

Important Information

Confidentiality

We strongly recommend parental participation, however all medical records containing information regarding mental health, substance use treatment, and certain medical care such as STD treatment, must be kept confidential by law, just as in your doctor's office.

Bangor SBHC will maintain secure, confidential patient information in an electronic medical record.

A copy of our Privacy Practices is available at PCHC.com on the legal notices page, under the patient resources tab, if you wish to review or print this information. You can also contact us at 207-404-8247 if you would like to request a paper copy.

Eligibility

- ▶ Any Bangor student with a parent/guardian-signed enrollment form on file may use the services of the School-Based Health Center throughout the school year.
- ▶ Students who are at least 18 years old, emancipated minors, married, or who live independently, may sign permission for themselves.

Parent Involvement

The School-Based Health Center staff invites parents to be an integral part of a student's health care plan. Parents are welcome to call or make an appointment to come in to the School-Based Health Center with questions or concerns about their child's health or accompany them to a Health Center visit as appropriate. Staff will make every effort to inform parents about their child's diagnosis and treatment when appropriate.

About PCHC

Penobscot Community Health Care is a patient-centered medical and dental home, providing a full range of health care services for 65,000 of our friends and neighbors in Bangor, Brewer, Old Town, Winterport, Belfast, and Jackman.

Our mission is to provide comprehensive, integrated primary health care services for all to improve the health and wellbeing of our patients and the Maine communities we serve.

PCHC offers a wide variety of health care services from pediatrics to geriatrics, from mental health to dental care!

Learn more online: www.PCHC.com

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PCHC complies with applicable Federal civil rights laws and does not discriminate, exclude people, or treat them differently on the basis of race, color, national origin, age, disability, sex (including pregnancy and sex stereotyping), gender identity, sexual orientation, or any other characteristic protected by law. ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística.

207-404-8247
www.PCHC.com



Bangor School Based Health Center

Convenient, on-site medical and mental health care





Lisa Bergmark Physician Assistant Clinical Lead of SBHC

About Our School-Based Health Center

All students at Bangor High School have access to our School-Based Health Center, which provide health care services right in school!

Even if your child has a primary care provider elsewhere, he/she can receive immediate and on-site medical, and mental health care at our center (SBHC). This service is made possible through a program with Penobscot Community Health Care (PCHC). Students do not need to be PCHC patients to use the SBHC in their school. Any student is welcome!

Our staff includes:

Lisa Bergmark, PA-C - Clinical Director
Karen Gardner, LCSW - Mental Health Counselor
Brianna Cox, NP - Medical Provider
Sarah Burby, CMA - SBHC Coordinator

At the SBHC, our health professionals can treat a wide variety of medical issues, including:

- Asthma • Strep Throat • Acne • Rashes
- Sprains and Strains • Stitches
- Annual Well-Child Exams • Sports Physicals
- Immunizations • Vomiting or Nausea
- Sports Injuries • Mental Health and Counseling
- Management of Chronic Diseases



We Make Mental Health a Priority

According to the National Alliance on Mental Illness, **ONE in FIVE** students will encounter a mental health condition in a given year.

At our school-based health center we will help guide our students through those challenges. We offer:

- ▶ Mental Health screenings & evaluations
- ▶ Counseling & Treatment of any Mental Health and/or Substance Use Issues
- ▶ Individual, Family & Group Education Treatments

Medical Services More Accessible Than Ever

We understand that lives of our students are busy. That's why our medical services based out of Bangor High School can help make things easier for you.

Our experienced Physician Assistant (PA-C) will operate at Bangor High School and will coordinate with the school nurse. Below we list the kinds of services we offer:

- ▶ Physical Exams (including sports physicals)
- ▶ Diagnosis for common illnesses
- ▶ Immunizations

You Have Questions We Have Answers



How will this affect my relationship with my PCP

Treatment provided at Bangor SBHC will not take the place of your current primary care provider. Instead, sick children can receive immediate medical care when needed, without the need of the parent to leave work.

If your child does not have a Primary Care Provider, Bangor SBHC will provide that service upon the parent's request.



How would my child make an appointment?

- You can call the health center directly to schedule an appointment
- Should the student become ill during school hours, they should report to the school nurse. The school nurse will refer the student to the Bangor SBHC for further care if needed.



How will I be billed when my child is seen?

The school based health center will bill MaineCare and/or your insurance carrier for services provided. Copays and/or coinsurance are not due at time of service. Once the insurance carrier has paid the covered amount, you will receive a bill for the portion for which you are responsible.

If your child is uninsured or under insured financial assistance may be available through a sliding fee discount program. The Sliding Fee program provides reduced costs on most services for those who qualify.

Discounts are based on household size and income, in accordance with federal poverty guidelines. An Outreach and Enrollment Specialist can help determine if you qualify.

For more information about the Sliding Fee Program or to be connected with Outreach and Enrollment Specialist, contact the SBHC at 404-8247.