



Child and Adolescent Health Centers

FY 08 Inspirational stories from final reports

The following anecdotal stories represent just a few examples of how school based/linked Child & Adolescent Health Centers impact the children and families that access these services.

Clinical CAHC Success Stories:

St. John Community Health—Napolean B. Jordan Center for Health Care in Detroit

A 17-year-old male came to the health center to have a physical exam to play football. He had been playing for several years. Through the physical exam, a heart irregularity was found and he was sent to a local hospital for x-rays and an echocardiogram. The results showed an abnormal heart with enlarged lobes and mitral valve insufficiency. He was not able to play football, which he says saved his life because no one who had given him a physical in all the years he had been playing had checked him out so completely.

Center for Family Health – Parkside Middle School in Jackson

A 16-year-old girl had been accessing healthcare at urgent care facilities and the emergency department as she did not have a primary care physician. She had been experiencing frequent headaches with occasional visual changes. She presented to the teen health center with the same complaints. The nurse practitioner was able to conduct a complete preventative health visit including a physical exam. At that time it was suspected that she may have a brain tumor. The nurse practitioner ordered a stat head CT which confirmed that there indeed was a tumor. The nurse practitioner referred her to a neurosurgeon for follow-up care. The tumor was fortunately benign and was removed. Her symptoms have since completely resolved. In her words, "I had been feeling bad for so long that I forgot what it felt like to feel good."

Family Health Center – Edison Elementary School Based Health Center in Kalamazoo

The mental health provider at our SBHC began seeing a child with numerous behavior problems at school. The child's mother had abandoned him and he had little contact with his biological father. He was living with his step-father and had never received counseling. He was seen on a weekly basis throughout the summer for counseling. He also received a complete physical at the health center and was evaluated for ADHD. He was placed on medication for ADHD prior to starting school and continued with therapy. He also had a stuttering problem and was referred to speech therapy. He is doing extremely well in school this year and loves to read and do his homework.

Young Adults Health Center (The Corner) – School Linked Health Center in Ypsilanti

“I am 22 years old and have been a patient since I was 17 years old. I came to the center because I had no insurance and was depressed beyond belief. The center took me in and helped me with my depression even without insurance. They also helped me get insurance. The social worker talked me through anxiety. The midwife helped me through my pregnancy and the pediatrician took excellent care of my son. I don’t know where I’d be without your help.”

Pontiac Osteopathic Hospital – Pontiac Central Teen Health Center in Pontiac

D.W. has been coming to the THC since 2006. At the time his BMI was 41 and weighed 257 lbs. The NP counseled D.W. and referred him to the Nutrition Support group that he attended. By September 2007, his BMI had dropped to 39 and by September 2008 he had grown 1 inch and lost 50 lbs. His BMI is now 33 and he is still losing weight. He attributes his success to increasing exercise, eating 3 meals a day with more fruits and vegetables, drinking more milk, and decreasing pop and fast foods.

Family Health Center – Edison Elementary School Based Health Center in Kalamazoo

A Hispanic family who spoke limited English presented at our center. They had no primary care provider and a sick child. The acute medical problems were taken care of and one child with asthma continues to get follow-up care. The Nurse Practitioner speaks Spanish, so she was able to communicate with the parents. Later in the year, the child told the Nurse Practitioner, “Momma really likes it that you speak Spanish so she can understand what you are telling her to do so she can take care of us”.

Center for Family Health – Northeast Elementary School in Jackson

Two young children of a single mother who works part time began accessing care with the help of their grandma. She has expressed several times to staff that she had difficulty in accessing health care prior to “finding” the health center. One of the two children was struggling with repeat ear infections. With the care provided at the health center the incidence of repeat ear infections has decreased and he has thus far avoided the need to have tubes placed.

Oakwood Health Care System - Lincoln/Jefferson-Barns Elementary Health Center in Wayne-Westland

A mother and daughter were seen at our elementary clinic. Upon examination, the Nurse Practitioner noticed signs of abuse on the mother. Domestic violence was suspected and confirmed. We were able to provide this parent with support and resources. The abuser is now out of the home and the family has a restraining order. The family attends regular counseling sessions with our center’s mental health social worker.

Pontiac Osteopathic Hospital – Northern High School Based Health Center in Pontiac

A 9th grade girl was referred by her mother because she was isolative and flunking all her courses. It became apparent through counseling the student was having periods of losing consciousness. The mother took the girl to the doctor who diagnosed her as having petit mal seizures. With medical treatment and continued counseling with the THC social

worker the student was able to work on her relationship with her mother and was passing most of her classes.

Henry Ford Health System – Fitzgerald Health Center in Warren

Patient R.C. graduated from Fitzgerald High School in June 2008. We first met R.C. in the health center in October 2004, as a freshman. During her high school career she face and overcame many obstacles. By all accounts, R.C.'s family situation is unstable and dysfunctional. During this four-year period she became pregnant twice (despite birth control) with two abortions, was expelled for fighting, began smoking, drinking, and gained more than twenty pounds. Her grades placed her in jeopardy of advancing with her class. With the help of the health center, R.C. became a functional member of the Families in Crisis group and the Physical Activity and Nutrition group as well as receiving both mental and physical health services regularly in the health center. By her senior year, R.C. had been reinstated as a cheerleader, stopped drinking and smoking, and had lost more than twenty pounds. She is currently attending college, studying culinary arts with plans to become a chef.

Grand Rapids Public Schools - Creston Teen Health Center in Grand Rapids

The Creston High School Health Center functions as primary care for many patients who might not have access to primary care. Ben R. was a student at one of GRPS's alternative schools. He came to the clinic for a well child check. At the time of the appointment he was uninsured. At the physical, he had elevated blood pressure, was complaining of chest pain on exertion, and a thorough family history revealed significant cardiac risk. Fasting blood work was obtained. His triglycerides were above 1000, and he was found to be pre-diabetic. We immediately processed his application for Medicaid, and were able to start him on anti-hypertensives, anti-cholesterol, and diabetic medications. We provided an urgent referral to cardiology, which confirmed the diagnosis of severe familial hypertriglyceridemia.

Non-Clinical CAHC Success Stories

Shiawassee County Health Department – Durand Schools

The Durand Middle School staff was frustrated with the care of a handicapped student. A referral to Protective Services was going to be made when the school social worker asked the staff of the health center to join the team that was assisting the student. The nursing assessment and plan of action assisted this student to become more independent and filled the resource gap that was missing with the school's team of professionals. Due to the assistance of the health center staff there was no need for Protective Services to intervene for her care.

Marquette County Health Department – North Star Academy

When an 18 year old female high school senior, found out she was pregnant, she was concerned about graduating from high school due to the demands of being a parent. She delivered a 3 pound baby girl in early August of 2006. She and the baby were flown to a southern Michigan hospital as the baby needed surgery to correct a birth defect in her heart. Looking for support and resources, this new mother contacted the Non-clinical

Teen health center office at North Star Academy where she received ongoing services including Medicaid enrollment, case management and support. She is currently attending North Star Academy and with the assistance of the health center's coordinator will be able to graduate in March of 2007. Her daughter has undergone 3 surgeries to date and continues to be on a heart monitor. Her daughter will continue to receive services through community partner agencies that work with the non-clinical center program. The young girl plans to attend Northern Michigan University in fall of 2007.

Saginaw Department of Health - Bridgeport/Spaulding Middle School

A family moved to Saginaw from another city in Michigan. The young man had a mental health illness that prevented him from doing well in school and also prevented him from attending school at times. The family was on Medicaid and intended to drive to the child's psychologist located in the previous county of residence weekly. Due to the distance, this quickly became too much for the mother and caused them to miss three appointments. The physician then stopped prescribing the medication that the child needed. The mother tried to get her son help, but was told that she needed to get her Medicaid changed to the current county of residence and then have her son seen by a physician. Frustrated, the mother went to the school principal in tears. A referral was made to the non-clinical program's nurse coordinator for assistance. The nurse coordinator worked with the department of Human Services to get the Medicaid switched to Saginaw County. This took approximately four days to accomplish. Then the nurse was able to locate a local physician for the child to see for ongoing mental health care. The child is now under regular physician care, has obtained medication and is performing well in school and has regular school attendance.

Saginaw Department of Health – Ricker Middle School

A Ricker Middle School student began coming to the non-clinical center when she was in the 6th grade. When she initially began coming to the center, she was too shy to talk and would write notes back and forth with the CAHC nurse. As a relationship developed, she was able to openly converse. This young girl was an excellent student but had difficulty relating to other students and her teachers verbally. During her visits with the CAHC nurse, she disclosed that she had been sexually assaulted by her Uncle beginning at age 10 years old. After her Uncle died an unexpected death, she came to the nurse and said she finally felt safe enough to disclose the abuse and to get help. She was unable to talk about the abuse and asked if she could go back to writing rather than talking for a while. After numerous visits, she trusted the nurse enough to agree to go to counseling. She attributed her shyness, lack of sleep and inability to eat to the abuse she suffered and her Uncle's death had caused her to relive the abuse that he had inflicted upon her. This young girl is now receiving visits from her therapist bi-weekly and continues to keep in close contact with the CAHC nurse. She is now sleeping better, attending high school and excelling academically.

For more information regarding the Child & Adolescent Health Center Program, please call (517) 335-9720 or visit www.michigan.gov/cahc