Our Mission is to provide school-based health programs and clinical services that improve the well-being of students, their families, and communities. RAHS focuses its work in eight key areas to reduce health disparities and improve the well-being of students and their families:

- Access to health care
- Physical health care
- Mental health care
- Nutrition education
- Prevention and Health Promotion
- Insurance assistance
- Referrals and Resources
- Collaboration, Outreach, and Engagement
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, dentists, 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 awe-inspiring programs are based on cutting edge knowledge and practices.

The average utilization of services across all RAHS School-Based Health Centers is very high—nearly 75% of all students have utilized physical, mental, and/or preventive health services!

**Access**
We’re committed to making sure that students at our site schools have access to all care and support they need to be healthy, happy, and high-performing, especially those that are medically underserved and at-risk. We provide health services to anyone in need, regardless of insurance coverage.

- 1853 patients
- 8843 total visits
- 4530 physical health
- 3310 mental health
- 983 nutrition education
- 727 patients received 2498 immunizations

**Physical Health**
Students that need physical health services can visit our clinic at any time during the school day, ensuring they receive high-quality healthcare while reducing the time they spend away from class.

- 1694 Students received physical health care
- 660 Physical exams
- Top 3 diagnoses: 1) Morbid Obesity, 2) Overweight, 3) Obesity (unspecified)

**Mental Health**
We offer counseling and referral services by a licensed clinical social worker to patients identified with psychosocial needs and their families, as well as psychiatric support to patients from a psychiatric nurse practitioner.

- 1334 patients
- 223 mental health assessments performed
- 2138 individual mental health visits
- 247 family mental health sessions
- Top 3 diagnoses: 1) Adjustment Reaction, 2) Depressive Disorder, 3) ADD with Hyperactivity

**Insurance**
Youth without insurance suffer the highest disparity in health care services and outcomes. Not only do we see patients with or without insurance, we assist students and their families in understanding and enrolling in insurance plans.

- 314 patients without insurance
- 953 visits by uninsured patients
- 585 patients & their families assisted with insurance enrollment
- 256 patients & their families successfully enrolled in public or private insurance plans

**Prevention & Health Promotion**
We focus on prevention and health education to help youth control chronic conditions and establish healthy behaviors that help reduce the incidence of costly diseases and promote the regular use of health services later in life.

- 1438 Patients received an adolescent health risk behavior assessment and counseling
- 255 Students took part in Project SUCCESS Prevention Series (Schools Using Coordinated Community Efforts to Strengthen Students)
- 40 students in 5th - 8th grade participated in Project SUCCESS early intervention groups
- 15 Students participated in the integrated health program focusing on yoga, nutrition, and mental health
- 55 parents, teens, teachers, and administrators attended the “Let’s Talk: A Dinner Date for Parents and Teens” event

**Referrals & Resources**
Beyond our core health services, we help patients and their families receive vision and dental care through local vision providers and the Mobile Dental Unit. We also help families in need of tangible support connect with local resources to get the help they need.

- 238 Referrals for vision care
- 289 Referrals for dental care
- 329 Referrals for tangible resources and support
- Top 3 requested resources: 1) Financial Assistance, 2) Clothing, 3) Food

**Collaboration, Outreach, & Engagement**
RAHS values the significant role that professional students and community partners play in providing quality services to underserved youth. We collaborate heavily with students from the University of Michigan and other local universities to provide health care and education to students. Each health center is staffed by a Youth Advisory Council drawn from the student body to work with the health center in promoting healthy behavior to their peers, and the Community Advisory Council helps RAHS improve its services and target areas of greatest need.

- 48 Student participants in six Youth Advisory Councils at RAHS schools
- 15 Parent participants in the Community Advisory Council
- 52 Health outreach education events delivered to 5639 students at RAHS schools