



PORTLAND PUBLIC SCHOOLS



# Your Benson Wellness Center is **OPEN**

## I need a medical appointment

**Step 1:** Register if you are a first time patient at 503-494-8505.

**Step 2:** Call to schedule an appointment in person or virtually at 503-418-0409.

## I need to talk to:

### My School Nurse

Patty Locke  
e: plocke@mesd.k12.or.us

### My School Therapist

Martha Ochoa p: 503-310-0015  
Call or text in English or Español

### My School Social Worker

Caroline Bleckmann  
e: cbleckmann@pps.net  
p: 503-729-3486

## OHSU Hours:

### In person appointment:

Tuesday & Thursday: 1-5 p.m.  
Wednesday: 8 a.m. - 12 p.m.  
Virtual appointment  
Monday-Friday 8 a.m. - 5 p.m.

**We see all students, regardless of ability to pay. We accept all insurance plans and uninsured students.**

## Health Services:

- Regular Check-up
- Sports physical
- Primary Care
- Immunizations
- Injury evaluation
- Evaluation & treatment of mental health and substance use disorders

**Masks are required for any in person appointment.**

## Health Services continued:

- Sexual health and education  
STI & pregnancy testing and contraception
- Questions about your body

**Masks are required for any in person appointment.**

Meet your team providers:  
Nancy Zink, MD,  
Valerie Cecil, FNP  
Fran Biagoli, MD  
Reva Hollingsworth, RMA



### Directions:

- **Benson High School:** 546 NE 12th, Portland, OR 97232
- Entrance is in the back of the building off NE 15th Ave. & Irving St.
- Follow directions into the parking lot to the back of the school.
- Ring the middle doorbell for staff to let you in if you have an appointment.

### Things to know

**Q: What is the Benson Wellness Center?**

**A:** It is a regular doctor's office located inside the school serving students ages 7-21.

**Q: Can students still see their regular primary care physician?**

**A:** Yes! Providers can fill in gaps when it is difficult for students to obtain a service with their primary care provider. Examples include confidential services and sports physical.

**Q: Does it matter what insurance my student has?**

**A:** We see all students regardless of insurance status.

**Q: Why should my teen register at the Benson Wellness Center?**

**A.** When students are already registered it can facilitate prompt medical care if they are injured or ill.



### Benson High School

546 NE 12th  
Portland, OR 97232



**Benson Polytechnic High School**

