



**Houghton  
Elementary**

## School Wellness Program

Advantages to utilizing the Houghton Elementary School Wellness Program services provided within your child's school include the following:

- Students can experience their care in a comfortable, familiar environment.
- Less loss of class time and fewer disruptions of regular routines for your student.
- Removes barriers to transportation and job related issues that might hinder access to health services.
- Expedited treatment leading to earlier diagnosis and interventions for your student.



### Upper Great Lakes Family Health Mission

Providing exceptional health care services for all people in the Upper Great Lakes Region regardless of their ability to pay.

### Insurance Accepted. Income based Sliding Fee Offered.

Public and private insurance companies may be billed for services provided. Applicable copays do apply. An income based sliding fee payment scale is offered. All are encouraged to apply.



## Houghton Elementary School Wellness Program



This is a collaboration of the Houghton-Portage Township Elementary School and Upper Great Lakes Family Health supported through funding from the Michigan Department of Health and Human Services (MDHHS).



### Contact Us!

School Nurse - (906) 482-0456 EXT 3681  
Behavioral Health - (906) 482-0456 EXT 3681

### After Hours Care -

If you have a medical or behavioral health issue after hours, please contact your primary care provider. A provider is on call after hours, on weekends, and during holidays through Upper Great Lakes Family Health. For urgent after hours needs for Family Practice call (906) 372-3025. For urgent after hours needs for OB/GYN or Pediatrics call (906) 483-1000. In an emergency, go to your local emergency department or dial 9-1-1.



# Houghton Elementary

## School Wellness Program

The Houghton Elementary School Wellness Program is aimed at supporting student health with the availability of on site, school based behavioral and school nurse services.



## Participating Schools

### School Wellness Programs

- Copper Island Academy
- Public Schools of Calumet-Laurium-Keweenaw

### Child and Adolescent Health Centers

- Houghton-Portage Township Middle/High School

### School Based Health Centers

- Lake Linden-Hubbell Schools (funding for this is not provided by MDHHS)

## What is School Based Behavioral Health?

The Houghton Elementary School Wellness Program offers a School Based Behavioral Health Provider to assist elementary aged children and teens to gain confidence and learn strategies to be more successful in and out of the classroom.

With parental/guardian permission, our licensed Behavioral Health Provider can offer individual, group and family therapy conveniently located within your child's school.

## How Can We Help?

Is your child:

- Experiencing mood changes that are out of the ordinary or feelings of anxiety and depression?
- Having difficulty staying on task, following directions or getting into disagreements with others?
- Experiencing relationship issues, family or school stress?
- Experiencing social issues such as bullying or negative peer pressure?



## What Does the School Nurse Do?

The school nurse is available to Houghton Elementary school students. The school nurse can:

- Provide sick child assessments
- Conduct screenings and write referrals for health services
- Develop and monitor health plans for students with health conditions
- Provide health education to students, parents and staff
- Collaborate with the student's primary care provider as needed

## Professional, Confidential and Compassionate Care

The School Wellness Program has a strong focus on nutrition, physical activity and mental health.

With a School Nurse and a Behavioral Health Provider, the School Wellness Program provides nursing services, health education, wellness visits, staff training, as well as individual, group and family counseling.