

School Based Health Center

at Tigard High

Serving all Tigard-Tualatin School District students, siblings, staff and their children

Care Providers:

Reyna Meneses,

Medical Office Assistant who is also bilingual.

Anne Trainor,

FNP, a licensed Nurse Practitioner employed by Virginia Garcia Memorial Health Center who is qualified to assess, diagnose, provide treatment and prescribe medication.

Monika Friend,

LCSW, employed by LifeWorks Northwest, who will provide brief counseling for anxiety and depression, behavior support for tobacco and other substance cessation, support for family issues and academic concerns, coping skills for adolescent issues and referral to specialty Mental Health Services as appropriate.

Keeping Kids Healthy, in School and Ready to Learn

Available Services

- Diagnosis and treatment of minor illness, infection and injury (such as skin infections, bronchitis, sinusitis);
- Communicable disease control;
- Assistance in managing chronic illness such as asthma or diabetes in cooperation with students' primary care provider;
- Health screening and referral;
- Immunizations;
- Lab tests to monitor health conditions;
- Physical examinations; sports physicals;
- Mental health assessment and referrals,
- Counseling and family support;
- Substance abuse assessment and referral;
- Tobacco prevention and cessation information;
- Wellness and lifestyle education and support.

Our Goals for Care

- Easy access to primary health care for **ALL** students, reducing school absences;
- Preventative health care and health care education;
- Coordination and management of chronic illnesses with students primary care provider;
- Brief counseling for anxiety and depression; behavioral support for substance abuse cessation; support for academic and family issues;
- Prevention of communicable diseases;
- Family support;
- Services for TTSD staff and their children to reduce the need for substitutes and sick leave time.

Family Nurse Practitioner:

(on school days)

Monday 7:30 am – 12 noon

Tuesday-Thursday: 9 am – 4 pm

Child and Family Therapist:

(on school days)

Monday-Thursday 7:30 am – 4 pm

Friday: By appointment only

Urgent problems are seen on a walk-in basis. Appointments are recommended for non-urgent health concerns.

Most insurance accepted and sliding scale offered to those without insurance.

9000 SW Durham Rd. • Appointments: (503) 431-5775
