

REGIONAL ALLIANCE FOR HEALTHY SCHOOLS



MARCH 2024

RAHS HOT NEWS

COMMUNITY ENGAGEMENT AND OUTREACH



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As we welcome the arrival of spring (hopefully to stay this time), I trust this message finds each of you in good health. It's that time of the month again when we unite to reflect on our achievements, share updates, and bolster one another in our ongoing mission to foster health and well-being within our schools and communities.

Looking back on the past month, I am profoundly impressed by the unwavering dedication to community outreach and youth care exhibited by every member of our team. Whether it's delivering essential care to our patients, taking the lead on developing innovative health education programs in collaborating with Youth Advisory Councils, or preparing for impactful community outreach programs, or ensuring the smooth and efficient operations of each RAHS health center, each one of you plays an indispensable role in our collective success.

As we look towards the remainder of the school year and the forthcoming summer months, let us push forward in our collaborative efforts, continue to innovate, and uphold the highest standards of

excellence in all our endeavors. Together, we possess the capacity to effect substantial change in the lives of our patients, school communities and the greater community at large.

In anticipation of the months ahead, I am delighted to announce a few upcoming community outreach events, including Putting Patients at the Center of Health Equity, Patient Experience Week 2024, and SBHC Advocacy Day that will provide invaluable opportunities for us to engage with a wider audience, share resources, and promote benefits of school-based health centers in an effort to encourage continued support. I encourage each of you to let us know of any upcoming community events near you and contribute your ideas to ensure the success of these endeavors.

I extend my deepest gratitude for your commitment to the vision and mission of RAHS. Your passion and dedication serve as a constant source of inspiration, and I am genuinely privileged to lead such an extraordinary team. Here's to another month filled with joy, fulfillment, and continued achievements.

GET TO KNOW DR. STEPHEN PARK

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



In our chat with Dr. Stephen Park, Co-Medical Director at the Regional Alliance for Healthy Schools (RAHS), we not only learned more about his insights into healthcare and community engagement, but also got a glimpse beyond his work life. With a loving family consisting of his wife Kristin and their three accomplished adult children – Evan, Sara, and Chloe – Dr. Park paints a picture of a fulfilled family man. From Evan's academic pursuits at the University of Chicago to Sara's bustling life in Brooklyn as a project manager, and Chloe's artistic endeavors in Ann Arbor, the Park family embodies diversity. Dr. Park also finds joy in simple pleasures – from meticulously planning travel adventures to pestering his wife while honing his photography skills, to nurturing a passion for cultivating native plants. It's this blend of dedication, warmth, and zest for life that defines Dr. Park both in and out of the office and health centers, shaping his approach to healthcare and community engagement with a uniquely personal touch.

Can you share with us a lightbulb moment or experience during your tenure at RAHS that significantly shaped your approach to healthcare and community engagement?

I can recall so many of these experiences over the years, but one that comes to me at the moment occurred the first time I participated in an STI Blitz at Beecher High School with Mandy Lyon, NP. I remember being in a classroom watching Mandy try to make it through a presentation on reproductive health while the catcalls and jokes were flying, with one young man standing out to me as being especially vocal. Later, while I was monitoring the guys processing through the restroom where they left a urine sample that same young man approached me and said something to the effect of “you know, I wouldn’t ever do this thing without you guys showing us that you’re willing to talk to us in that class and to help us to do the right thing by each other.” This experience, in addition to many others, has taught me that we need to meet patients where they are and in the context of their experiences in order for them to allow us to help them.

GET TO KNOW DR. PARK CONT.

What inspired you to dedicate your career to promoting youth and adolescent health and wellness within school communities, and how has that motivation evolved over time?

I actually “tripped” into my involvement with RAHS, if I’m being honest. During my Chief Residency, I created a Community Health rotation for our Pediatric residents. I recruited fellows to go to a few RAHS sites to supervise the residents, but this fellowship ended, and Jennifer Salerno told me if I still wanted residents to come to RAHS sites, I’d need to be their preceptor, so I did. I think many of us come to school-based health intrigued but not fully aware of what we’re getting into; that was absolutely the case for me! Obviously, I fell in love with the work and the patients and here I am in my 24th year (I think??), more dedicated than ever to what we do. My greatest passion now is to help spread access to healthcare for all school-aged youth and adolescents across our state to make certain every child has access to high-quality, readily available healthcare in their communities.

Could you discuss a particularly challenging project or initiative you've undertaken at RAHS, and how you navigated the obstacles for successful outcomes?

One of my biggest priorities as RAHS Co-Medical Director is to assure that we provide children with the highest quality of care possible. To that end, we aspire to having outstanding quality measure results, but there are many obstacles to reach these outcomes. The same barriers that make it difficult for our patients to establish and maintain care within the context of a medical home, with a primary care provider, interfere with our ability to make certain they have annual wellness visits, necessary immunizations, and coordinated asthma care, to name a few measures. I have always found that our staff in each school building are in the best position to advise us how to overcome these barriers, and they have created many novel approaches, such as Kearsley’s Pee-4-Pizza program, to help reach these goals. Continuous reconsideration of our approaches at both a local and programmatic level is essential to our success.

How do you see RAHS evolving in 5 years, 10 years, and beyond? What strategies do you believe will be essential for addressing the evolving health needs of youth and adolescents?

As I’ve alluded to above, I hope RAHS can continue to be a leader in our state toward a goal of getting school-based healthcare access to every school-aged child in Michigan. We have some partnerships across the state at the institutional level (Mid-Michigan, Sparrow, West Michigan) that could serve as a nexus for further expansion. We need to continue to work, under Mohamad Khraizat’s leadership, to make sure our infrastructure is strong, not only to better support our

GET TO KNOW DR. PARK CONT.

existing health centers, but to allow us to further expand to help more youth, families, and communities. I hope we can also develop a research program in RAHS to study school-based healthcare delivery and share best practices with other programs. Additionally, I would love to see us able to train tomorrow's leaders in school-based health through regular rotations and internships.

In your opinion, what are some of the most pressing health disparities or challenges faced by students today, and how does RAHS work to mitigate them (or how should RAHS work to mitigate them)?

As we are well aware, the prevalence of mental health disease in our communities is at a crisis level. We see the direct impact of mental illness in our patients, but also the adverse childhood events they experience as a result of mental health disease in their families and communities. In my opinion, no other means of healthcare delivery is as well-positioned to address this crisis as school-based health, because we are at the intersection of patient and community, and we are accessible to not only the patient, but to their families, their school community, and to the other community-based agencies that can work together to help mitigate this via a holistic approach.

It's clear from hearing Dr. Park speak that his passion for healthcare and community engagement is genuine and unwavering and that he is making a real difference in the lives of youths and adolescents through the Regional Alliance for Healthy Schools (RAHS) school-based health centers.

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. Between the weather and spring breaks, some of the sign installations were paused, but they will pick back up again in April. Here is the new RAHS-Ypsilanti Community High Mural.



RAHS-Ypsilanti Community High



Reminder! Starting **April 1, 2024**, RAHS will be implementing a standard lunch-time throughout all RAHS health centers and KMS. The lunch period will be a set 30 minutes starting at 12:00 PM and ending at 12:30 pm, for all RAHS staff. During this time, all Health Centers will close. The goal is to help optimize patient access and operational workflow across disciplines. It will also allow patients and families to know when we are unavailable for patient care so that staff can have an uninterrupted lunch.

SCHOOL-BASED HEALTH CENTER OUTREACH

WASHTENAW COUNTY

RAHS-Ypsilanti High hosted an ESL STI education day on Friday, March 22nd. They had a total of 40 students that were educated and 10 committed to be tested. Thank you to Michigan Medicine Interpreters Isabelle, Grace, Patricia, former RAHS NP Loren Dobkin, and everyone who helped in making this event a success and ensuring that we could provide inclusive care!

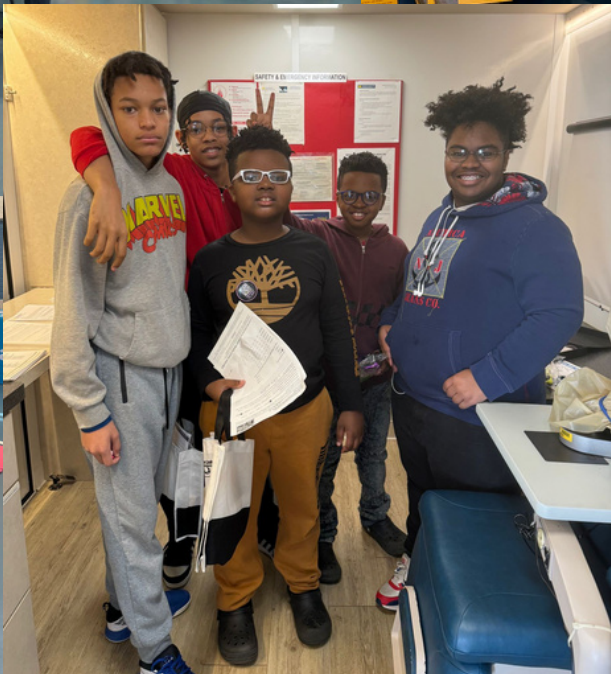


STI Blitz at YCHS saw the participation of 330 students being educated about sexual health, with 68 students undergoing testing. The results revealed 3 cases of chlamydia, resulting in a positivity rate of 4.4%. A heartfelt thank you goes out to all of our volunteers and partners whose contributions were indispensable for the event's success. Special appreciation goes to Mohamad Khraizat for his unwavering support and for helping to coordinate the event.

The RAHS-Ypsilanti Middle team participated in the Exotic Zoo event at Ypsilanti Middle School, where they distributed consents and engaged with children to discuss the RAHS health center. Additionally, they visited Global Tech and Holmes Elementary to inform transitioning students about the health services available at RAHS as they move up to middle school.



PARKRIDGE BLACK FAMILY WELLNESS EXPO COMMUNITY OUTREACH EVENT HIGHLIGHTS



ONE DAY CLOSER PARTNER EVENT HIGHLIGHTS



UPCOMING EVENTS

APRIL

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.

Putting Patients at the Center of Health Equity

APRIL 9

Mohamad Khraizat, Director, RAHS, will participate in a panel discussion and share strategies for engaging patients, families, and community voices to address healthcare access, healthcare delivery, and health inequities. [Click here to register](#)

RAHS Team Meeting

APRIL 10

Virtual Meeting

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.

RAHS-Kearsley High School Pee-4-Pizza

APRIL 18

RAHS-Kearsley High is hosting a Pee-4-Pizza STI Blitz in school on Thursday, April 18th.

Patient-Centered Care: RAHS Meets Patients Where They Are

APRIL 23

Patient Experience Learning Forum to include presentation by RAHS leadership, students, and school superintendents - discussion of providing healthcare in schools and benefits to youth and families in Washtenaw, Jackson, and Genessee Counties

Register:

https://umich.zoom.us/webinar/register/WN_6RdioQdkQzmRT131MjXxQw#/registration

UMHS-RAHS.ORG

