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Pathways to Academic Success  
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Scarlett Middle /  
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Ypsilanti Community Middle School  
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**HEALTH SYSTEM**  
UNIVERSITY OF MICHIGAN

**Thank you to our funders!**

**University of Michigan  
Health System**

**Michigan Departments of  
Community Health & Education**

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**United Way of Washtenaw**

# Spring & Summer 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 health-care in an easily accessible, supportive, and youth-friendly environment from professional staff who are responsive to the needs of a diverse population in Washtenaw County.**

**#MoreThanABandAid**

## Immunizations and Preventive Care

Recently there has been a lot of news coverage about immunizations. The UMHS Regional Alliance for Healthy Schools follows the American Academy of Pediatrics (AAP) and Centers for Disease Control and Prevention (CDC) guidelines for vaccination schedules.

Many children receive recommended vaccines in early childhood. But what about adolescents? The AAP recommends that adolescents receive the following vaccines:

- **Human Papillomavirus (HPV):** HPV can cause cervical cancer and genital warts. It is recommended that adolescent girls AND boys get immunized against HPV.
- **Meningococcal Disease:** According to the AAP, "While it can strike anybody, the greatest risk (for meningococcal disease) is in individuals between 15 and 21 years of age"
- **Tetanus, Diphtheria, and Pertussis:** The AAP recommends that the first Tdap vaccine should be "given at age 11 or 12. People who did not get Tdap at that age should get it as soon as possible. Tdap is especially important for health care professionals and anyone having close contact with a baby younger than 12 months. Pregnant women should get a dose of Tdap during every pregnancy, to protect the newborn from pertussis. Infants are most at risk for severe, life-threatening complications from pertussis.
- **Influenza (Flu):** "Flu is a contagious disease that spreads around the United States every winter, usually between October and May. Flu is caused by influenza viruses, and is spread mainly by coughing, sneezing, and close contact. Anyone can get flu, but the risk of getting flu is highest among children." Don't forget to wash your hands often! Wearing a mask while you are sick can help prevent spreading the flu.

For more information visit [www.aap.org/immunization](http://www.aap.org/immunization). Do you have questions about immunizations? Talk to your RAHS care provider at your RAHS school-based health center! We are happy to answer all of your questions or address any concerns.

# 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 Centers 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.

**Interpreters and Translation Services** - We have access to the University of Michigan Health System's Interpreter Services program for any interpreting and translation needs.

**Community Advisory Council (CAC)** - Join the CAC and be a part of the solution. There are 3 meetings a year and dinner is provided. Call today to find out when our next meeting is scheduled. (734) 998-2163.

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

## Dialectical Behavior Therapy



RAHS Scarlett Middle School this past year piloted an exciting therapy group that incorporated actors from Wild Swan Theater. The project was funded through MDCH and a Medicaid matching grant. The group met for 20 sessions throughout the course of the year and learned DBT (Dialectical Behavior Therapy) through interactive activities. DBT is a therapy model focused on building skills of mindfulness, emotion regulation, interpersonal effectiveness, and distress tolerance. Our approach in using actors is based off the knowledge that adolescents are here and now people and often need to experience in order to understand. We felt using role plays and

scenarios would increase investment and likelihood our students would retain DBT skills.

Actors Sandy Ryder and Jenn Book Haselswerdt from Wild Swan Theater did an amazing job of making our group active and lively. The group loved the warm up theater games like Kitty Wants a Corner where people have to swap chairs through eye contact and taking risks without the kitty getting their seat. Group members progressed to able to write scenes relevant to their life and act them out, editing and changing the scene to reflect DBT skills they had learned.

A highlight of the group was this past spring they presented in front of 300 health professionals at the Adolescent Health Initiative Conference in Ypsilanti, MI. The group had all 300 health professionals practicing theater games in the conference hall. One member of the group thanked all the professionals for their dedication to helping adolescents and received a standing ovation. The project will continue next year with a new set of students. A manual has also been developed and will be presented at several conferences with the hope that it will be duplicated at other health centers.

# Preparing for Change

## Provided at ALL RAHS School-based Health Centers



The summer is long and, hopefully, it was a lot of fun! Your child or adolescent has probably been sleeping in, and doing a lot of things on his/her own time. Back to school and all of the other routines that it entails can be a difficult transition. Here are some tips to make that transition a little smoother:

- **Establish a Sleep Schedule:** Two weeks before school starts, have your child or adolescent start adhering to a bedtime that will allow them to get at least 8.5 hours of sleep. In addition, try waking them up or having them use their alarm clocks to start waking up around the time that they will need to start waking up to get prepared for the school day. This will make the transition to the fall schedule a little easier.
- **First Day Jitters:** The first days can be chaotic, especially if your child or adolescent is adjusting to a new school. Try to arrange for your child or adolescent to visit his/her new classroom or new school before classes begin. Take a tour of the building and know where important places like the cafeteria, gymnasium, principal and counseling offices, the RAHS health center, and the bathrooms are located. If the school's office provides a map, get a map of the school for your child or adolescent. Have your child or adolescent choose their outfit for the first day of school in advance or offer to help them put an outfit together. This will ease the transition of getting ready on the first day of school. In addition, have your child or adolescent bring in their backpack, stocked with supplies and any necessary paperwork on the first day of school. This will make the transition back to learning a little less stressful. Also, make sure there is a plan in place for lunch, whether they are bringing lunch or buying it in the cafeteria.
- **Emotional Transition:** Children and adolescents often feel anxious, scared, or excited about the beginning of a new school year. It's normal to feel nervous the first day of school, especially if your child or adolescent is adjusting to a new school. Try to have your child or adolescent think back to previous "first days," and how they got through them, in order to help them cope with their anxiety. Re-assure them that their feelings are normal. Also, make sure that your child or adolescent knows where the school counselors office and the RAHS health center are located, in case he/she needs to speak with someone about their feelings.
- **Making New Friends:** It can be difficult to make new friends or to become re-acquainted with classmates that we already know. Encourage your child or adolescent to take small steps, like saying hello to one or two new people a day, or asking a new person to sit with them at lunch. Also, encourage your child or adolescent to re-acquaint themselves with their classmates from last year. This can ease the transition back to school as well.



Getting back to school is an adjustment, but with some planning and support, the transition can be a smooth one!



# Coordination of Care to Meet Your Needs



## CARE COORDINATION SERVICES

At our RAHS Health Centers, we try to work as a team to meet all of the care needs of a student. Sometimes, this means our Nurse Practitioner is referring a student to our Registered Dietitian to help address nutrition concerns for a student, or they are referring to our Social Worker to help address emotional and mental health concerns for a student. To help make sure students are seen for all of their care needs, I help provide a link between our RAHS health providers as well as your student's Primary Care Physician. A big area this takes place is Asthma - making sure your student has up-to-date spirometry to make sure their prescription is working and an asthma action

plan in the event of an asthma attack.

## VISION AND DENTAL SERVICES

One of the cool things RAHS does is provide students with vision and dental services at their schools during the school day! This is particularly helpful if you have transportation issues or are unable to take time off work to bring your child to a dentist or eye doctor. We help students who have insurance, including all Medicaid plans, and those without insurance. If you are not eligible for a new pair of glasses yet, but lost or broke your pair of glasses please contact us! We have dental services and vision services coming to each of the schools this fall. Please contact your RAHS Health Center or the RAHS Care Coordinator at (734) 998-2208 to find out when these services will be at your student's school!

## RESOURCES

At RAHS, we have a variety of Resource Sheets that include information on various "tangible" needs – where you can access them and how:

- Food Pantries/Meals • Clothing/Household Items • Transportation Services • Housing Needs (Eviction/Homelessness)
- Financial Assistance and Education • Utility Bill Assistance • Vision Services – listings for various Medicaid insurances and uninsured • Dental Services – listings for various Medicaid insurances and uninsured • Primary Care Services – listings for various Medicaid insurances and uninsured • Holiday Assistance • Back-to-School Supplies

**We can help! Please call the RAHS Care Coordinator at (734) 998 -2208 or email at [ntthome@med.umich.edu](mailto:ntthome@med.umich.edu).**

# New Partnership with UMHS Ypsilanti Pediatric & Family Medicine Health Centers

RAHS is pleased to announce a great partnership between RAHS health centers and University of Michigan Ypsilanti Pediatric and Family Medicine Health Centers.

Dr. Maggie Riley, RAHS co-Medical Director and UMHS Ypsilanti Health Center Medical Director Dr. Caroline Richardson are working together to ensure that adolescents receive the best care possible. Care is being coordinated between RAHS clinics and Ypsilanti Pediatrics and Family Medicine to help mutual patients receive necessary preventative health care including physicals, immunizations, and wellness screenings, in addition to having the best management possible for chronic illness, particularly asthma and obesity.

Youth and adolescents are encouraged to visit their primary care provider regularly, and RAHS can help fill in the gaps of care, having access to youth and adolescents during the school day. All mutual patients have already benefited from this coordination in care including:

- Asthma monitoring at RAHS including asthma education reinforcement, spirometry testing, and follow-up care in between PCP visits
- Vaccine administration at RAHS to ensure vaccines are up-to-date
- Nutrition and physical activity counseling by RAHS registered dietitians
- Mental health therapy by RAHS counselors
- Assisting families with insurance enrollment, vision and dental care assistance, and other community resource needs

RAHS and Ypsilanti Health Center staff are excited to be able to provide accessible comprehensive care to their clients in the community through this innovative partnership.

# Ann Arbor Public Schools

## Pathways to Success Academic Campus

Throughout the summer, in addition to working with patients, the RAHS team at Pathways to Success Academic Campus prepared for an amazing new school year! We made some improvements to the clinic, including fresh paint, and we reorganized the space. We have a lot of wonderful things planned for the 2015-2016 school year!

We are recruiting new members to our Youth Advisory Council (YAC). Each year, our YAC members select a health topic that is important to them and their peers, and participate in school year leadership activities to raise awareness and improve the health of their school. Last year the theme was Depression Awareness. Our YAC hosted a Depression Awareness event in which, Will Heininger, a former U of M lineman came to talk to the school about his battle with depression. We had Social Work staff available to meet with the students after the event and provide support. Will's powerful presentation resonated with the students at Pathways. YAC members also participate in statewide youth leadership events such as Advocacy Day and Project Voice. During Advocacy Day, YAC members have the opportunity to travel to Lansing to meet with legislators and discuss issues that are important to them.



We will offer free dental services for those in need of a dental exam and cleaning through the **Mobile Dentist on November 11, 2015 and May 11, 2016**. We will also offer vision screenings and referrals for free eyeglasses to those in need. We will continue to offer registered dietitian services 2 days per month.

In addition to our physical and mental health services for our students, we plan to hold group sessions for specific health topics including Making Proud Choices, a sexual health risk reduction group, a substance use reduction group, and a Depression management group. We have so much to offer this year and we're very excited to work with our students and their families! Sincerely, Nurse Beth, Ms. Sherry, Ms. Allison, and Ms. Lynne

## Scarlett Middle / Mitchell Elementary

RAHS staff wants to ensure your child is at optimal health so they can perform well mentally, physically, socially, and academically in school. RAHS can also assist parents and family members apply for health insurance enrollment! Find out if your family is eligible for insurance through the State of Michigan. Contact the RAHS Patient Financial Specialist at (734) 998-5795 for details.

Are you concerned your child may need glasses? Contact RAHS for a vision screening appointment.

Scarlett's Youth Advisory Council (YAC) is in full-swing with 13 amazing youths participating. This year, YAC partnered with Amber Kroeker from the Trauma Prevention team to promote safety and awareness around Distracted Pedestrian injuries. YAC won the local prize for the Safe Kids Michigan contest with their 90 second thoughtful and entertaining video submission. Their work will now be entered into the national competition. YAC is also excited to go to the annual Advocacy Day sponsored by the School Community Health Alliance of Michigan. Youth will meet with state legislators, discuss the important link with health and education, and promote School-Based Health as a means to healthier students and better learners.

RAHS staff offer Group sessions to keep youth healthy: Mr. Dale Rominski, LMSW has partnered with Wild Swan theatre actors to combine acting with Dialectal Behavior Therapy (DBT) in the 2014-15 school year. Mitchell Elementary Students will be attending group with Ms. Kleinheksel, LMSW. This year is a "girls group" focusing on peer relationships and managing "drama". Ms. Allison, the registered dietitian, is beginning her Healthy Bodies Group Curriculum. These students will learn about making healthy food and physical activity choices, along with promoting healthy body image. Asthma Group will be offered in the spring; teaching teens about medication usage, trigger avoidance, and following their personalized asthma action plans. UM Pharmacy students will assist in presenting this information to students and parents.

It is never too soon or too late to think about the flu! Flu vaccines can be given through June of each year. Vaccination recommendations change frequently, and vaccines are for all ages. Call us if your child's vaccines need updating!

On-site medical appointments are available at Mitchell Elementary school on Monday mornings. For more information, call us. Social work services are also available.

Sincerely, Nurse Nicole, Ms. Jen, Mr. Dale, Ms. Christine, Ms. Allison, & Dr. Elisa

# Lincoln Consolidated Schools

## Lincoln High



**Welcome to RAHS at Lincoln High School! We are open ALL year-round!**

*"A healthy outside starts from inside" ~Robert Ulrich*

The RAHS health center at LHS is ready for another exciting school year! We continue to provide mental, physical, and nutritional services and are working collaboratively with the LHS administration and the community to spread the word about the innovative work that we are doing here at the Lincoln High School RAHS school-based health center. We look forward to continuing to provide a safe and nurturing environment, where members of the LHS community can address their health care needs!

Our YAC (Youth Advisory Committee) is made up of enthusiastic students who are looking forward to another exciting year of leadership and activity. Our YAC members are seeking creative ways to grow our YAC family this year, and to continue to participate in enriching activities. If you are looking for a great way to contribute to the health and wellness of your student body, come join us!

Last year, LHS students participated in our "Mood and Movement" and Yoga" groups facilitated by the dietitian and social worker. The group curriculums taught students strategies on how to manage strong feelings, stressors and tips on how to make better choices in meals, snacks and life. Also, during Nutrition Month, our students were encouraged to exchange their junk food for healthy snacks provided by RAHS!

We have a wonderful multidisciplinary team who are able to offer a variety of services to our patient population. We are here to meet the needs of your teen! Stop by the clinic or give us a call!

Sincerely, Nurse Jada, Ms. Nike, Ms. Allison, and Dr. Steve

## Lincoln Middle



The RAHS clinic at LMS opened its doors in September 2013 and we have been growing! We have felt welcomed and appreciated by teachers, school staff, students, and parents.

The Registered Dietician & Exercise counselor, Ms. Allison, counseled students who were overweight, underweight or who just wanted to eat better! 11 students participated in "Mood & Movement Group" facilitated by Ms. Allison and social worker, Margie Nemerovski. The group curriculum taught students strategies to manage strong feelings and tips about how to make good choices in meals and snacks.

Over 31% of LMS students are now registered with RAHS (up from the 17% we started with in the Fall of 2013). Some of our activities last school year included:

- Mobile Dentist saw 32 students for dental checks and filled 29 cavities.
- 48 families received help applying for health insurance.
- 22 students received eye exams and vouchers for glasses.
- 57 students were treated for asthma. Many received nebulizer treatments and some received inhalers delivered to school by the pharmacy.
- 245 immunizations were given so our students will avoid illnesses.

We provided 18 bike helmets to students who pledge to use them to keep their brains safe when biking, rollerblading, or skateboarding. RAHS prevention and wellness staff provided substance abuse prevention information to health classes.

It's been a great year and we are look forward to another school year at LMS!

Sincerely, Nurse Darlene, Ms. Sheila, Ms. Margie, Ms. Allison (not pictured), and Dr. John (not pictured)



# Ypsilanti Community Schools

## Ypsilanti Community High

The RAHS staff at YCHS is excited to begin our fifth (5!) academic year of providing adolescent-centered care to students and the surrounding community. Comprehensive physical and mental health services are available at our clinic including, but not limited to well-child exams, treatment of acute and chronic illnesses, immunizations, nutritional assessments and mental health evaluations and counseling.

In 2015, we welcomed the addition of Kellogg Eye Center to our clinic which provides comprehensive vision exams and eyeglass assistance services.

Our staff consists of a nurse practitioner, medical assistant, registered dietitian and clinical social worker and we are excited about the programs planned for this year. Mobile Dentist will be returning during the month of November to provide examinations, cleanings, and restorative care. Our registered dietitian will collaborate with various sport teams to optimize nutrition and performance outcomes. We are planning on holding a Mood and Movement Group, co-facilitated by our clinical social worker and registered dietitian to address depression and healthy nutrition/exercise.

We look forward to serving the students of YCHS and their families! Contact our staff at (734) 221-1007 for additional or any questions.

Sincerely, Nurse Liz, Ms. Starla, Ms. Theresa, Ms. Hannah, & Dr. Maggie



## Ypsilanti Community Middle

WELCOME TO THE RAHS HEALTH CENTER AT YCMS! Our staff at the Health Center is excited for the new school year and ready to help our students be active, and engaged in their physical and mental health. Healthy students are more likely to be academically successful students!

In addition to sick and well medical visits, the RAHS Health Center provides individual and group counseling services to our students on healthy food /exercise choices, anger management, stress management and asthma education. The Youth Advisory Council (YAC) and Students Against Destructive Decisions (SADD) are our student groups that help RAHS promote healthy life style choices in our school. These groups provide education to their peers through classroom programs and special events throughout the school year.

RAHS partners with Dewberry Vision and the UM Kellogg Eye Center to provide students free eye exams and eye glasses. The Mobile Dentist will be returning in the early fall for dental cleanings and restorative dental care. Applications for these services are available in the RAHS clinic!

Our medical staff is available to provide sports physicals to your student athlete! Have them stop in the clinic to schedule an appointment.

YCMS RAHS clinic offers year round services to our students and surrounding community that include medical visits, annual health maintenance exams, sports physicals, camp physicals, immunizations, counseling with a licensed clinical social worker, registered dietitian services, vision and dental services and assistance with medical insurance. Contact our clinic at 734.221.2271 for questions about our services or to schedule an appointment. We look forward to seeing you!

Sincerely, Nurse Marcia, Ms. Shannon, Ms. Georgia, Ms. Shajuan, Ms. Hannah, and Dr. Tammy (not pictured)



# Dinner Menu Plan

With school starting back up, families are on the go. Having a dinner menu plan can help your family to eat healthier, skip fast food, and save time and money. Sit down with your family at the beginning of the week and plan out your week together. Don't forget to account for any activities you have after school and/or work. Use these charts to help set your plan in motion!

Tips for planning:

- Try to let family members pick one night of dinner each week
- Make sure each meal contains vegetables or fruit, protein and a grain/starch

Examples:

- Baked chicken, collard greens, and mashed potatoes
- Pulled pork sandwiches (on rolls) and broccoli
- Spaghetti, meatballs and salad
- Try to choose no more than 1 day a week for restaurants, take out or fast food
- Make a grocery list and shop before the week starts to have ingredients ready
- Some nights can be planned leftovers or quick meals. Try to pick nights that are usually busy like weekends or work nights etc.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday / Sunday
Vegetable/ Fruit						
Protein						
Grain / Starch						

If you have any questions about healthy meal planning for your family, RAHS' registered dietitians are available at RAHS clinics for family appointments.

## Year-Round Community Resources

**Back Door Food Pantry**, 2309 Packard St, Ann Arbor, (734) 663-5858 - every Thursday from 4 - 7pm

**St. Andrew Episcopal Church**, 306 N. Division, Ann Arbor - Hot/cold breakfast every morning from 7:30 - 8:30am.

**Bryant Community Center**, 3 West Eden, Ann Arbor, (734) 662-2449 - Washtenaw County residents can access food pantry, produce, etc.

**Emmanuel Lutheran Church**, 201 N. River St., Ypsilanti - Hot dinner on Tuesdays at 5pm

**Brown Chapel AME Church**, 1043 W. Michigan Ave., Ypsilanti - Hot lunch on Fridays from 11am - 12:30pm

**SOS Community Center**, 114 N. River St., Ypsilanti - Food pantry

**Friends in Deed**, 1196 Ecorse, Ypsilanti, (734) 484-4357 or [office@friendsindeed.info](mailto:office@friendsindeed.info) (no walk-ins) - Emergency help for basic necessities (Washtenaw County residents)

**HOPE**, 518 Harriet, Ypsilanti, (734) 484-2989 - Food Bank, Weekend Meal Program (4-5pm), Wash with Care Program, Care & Share Closet, Baby Care Program

**Ozone House**, 102 N. Hamilton, Ypsilanti, 734-485-2222 (4-8pm, weekdays) - a safe place for youth ages 13-20; provides housing, employment, and education help, crisis intervention, counseling, and meals



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