



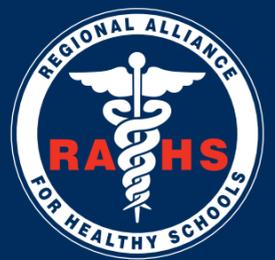
umhs-rahs.org  
2025 Traverwood Drive, Suite A6 | Ann Arbor, MI 48105 | (734) 998-2159  
LIKE US ON FACEBOOK | FOLLOW US ON TWITTER - @UMHS\_RAHS and @UMHS\_AHI  
CHECK OUT OUR BLOG - regionalallianceforhealthyschools.wordpress.com

a healthy student body



RAHS

Annual Report



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

umhs-rahs.org

# 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 60% 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 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.

- 1602 patients
- 8720 total visits
  - 4103 physical health
  - 3276 mental health
  - 856 nutrition education
- 58% average utilization rate by students across all health centers
- 13% of visits by uninsured patients
- 431 patients received 1125 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.

- 1419 Students received physical health care
- 677 Physical exams
- 85% of patients seen were able to return to class after their appointment
- 38% of patients seen were identified as overweight/obese
- Top 3 diagnoses: 1) Morbid obesity, 2) Headache, 3) Overweight



## Mental Health

We offer counseling and referral services by a licensed clinical social worker to patients identified with psychosocial needs and their families. New in 2013, we also offer psychiatric support to patients from a psychiatric nurse practitioner.

- 390 students received mental health care
- 238 mental health assessments performed
- 2297 individual mental health visits
- 268 family mental health sessions
- 47 group mental health sessions
- Top 3 diagnoses: 1) Depressive disorder, 2) Adjustment reaction, 3) Anxiety

## 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.

- 229 patients received nutrition counseling
- 856 Individual visits
- 29 group sessions

## 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.

- 401 patients without insurance
- 1133 visits by uninsured patients
- 676 patients & their families assisted with insurance enrollment
- 179 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.

- 856 Patients received an adolescent health risk behavior assessment and counseling
- 38 Asthmatic student participants in the Comprehensive Asthma Program (CAP)
- 248 Students took part in 6 Prevention Education Series presentations as part of Project SUCCESS (Schools Using Coordinated Community Efforts to Strengthen Students)
  - 42 students participated in Project SUCCESS early intervention groups
- 20 Students participated in the pilot Yoga program sponsored by the Michigan Department of Community Health at Willow Run High School and Willow Run Middle School
- 48 students participated in sexual health behavior education groups

## 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.

- 294 Referrals for vision care
- 245 Referrals for dental care
- 1958 Referrals for tangible resources and support
- Top 3 requested resources: 1) Clothing, 2) Financial support, 3) Utilities

## 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.

- 1738 Hours of health care and preventive education by 85 students from UM Pediatrics, Nursing, Social Work, Dietetics, and Public Health
- 48 Student participants in six Youth Advisory Councils at RAHS schools
- 14 Parent participants in the Community Advisory Council
- 28 Health outreach education events delivered to students at RAHS schools

wellness

results