

REGIONAL ALLIANCE FOR HEALTHY SCHOOLS



SEPTEMBER 2024

RAHS HOT NEWS

FLU SEASON IS UPON US



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As we move towards fall, we are once again reminded of the importance of taking proactive steps to safeguard our health and the well-being of the communities we serve. One of the most effective ways to do this is through vaccination—specifically, by encouraging our patients and families to get their annual flu shots and staying up-to-date with COVID-19 vaccines.

As you know, both the flu and COVID-19 pose health risks, especially in school settings where close contact is inevitable. Immunizations are a vital defense, protecting not only those who receive the vaccine but also those who may be more vulnerable, such as children with underlying health conditions. By encouraging vaccinations, we reduce the likelihood of illness spreading within the schools, helping to keep everyone healthy throughout the year.

At RAHS, we are committed to making these vaccines as accessible as possible for our youth, families, and community. I encourage all of you to help promote these services and spread awareness. Please remind youth

and families of the importance of these and all other childhood vaccines in preventing serious illness and encourage them to take advantage of the resources RAHS provides.

I also want to emphasize the importance of leading by example. As healthcare advocates, it's important that we also get vaccinated and share the message of prevention. Your commitment to your own health and to the health of those around you reflects the values we uphold here at RAHS and Michigan Medicine.

Thank you for your ongoing dedication to keeping our youth, families, and schools safe. Here's to a safe and healthy season!

Q&A with Dr. Kate Hughey, MD: Deepening Adolescent Healthcare through RAHS

Dr. Kate Hughey, MD, a family physician with the Regional Alliance for Healthy Schools (RAHS), discusses her approach to school-based healthcare, emphasizing the integration of mental health services and community medicine. Here are further insights into her role and the impact of RAHS.



Q: What initially drew you to RAHS, and how has your role evolved since joining?

I've always been passionate about community health—understanding how we can leverage our communal spaces and community connections to enhance health outcomes. School-based Health Centers, like RAHS, epitomize this by bringing healthcare directly to where children and adolescents spend the majority of their day. Over the nearly ten years that I have been with RAHS, my focus has shifted towards mental health awareness and integration into the school community, which is vital for our students' development and well-being. This evolution, for me, has reinforced that accessible health care for youth and families is critical for healthy communities.

Q: Can you highlight some unique challenges or opportunities you've encountered while providing healthcare to students within the school setting?

The school setting naturally fosters more accessible and consistent healthcare delivery, which is its greatest advantage. The opportunity to work hand-in-hand with teachers, school social workers, and school staff creates a unique support network that helps address not only physical but also emotional and social health challenges facing youth and families. This collaboration between the schools and the RAHS health centers, enables RAHS care providers to implement preventive measures effectively and respond to health issues in real-time, enhancing student success both academically and personally.

Q: How do you integrate mental health support into your medical practice within the school environment?

Integrating mental health into our daily practice is crucial. We facilitate immediate access to mental health professionals, which is often less stigmatizing for children and adolescents than seeking help outside the school. By being onsite alongside social workers, nurse practitioners, medical assistants, and medical doctors, we create a multidisciplinary team that addresses each individual's needs holistically. Our approach includes proactive physical and mental health screenings, crisis intervention, ongoing therapy, connection to community resources to meet tangible needs, and building life skills that contribute to long-term resilience.

Q&A with Dr. Kate Hughey, MD cont.

Q: Can you share a success story from your time at RAHS that exemplifies the positive impact of your work?

One particular success story that stands out involved a student who faced multiple health and social challenges. Through consistent care and a supportive network involving RAHS staff, teachers, social workers, school personnel, the student's family, and the student's PCP, we saw a huge transformation in this student's health and academic performance. These collaborative efforts provided the stability and support needed, demonstrating the profound impact of our integrated health services on each individual patient.

Q: What are some significant barriers to healthcare access for students, and how does RAHS work to overcome these?

Beyond logistical barriers like scheduling and transportation, cultural and socio-economic factors also play significant roles in healthcare access. At RAHS, we strive to create culturally-aware services that respect and address diverse backgrounds. Our approach includes outreach to parents and community members to build trust and understanding, partnership with community organizations, and ensuring our services are inclusive and accessible to all students.

Q: What are the most critical health or health education priorities for today's youth, and how does RAHS address these?

Beyond mental health, nutritional education, physical activity, and preventive health measures rank high on our list of priorities. RAHS promotes these through comprehensive educational programs that engage youth in learning about healthy lifestyles from an early age. Our services extend beyond the individual to address broader social determinants of health, ensuring that every student has the opportunity to succeed.

Dr. Hughey's commitment to RAHS and her innovative approach to school-based healthcare demonstrate the power of community medicine in transforming the lives of young people. Through collaboration and dedicated care, RAHS continues to make a significant difference in the health and well-being of students.

MICHIGAN MEDICINE ELECTION AND POLITICS POLICY REMINDER

In anticipation of this year's election on Nov. 5, many members of the University community have asked about their rights and responsibilities, as public employees, in campaigning for or against a candidate or ballot initiative.

Section 57 of the Michigan Campaign Finance Act prohibits public bodies and anyone acting for a public body from using public resources to support or oppose a candidate or the qualification, defeat, or passage of a ballot proposal. However, in their private capacities, individuals, including those who are members of the University community, may participate fully in political activities, provided they are acting on their own behalf and using their personal time and resources.

We have developed the following information to help you understand the many politically related activities in which you may engage, either as private citizens or as members of our campus community, as well as those for which University resources cannot be used.

Under Michigan law, faculty, staff, and students cannot use public resources to engage in political activities for or against a candidate or ballot initiative. Here are some examples of political activities that use public resources in a manner that would generally not be permitted under Michigan law:

- Sending out a campaign mailing using University stationery or postage purchased by the University.
- Using an official University email list or listserv to campaign for or against a ballot initiative or candidate running for office.
- Using University equipment to copy material supporting or opposing a ballot initiative or candidate, subject to existing departmental policies regarding personal use.
- Using a University office or other University facility, or using other University resources, such as a University-provided telephone, computer, email address, social media account, Zoom or other web conferencing service account, etc., to support or oppose ballot initiatives or candidates running for office, even if – per the Michigan Secretary of State – you do not state or imply that you are speaking on behalf of the University in doing so.
- Purporting to carry on a political campaign in the name of the University or purporting to speak on behalf of the University when supporting or opposing a candidate or ballot initiative, whether in speech, writings, or social media postings.

MICHIGAN MEDICINE ELECTION AND POLITICS POLICY REMINDER cont.

The Michigan law includes several exceptions that permit limited use of public resources for certain activities that would not constitute support for or opposition to a candidate or ballot proposal, even though those activities might be relevant to electoral decisions. Here are some examples of activities in which faculty, staff, and students may generally properly engage under the law, even if public resources are used:

- Conducting scholarly research on the effects of a ballot initiative or political issue on the University, on the state, on the economy, etc.
- Compiling and assembling data and other factual information on the effects of a ballot proposal or on candidates' positions.
- Disseminating factual material and/or the results of scholarly research on a ballot proposal or political issue to news organizations and academic journals.
- Posting factual material about ballot proposals or political candidates and/or the results of research on a ballot initiative or political issue to a University website, Facebook page, or X account.
- Planning conferences, forums, symposiums, or panel discussions on campus, or inviting guest speakers (including, in some circumstances, candidates) to campus, to discuss campaign related issues.

New Guidance on Inviting Officials to Campus Events: If you are planning an on-campus event and wish to invite an elected official or candidate running for office to speak, it is likely permissible, provided that the event is conducted in a nonpartisan manner, and the official/candidate understands that they cannot use the event to campaign. However, given the nuanced nature of determining nonpartisanship, particularly for events that address political topics or are held in proximity to an election, you must consult with Government Relations and the Office of the General Counsel before extending an invitation to the candidate or official.

Engaging in Political Activities as an Individual: Finally, if public resources are not involved, faculty, staff, and students have great leeway to engage in political activities. Here are some examples of the kinds of activities in which faculty, staff, and students may engage as individuals on their own time, provided they do not use University resources and do not say or imply they are acting on behalf of the University:

- Donating money to support or oppose a ballot initiative or political candidate.
- Acting as a campaign volunteer by writing letters, making phone calls, knocking on doors, or distributing flyers in support of or opposition to a candidate or ballot proposal.
- Organizing or attending rallies in support of or opposition to a political candidate or ballot proposal.

MICHIGAN MEDICINE ELECTION AND POLITICS POLICY REMINDER cont.

- Writing letters to the editor or op-ed pieces supporting or opposing a political candidate or ballot initiative.
- Giving speeches and participating in debates for or against a particular candidate or ballot proposal.
- Writing to elected officials to express personal opinions on a candidate or ballot initiative.
- Renting University facilities for campaign related events, on the same terms available to any member of the public under applicable use policies for that facility, provided that fundraising will not occur at that event.

Further general information, including [frequently asked questions and answers](#), has been posted to the University's website. Please direct additional questions to Maya R. Kobersy in the Office of the Vice President and General Counsel at mkobersy@umich.edu.

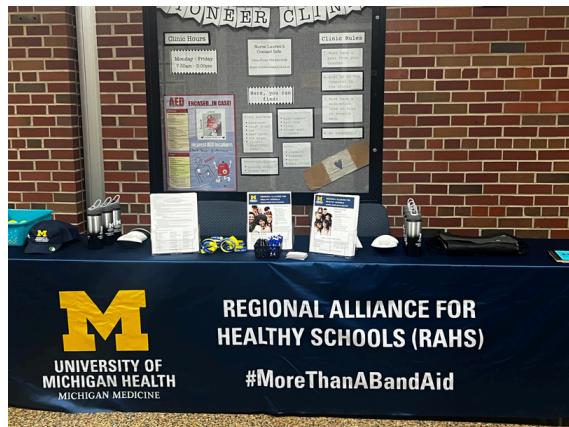
Sincerely,

Chris Kolb, Vice President for Government Relations

Timothy G. Lynch, Vice President and General Counsel

COMMUNITY OUTREACH UPDATES

RAHS-PIONEER CAPSULE NIGHT



RAHS-SPRINGPORT TAKE YOUR TRACTOR TO SCHOOL DAY



OPEN POSITIONS WITH RAHS

MEDICAL ASSISTANT AT RAHS-INTERNATIONAL

If you know of any Medical Assistants looking for a position that may be interested in school-based health, let Marc Spaulding know!

STAFF SHOUTOUTS

THANK YOU!

Thank you to Staci, Heather and Krista! You guys have been awesome these last few weeks with helping out. Things get crazy here at IAF, and you've never batted an eye or even seemed frustrated when I've asked for help.

Congratulations Heather! She passed her test to become a Registered Medical Assistant!

Thank you Dr. Park for assisting with a back to school event at International Academy of Flint!

UPCOMING EVENTS

OCTOBER 2024



MDHHS CAHC ANNUAL MEETING

OCTOBER 8-9

This meeting is for ALL CACH State-Funded Program models – clinical, SWPs, and E3s

RAHS-BEECHER HIGH SCHOOL VISION DAY

OCTOBER 10

The RAHS-Mobile Unit will be onsite at RAHS-Beecher High School for vision care. Make sure to get vision consents to Sam!

RAHS ALL STAFF MEETING

OCTOBER 23

Jocelyn will send the details out soon.

RAHS-KEARSLEY HIGH HARVEST FEST

OCTOBER 29

The RAHS-Kearsley High school-based health center team will be participating in the Kearsley High School Harvest Fest Trunk or Treat event.

RAHS-BEECHER HIGH SCHOOL DENTAL DAY

OCTOBER 30

The RAHS-Mobile Unit will be onsite at RAHS-Beecher High School for dental care. Make sure to get consents to Sam!

RAHS-RICHFIELD PUBLIC SCHOOL ACADEMY VISION DAY

OCTOBER 31

The RAHS-Mobile Unit will be onsite at RAHS-Richfield Public School Academy for vision care. Make sure to get vision consents to Sam!



HALLOWEEN

UMHS-RAHS.ORG

