



The Regional Alliance for Healthy Schools at Michigan Medicine

I am pleased to announce that our newest health centers are now open! RAHS at [Armstrong Middle School](#) (Flint), [Bishop Elementary School](#) (Ypsilanti), and [Pioneer High School](#) (Ann Arbor), are hubs focusing on mental health services, and [RAHS at the International Academy of Flint](#) will provide both medical and mental health services.

RAHS also welcomes our new leadership team members: Co-Medical Director Angela Kuznia, MD, MPH, and Social Work Manager Kathy Diehl, LMSW, ACSW. We're delighted they've joined us!

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,MPA



Angela Kuznia, MD, MPH



Kathy Diehl, LMSW, ACSW

The Impact of Michigan Medicine School-Based Health Centers

The RAHS School-Based Health Centers (SBHCs) provide youth-centered care and enhanced access-to-services, and address care gaps. Coordination of care between SBHCs and Primary Care Providers (PCPs) is an essential component of a pediatric medical home practice. RAHS encourages all patients to establish and maintain a relationship with their PCP.

[read more...](#)



RAHS Community Advisory Council

The Community Advisory Council (CAC) of the Regional Alliance for Healthy Schools helps guide and support programming for the RAHS school-based health centers. School staff, parents, and community partners are encouraged to participate to learn more about RAHS programs and to provide feedback. This year, RAHS plans to hold CAC meetings at our newest health center sites. If you'd like to receive information about our CAC meetings, [please let us know](#).

All meetings of the RAHS CAC are open to the community.



M | MEDSPORT

The Regional Alliance of Healthy Schools (RAHS) has partnered with MedSport to increase adolescent athletes' access to physical therapy services. This collaboration will be housed at Ypsilanti Community High School in the RAHS Health Center. A Physical Therapist will be on-site twice a week to provide access to athletes/students identified by Athletic Directors, Athletic Trainers, and medical staff at RAHS health centers throughout Washtenaw County. This partnership aims to improve patient-centered care, increase access, decrease return to play time, and prevent future injuries.

RAHS Substance Use Groups



RAHS is expanding our Substance Use and Healthy Choices group offerings. The group will meet for three sessions and is open to those referred by their RAHS school-based health center and youth in the community at large. Topics covered will include:

- Substance use information and education including screening
- Making informed decisions about substance use
- Understanding teen brain vulnerability and the risks associated with substance use
- Developing stress management and coping skills

The first group begins this fall at the RAHS-Pathways to Success Health Center. For more information, please [contact Lisa Anderson](#), RAHS Clinical Outreach Therapist.

Dates to Remember

Thursdays [Find vision and dental service dates on our website](#)

Oct 30 Open House at [RAHS-Pioneer](#) during the school day

Nov 28-29 Happy Thanksgiving!
All RAHS Health Centers Closed

Dec 23-24 All Genesee County RAHS Sites Closed

Dec 25-29 **All RAHS Health Centers Closed**

Dec 30-Jan1 All Washtenaw County RAHS Sites Closed

Want to join the team?

Visit careers.umich.edu regularly to search for RAHS job postings and for information on all available positions with Michigan Medicine.



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