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**HEALTH SYSTEM**  
UNIVERSITY OF MICHIGAN

**Thank you to our funders!**

**University of Michigan  
Health System**

**Michigan Departments of  
Community Health & Education**

**HRSA**

**United Way of Washtenaw**

# SPRING 2015 NEWSLETTER

**The RAHS mission is to provide school-based health programs and clinical services that improve the well-being of students, their families, and communities.**

**Youth receive high quality physical, emotional, and preventive health-care in an easily accessible, supportive, and youth-friendly environment from professional staff who are responsive to the needs of a diverse population in Washtenaw County.**

**#MoreThanABandAid**

## New Community Eye Clinic

On Tuesday, February 17, 2015, at 9 AM, the UMHS Regional Alliance for Healthy Schools (RAHS) celebrated the culmination of a goal set years ago with a Ribbon Cutting Ceremony presenting the renovated school-based health center and the new Community Eye Clinic located in the Ypsilanti Community High School.

RAHS is thrilled to partner with the Kellogg Eye Center to establish services for our patients and community members,” said Lauren Ranalli, Director of the Regional Alliance for Healthy Schools. “The Community Eye Clinic at RAHS Ypsilanti Community High school-based health center will be a resource for essential vision services for hundreds of students and their families throughout Washtenaw County.”

The RAHS-Kellogg Partnership became a reality due to the need for vision service for many of the RAHS underserved patient population. Because of the generous donation and continuous support of the Kellogg Eye Center, RAHS is now able to provide sustainable onsite services. This partnership will ensure that every patient in need will receive a comprehensive eye visit and will receive a pair of glasses.

“We want to be sure that all students have proper eye care so that they can succeed in the classroom and in their long term career goals,” said Michael Smith-Wheelock, Associate Chair of Clinical Affairs at the U-M Kellogg Eye Center. “Our eye doctors are pleased to help—whether it’s treatment for an eye condition or a new pair of eye-glasses—so that these students have the vision needed to live their lives fully.”

The University of Michigan Kellogg Eye Center provides care for patients with common and complex eye conditions in its seven clinics at the Ann Arbor location and in eight community clinics, including one in Ypsilanti. Clinical care at Kellogg is backed by a strong vision research program aimed at discovering cures and new treatments for eye disease. The goal of faculty and staff is to improve patients’ lives by curing, treating, and preventing eye disease.

# RAHS Services

## Provided at ALL RAHS School-based Health Centers

**Immunizations** - Due for a flu shot, tetanus booster, Hepatitis B, or chickenpox vaccine? Call us and find out!

**Physical Exams** - Your child should have a physical exam every year. Overdue? Call your primary care provider or your RAHS Health Centers for an appointment.

**Need Insurance?** Call for an appointment with our Medicaid enrollment specialist! (734) 998-5795.

**Mental Health Counseling** - Concerned about your teen's emotions? Talk to a RAHS social worker.

**Referrals to Community Resources** - Need assistance with food, clothing, housing, bills, or transportation? RAHS social workers may be able to help.

**Interpreters and Translation Services** - We have access to the University of Michigan Health System's Interpreter Services Program for any interpreting and translation needs.

**Community Advisory Council (CAC)** - Join the CAC and be a part of the solution. There are 3 meetings a year and dinner is provided. Call today to find out when our next meeting is scheduled. (734) 998-2163.

For more information about RAHS services, check out our website - [www.umhs-rahs.org](http://www.umhs-rahs.org) or send us an email at [UMHS\\_RAHS@med.umich.edu](mailto:UMHS_RAHS@med.umich.edu).

## Typical or Troubled

Do you ever wonder whether your teen's emotions or behavior are just normal teen behavior or are indicative of something more concerning? The American Psychiatric Foundation has designed a program called Typical or Troubled to help parents and adults who work with teens understand when an adolescent may be in trouble because of a mental health disorder or a substance abuse problem. RAHS received a grant from The American Psychiatric Foundation for social workers to present this program to teachers and school staff at two middle schools in Washtenaw County as well as groups of parents in the fall of 2014.

The Typical or Troubled program helps adults understand what behaviors might indicate that a teen has a mental health problem, how to talk to the teen about the behaviors, and how to connect that teen to help. The program helps adults be better able to "Notice, Talk, and Act" when they have concerns about a teen's behavior. Adolescence is a time of rapid physical and psychological development that brings with it increased academic and social pressures. Normal teens can, at times, be withdrawn, argumentative, worried, secretive, and prone to taking risks. For teens who have mental health problems, the teen years can be even more difficult.

Two principles can help parents and other adults figure out whether certain behaviors are normal or indicative of something that needs to be evaluated by a mental health professional. An evaluation is warranted if the behavior lasts for a significant period of time or is extreme and out of character for that child, even if it happens only once. For instance, if a teen seems sad and withdrawn for two weeks or longer, this should be evaluated. If a teen engages in dangerous behaviors such as physical aggression toward others, running away, self-harming behaviors, or getting into trouble with the law, these should be evaluated.

The Typical or Troubled program provides some strategies to adults about how to talk to the teen about their concerns. Focusing on specific behaviors and expressing genuine concern may help the teen agree to talk to a helping person. Resources are provided for parents and school staff about where to direct adolescents to help. The RAHS School Based Health Centers are an excellent resource for teens, as well as school counselors, pastors, and family doctors.

The goal of the Typical or Troubled program is to ensure that adolescents who have mental health problems get the help they need as early as possible so they can lead more successful, productive lives. Adults who attend the presentation generally feel more confident in talking to the teens they love and work with about concerning behaviors and connecting them to help in their communities. If you would like to arrange for a Typical or Troubled presentation for your school or community program, please contact Jenna Neinhaus at [jennan@med.umich.edu](mailto:jennan@med.umich.edu).

# Confidential Healthcare: Teens Can Receive Services without Parent's Permission



Teens and young adults need specialized medical care and a provider with whom they can discuss anything, from normal body growth and development, illness, preventive care, sexual concerns and emotional problems. Their parents also need special guidance and support through these years. As teens begin to develop into adults and take more responsibility for their lives, we ask for more input from them about their health. At the same time, parents usually want to stay involved in their teen's healthcare. How and when do parents begin stepping back?

Parents want to know: At what age should I allow my child to have time alone with their provider, without me in the room? Does my child have a right to any services without my

permission?

Teens want to know: Am I allowed to talk to my doctor privately, without my parent in the room? What services do I need my parent's permission for?

It is considered best practice to ask parents to wait outside for part of an exam and to encourage the teen to discuss his or her own view of their health. There are varying thoughts about what age this should begin, but many providers begin this process around age 12-13, to set the stage for the child's growing independence. Talking to teens without the parent also gives teens a chance to ask questions or give information they may feel self-conscious about. Teens often have questions or concerns that they may feel embarrassed to talk about in front of their parents.

According to the 2013 CDC Youth Risk Behavior Survey, many teenagers and young adults experiment with high-risk behaviors that can lead to serious problems. In Michigan high schools:

- 36 % have tried cigarettes
- 60 % drank alcohol
- 33 % have tried marijuana
- 38 % have had sex

Sometimes teenagers will hide their behavior so parents are not the first to find out. Our goal is to help prevent and identify these problems before they become serious. Providers should ask parents to leave for part of the interview for confidentiality and to build trust, but also encourage the teen to discuss important issues with their parent or guardian. It is important to know that if a teen is doing anything to hurt themselves or others, or if someone is hurting them, providers will be forced to break confidentiality and tell an appropriate adult.

Michigan state law requires that some services are available to teens privately. This includes pregnancy testing and services, contraception, testing for and treatment of sexually transmitted infections, substance abuse treatment, and mental health counseling. However, Michigan law does not allow contraception to be available on school property, so school-based health centers like RAHS clinics do not offer contraceptive services, including condoms.

As we encourage teens to invest in their own healthcare, we are helping them build a strong foundation for a lifetime of caring about their health, advocating for themselves, and being comfortable talking honestly to their medical providers so that they can receive the best care possible. RAHS staff is always available to discuss health problems or answer questions. Our staff wants to work with parents to help teen(s) make the best choices for a healthy future.



# Ypsilanti's MOST Campaign



According to the 2013-2014 Ypsilanti Communities that Care (CTC) survey results, most middle school students do not drink alcohol, use marijuana, or abuse prescription drugs. This year the RAHS Wellness and Prevention team is spreading the message to middle schoolers that MOST teens don't use. The MOST Campaign kicked off in February, 2015. Developmentally, teenagers are looking to fit in with their peers, therefore, this campaign uses a normative approach. Current and local data is being used to educate teens that most of their peers are not using substances. Knowing the facts can help decrease the pressure teens feel to use drugs or alcohol to fit in.

Did you know?

- 73% of Middle School Students surveyed in Ypsilanti have never used alcohol.
- 89% of Middle School Students surveyed in Ypsilanti have never used marijuana.
- 98% of Middle School Students surveyed in Ypsilanti have never abused prescription drugs.

Using the above statistics, posters have been disseminated throughout Ypsilanti Community Middle School and Lincoln Middle School and brochures available for parents. Along with the MOST posters, the Wellness and Prevention team will host information tables during lunch and classroom discussions that will provide more information about the MOST campaign and adolescent substance use. A student survey will be conducted at both schools near the end of the school year, measuring campaign impact. Help the MOST Campaign by sharing the message that "MOST teens don't use!" The MOST campaign was adapted from the Livingston COMMUNITY PREVENTION Project.

## New Partnership with UMHS Ypsilanti Pediatric & Family Medicine Health Centers

RAHS is pleased to announce a great partnership between RAHS health centers and University of Michigan Ypsilanti Pediatric and Family Medicine Health Centers.

Dr. Maggie Riley, RAHS co-Medical Director and UMHS Ypsilanti Health Center Medical Director Dr. Caroline Richardson are working together to ensure that adolescents receive the best care possible. Care is being coordinated between RAHS clinics and Ypsilanti Pediatrics and Family Medicine to help mutual patients receive necessary preventative health care including physicals, immunizations, and wellness screenings, in addition to having the best management possible for chronic illness, particularly asthma and obesity.

Youth and adolescents are encouraged to visit their primary care provider regularly, and RAHS can help fill in the gaps of care, having access to youth and adolescents during the school day. All mutual patients have already benefited from this coordination in care including:

- Asthma monitoring at RAHS including asthma education reinforcement, spirometry testing, and follow-up care in between PCP visits
- Vaccine administration at RAHS to ensure vaccines are up-to-date
- Nutrition and physical activity counseling by RAHS registered dietitians
- Mental health therapy by RAHS counselors
- Assisting families with insurance enrollment, vision and dental care assistance, and other community resource needs

RAHS and Ypsilanti Health Center staff are excited to be able to provide accessible comprehensive care to their clients in the community through this innovative partnership.

# Ann Arbor Public Schools

## Pathways to Success Academic Campus

The Pathways staff continues to be busy providing much needed health services to our students! RAHS staff wants to ensure our patients are healthy so they can be physically and mentally present in school to perform their best. We provide a variety of services for the students of Pathways and individuals in the community age 21 and under (see page 2).

In the Fall we held a Mobile Dentist Event at the school and were able to offer FREE dental care to a number of youths. Don't forget it is still flu season and it is not too late to vaccinate! Flu vaccine can be given each season through June! Not sure if your child's vaccines are up-to-date? Call us! We can help! Let's keep your student happy, healthy and performing at their full potential.



Our Youth Advisory Council (YAC) is up and running! Our YAC has chosen to work with the UM Depression Center Peer-2-Peer Depression program to improve Depression Awareness and offer resources to those in need. There will be a Depression Awareness Event during an all-school Connectivity session in April. Our YAC will also participate in Advocacy Day this spring, where they will go to Lansing and learn to put policy advocacy in action!"

Upcoming groups include: Making Proud Choices, a sexual health group focusing on how youth can make healthy, proud, and responsible choices, AND an Anger Management Group. We have so many wonderful services to offer and we have a passionate, dedicated health care team to work with our students, their families, and individuals 21 and under in the community!

Sincerely, Nurse Beth, Ms. Sherry, Ms. Allison, and Ms. Lynne

## Scarlett Middle / Mitchell Elementary

RAHS staff wants to ensure your child is at optimal health so they can perform well mentally, physically, socially, and academically in school. RAHS can also assist parents and family members apply for health insurance enrollment! Find out if your family is eligible for insurance through the State of Michigan. Contact the RAHS Patient Financial Specialist at (734) 998-5795 for details.

Are you concerned your child may need glasses? Contact RAHS for a vision screening appointment.

Scarlett's Youth Advisory Council (YAC) is in full-swing with 13 amazing youths participating. This year, YAC partnered with Amber Kroeker from the Trauma Prevention team to promote safety and awareness around Distracted Pedestrian injuries. YAC won the local prize for the Safe Kids Michigan contest with their 90 second thoughtful and entertaining video submission. Their work will now be entered into the national competition. YAC is also excited to go to the annual Advocacy Day sponsored by the School Community Health Alliance of Michigan. Youth will meet with state legislators, discuss the important link with health and education, and promote School-Based Health as a means to healthier students and better learners.

RAHS staff offer Group sessions to keep youth healthy: Mr. Dale Rominski, LMSW has partnered with Wild Swan theatre actors to combine acting with Dialectal Behavior Therapy (DBT) in the 2014-15 school year. Mitchell Elementary Students will be attending group with Ms. Kleinheksel, LMSW. This year is a "girls group" focusing on peer relationships and managing "drama". Ms. Allison, the registered dietitian, is beginning her Healthy Bodies Group Curriculum. These students will learn about making healthy food and physical activity choices, along with promoting healthy body image. Asthma Group will be offered in the spring; teaching teens about medication usage, trigger avoidance, and following their personalized asthma action plans. UM Pharmacy students will assist in presenting this information to students and parents.

It is never too soon or too late to think about the flu! Flu vaccines can be given through June of each year. Vaccination recommendations change frequently, and vaccines are for all ages. Call us if your child's vaccines need updating!

On-site medical appointments are available at Mitchell Elementary school on Monday mornings. For more information, call us. Social work services are also available.

Sincerely, Nurse Nicole, Ms. Jen, Mr. Dale, Ms. Christine, Ms. Allison, & Dr. Elisa

# Lincoln Consolidated Schools

## Lincoln High



Welcome to RAHS at Lincoln High School!

The RAHS team at Lincoln High School is dedicated to providing the students and community of Lincoln Consolidated Schools high quality health care. Our goal is to “bridge the gap” by collaborating with students primary care providers. We strive to offer services that will improve both the physical and mental health of the students we care for.

Our team at LHS is excited to announce the arrival of our new social worker, Ms. Adenike Griffin (Nike). Ms. Griffin has recently completed a post graduate fellowship at the University of Michigan and brings with her a wealth of knowledge and experience. We are delighted to have her join our multidisciplinary team and

look forward to introducing her to the students.

In an effort to reach students that may be in need of immunizations, LHS will sponsor an immunization clinic in March. We believe that immunizations are important and protect adolescents from illness and disease. Stop by or call the clinic to find out if your child is due!

We have a great YAC team in place this year, bringing valuable leadership skills to the Railsplitter community! Coming this spring, the YAC members have a wonderful presentation planned for the LHS students to raise awareness related to depression.

We are here to meet the needs of your teen! Stop by the clinic or give us a call!

Sincerely, Nurse Jada, Ms. Nike, Ms. Allison, and Dr. Steve

## Lincoln Middle



We are happy that we have been at Lincoln Middle School for over a year now! It has been great to meet many students, parents, and guardians at school registration and conference days. We also appreciate all the support of teachers, administrators, and school staff at LMS!

It has been a tough year for many students with asthma, but we have been glad to give nebulizer treatments in the clinic and offer flu shots and other vaccines. Clinic staff were able to soothe students through their vaccines and send them right back to class.

Mobile Dentist came for both preventive care (x-rays, fluoride treatment, cleaning) and restorative care (fillings). Students were seen for eye exams and some were able to choose new glasses and have them delivered right to them at school!

Allison Shannon, our Registered Dietitian, has counseled many students on nutrition and physical activity.

Ms. Nemo continues to provide psychotherapy to students and their parents. In the Fall, she presented a program called “Typical or Troubled” to teachers and parents to help them understand whether their child’s behavior is typical for teens or whether it might indicate a mental health disorder. She instructed teachers and parents about how to get help for troubled teens. Ms. Nemo also presented a talk called “Parenting Difficult Children” to parents of young children at Model Elementary School in February.

Ms. Allison and Ms. Nemo are facilitating a group called “Mood and Movement” for 12 students this Winter which helps them learn about nutrition, healthy life-style choices, and positive strategies to improve thoughts and moods.

We are looking forward to Summer and will be happy to do Sports Physicals and Immunizations all Summer! After mid-April all Sports Physicals are good for Summer, Fall & Winter 2015-2016 sports!

Sincerely, Nurse Darlene, Ms. Sheila, Ms. Margie, Ms. Allison (not pictured), and Dr. John (not pictured)



# Ypsilanti Community Schools

## Ypsilanti Community High

Exciting events have been taking place at RAHS YCHS and we would love to have you come by and be a part of them!

Surrounded by representatives from Ypsilanti Community Schools, the Michigan Department of Community Health, the University of Michigan Health System, Washtenaw Intermediate School District, and members from the community, the ribbon was cut to our recently renovated space. We still offer the same great services, we would love for you to stop by today for a tour.

Don't delay, be ready to play! RAHS YCHS will be conducting our 3rd annual Sports Physical Blitz in early May. Physicals need to be completed after April 15th in order to play for the upcoming year. Keep your eyes and ears open, more details to follow! Don't worry, if you can't make the Blitz, we will be open all summer. Call to schedule an appointment (734) 221-1007.



As of January 1, 2015, non-medical waivers for immunizations are no longer accepted for school admission without the parent or guardian first attending an immunization education session at the local health department. If you are unsure whether yours, or your child's, immunizations are up to date, call or stop by. We would be happy to assist you.

The University of Michigan Kellogg Eye Center satellite clinic at RAHS YCHS opens in March, 2015. We are excited for this joint venture to improve the vision and health of our community.

Sincerely, Nurse Liz, Ms. Starla, Ms. Theresa, Ms. Hannah, & Dr. Maggie

## Ypsilanti Community Middle

The YCMS RAHS Health Center has been a busy place this past school year! Our team added 2 new members in the fall, Marcia McFawn, Nurse Practitioner, and Hannah Cory, Registered Dietician. Ms. Shajuan, Ms. Georgia, Ms. Shannon and Dr. Tammy, have helped to make their transition to School Based Health a successful one.

In addition to sick and well medical visits, services provided to our students have included group programs on healthy food/exercise choices, anger management, and asthma education. The Youth Advisory Council (YAC) and Students Against Destructive Decisions (SADD) are our student groups that help RAHS promote healthy life style choices. These groups provide education to their peers through classroom programs and special events throughout the school year.



RAHS partners with Dewberry Vision to provide students free eye exams and eye glasses. The Mobile Dentist will be returning on April 27th and 28th for dental cleanings and restorative dental care. Applications for these services are available in the RAHS clinic!

RAHS will be available at the YCMS Spring Fest in April– stop by to visit our site and learn about what RAHS has to offer. Look for information on the Sports Physical Blitz in late spring 2015 and an Immunization Blitz during the summer.

YCMS RAHS clinic offers year round services to our students and surrounding community that include medical visits, annual health maintenance exams, sports physicals, camp physicals, immunizations, counseling with a licensed clinical social worker, registered dietician services, vision and dental services and assistance with medical insurance. Contact our clinic at 734-221-2271 for questions about our services or to schedule an appointment. We look forward to seeing you!

Sincerely, Nurse Marcia, Ms. Shannon, Ms. Georgia, Ms. Shajuan, Ms. Hannah, and Dr. Tammy

# Prescription for Health

Last summer, RAHS partnered with Washtenaw County Public Health to provide the Prescription for Health Program to almost 40 families. This program provided each family with a total of \$100 over the market season to be used at the Downtown Ypsilanti and Depot Town Farmers Markets. Also through this program, the families had access to nutrition education and group support sessions. Many of the students showed ownership of this as their own program. They enjoyed visiting the market with their parents and often took responsibility for cashing in their weekly coupons. In the post-program interviews, students reported that they had lost weight, exercised more, tried new fruits or vegetables, felt healthier. Most reported that they also plan to continue these behaviors after the conclusion of the program. For more information on Prescription for Health for this summer, you can visit [www.ewashtenaw.org/prescriptionforhealth](http://www.ewashtenaw.org/prescriptionforhealth) or your RAHS School Based Health Center.

## Immunizations and Preventive Care

Recently there has been a lot of news coverage about immunizations and the prevention of measles. The UMHS Regional Alliance for Healthy Schools follows the American Academy of Pediatrics (AAP) and Centers for Disease Control and Prevention (CDC) guidelines for vaccination schedules.

Many children receive recommended vaccines in early childhood. But what about adolescents? The AAP recommends that adolescents receive the following vaccines:

- Human Papillomavirus (HPV): HPV can cause cervical cancer and genital warts. It is recommended that adolescent girls AND boys get immunized against HPV.
- Meningococcal Disease: According to the AAP, "While it can strike anybody, the greatest risk (for meningococcal disease) is in individuals between 15 and 21 years of age"
- Tetanus, Diphtheria, and Pertussis: The AAP recommends that the first Tdap vaccine should be "given at age 11 or 12. People who did not get Tdap at that age should get it as soon as possible. Tdap is especially important for health care professionals and anyone having close contact with a baby younger than 12 months. Pregnant women should get a dose of Tdap during every pregnancy, to protect the newborn from pertussis. Infants are most at risk for severe, life-threatening complications from pertussis.
- Influenza (Flu): "Flu is a contagious disease that spreads around the United States every winter, usually between October and May. Flu is caused by influenza viruses, and is spread mainly by coughing, sneezing, and close contact. Anyone can get flu, but the risk of getting flu is highest among children." Don't forget to wash your hands often! Wearing a mask while you are sick can help prevent spreading the flu.

For more information visit [www.aap.org/immunization](http://www.aap.org/immunization)

Do you have questions about immunizations? Talk to your RAHS provider! We are happy to answer all of your questions or address any concerns.

Is your child due for vaccines? RAHS will be scheduling immunizations events at each of our 6 health centers this spring and again at the start of the school year. Contact your RAHS health center for a list of immunization dates.

## Summer Resources in the Community

St. Andrew Episcopal Church, 306 N. Division, Ann Arbor - Hot/cold breakfast every morning from 7:30-8:30am.

Bryant Community Center, 3 West Eden, Ann Arbor - Washtenaw County residents can access food pantry, produce, etc.

Emmanuel Lutheran Church, 201 N. River St., Ypsilanti - Hot dinner on Tuesdays at 5pm

Brown Chapel AME Church, 1043 W. Michigan Ave., Ypsilanti - Hot lunch on Fridays from 11am - 12:30pm

SOS Community Center, 114 N. River St., Ypsilanti - Food pantry



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