



The Regional Alliance for Healthy Schools at Michigan Medicine

We at RAHS are excited about several new partners we'll be working with in the new fiscal year. [Food Gatherers](#) will be providing emergency food for RAHS patients and families in need, and the [MFIERCE Health Access Initiative](#) will coordinate with RAHS to increase access to culturally responsive care for LGBTQ+ youth. We also look forward to providing dental and vision services in partnership with the [Kellogg Eye Center](#) and [Mott Children's Health Center](#) in the new RAHS mobile unit. It will be here soon!

We are pleased to continue working with Dr. Okeoma Mmeje, MD, MPH, to provide access to [Expedited Partner Therapy \(EPT\)](#) for adolescents, and to announce that RAHS will be enhancing mental health services & outreach in partnership with the school districts in which we are present.

To learn more about RAHS, our school-based health centers, and the services we provide, please visit our website at umhs-rahs.org.

In good health,

Angie Spence-Green



RAHS Mobile Unit



Sleep and the School Year

The school year is new, and your children are likely still adjusting to the change in their schedule. Pencils, paper, clothing, and shoes are ALL important, but getting children set for school also includes changing their sleep habits.

During the summer, with those long sun-filled hours, your family may have been able to stay up late and count on a nap the next day. Making a sudden switch to an earlier bedtime could be very challenging! Here are some helpful hints:

[Read more...](#)



Run with RAHS 5k

Join us on Saturday, October 6 for the third annual Run with RAHS 5k. We'll have raffle prizes, kid's events, medals, trophies, and more! [Visit this page](#) for additional details. All proceeds go to support direct patient care.



10am on October 6 at EMU's Rynearson Stadium



Jevgenija Meyers, RDN

Obesity Awareness Month

September is National Childhood Obesity Awareness Month. 1 in 6 children in the United States are obese - that is 17 percent! Children who are obese are more likely to develop chronic medical conditions such as asthma, Type 2 diabetes, bone and joint problems, sleep apnea, and even heart disease. Obesity can also affect mental health through poor self-esteem, social isolation, and depression. Staying at a healthy weight can be hard, but there are simple things we can all do to support children and promote good health.

[Read more for some great ways to be healthy.](#)

Dates to Remember

Thursdays Find [Washtenaw County vision dates here](#)

Oct 6 Run with RAHS 5K - [Register here!](#)

Nov 22-23 All RAHS Health Centers CLOSED

Dec 24-Jan 1 All RAHS Health Centers CLOSED

RAHS Job Openings

RAHS currently has an opening for a Social Work Supervisor, and expects to post new positions soon. Visit [UM Careers](#) regularly to see the updated postings and for more information on all available positions with Michigan Medicine.



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STAY CONNECTED:



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