



## FALL 2016 NEWSLETTER

The RAHS mission is to provide school-based health programs and clinical services that improve the well-being of students, their families, and communities.

Youth receive high quality physical, emotional, and preventive healthcare in an easily accessible, supportive, and youth-friendly environment from professional staff who are responsive to the needs of a diverse population.

**#MoreThanABandAid**

Lincoln High School  
7425 Willis Road  
Ypsilanti, MI 48197  
(734) 714-9600

Lincoln Middle School  
8744 Whittaker Road, Room 812  
Ypsilanti, MI 48197  
(734) 714-9509

Pathways to Success Academic Campus  
2800 Stone School Road, Room 112  
Ann Arbor, MI 48104  
(734) 973-9167

Scarlett Middle /  
Mitchell Elementary Schools  
3300 Lorraine, Rm 204  
Ann Arbor, MI 48108  
(734) 677-2708

Ypsilanti Community Middle School  
235 Spencer Lane, Room 301  
Ypsilanti, MI 48198  
(734) 221-2271

Ypsilanti Community High School  
2095 Packard Road, Room 404  
Ypsilanti, MI 48197  
(734) 221-1007

RAHS Administration Office  
(734) 998-2163  
UMHS-RAHS@med.umich.edu  
umhs-rahs.org



### Coming Soon:

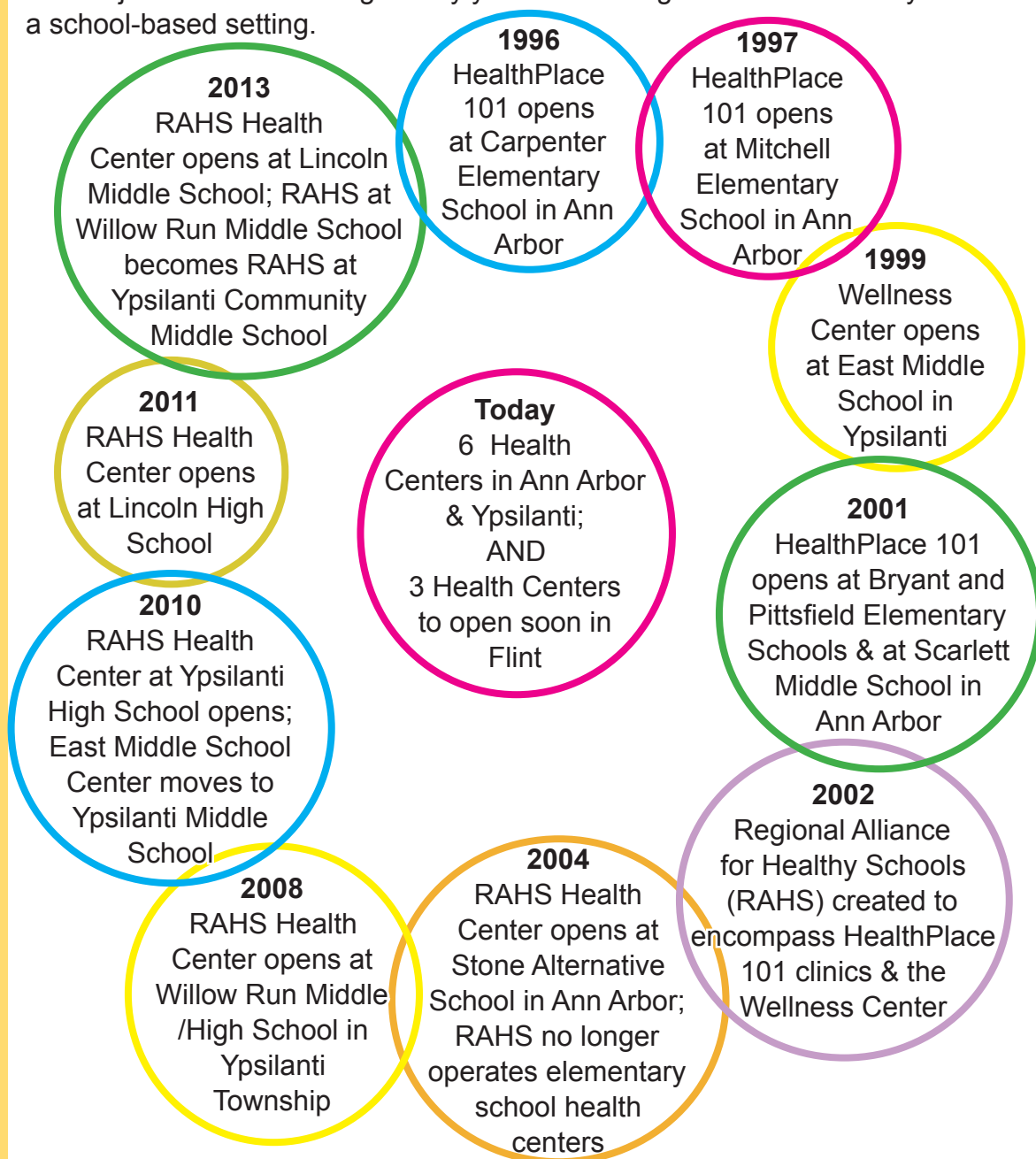
Richfield Public School Academy  
3807 North Center Road  
Flint, MI 48506

Northwestern High School  
G-2138 West Carpenter Road  
Flint, MI 48505

Beecher High School  
6655 Neff Road  
Mt. Morris, MI 48458

## Happy 20th Anniversary!

Please join us in celebrating twenty years of offering health services to youth in a school-based setting.



# RAHS Services

## Provided at all RAHS School-based Health Centers

**Immunizations** - Due for a flu shot, tetanus booster, Hepatitis B or chickenpox vaccine? Call us and find out!

**Physical Exams** - Your child should have a physical exam every year. Overdue? Call your primary care provider or your RAHS Health Center for an appointment.

**Need Insurance?** Call for an appointment with our Medicaid enrollment specialist! (734) 998-5795.

**Mental Health Counseling** - Concerned about your teen's emotions? Talk to a RAHS social worker.

**Referrals to Community Resources** - Need assistance with food, clothing, housing, bills, or transportation? RAHS social workers may be able to help. Please call your RAHS health center for assistance or contact our administrative office at (734) 998-2163.

**Interpreters and Translation Services!** We have access to the University of Michigan Health System's Interpreter Services Program.

**Community Advisory Council (CAC)** - Join the CAC or the Youth Advisory Council (YAC) and be a part of the solution. Call today to learn more. (734) 998-2163.

For more information about RAHS services, visit our website at [www.umhs-rahhs.org](http://www.umhs-rahhs.org) or send us an email at [UMHS\\_RAHS@med.umich.edu](mailto:UMHS_RAHS@med.umich.edu).



## 2016 RAHS Highlights

- RAHS Health Centers provided service to 3,145 at-risk adolescents, and more than 9,000 total visits
- Completed 202 health education sessions for over 5,700 students and community members
- Conducted Medicaid outreach to more than 8,000 community members
- Provided vision screening and services to 497 students and 446 pairs of glasses to students in need
- Provided dental screening and services to 152 students
- Held a successful 1st Annual Run with RAHS 5K on September 17
- Received a behavior health grant to provide full wrap-around mental health services
- Fully integrated electronic health records within the University of Michigan Health System
- Contributed to the UMHS ANCC Magnet Application, highlighting the partnerships between UMHS nurses and the community
- Increased the number of youth returning for follow-up visits, resulting in decreased ER visits for chronic conditions such as asthma, diabetes, and obesity



# Flint Expansion

The UMHS Regional Alliance for Healthy Schools (RAHS) has received an ongoing grant to establish school-based health centers in the Flint Community. We have worked diligently with the Flint Community Schools and the Genesee Intermediate School districts, community-based organizations, and members of the community to determine the best locations for RAHS Health Centers. We are also engaging with community Primary Care Providers (PCPs) in the area, the local major health systems, the Genesee County Health Department, and the Genesee Health System to provide seamless services for youth in the area.

In addition to providing fully comprehensive physical health, mental health, and prevention services, RAHS offers coordination for ongoing services for youth that need long term care. The RAHS school-based health centers function as an extension of the Patient Medical Home, eliminating barriers to services and coordinating with PCPs for continuity of care.

Goals:

- 1) Support economic growth by hiring locally
- 2) Expand our successful RAHS Kellogg Eye Center model
- 3) Reinforce the University of Michigan Health System focus on health equity and inclusion
- 4) Increase direct access to care by reducing the number of youth lost to follow-up for chronic care management
- 5) Keep students healthy and learning in school

The first RAHS School-based Health Center in Genesee County is expected to open in November at the Richfield Public School Academy. School-based Health Centers at Beecher High School in Mt. Morris and Northwestern High School in Flint will follow.



## LGBTQ News

On September 14, 2016, the Michigan State Board of Education affirmed that LGBTQ kids deserve equal access to education. After months of public comment and deliberation the Michigan Board of Education voted (6-2) to adopt the “Guidance on Safe and Supportive Learning Environments for Lesbian, Gay, Bisexual, Transgender, and Questioning (LGBTQ) students”. The new guidelines provide common-sense policies and practices to schools that respect the rights, safety, and privacy concerns of all students, including gay and transgender students. They also strengthen parental involvement in decision-making about their children while providing for schools to protect the health and safety of at-risk children. This is an incredible move to ensure that all students have access to safe schools and equal educational opportunities.

Currently, LGBTQ youth experience many health disparities, including increased rates of depression and suicide. Creating safe, secure, and affirming school environments for all students can help to create better health and educational outcomes for all students, including LGBTQ youth who have traditionally been marginalized. These new guidelines will have a positive impact on their health and well-being. We commend the Michigan State Board of Education for their leadership in support of LGBTQ students.

Read the full statement here: [http://www.michigan.gov/documents/mde/SBStatementonLGBTQYouth\\_534576\\_7.pdf](http://www.michigan.gov/documents/mde/SBStatementonLGBTQYouth_534576_7.pdf)







# YAC and CAC

## Youth Advisory Council

The Youth Advisory Council (YAC), is a group of students developing leadership skills and making a positive impact on their school and their RAHS School-based Health Center through service projects. Meetings take place 2-4 times per month. As part of the YAC, students will complete a service learning project and attend youth summits during the year. Regular school attendance is required for Council members.

### YAC Member Benefits:

- Be a part of an AMAZING group
- Become a LEADER in your school community
- Attend activities outside of school
- Mentoring opportunities
- Help your Community
- Put your YAC service on your college and work applications
- Meet new people

If you are passionate about helping others, pick up an application to join the YAC at your RAHS School-based Health Center today!

## Community Advisory Council

The RAHS Community Advisory Council (CAC) is made up of representatives from area public school districts, the U-M School of Nursing, County Health Departments, local health system representatives, community mental health agencies, and other community agencies and organizations that address the needs of school staff, parents, and community members as well as the RAHS Director and staff. The CAC meets twice a year.

### CAC Member Opportunities:

- Learn more about RAHS and the services and programs we offer
- Provide your input to improve RAHS' services and programs
- Educate the community about the physical and emotional needs of youth
- Speak with legislators and other people interested in knowing more about RAHS services and programs
- Volunteer to work on student programs sponsored by RAHS with members of the RAHS Youth Advisory Council (YAC)

## Community Resources

### Back Door Food Pantry

2309 Packard St., Ann Arbor  
Food Pantry on Thursday  
4:00 - 7:00pm

### Brown Chapel AME Church

1043 Michigan Ave., Ypsilanti  
Hot lunch on Fridays  
11:00am - 12:30pm

### Emmanuel Lutheran Church

201 N. River St., Ypsilanti  
Hot dinner on Tuesdays  
5pm

### First Baptist Church

517 E. Washington, Ann Arbor  
Dinner on Tuesday  
5:30 - 6:30pm

### Hope Center

518 Harriet, Ypsilanti  
Dinner on Saturday & Sunday  
4:00 - 5:00pm

### SOS Community Center

114 N. River St., Ypsilanti  
Food pantry

### St. Andrew's Episcopal Church

306 N. Division, Ann Arbor  
Breakfast every morning  
7:30 - 8:30am



## Thank you to our funders!

Allen Foundation, Inc.

Community Mental Health  
Partnership of SE Michigan

Delta Dental Foundation

Ethel and James Flinn  
Foundation

Michigan Department of Health  
and Human Services

UMHS FRIENDS Gift Shops

UMHS Patient Education  
Advisory Council

