Our Mission

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. 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**
1978 Students received physical health care
15 Students participated in the integrated health program focusing on yoga, nutrition, and mental health
596 mental health visits
271 patients received nutrition counseling
983 Individual visits
223 mental health assessments performed
297 Dental screenings and services and referrals for dental care
90% of visits return to class
1978 physical health visits
727 patients received 2408 immunizations
660 Physical exams
1500 Referrals for tangible resources and support
2138 individual mental health visits
15 Parent participants in the Community Advisory Council
407 patients & their families assisted with insurance enrollment
1438 Patients received an adolescent health risk behavior assessment and counseling
355 Vision screenings and services and referrals for vision care
983 nutrition education sessions
Top 3 requested resources: 1) Financial Assistance, 2) Clothing, 3) Food
Top 3 diagnoses: 1) Morbid Obesity, 2) Overweight, 3) Obesity (unspecified)
9338 total visits
Top 3 diagnoses: 1) Adjustment Reaction, 2) Depressive Disorder, 3) ADD with Hyperactivity
257. 

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 preventer education presentations in the classroom through RAHS School-Based Health Centers. Our Award-winning 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 utilize physical, mental, and/or preventive health services!

Physical Health
Students receive primary physical health care and 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.

• 1978 Students received physical health care
• 601 Physical exams
• Top 3 diagnoses: 1) Mental Obesity, 2) Overweight, 3) Obesity (unspecified)

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

• 983 students receive mental health care
• 223 mental health assessments performed
• 2138 individual mental health visits
• 247 family mental health sessions
• Top 3 diagnoses: 1) Adjustment Reaction, 2) Depression Disorder, 3) AOD with Hyperactivity

Nutrition
To combat the growing obesity problem in our communities, especially among high-risk populations, we provide both individual and group nutrition counseling to patients identified as being overweight or obese.

• 271 patients received nutrition counseling
• 983 Individual visits

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 our students and their families in understanding and enrolling in insurance plans.

• 314 patients without insurance
• 950 visits by uninsured patients
• 407 patients & their families assisted with insurance enrollment
• 223 families that 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.

• 1408 Patients received an adolescent health-risk behavior assessment and counseling
• 240 Students took part in Project SUCCESS Prevention Series (Schools using Coordinated Community Efforts to Strengthen Students)

Nurturing the growing obesity problem in our communities, especially among high-risk populations, we provide both individual and group nutrition counseling to patients identified as being overweight or obese. We also help families in need of tangible support connect with local resources to get help they need.

• 355 Vision screenings and services and referrals for vision care
• 287 Dental screenings and services and referrals for dental care
• 1900 Referrals for tangible resources and support
• 223 families that families successfully enrolled in public or private insurance plans

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 also has a Youth Advisory Council drawn from the student body to work with the clinic staff in promoting healthy behavior to their peers, and the Community Advisory Council helps RAHS shape its services and target areas of greatest need.

• 49 Student participants in the Youth Advisory Council at RAHS schools
• 15 Parent participants in the Community Advisory Council
• 52 Health outreach education events delivered to 5030 students at RAHS schools

Results
Beyond our core health services, we help patients and their families receive vision and dental care through local vision providers and the Michigan Department of Health. We also help families in need of tangible support connect with local resources to get help they need.

• 355 Vision screenings and services and referrals for vision care
• 287 Dental screenings and services and referrals for dental care
• 1900 Referrals for tangible resources and support
• 223 families that families successfully enrolled in public or private insurance plans

Access
Access is critical to making sure that all students at our site schools have access to all the 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.

• 2174 patients
• 983 visits
• 727 patients received 2408 immunizations