

Michigan Model for Health

Improving School Climate Through Coordinated School Health

Purpose: Give school-aged children the knowledge and skills to practice and maintain healthy behaviors and lifestyles.



Unique contribution: This comprehensive K-12 health education curriculum gives students skills that help support the overall safe school culture such as managing strong feelings, when and how to get help, resolving conflict, etc. Giving students these skills and the opportunities to practice them help support systems of change schools want to implement.



Critical Components of the Programmatic Intervention:

The NEED/S that is addresses thru this intervention is/are: The Michigan Model for Health provides age-appropriate lessons addressing the most serious health challenges facing school-aged children, including social and emotional health; nutrition and physical activity; alcohol, tobacco and other drugs; personal health and wellness; safety; and HIV. Health education helps students attain health knowledge and skills that are vital to success in school and the workplace, such as setting personal health goals, resolving conflicts, solving complex problems, and communicating effectively. Research shows that effective health education also helps students perform better in their other studies.

Some indicators of this NEED are:

- Any incidence of bullying in the school
- Students making consistently poor health choices
- Michigan Profile for Healthy Youth (MiPHY) data will indicate to a school their greatest needs. Although a health education curriculum should be comprehensive, this data will assist schools in identifying what area(s) students need the most support and skill building.
- Drop-out rates, absenteeism, teen pregnancy rates, staff absenteeism, special education data

The CRITICAL FEATURES of this intervention are:

- Teacher training
- Skills based instruction
- Family Involvement
- Social-Emotional Unit
- Guided Lesson Procedures
- Center for Disease Control & Prevention Identified Risk Behaviors
- Additional Researched Based Health Topics

Vision of this in Action- Implementation of this intervention has the potential to support a safe school climate. The vision is that it is not implemented only at the high school level. The curriculum is an evidence-based K-12 curriculum that when implemented at all grade levels allows for the opportunity to practice and build on knowledge and skills from the previous years, addressing the whole child. The teacher provides the direct instruction but the entire school staff must have training to understand the necessity of the content being taught and the systems approach so all are able to provide students with information and resources. Parents need to be partners and on board and policies need to be in place and enforced.