

REGIONAL ALLIANCE FOR HEALTHY SCHOOLS



FEBRUARY 2024

RAHS HOT NEWS

SCHOOL-BASED HEALTH CENTER AWARENESS MONTH



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February marked School-Based Health Center Awareness Month, spotlighting the pivotal role SBHCs play in overall youth, school, and community wellness. The Regional Alliance for Healthy Schools (RAHS) stands out as a model for comprehensive healthcare in educational settings. RAHS SBHCs, including partnerships with prestigious institutions like Kellogg Eye Center to provide vision care at the RAHS-Ypsilanti Community High SBHC and on the RAHS-Mobile Unit and Mott Children's Health Center to provide dental care services on the RAHS-Mobile Unit, provide vital services ranging from comprehensive primary care to behavioral health supports, ensuring timely health interventions and academic success for students.

RAHS SBHCs foster a conducive learning environment by addressing health barriers that hinder academic performance, and promoting lifelong healthy habits through education and counseling. Beyond school boundaries, these centers serve as community hubs, extending comprehensive healthcare services to youth and families. Collaborations with local healthcare providers and community organizations strengthen healthcare infrastructure, enhancing overall population health outcomes.

Investing in RAHS SBHCs is an investment in the future of our youth and communities. Let's continue advocating for the expansion of SBHCs, ensuring equitable access to essential healthcare services for all students. Together, we can build healthier, more resilient communities for generations to come.

GET TO KNOW DR. KELLY ORRINGER

CO-MEDICAL DIRECTOR OF
REGIONAL ALLIANCE FOR
HEALTHY SCHOOLS (RAHS)
AND A PEDIATRICIAN
DEDICATED TO IMPROVING
THE HEALTH AND WELL-BEING
OF YOUTH



Dr. Orringer completed her pediatrics residency in 1997 and has been serving patients and families at Michigan Medicine ever since. This past fall, she embarked on a new journey as Co-Medical Director of the Regional Alliance for Healthy Schools (RAHS), an initiative that aims to promote and improve the health and well-being of youth and their families in the region. Recently, Dr. Orringer shared some of her time and insights into her role at RAHS and the impactful work being done to address the unique health challenges faced by school-aged children and adolescents.

1. Tell us a bit about yourself! How long have you been practicing? How long have you been with RAHS? What is the most interesting challenge (so far) that you've worked on?

I completed my pediatrics residency in 1997 and have been with Michigan Medicine during and since residency. I joined RAHS 3 years ago and recently became Co-Medical Director. The most interesting challenges have been helping to obtain essential healthcare services for several immigrant and refugee families seen at RAHS-Ypsilanti Community Middle school-based health center, helping them get their vaccines and checkups needed to enroll in school, and also welcome them to our community.

2. Can you share with us the key initiatives and programs that RAHS at UM Health, Michigan Medicine, is currently focusing on to promote and improve the health and well-being of youth and their families?

RAHS is spearheading so many initiatives! Behavioral health support is a true cornerstone of school-based health centers, and RAHS in particular. Ongoing training for the RAHS team and expansion of behavioral health supports to reach more youth and adolescents is essential. Additionally, RAHS is dedicated to helping families find reliable, evidence-based medical homes to ensure comprehensive healthcare.

GET TO KNOW DR. ORRINGER CONT.

3. As Co-Medical Director of RAHS, how do you collaborate with other healthcare professionals outside of RAHS, school district leadership teams, educators, and community stakeholders to address the unique health challenges faced by school-aged children and adolescents? Can you provide an example of a successful collaboration that had a positive impact for your patients?

Collaboration lies at the heart of RAHS's approach to addressing health challenges in school-aged children and adolescents. While I am still relatively new to my role as Co-Medical Director, I look forward to collaborating with healthcare professionals, school district leaders, educators, and community stakeholders. Dr. Steve Park and Moe Khraizat have excellent connections with the school districts and I look forward to working alongside them and laying the groundwork for impactful collaborations in diverse communities served by RAHS.

4. In your role, you encounter a variety of health issues affecting students. What do you see as the most pressing health concerns for school-aged children today, and how is RAHS actively working to address these issues? Do you see an area(s) where RAHS could improve its services for youth and families?

Both mental and physical health care are vital for students. I love the way RAHS offers integrated behavioral health, which makes it a much more welcoming environment for students and families.

5. How does RAHS contribute to the broader mission and goals of UM Health, Michigan Medicine in terms of community outreach, education, etc., particularly in the realm of adolescent health?

It can be challenging to reach adolescents more than once a year, at best, in a primary care medical home, making RAHS's presence in schools invaluable. RAHS bridges the gap between annual medical visits by providing continuous supports and partnering with primary care medical homes. The establishment of Youth Advisory Councils (YACs) within schools strengthens outreach and peer education efforts, normalizing healthcare-seeking behaviors on important topics like behavioral health and substance use. The types of partnerships between the schools and our RAHS teams continue to expand.

Dr. Orringer's dedication to promoting youth health and well-being through RAHS exemplifies the transformative impact of youth-centered and school-based healthcare initiatives. As RAHS continues to evolve and expand its reach, Dr. Orringer's leadership promises a future where all youth have access to comprehensive healthcare services and support for a brighter, healthier tomorrow.



LINCOLN SCHOOLS PARTNERS WITH RAHS FOR STUDENT ANTI-VAPING PRESENTATION

LINCOLN YOUTH LEADERS REQUEST ANTI-VAPING PRESENTATION TO HELP THEIR PEERS

At the Regional Alliance for Healthy Schools (RAHS) Lincoln Consolidated Schools campus, we recently had the privilege of hosting an Anti-Vaping event aimed at empowering Lincoln youth and families with knowledge and resources to combat the growing epidemic of vaping. It was an inspiring and impactful gathering, made possible by the dedication and collaborative efforts of our team, community partners and the Lincoln School leadership team.

The event served as a platform to raise awareness about the dangers of vaping among our youth and the importance of making informed choices about their health. The RAHS team at Lincoln worked hard to ensure every aspect of the event was thoughtfully curated to provide youth with valuable insights and practical strategies to resist peer pressure and the allure of vaping. Working together on this event was a reminder of the transformative power of collective action and the impact we can have when we come together as a community to address pressing health issues.

It is also a reminder of the importance of ongoing education and advocacy in the fight against vaping. Together, we can continue to support our youth and their families in making healthy choices. Thank you to everyone who contributed to making this event possible! Together, we are making a difference!

WORKING AT RAHS

KNOW SOMEONE WHO WOULD BE A GOOD FIT WITH THE RAHS TEAM? LET US KNOW!



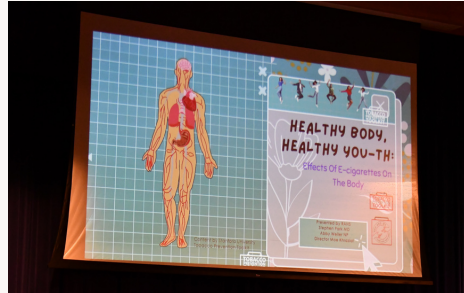
ANTI-VAPING PRESENTATION & COMMUNITY ADVISORY COUNCIL MEETING HIGHLIGHTS

Our recent Anti-Vaping event, held in conjunction with a successful RAHS Community Advisory Council (CAC) Meeting, was a testament to the power of youth leadership and community collaboration in tackling pressing health issues. The Lincoln Consolidated Schools Youth Leadership Group requested an Anti-Vaping educational presentation to help their peers learn about the resources available to them to help them quit vaping. The leadership team at Lincoln Consolidated Schools worked with the Regional Alliance for Healthy Schools (RAHS) team to create the event for its students and community. The evening event brought together Lincoln residents, youth, families, partners, and stakeholders to address the alarming rise of vaping among youth and adolescents and its detrimental effects on our community's well-being.

In addition to the Anti-Vaping event, the concurrent CAC Meeting provided a platform for community members to voice their concerns, share resources, and collaborate on initiatives aimed at promoting health and wellness in our community. It was inspiring to see the shared commitment to addressing the underlying factors contributing to the prevalence of vaping and working towards sustainable solutions and a reminder of the importance of ongoing community engagement and advocacy in creating a safer and healthier environment for all. Together, we can continue to empower our community and support our youth in making informed choices that will help shape a brighter future.



ANTI-VAPING PRESENTATION & COMMUNITY ADVISORY COUNCIL MEETING HIGHLIGHTS



HEALTH CENTER UPDATES

CHECK IT OUT

We are continuing the process of updating all the exterior signage at RAHS school-based health centers to align with University of Michigan Health, Michigan Medicine branding and in partnership with each school district. Signage is approved by the RAHS Director, Mohamad Khraizat, and each school Superintendent. Here are the new RAHS-Beecher and RAHS-Kearsley Murals.



RAHS-Beecher



RAHS-Kearsley



RAHS-Beecher

SCHOOL-BASED HEALTH CENTER AWARENESS MONTH CELEBRATIONS

GENESEE & JACKSON COUNTIES

Way to go RAHS! You all really knocked this month's school-based health center awareness celebrations and gatherings out of the park!



RAHS-Beecher



RAHS-Carman-Ainsworth



RAHS-Kearsley



RAHS-Springport

SCHOOL-BASED HEALTH CENTER AWARENESS MONTH CELEBRATIONS

WASHTENAW COUNTY

Way to go RAHS! You all really knocked this month's school-based health center awareness celebrations and gatherings out of the park!



RAHS-Lincoln Middle



RAHS-Lincoln High



RAHS-Scarlett Middle



RAHS-Pioneer High

SAVE THE DATE

ONE DAY CLOSER

To a Cure

One Day Closer showcases how researchers and clinicians at the Rogel Cancer Center are getting us one day closer to a cure for cancer. Area high school students and their families are invited to learn about cancer research through interactive activities, short research talks, and lab tours. We hope this event will inspire the next generation of scientists and clinicians so we can ensure a strong future in our fight against cancer!



Saturday, March 16, 2024

9:00 am - 1:30 pm

North Campus Research Complex, Building 18
2800 Plymouth Road, Ann Arbor, MI 48109

REGISTER BY FEBRUARY 25

Lunch included & all registrants
receive a free T-shirt!

Register at:

<https://michmed.org/GyNPK>



If you know a student or group that would like to attend this event but may need support to do so – please reach out to our team at OneDayCloser@med.umich.edu to discuss

UPCOMING EVENTS

MARCH & APRIL

RAHS-Mobile Unit @ The Black Family Wellness EXPO

MARCH 16

The RAHS-Mobile Unit will be onsite at The Black Family Wellness EXPO on Saturday, March 16th from 10am - 2pm at Parkridge Community Center providing resources and health information for youth and adolescents.

One Day Closer

MARCH 16

Middle school and High school students (8th-12th grades) are invited with their families and teachers to learn about cancer research through interactive activities, short research talks, and lab tours.

RAHS-IAF STI Blitz

APRIL 3-4

RAHS-International Academy of Flint is hosting an STI Blitz at the International Academy of Flint on Wednesday, April 3rd and Thursday, April 4th.

RAHS-Springport Anti-Vaping & CAC Meeting

APRIL 11

RAHS-Springport is hosting an Anti-Vaping presentation for families and the community on Thursday, April 11th. RAHS will also host it's first Community Advisory Council meeting in Jackson County immediately after the anti-vaping presentation.

RAHS-Brick Elementary Science Night

APRIL 12

RAHS-Brick Elementary is hosting a Science Night for Lincoln Elementary students on Friday, April 12th from 6pm - 8pm.



FROM THE DIRECTOR, MOHAMAD KHRAIZAT

Thank you to our dedicated RAHS team for your continued energy and support for our patients, their families, our school and community partners, and everyone in the community who supports our mission. Together, we're making a difference.

UMHS-RAHS.ORG

