



## Smyrna High School: Bayhealth Wellness Center

---

August 2021

Dear Students and Parents,

Summer is coming to a close and we are gearing up for a new school year. The staff at the Bayhealth Wellness Center at Smyrna High School hopes that you have had a safe and enjoyable summer. We look forward to serving the students of our community in the future.

Bayhealth's Wellness Centers provide Delaware's teenagers with health services in cooperation with each teen's family physician. The center provides physical, mental, nutritional and educational health services for its members. The goal of the Wellness Center is to promote healthy lifestyles, increase school attendance and improve the student's ability to concentrate. All students in grades 9-12 are eligible to access Wellness Center services.

To participate in the Wellness Center, a parental consent and teen health history form must be completed on each student, and can be returned via fax/e-mail. Forms can be found on the Smyrna High School website under the Wellness Center tab (found under Academics & Programs tab). Paper copies of the form can be found at the High School in the Main, Guidance and Wellness Offices.

The Division of Public Health has mandated that Wellness Centers submit claims to insurance companies. Parents and students however **will not** be expected to pay traditional copays or be billed for any services rendered at the Wellness Center. No one will be denied services based on insurance or ability to pay. Insurance information is however required at the time of registration.

The mission of the Smyrna School District is to ensure that the students of the community are prepared as effectively and as efficiently as possible to become responsible and productive citizens possessing the knowledge, the problem-solving skills, and the positive attitudes necessary to successfully adapt to and function in an ever changing environment. Our goal at the Wellness Center is to provide quality and compassionate health care to help further this mission.

**The Wellness Center at Smyrna High School will be open on some Tuesdays throughout the summer and August 9-12<sup>th</sup> for sports and new student physicals.** Our Nurse Practitioner and Mental Health Provider are here for you. You can reach the Wellness Center by calling 302-653-2399, messages are checked weekly and returned. We can also be reached via email at: [wellness@smyrna.k12.de.us](mailto:wellness@smyrna.k12.de.us) to set up an appointment. We look forward to serving you.

Sincerely,

The Wellness Center Staff

## About Us

The Smyrna High Wellness Center is a school-based health clinic. The Wellness Center is to:

- Provide Smyrna High School students with a means of obtaining health services that can be coordinated with each teen's family physician
- Reduce health-related absences
- Meet not only the physical needs of today's adolescent but also the health education, nutritional, mental and emotional needs
- Focus on prevention services with a goal of promoting positive physical and mental health

Students must have parental or legal guardian consent to use the services. The Wellness Center is staffed by a **nurse practitioner, a mental health counselor, a registered dietitian and an administrative assistant.**

*The services available at the Wellness Center were developed by Public Health, Smyrna School District, and a Wellness Center Advisory Council comprised of parents, students, faculty, and healthcare providers.*



## Benefits

- Easier access to health care
- Early identification and treatment of minor illnesses
- Decrease in parental time away from work for medical appointments
- Decrease in student health related absences

## Services

- Physical exams: routine, sports, camp and job
- Diagnosis and treatment of acute minor illnesses and injuries
- Health education of topics relevant to adolescents
- Evaluation and treatment of mental and emotional health needs
- Nutritional counseling
- PPD testing
- Immunizations in accordance with Division of Public Health
- Confidential reproductive health counseling, testing and services
- Sexual assault counseling provided by Contact Life Line



## Enrollment

All parents /legal guardians of Smyrna High School students are encouraged to enroll their students with the Wellness Center.

- **The Consent and Health History forms must be completed and returned to the Wellness Center before services can be provided**
- Forms are available in the main office and the Wellness Center. They can also be downloaded from: [http://shs.smyrna.k12.de.us/apps/pages/index.jsp?uREC\\_ID=208883&type=d](http://shs.smyrna.k12.de.us/apps/pages/index.jsp?uREC_ID=208883&type=d)

- **Health insurance** information must be completed to register
- Students who are **18 years old** may enroll themselves

## RESOURCES

Town of Smyrna Police 302-653-9217  
Delaware Helpline 211  
NEED A DOCTOR? 1-866-Bay-Docs

### **Mental Health Crisis**

Mental Health Association 1-800-287-6423  
CPR ( 0-17 yrs. old) 1-800-969-4357  
Mobile Crisis (18+ yrs. Old) 1-800-345-6785  
Contact Life Line/Rape Crisis 1-800-262-9800  
Dover Behavioral Health 1-855-609-9711  
Domestic Violence Hotline 1-800-701-0456



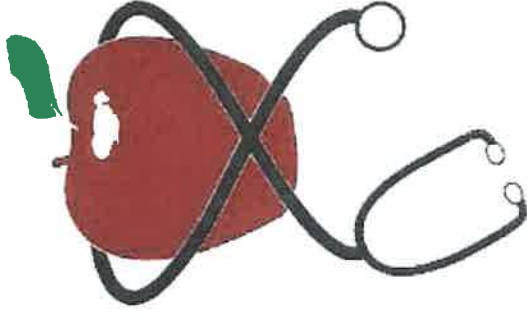
### **WELLNESS CENTER VS. SCHOOL NURSE**

- One does not replace the other
- The school nurse is responsible for the day-to-day health of the entire school population
- School-based health clinics provide medical appointments and mental health counseling
- School nurse is a district employee
- Wellness Center staff are Bayhealth employees



## **Smyrna High School Wellness Center**

A **Bayhealth** school-based health center



**Smyrna High School Wellness Center**

**130's Hallway**

**500 Duck Creek Parkway**

**Smyrna, DE 19977**

**Phone: 302-653-2399**

**Fax: 302-653-1342**

**Hours: 7:15am to 3pm\***

**\*Limited hours during the summer**

**\*Staff may be available for other times by request**

The Smyrna High Wellness Center is partially funded through the State of Delaware Public Health and **reimbursed from insurance** for those students who have insurance. **There is never a fee to the student. Students without insurance are not denied.**



Smyrna High School  
Stacy Cook, Principal  
500 Duck Creek Parkway  
Smyrna, DE 19977  
(302) 653-8581





Place Patient Label Here  
Name & Date of Birth

**SCHOOL-BASED WELLNESS CENTER**

**PARENT/STUDENT CONSENT FOR SERVICES**

As a Parent or guardian of a **minor** child (less than 18 years) you can elect whether your child will receive services at the Wellness Center. Students 18 years or older may sign for themselves to receive these services. **(PLEASE PRINT IN INK)**

I, \_\_\_\_\_, give my consent for \_\_\_\_\_ to receive  
(Name of Parent/Legal Guardian of Student) (Name of Student)

health services at the \_\_\_\_\_ Wellness Center Administered by Bayhealth Medical Center.  
(Name of the School)

**Wellness Center services include the following, as needed or requested;**

**PHYSICAL HEALTH**

- Assessment, diagnosis and treatment of minor illness and injury
- Physical examinations, including sports/employment/college physicals
- Immunizations in accordance with the Division of Public Health
- Nutrition services and referrals

**COUNSELING**

- Individual, Group or Family Counseling
- Drug, alcohol and other substance abuse counseling and referrals
- Referrals for long-term counseling or other evaluations

**EDUCATION**

- Individual and group programs focusing on healthy life choices

The following services are also available to students 12 years of age or older who are enrolled in this school-based Wellness Center. According to Delaware Law (Title 13 §710) a minor child 12 years of age and older can receive these confidential services without parental consent. This law applies to all medical facilities and providers. Information about confidential services can only be shared when your child gives the Wellness Center permission to do so or at the discretion of the health care provider having primary regard for the interests of the minor.

**CONFIDENTIAL SERVICES**

- Condoms, Hormonal Birth Control (e.g. Oral Contraceptives & Depo)
- Pregnancy testing
- Diagnosis and treatment of sexually transmitted diseases
- HIV Counseling and Testing

**THE WELLNESS CENTER DOES NOT PROVIDE THE FOLLOWING SERVICES**

- Treatment or testing of complex medical or psychiatric conditions
- Ongoing primary treatment of chronic medical conditions
- Complex lab tests
- Hospitalization
- X-Rays

**PLEASE COMPLETE OTHER SIDE**







Patient Label

### School-Based Wellness Center-Registration & Health History

Services **will not** be provided unless all sections of this form are complete. **(PLEASE PRINT CLEARLY IN INK)**

Student Name: \_\_\_\_\_ Birthdate \_\_\_\_/\_\_\_\_/\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_  
(Street) (City) (State) (Zip)

Student Phone: (Home) \_\_\_\_\_ (Cell) \_\_\_\_\_ Grade: \_\_\_\_\_

Gender:  Male  Female  
Ethnicity:  Hispanic or Latino  Not Hispanic or Latino  
Student's Preferred Language:  English  Spanish  Other please list \_\_\_\_\_

Race: Please check  all that apply  
 American Indian/Alaska Native  Native Hawaiian/Pacific Islander  
 Asian  White/Caucasian  
 Black/African American

Name of Student's Medical Provider (Doctor): \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

NO PHYSICIAN OR MEDICAL PROVIDER

Name of parent/legal guardian: \_\_\_\_\_ Relationship to child: \_\_\_\_\_

Parent/guardian Phone: (Home) \_\_\_\_\_ (Cell) \_\_\_\_\_ Email: \_\_\_\_\_

#### INSURANCE INFORMATION IS REQUIRED TO PROCESS STUDENT VISITS AND A COPY OF YOUR INSURANCE CARD MUST BE PROVIDED

Please indicate your medical coverage.  NO MEDICAL COVERAGE

PRIMARY MEDICAL INSURANCE

Name of Insurance Company: \_\_\_\_\_

Insurance Address: \_\_\_\_\_

Student Policy #: \_\_\_\_\_ Group Number: \_\_\_\_\_

Subscriber Name: \_\_\_\_\_ Subscriber Birthdate: \_\_\_\_/\_\_\_\_/\_\_\_\_ Relationship to child: \_\_\_\_\_

Medicaid# \_\_\_\_\_

SECONDARY MEDICAL INSURANCE

Name of Insurance Company: \_\_\_\_\_

Insurance Address: \_\_\_\_\_

Student Policy #: \_\_\_\_\_ Group Number: \_\_\_\_\_

Subscriber Name: \_\_\_\_\_ Subscriber Birthdate: \_\_\_\_/\_\_\_\_/\_\_\_\_ Relationship to child: \_\_\_\_\_

Medicaid# \_\_\_\_\_

Barcode



# School-Based Wellness Center-Registration & Health History

Patient Label

**A COMPLETE AND ACCURATE HEALTH HISTORY IS NEEDED IN ORDER FOR THE STAFF TO PROVIDE QUALITY HEALTH CARE.**

### ALLERGY HISTORY

- No Allergies
- Medication Allergy (please list): \_\_\_\_\_
- Allergy to:  Latex  Peanuts  Eggs  Other (please list) \_\_\_\_\_

**MEDICATIONS:** Please list all medications child is currently taking: prescription, over the counter, herbal supplements

Name of medication	Dose	Reason for use

**FAMILY HEALTH HISTORY**-Please check  and indicate which blood relative (i.e. parents, grandparents, siblings) have had the following:

<input type="checkbox"/> Asthma	<input type="checkbox"/> Anxiety	<input type="checkbox"/> Depression
<input type="checkbox"/> Diabetes	<input type="checkbox"/> Heart Disease/Attack	<input type="checkbox"/> High Blood Pressure
<input type="checkbox"/> Kidney Disease	<input type="checkbox"/> Sickle Cell	<input type="checkbox"/> Stroke
<input type="checkbox"/> High Cholesterol	<input type="checkbox"/> Blood Clots in legs/lungs	<input type="checkbox"/> Cancer
<input type="checkbox"/> Obesity	<input type="checkbox"/> Other:	

### STUDENT HEALTH HISTORY

Please check  any of the following conditions that your son/daughter has now or has had in the past. Indicate with (P)-Past or (C)-Current. Please provide an explanation below for any **CURRENT** problem checked.

<input type="checkbox"/> ADD/ADHD	<input type="checkbox"/> Anemia	<input type="checkbox"/> Anxiety	<input type="checkbox"/> Asthma
<input type="checkbox"/> Cancer (type):	<input type="checkbox"/> Chicken Pox -year:	<input type="checkbox"/> Cholesterol (high)	<input type="checkbox"/> Clotting Disorder
<input type="checkbox"/> Concussion	<input type="checkbox"/> Depression	<input type="checkbox"/> Diabetes	<input type="checkbox"/> Eating Disorder
<input type="checkbox"/> Headache-Migraine	<input type="checkbox"/> Hearing Loss	<input type="checkbox"/> Heart Murmur	<input type="checkbox"/> High Blood Pressure
<input type="checkbox"/> Overweight/Obesity	<input type="checkbox"/> Learning Disability	<input type="checkbox"/> Rashes/Skin problem	<input type="checkbox"/> Seizures
<input type="checkbox"/> Self-injurious Behavior	<input type="checkbox"/> Physical Limitations	<input type="checkbox"/> Suicide Attempts	<input type="checkbox"/> Smokes/Chew Tobacco
<input type="checkbox"/> Trauma/Violence	<input type="checkbox"/> Ulcer/Reflux	<input type="checkbox"/> Vision Problems	<input type="checkbox"/> Other:

Explanation of CURRENT illness or problems: \_\_\_\_\_

### List all past surgeries:

Type of Surgery	Date
	Date / /
	Date / /

Do you have any worries or questions about your teen's physical or emotional health that you would like the Wellness staff to address?  Yes  No

If yes, what are your concerns? \_\_\_\_\_

Is your teen currently receiving counseling or mental health services:  Yes  No

Name of Counselor/Facility: \_\_\_\_\_

I have read this form carefully and **I acknowledge** that all information requested on the Registration & Health History Form is accurate and complete.

Signature of Parent/LegalGuardian: \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Barcode