



a healthy student body



RAHS

community

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

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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.

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!

Seat Time

Keeping children and adolescents in class as much as possible, also known as “seat time”, greatly promotes educational success. Van Cura (2010) reported students not enrolled and accessing care in school-based health centers lose three times the amount of seat time compared to students who access, utilize, and benefit from SBHC care. Research has demonstrated increases in attendance rates and increases in grade point averages (GPA) were significantly associated with SBHC use (Cusworth Walker et al., 2010).

Van Cura, M. (2010). The relationship between school-based health centers, rates of early dismissal from school, and loss of seat time. *Journal of School Health*, 80(8), 371-377.
Cusworth Walker, S., Kerns, S. E., Lyon, A. R., Bruns, E. J., & Cosgrove, T. J. (2010). Impact of school-based health center use on academic outcomes. *Journal of Adolescent Health*, 46, 251-257.

- 90% of visits return to class

Access

We're committed to making sure that 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
- 9338 total visits
 - 1978 physical health visits
 - 596 mental health visits
 - 983 nutrition education sessions
- 727 patients received 2408 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.

- 1978 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.

- 596 students received 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) Depressive Disorder, 3) ADD 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 students and their families in understanding and enrolling in insurance plans.

- 314 patients without insurance
- 953 visits by uninsured patients
- 407 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 Dentist unit. We also help families in need of tangible support connect with local resources to get the help they need.

- 355 Vision screenings and services and referrals for vision care
- 297 Dental screenings and services and referrals for dental care
- 1500 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 also has 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 shape 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

wellness

results