



a healthy student body



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University of Michigan Health System
UMHS Departments of Family Medicine and Pediatrics
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Washtenaw County Health Organization
United Way of Washtenaw County

In collaboration with

Ann Arbor Public Schools
Lincoln Consolidated Schools
Willow Run Community Schools
Ypsilanti Public Schools

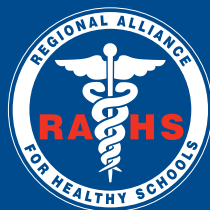


RAHS
community

Welcome to the Annual Report for the University of Michigan Health System Regional Alliance for Healthy Schools (RAHS). The *mission* of RAHS is to provide school-based health programs and clinical services that improve the well-being of students, their families, and communities. In addition to direct physical and mental health services, RAHS offers three comprehensive health intervention programs targeting substance use and abuse, childhood obesity, and asthma. After school programs offer mentoring and youth leadership opportunities. This Annual Report highlights these core services and programs offered through RAHS.

The quantitative and qualitative *impact* RAHS had on students and families in our communities for the previous school year can be found on our website:

www.a2schools.org/rahs



www.a2schools.org/rahs

2025 Traverwood Drive, Suite A6 | Ann Arbor, MI 48105 | (734) 998-2159
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Annual Report



University of Michigan Health System Regional Alliance for Healthy Schools (RAHS)

RAHS is staffed by University of Michigan Health System nurse practitioners, physicians, social workers, dietitians, medical assistants, and other support staff. In addition, every year nearly 100 University students complete course requirements through supervised physical and mental health field placements, and prevention education presentations in the classroom through RAHS School-Based Health Centers. Our Award-winning programs are based on cutting edge knowledge and practices.

Participation in RAHS School-Based Health Centers is very high—nearly 70% of all students at each school have utilized physical, mental, and/or preventive health services!

Scope of Services

Chronic, acute, and referred illnesses and injuries are evaluated and treated by the RAHS nurse practitioners and physicians. Preventive care (including physical exams and immunizations) is key in promoting student's health and holistic growth. RAHS provides more than 600 physicals and 700 immunizations every year. RAHS provides access to dental care and vision care in collaboration with community partners. A Dietitian supports essential nutrition and activity programs. Social workers provide mental health support through individual and group counseling using cognitive behavioral therapy treatments. Overall, RAHS healthcare professionals see more than 1,500 youths through 5,000 visits annually.

The on-site Health Center model results in a reduction of school absences. After evaluation and treatment, more than 96% of students go back to class.

Common physical health diagnoses include:

- asthma
- obesity and inactivity
- headache

Common mental health diagnoses include:

- depression/grief/loss
- stress
- anger issues

Community Integration

On-site physical and mental health services are provided at the following locations:

- Ann Arbor Technological High School
- Lincoln Consolidated Schools
- Scarlett Middle School
- Willow Run Community Schools
- Ypsilanti High School
- Ypsilanti Middle School

Outreach services are provided at the following location:

- Mitchell Elementary School



Risk and Strength Assessments

Student risk behaviors and strengths are assessed annually through the Rapid Assessment for Adolescent Preventive Services (RAAPS) and the RAHS Shield of Strength. These tools allow our nurse practitioners, doctors, and social workers to make preventive services a major focus of a student's health visit.

Referrals and Community Stakeholders

RAHS routinely interacts with social and community agencies on behalf of our students and families. Community stakeholders contribute direct services, and/or designate agency contacts to assist RAHS in meeting the needs of our families. More than 2000 referrals are processed annually through RAHS with nearly 40% of these families obtaining the needed resource. Resources include food, clothing, housing, assistance with utilities, dental care, vision care, and physical or mental health care.

Many families struggle with access to healthcare with a major barrier being lack of health insurance. Some also face an additional language barrier. Our RAHS insurance enrollment specialist works with all the students and families to obtain state or county insurance and to choose a primary health care provider in the community.

Student and Parent Satisfaction Surveys

Users of the School-Based Health Centers are able to annually grade RAHS staff, programs, and services through satisfaction surveys. More than 90% of clients gave RAHS an "A" for listening, treating them with respect, and providing helpful information. Ninety percent of parents report that their child's attendance improved because of the RAHS School-Based Health Centers.

Community and Youth Advisory Councils

Each of the RAHS Centers has Community and Youth Advisory Councils. These partnerships are critical in meeting the needs and challenges of RAHS users, providing both feedback and focus. Councils are made up of parents, community members, students, RAHS staff, school staff, principals, and representatives from Washtenaw County youth-serving agencies and organizations.



Health Intervention Programs

Substance Abuse and Violence Prevention Program

Goals

- Increase knowledge of such life skills as coping, decision making, self-management, and self-esteem
- Decrease substance use and abuse

Substance Abuse Prevention Results

- 43%** decrease in the number of students who have smoked in the last 30 days
- 26%** decrease in the number of students who have ever smoked
- 37%** decrease in the number of students reporting using chewing tobacco
- 14%** decrease in the onset of drinking alcohol between the ages of 11–14 years
- 24%** decrease in the number of students reporting drinking alcohol ever in their lifetime

Nutrition & Physical Activity Program

Obesity is a serious national problem. Students who learn to eat well and exercise regularly are less likely to become overweight as adults.

Goals

- Eat at least five servings of fruits and vegetables a day
- Eat less junk food and no more than one pop or juice per day
- Exercise at least 60 minutes a day
- Spend no more than two hours per day on the computer or watching TV

Nutrition & Physical Activity Results

- 40%** decreased their daily screen time following group sessions
- 32%** increased the number of days physically active each week (outside of Walking Club)
- 54%** decreased their body mass index (BMI) following individual sessions

Comprehensive Asthma Program

Asthma is a serious health condition in Washtenaw County that can lead to repeated absences and emergency room visits for our students.

Goals

- Decrease ER and urgent care visits
- Increase school attendance
- Increase knowledge of asthma management

Asthma Program Results

- 50%** of asthmatic students missed one and one half days less after one year, and three days less after two years of completing the program
- 43%** of asthmatic students reported significant improvement in their quality of life following program participation
- ER** Decreased emergency room visits for asthmatic students—three days less after one year, and seven days less after two years of completing the program

Current data and outcomes on RAHS services & programs can be found on our website:

www.a2schools.org/rahs

wellness

results