardless of their ability to pay. Through coalitions, advocacy and sound fiscal management, these services will be sustained over time.

**Vision:** The Community Health and Wellness Center of Greater Torrington will offer and continue to develop a range of healthcare services for the underserved throughout northwest Connecticut. It will achieve the reputation of provider of choice for affordable, high-quality services that achieve positive patient outcomes.

A welcoming and caring environment will be experienced by all patients and their families. An organizational culture will exist that attracts and retains skilled, dedicated employees. Sound fiscal management practices will ensure long-term viability.

CHWC will collaborate and advocate with other organizations to increase the region's capacity to meet health and wellness needs.



Community Health and Wellness Center  
of Greater Torrington

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## An introduction to your School-Based Health Center at Oliver Wolcott Technical High School

*School-based health centers (SBHCs) are in place in nearly 2,000 schools across the country, where they are helping to keep students healthy and ready to achieve.*

*Positive outcomes of an SBHC include:*

- Improved access to care
- Reduced student absences
- Increased classroom time
- Improved health and educational outcome for children
- Decrease in parental missed work time



# School-Based Health Center

## Part of a Collaborative Team of Providers Dedicated to Students' Health & Wellness

An SBHC does not replace a family's primary care provider or the important role of school nurses. Rather, a SBHC offers the benefit of comprehensive, complementary adjunct care. SBHC providers work in collaboration with the students' primary care providers, nurses, parents, and other disciplines within the school, such as counselors.

### Routine services that SBHCs provide include

- Primary medical care
- Behavioral care
- Health education and promotion
- Substance abuse counseling
- Sexually-transmitted infection counseling
- Birth control counseling
- Nutrition education

## The Staff and Services of the SBHC at Oliver Wolcott High Technical School

### Medical Service

Our medical staff provides treatment and services addressing:

- Sports physicals
- Eye exams
- Rapid strep testing
- Urinalysis testing
- Immunizations
- Wound care
- Ear irrigations
- Rapid HIV testing
- Pregnancy tests
- Acne management
- Depression
- Weight concerns
- Specialist referrals
- Birth control counseling
- Sexually-transmitted infection testing and treatment
- In-office nebulizer treatments for asthma and asthma management
- Sick visits (including sore throat, rash, ear pain, minor injuries, congestion, headaches)

### Medical Staff

#### Jaimie Machado, APRN

Jaimie earned a Master of Science degree from the University of Saint Joseph, as a Family Nurse Practitioner. Jaimie brings many years of healthcare experience to CHWC, having worked as a cardiothoracic and critical care RN prior to becoming a nurse practitioner.

#### Cheryl Long, LPN

Cheryl is a dedicated LPN with more than 15 years of experience in the medical field. She received her LPN from Lincoln Technical Institute, and has worked as a medical office nurse, medical assistant, and psychiatry assistant prior to joining CHWC. An experienced clinician committed to excellence, her patient skills make her particularly well suited to serve the student population.

### Behavioral Health Services

Our behavioral health staff provides individual therapy to students with many different diagnosis. Students can meet with a therapist during school hours to help with their emotional and behavioral needs. Individual services provided include:

- Depression
- Anxiety
- PTSD
- ADHD
- Family-related issues
- Eating disorders
- Self-injurious behaviors
- Stress
- Grief and loss
- Truancy

### Behavioral Health Staff

#### Jason Kersten, LCSW

Jason is a Licensed Clinical Social Worker and Behavioral Health Coordinator at Community Health and Wellness. He specializes in working with adolescents, men, and women that are currently struggling with depression, life transitions, communication issues, grief/loss and anxiety. He also works with clients that have been through traumatic experiences and have a difficult time finding a new path in the midst of that trauma. He also works with the teens of our community in the school setting.

He utilizes multiple therapeutic theories in sessions including, Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, Solution focused Brief Therapy and Motivational Interviewing. This is to help meet clients where they are at, identify their objectives for treatment and transform their lives into a life that they are looking to attain. The supportive environment created hopefully gives the client an opportunity to find a path and goals that they want, and to assist them in getting there. Jason joined Community Health & Wellness Center in September of 2015. He received his Master's Degree in Social Work from Columbia University.

#### Teresa Perrucci, LCSW

Teresa is a Licensed Clinical Social Worker specializing in working with men, women and adolescents that are currently struggling with life transitions; family systems that have difficulty implementing boundaries or struggle with their communication styles, as well as individuals who could benefit from therapeutic support to identify goals to further the progression in their interpersonal relationships.

Teresa embraces a non-judgmental, supportive and rational approach to the counseling process. She has extensive experience working with Bipolar Disorder, Depressive Disorders, Anxiety Disorders and coexisting issues such as substance abuse, domestic violence and trauma (physical, sexual, emotional) primarily in the outpatient setting. Teresa received her Master's Degree in Social Work from Fordham University.

### Nutrition Services

Good nutrition is key to health and wellbeing at every age. Students (and their parents) can work with our nutritionist to implement simple yet powerful changes in eating habits that will support better health and wellbeing.

Nutrition can improve the following conditions:

- Weight management
- Prediabetes and Diabetes
- High Blood Pressure
- High Cholesterol or Triglycerides
- Polycystic Ovary Syndrome
- Asthma
- Digestive conditions
- Food allergies and intolerance

### Registered Dietician-Nutritionist

#### Elizabeth Caruthers, RD, CDN

Elizabeth received her degree in Nutrition and Dietetics from the University of Maryland in 1995. Prior to joining Community Health and Wellness, Elizabeth provided nutrition counseling and facilitated therapeutic lifestyle groups for families and individuals with the Fair Haven Community Health Center in New Haven. In addition to community health, Elizabeth has a background in acute, hospital-based nutrition care. She is passionate about helping people find simple and enjoyable ways to eat well and experience better health.