



Candice is a senior at Branford High School, and chose CASBHC for her internship during the month of April.

Two years ago, Candice stumbled upon the School Based Health Center (SBHC) when she transferred to Branford High School. Since she signed up, the SBHC has impacted her health/life and has made her more aware of what is going on with her health and her body. She enjoys that SBHCs take the time to figure out what is going on with their patients and are able to help them, and feels confident that SBHCs help address student's health needs.

Using the SBHC has taught her not to ignore her symptoms when she is sick. Before she would not listen to her body and would find herself in and out of doctor's offices or going to the Emergency Department. The SBHC has given her a new perspective on the delivery of healthcare. Before she just thought of healthcare as doctors and nurses, and the school based health center has shown Candice that healthcare is more than just medical care, because the SBHC integrates medical, mental health, and dental care. Due to this new perspective on healthcare delivery, she would like to pursue a career path in healthcare.

As she graduates from Branford High, and leaves the SBHC, she will remember how important it is to take care of yourself.

To incoming freshman and their parents, she says that they should take advantage of the SBHC. It reinvents the way of healthcare by having everything right on site and kids don't have to miss school. Candice says, "SBHCs are a great way to keep kids healthy and in school and to address absenteeism issues. It doesn't make sense that SBHCs are not in every school."

Her message to legislators who keep reducing funding to SBHCs is for them to think about this: what if it is your kids that are missing class, and as a result are struggling to keep up with classwork? It is convenient for students to stay in school and parents to stay at work and not worry about taking their children to doctor's appointments.