

REGIONAL ALLIANCE FOR HEALTHY SCHOOLS



APRIL 2024

RAHS HOT NEWS

MENTAL HEALTH ENGAGEMENT AND OUTREACH



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As we step into the month of May, it's important to reflect on the significance of Mental Health Awareness Month. It's a time for us to unite, educate, and advocate for behavioral health for ourselves and for our patients, fostering an environment of understanding, compassion, and support within our community.

Behavioral health is a critical aspect of our overall well-being, yet it often remains covered in stigma and misconceptions. RAHS is in a unique, trusted position in the community where we can challenge these stigmas and encourage open conversations.

We recognize that behavioral health issues affect individuals from all walks of life, regardless of age, gender, or background. As members of the RAHS team, it's crucial for us to prioritize behavioral health and actively work towards creating a culture of acceptance and support for our youth and adolescents.

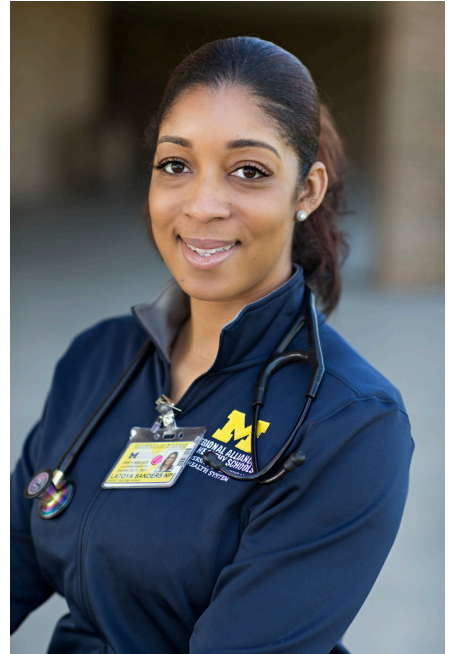
This awareness month provides us with an opportunity to continue to educate ourselves and others about behavioral health, its importance, and the resources available at RAHS, Michigan Medicine, and in the community for those in need. By fostering a supportive environment and being empathetic listeners, we can continue to make a positive impact on the well-being of those around us.

Let's use this month to engage in meaningful discussions, share resources, and support one another in our journey towards wellness. Together, we can break down barriers, promote understanding, and make strides towards a more mentally healthy community.

Thank you for your dedication to this important issue.

TEAM UPDATES

CONGRATULATIONS!



Congratulations to three exceptional members of our team: Demita, Katelyn, and Latoya, for achieving the Advanced Practice Provider (APP) Expert level in the Nurse Practitioner Practice Ladder. Their attainment of this career milestone highlights not only their exceptional clinical skills but also their dedication to excellence in healthcare delivery and serves as an inspiration to others striving to excel in their respective fields.

We are incredibly proud to have such talented and motivated individuals as part of our team. Your expertise and professionalism significantly contribute to RAHS' mission of promoting and advancing the health and well-being of youth and adolescents in our communities.

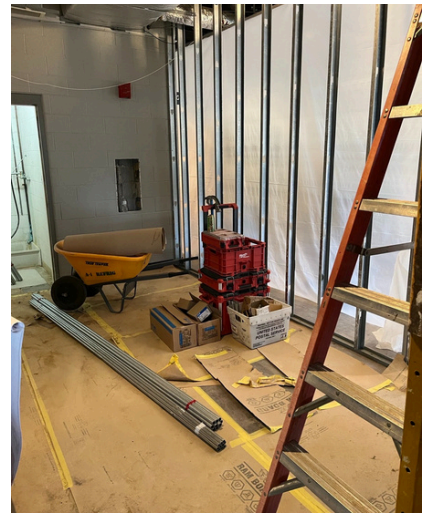
Everyone is encouraged to continue their pursuit of excellence, embrace new challenges, and share their knowledge and expertise with their team. On behalf of the entire RAHS team, congratulations Demita, Katelyn, and Latoya on this outstanding achievement!

HEALTH CENTER UPDATES

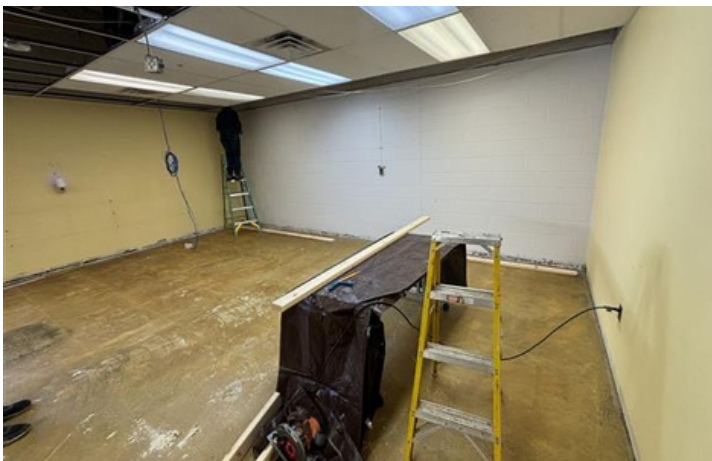
CHECK IT OUT

Construction is underway on the new RAHS-Springport Public Schools school-based health center!

RAHS-SPRINGPORT PUBLIC SCHOOLS



RAHS-BEECHER HIGH SCHOOL



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 is the new signage and mural at RAHS-Richfield Public School Academy, RAHS-Richfield Early Learning Center, and RAHS-International Academy of Flint.



RAHS-RICHFIELD PSA



RAHS-RICHFIELD ELC



RAHS-INTERNATIONAL ACADEMY OF FLINT



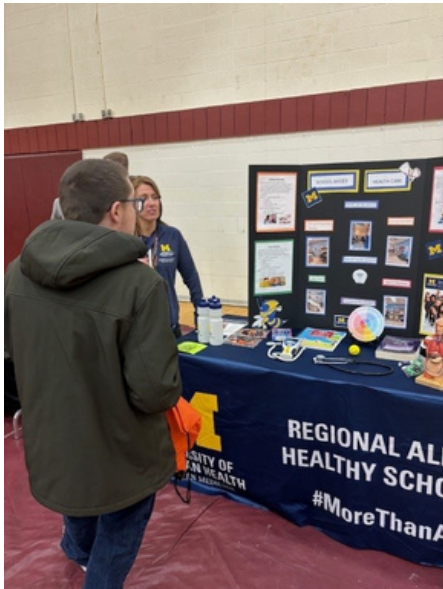
CHECK IT OUT



SCHOOL-BASED HEALTH CENTER OUTREACH

GENESEE COUNTY

RAHS-Kearsley High Outreach at the Davison High School Career Fair!



WASHTENAW COUNTY

The RAHS-Brick Elementary and RAHS-Lincoln Middle teams participated in Bishop Elementary Science Night at Bishop Elementary School, where they distributed information about RAHS and engaged with children to discuss the RAHS health center. Additionally, they met with families at Parent Information Night at Brick Elementary to introduce them to the RAHS health services available at RAHS-Brick Elementary.



2024 Prescription for Health

2024 Prescription for Health-Referring Partner Staff Information

In partnership with **Washtenaw County Health Department**, we are participating in a program called **Prescription for Health** that will provide tokens for patients/clients to **purchase fresh fruits, fresh vegetables, and fruit/vegetable plants/seeds from participating farmers markets and farm stands in Washtenaw County.**

Program Goals:

1. Increase consumption of fresh fruits and vegetables among participants
2. Foster healthy behavior change in program participants by providing nutrition education, referrals to community resources, and support from Community Health Workers
3. Create strong partnerships between the local public health department, clinics, and farmers markets to increase awareness of the local food system, promote utilization of community resources, and support participant health improvement
4. Support development of the local food system and economy

Eligible Participants*:

- Food insecurity for fruits and vegetables
- Chronic disease risk
- Ability and willingness to commit to using the full benefit of the program (i.e. spending \$100 in paper tokens by 11/30/24)

*Must also live in Washtenaw County



Program Summary:

- Clinician fills out the referral form, selecting the farmers market location the participant will pick up their enrollment packet. Clinician submits the completed referral form to Prescription for Health staff.
- Each participant receives \$100 in paper tokens in their enrollment packet.
- Participants can purchase **fresh fruits, fresh vegetables, and fruit/vegetable plants/seeds** with the Prescription for Health paper tokens at participating farmers markets and farm stands in Washtenaw County. A list of participating locations is included in the enrollment packet given to participants.
- As part of the program, program staff provide nutrition education, support, refer to resources, and help participants set realistic, healthy eating and living goals.
- For more information: washtenaw.org/prescriptionforhealth

2024 Prescription for Health

Ask us how to get
\$100
worth of fruits & vegetables
from the Farmers Market!



This program is FREE for eligible clients and clinic patients.



**PRESCRIPTION
for HEALTH**



Washtenaw County
Health Department

UPCOMING EVENTS

MAY 2024

AHA Heart & Stroke Walk

MAY 5

The 2024 American Heart Association's Washtenaw County Heart & Stroke Walk and 5K will take place on Sunday, May 5th at Washtenaw Community College.

Advocacy Day in Lansing

MAY 8

RAHS YAC groups and Teams from Jackson, Genesee, and Washtenaw Counties will be in Lansing for Advocacy Day as a part of the SCHA-MI delegation discussing and advocating for school-based health centers and school-linked health centers across the state of Michigan.

Pioneer Multilingual Family Fair

MAY 16

Ann Arbor Public Schools EL Dept is hosting the 5th annual Multilingual Family Fair on May 16th from 5:30-7:30 pm at Pioneer High School.

Ypsilanti Community Schools Mental Health Awareness Fair

MAY 18

Ypsilanti Community Schools is hosting the 2nd annual Mental Health Awareness Fair in partnership with the Washtenaw County Mental Health-BLM Taskforce and NAMI Washtenaw County on Saturday, May 18th at Prospect Park from 12-3 pm.

SAVE THE DATES - RAHS STAFF MEETING & RETREAT

JUNE 19 & 20

Ypsilanti Community Schools is hosting the 2nd annual Mental Health Awareness Fair in partnership with the Washtenaw County Mental Health-BLM Taskforce and NAMI Washtenaw County on Saturday, May 18th at Prospect Park from 12-3 pm.

UMHS-RAHS.ORG

