

Is your child experiencing:

- Frequent headaches
- Stomach discomfort
- Increased anxiety
- Increased moodiness
- Withdrawal from social situations
- A chronic disease
- Difficulty staying on task
- A concerning reaction to trauma
- Disconnected relationships with friends or family



**We are here to
support your student!**

Amy Flynn, BSN, RN
Public Health Nurse
231-548-2261 ext. 1216
a.flynn@nwhealth.org

Danielle Plastino, LLMSW
Mental Health Professional
231-548-2261 ext. 1311
d.plastino@nwhealth.org

BENEFITS OF A SCHOOL-BASED WELLNESS PROGRAM

- Greater satisfaction with overall health
- Higher self-esteem
- Fewer risky behaviors
- Healthier eating habits
- Increased physical activity
- Greater family involvement
- Better problem-solving skills in social situations
- Fewer negative peer influences
- Less physical discomfort
- Less emotional discomfort

As a recipient of federal, state, and local financial assistance, and other grants, the Health Department of Northwest Michigan does not exclude, deny benefits to, or otherwise discriminate against any person on the ground of race, color, sex, sexual orientation, gender identity, religion or national origin, the basis of disability or age in admission to, participation in, or receipt of the services and benefits under any of its programs and activities, whether carried out by the health department or through a contractor or any other entity with which the health department arranges its programs and activities.

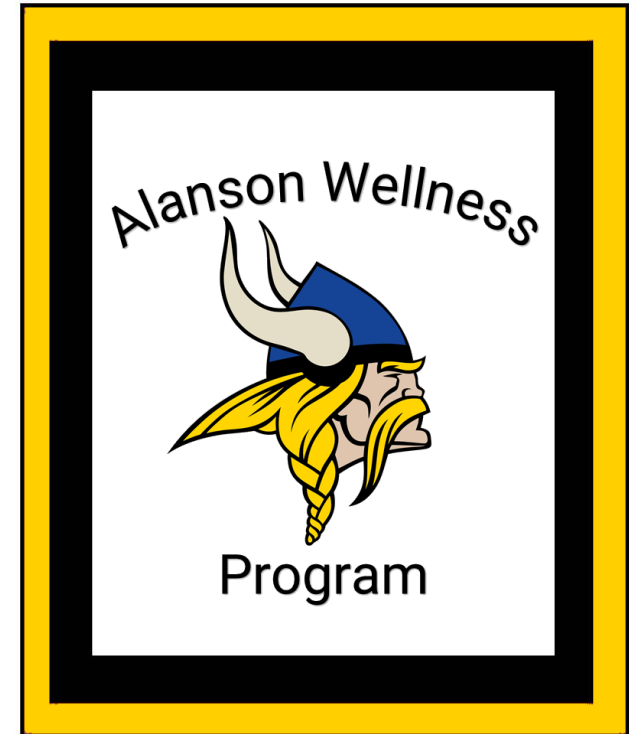
The Alanson Wellness Program is operated by the Health Department of Northwest Michigan in collaboration with Alanson Public School, with major funding from Michigan Department of Health and Human Services and the Michigan Department of Education.



**ALANSON PUBLIC
SCHOOL**

These materials were developed under a grant awarded by the Michigan Department of Education.

**Healthy students
learn better.**



**A School-based
Behavioral and Physical
Health Program
located within
Alanson Public School**



Providing support where you need it.

The Alanson Wellness Program helps children and teens to gain confidence and learn strategies to be more successful in and out of the classroom. We offer healthcare and prevention services to youth, ages 5-21, enrolled in Alanson Public School.

With parental/guardian permission, our licensed Mental Health Professional and Registered Nurse offer services in your child's school for easy access. Services are confidential.

Behavioral Health Services:

- Behavioral health assessment to determine level of care and needed services
- Treatment plans to best support your child's goals
- Individual, group, and family therapy
- Referrals for needs that require more intensive services
- Collaboration with school staff, with parent/guardian and client permission, to support the child in the school setting

Physical Health Services:

- Education and referrals to establish a primary care provider
- Oral health care referral
- Health assessment and counseling on risk reduction
- Chronic disease management in partnership with primary care provider
- Treatment of minor injuries
- Education and resources to better understand the health care system
- Basic laboratory services and testing
- Access to Nurse Practitioners through telehealth services

No Insurance? No Problem!

There are no out-of-pocket charges. Your insurance will be billed for services to help off-set our program costs. If your family does not have health insurance, we can help you enroll in an insurance program, such as Medicaid.

No one is denied services due to an inability to pay.



The Alanson Wellness Program's services are aimed at helping students achieve their best possible physical, intellectual, and emotional health through high quality care.

