

Children's Mercy Kansas City

Goes to School

2023 - 2024 School Year



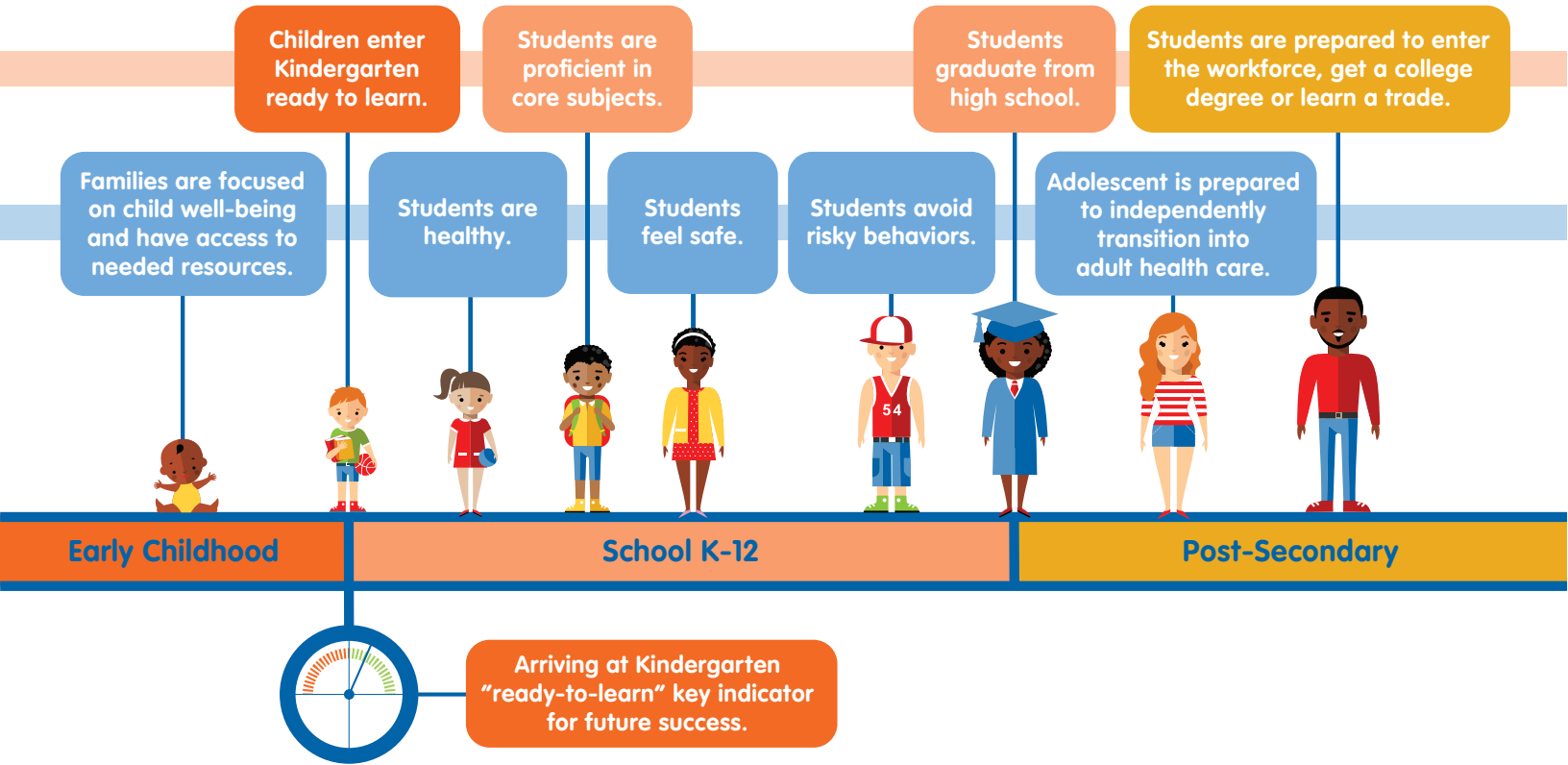
Children's Mercy
KANSAS CITY

A catalogue of school health programs and initiatives led by Children's Mercy. This catalogue includes information on how to request programs and initiatives at your school.



Growth and Learning

School and Health Interactions



ATTENDANCE, ACHIEVEMENT, ENGAGEMENT

Children's Mercy recognizes that the patients we serve are also students in school, eager to learn and grow. Parents, school leaders and health care professionals can all attest that a healthy student is more likely to be a successful learner. Children's Mercy is a committed partner in supporting children to achieve their full academic potential through our School Health Support Services.

Chart of Programs

Services/Programs	Grade Level			
	Pre-K	Elem	Middle	High
Clinical Service				
Athletic Training			✓	✓
AccessKCTeen			✓	✓
Hospital-Based School	✓	✓	✓	✓
School TLC Study	✓	✓	✓	✓
School-Based Social Work		✓	✓	✓
School Nurse Support	✓	✓	✓	✓
Health Careers				
Health Careers Program				✓
High School Open House				✓
STAR 2.0				✓
Health Promotion				
12345 Fit-Tastic	✓	✓	✓	✓
Booster to Belts		✓		
Breaking Through			✓	✓
Halloween Safety		✓		
Healthy Homes & Healthy Schools	✓	✓	✓	✓
Immunization Education	✓	✓	✓	✓
Kansas City Physical Activity Plan	✓	✓	✓	✓
Prepped and Ready			✓	✓
Project Adam	✓	✓	✓	✓
Red Card Campaign		✓	✓	✓
Stop The Bleed		✓	✓	✓
Teens and School Screens		✓	✓	✓

Classifications of Programs and Initiatives

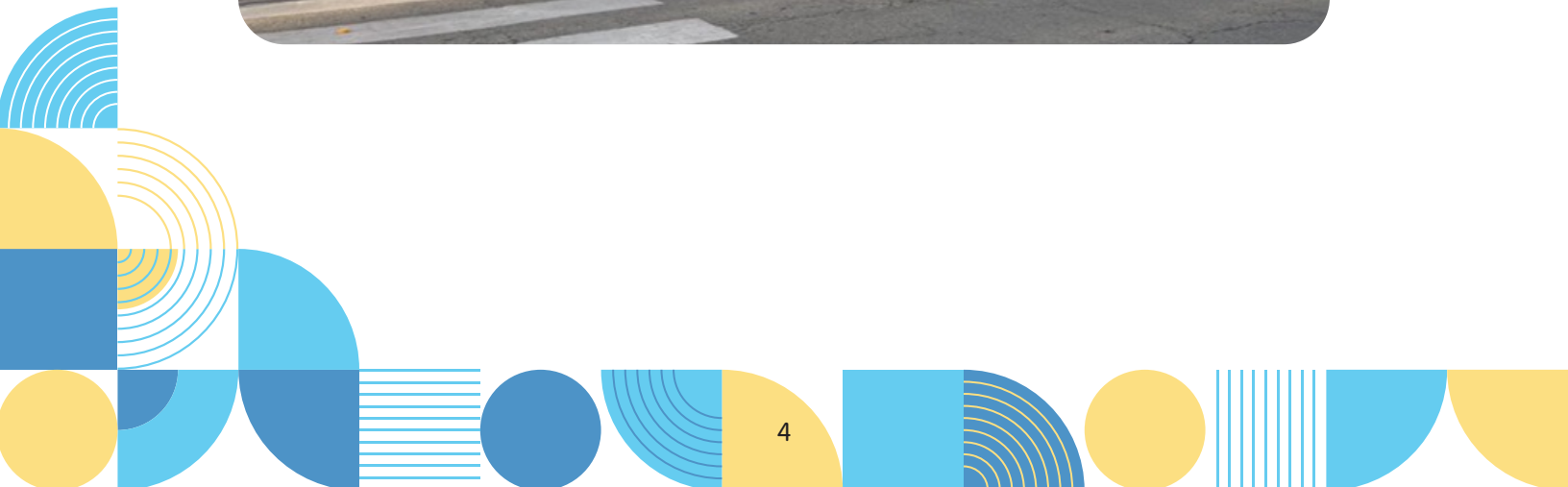
All services and programs are defined by the below definitions. This information will help you determine which program or initiative fits your needs.

- Clinical:** Services and activities that provide on-site services by licensed providers, e.g., screenings, mental health services, school social workers, Sports Medicine services, school-based health centers.
- Health Careers:** Awareness and education for middle through high school students to explore different health care careers with hands on learning activities and/or interactive presentations from health care professionals.
- Health Promotion:** Learning opportunities for staff, families and students to increase their knowledge and skills.

To request any of the programs and initiatives seen throughout this catalogue, please submit a request using our community outreach portal. Scan the QR code below.



AccessKCTeen	
Overview	Children's Mercy AccessKCTeen is a Clinical Research Study that aims to serve the unique health needs of teens by providing access to care for sexual and reproduction health and mental health using a community-based model. AccessKCTeen offers resources and exercises for teens to cope with feelings and build resilience. Additional offerings include counseling on healthy dating, STI/HIV testing, pregnancy testing, birth control counseling, birth control and emergency contraception.
Intervention Type	<ul style="list-style-type: none"> • Health Promotions • Clinical Care
Anticipated Program Outcomes	<ul style="list-style-type: none"> • Increase access to health care • How to cope with feelings and mindfulness activities • Education on STI/HIV and healthy relationships
Target Audience	<ul style="list-style-type: none"> • Teenagers 14-18 years old
School Requirements	<ul style="list-style-type: none"> • Associated Cost: Cost for the care. We also offer free or reduced care through Title X programming. • Space needed - an outside space our mobile unit or a private space inside the school. • Bathroom for urine collection if needed for STI testing.



Athletic Training	
Overview	<p>The school-based athletic training (AT) program provides a certified athletic trainer to manage emergency situations, injury diagnosis/evaluation/assessment/rehabilitation, sports health assessments/screenings, first aid, return to play recommendations and develop emergency action plans (EAPs) in conjunction with school personnel.</p> <p>The AT Program works collaboratively with school personnel daily including parents/families of student athletes, school nurses, social workers/counselors and school administration/leadership to ensure safety protocols are in place, return to play guidelines are followed and proper paperwork/documentation is on file.</p> <p>Athletic trainers are onsite daily for practice and game coverage as well as triage support in the athletic training rooms at the schools. Currently the Athletic Training program is in over 25 schools in Missouri and Kansas.</p>
Intervention Type	<ul style="list-style-type: none"> • Clinical
Anticipated Program Outcomes	<ul style="list-style-type: none"> • Reduced time lost on the playing field due to injury • Increased knowledge in the services available and access to health care facilitated through the AT Program
Target Audience	<ul style="list-style-type: none"> • Students in Middle School and High School Athletic Programs
School Requirements	<ul style="list-style-type: none"> • Schools must sign a contract, most contracts are three-year agreements. • There is a cost associated with this program, cost varies based on a variety of factors. • Each student athlete must have a consent to treat and physical on file. • Schools must provide an athletic training room and supplies for the AT. • Participate in AT/AT Program feedback surveys when appropriate to help enhance or improve services provided.



School Partnerships

The Sports Medicine Center provides coaches, athletes, parents and club organizations with premier sports medicine services. We are proud of our partnerships with:



Bishop Ward High School



Center High School



Central High School



East High School



Grain Valley High School



JC Harmon High School



Leavenworth High School



Lincoln College Prep



Louisburg High School



Northeast High School



Pembroke Hill



Piper High School



Raytown High School



Ruskin High School



Schlagle High School



Southeast High School



St. Teresa's Academy



Sumner Academy



Truman High School



Turner High School



University Academy



Van Horn High School



Washington High School



William Chrisman High School



Wyandotte High School



Booster to Belts

Overview



Children's Mercy's Center for Childhood Safety and Car Seat program partners with KTSRO to provide the Booster to Belts Program to regional schools. Boosters to Belts is an in-class 15 to 20-minute presentation with information on traffic safety, importance of using seat belts and the use of booster seats.

Booster to Belts works with many schools with a percentage of students on free or reduced lunch and can provide free booster seats to financially disadvantaged students. Booster to Belts collaborate with parents, school nurses and school staff to meet children's needs.

Intervention Type

- Health Promotion

Anticipated Program Outcomes

- Increased knowledge in basic traffic safety concepts
- Improved understanding of how to be buckled up properly behind the driver and why it is important to use a belt positioning booster until a child "fits" the adult designed vehicle seat belt

Target Audience

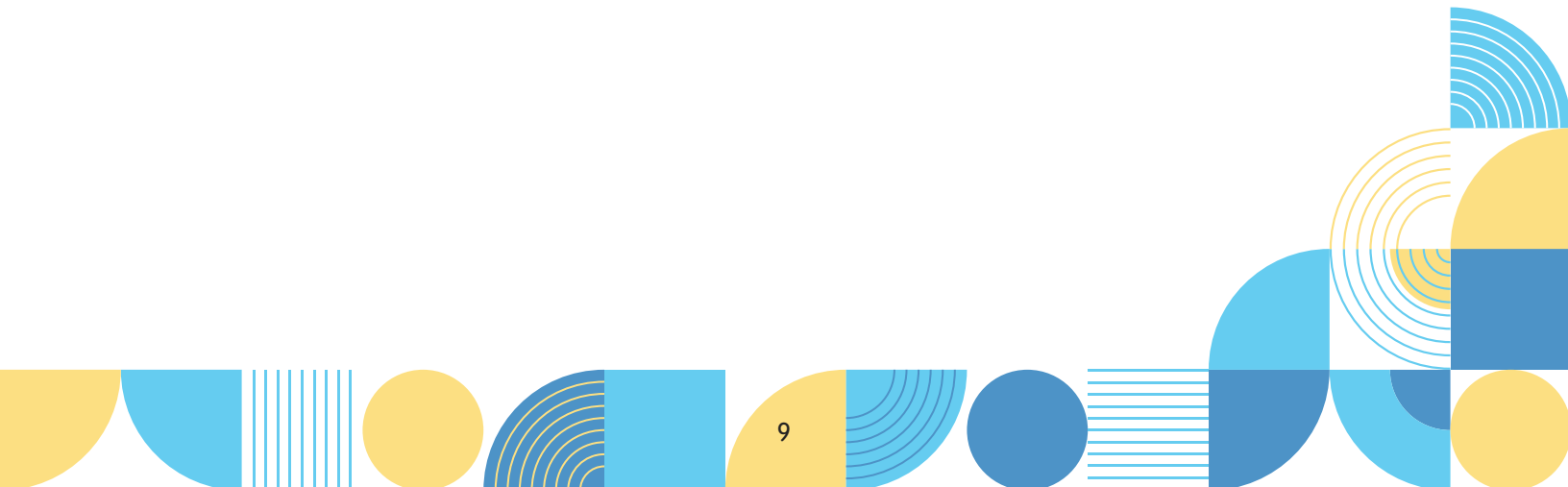
- Students in Kindergarten and Elementary School
- Parents/ Guardians

School Requirements

- No Contract Required
- No Associated Cost
- Classroom or gymnasium for presentation
- One to two staff to assist with classroom management for students
- Audio/visual equipment
- Duration of presentation: 1 hour

Breaking Through	
Overview	The Breaking Through Teen Program is an hour-long group educational program for adolescents to motivate and inspire teens to break through barriers to achieve their health goals. The Breaking Through Teen Program helps teens build resilience and promotes a healthy transition from childhood to adulthood by encouraging teens to make healthy intentional choices with a focus on preventing high risk behaviors. The Breaking Through Teen Program empowers teens to become healthy adults. Past educational topics include STIs, contraception, vaping and substance use, pubertal growth and development, mindfulness and wellness tips.
Intervention Type	<ul style="list-style-type: none"> • Health Promotion
Anticipated Program Outcomes	<ul style="list-style-type: none"> • Increased awareness and knowledge of adolescent related health topics such as substance use, pregnancy prevention, STIs, pubertal growth and development, nutrition, healthy relationships, bullying, self-esteem, social media use goal setting • Decreased rates of unexpected teen pregnancy and STIs, decrease in risky behaviors
Target Audience	<ul style="list-style-type: none"> • Students in Upper Elementary School (11+) • Students in Middle School and High School
School Requirements	<ul style="list-style-type: none"> • No Contract Required • No Associated Cost • One to two staff to assist with classroom management for students • Classroom or gymnasium for presentation • Duration of presentation: 1 hour




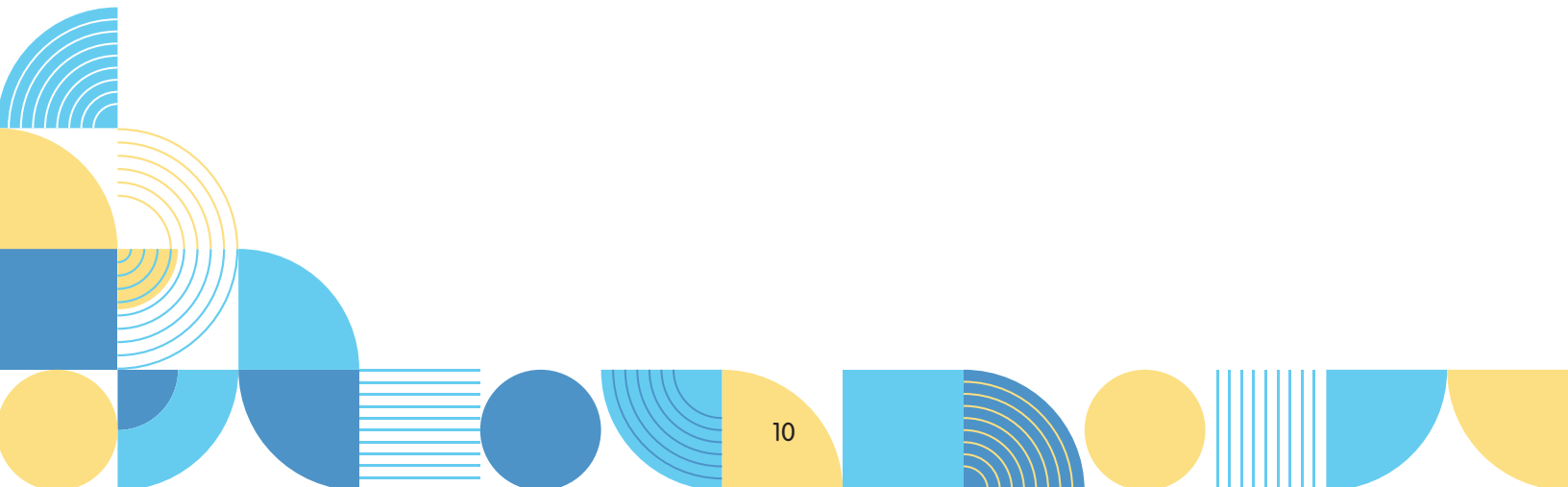


COVID-19 Testing – School TLC Study	
Overview	Children’s Mercy, in collaboration with partner organizations, created a school-based testing program KCPS students, staff and community members can get tested for COVID-19 at Mattie Rhodes Center. If you are a KCPS student or staff, you can also get tested at school. The study is funded by the National Institutes of Health.
Intervention Type	<ul style="list-style-type: none"> • Clinical
Anticipated Program Outcomes	<ul style="list-style-type: none"> • Increased access to COVID-19 Testing • Increased safety measures to support schools staying open
Target Audience	<ul style="list-style-type: none"> • All students in KCPS • All staff in KCPS • All community members in the KCPS and Mattie Rhodes community



Sign up for free COVID-19 testing today!

**It is easy and safe!
To enroll, scan the QR Code**



Halloween Safety

Overview	<p>Center for Childhood Safety provides education for elementary school children on safe trick-or-treating practices such as costume reflectors, avoiding strangers in cars, having a flashlight and street walking safety.</p>
Intervention Type	<ul style="list-style-type: none"> • Health Promotion
Anticipated Program Outcomes	<ul style="list-style-type: none"> • Increased Halloween safety for elementary school children
Target Audience	<ul style="list-style-type: none"> • Students in Kindergarten and Elementary School
School Requirements	<ul style="list-style-type: none"> • No Contract Required • No Associated Cost • For presentations to staff: Classroom or gymnasium would be needed for presentation if in person (preferred but not mandatory) • Audio/visual equipment • For parent presentations: A designated staff member for coordinating the parent-event • Duration of presentation: at least 30 minutes

High School Open House

Overview	A day long program that provides students education on different health care careers. The day consists of a panel presentation, booth rotations to learn about specific careers, hands on activities and an interactive presentation by HR. Dates offered once in the fall and once in the spring.
Intervention Type	<ul style="list-style-type: none">• Training/Workshop• Health Careers
Anticipated Program Outcomes	<ul style="list-style-type: none">• Increased knowledge the multitude of health care careers• Increased awareness of the multiple different skill sets and how they can be applied in health care• Increased engagement in STEM courses
Target Audience	<ul style="list-style-type: none">• Students in High School
School Requirements	<ul style="list-style-type: none">• No Contract Required• No Associated Cost• Send information to parents and students (inform students in science classes and health clubs)• Encourage student participation

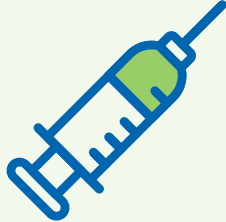


Hospital-Based School	
Overview	The Hospital-Based School (HBS) Program offers school services to students with chronic and serious medical conditions. The HBS teachers are available at the Adele Hall campus Monday through Friday and are ready to assist you and your family with academic needs. The program provides assistance with homework, reading materials, educational games and school materials and supplies. Services are available for all school-age patients needing instruction in any subject area during admission. Our teachers have degrees in education and state certifications required by the Department of Education. Each teacher participates in professional development to stay current with best practices in the field of education.
Intervention Type	<ul style="list-style-type: none"> • Technical Assistance
Anticipated Program Outcomes	<ul style="list-style-type: none"> • Reduced patient and family anxiety by knowing a certified teacher can help meet learning needs. • Academic instruction individualized to patient with hands-on, relevant lessons. • Patients exercise choice in what, when, and how they learn. • Collaboration with patient's school to assist in keeping pace with current schoolwork.
Target Audience	<ul style="list-style-type: none"> • All students experiencing chronic and serious medical conditions
School Requirements	<ul style="list-style-type: none"> • If you have a student who has a chronic or serious medical condition, contact the Hospital-Based School Program for further guidance.



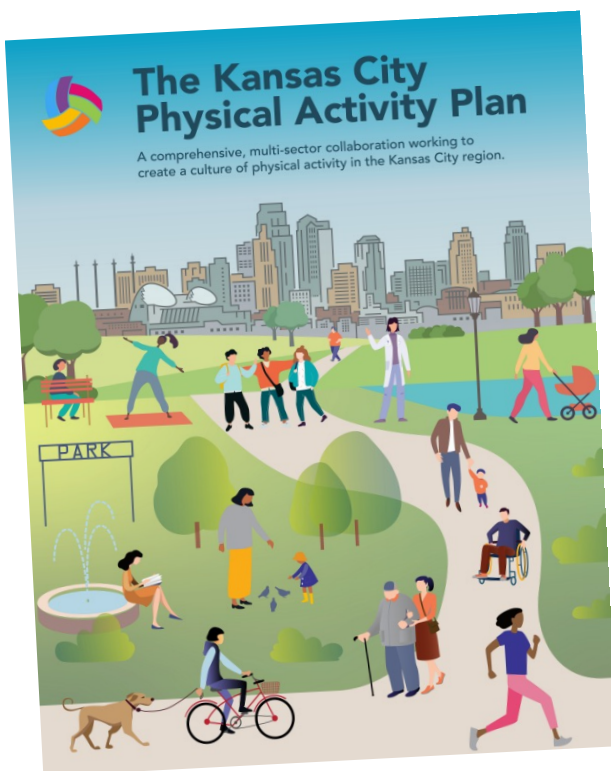


Immunization Education

<p>Overview</p> 	<p>Immunization Education provides education on how vaccines work and the diseases they help prevent. Additional information on recommendations for when children should be vaccinated and how to access vaccinations are provided.</p>
<p>Intervention Type</p>	<ul style="list-style-type: none"> • Training/Workshop
<p>Anticipated Program Outcomes</p>	<ul style="list-style-type: none"> • Increased awareness of vaccines • Increased knowledge of the importance of vaccines
<p>Target Audience</p>	<ul style="list-style-type: none"> • Adult caregivers
<p>School Requirements</p>	<ul style="list-style-type: none"> • For presentations to staff: Classroom or gymnasium would be needed for presentation if in person (preferred but not mandatory) • For parent presentations: A designated staff member for coordinating the parent-event

KC Physical Activity Plan – School Sector

<p>Overview</p>	<p>The Kansas City Physical Activity Plan is the work of a variety of societal sectors that convened to identify strategies and priorities to improve rates of physical activity for all people living in the Kansas City region. School is the central focus of daily life for most children. About half of Children’s physical activity occurs at school, on average. Yet, the amount of physical activity children accrue at school can vary drastically. Children who accrue little physical activity at school often have low overall levels of physical activity. The goals of the Schools Sector Work Group are to increase adoption of programs and policies rooted in best practices and increase access to physical activity and quality physical education in schools.</p>
<p>Intervention Type</p>	<ul style="list-style-type: none"> • Health Promotion
<p>Anticipated Program Outcomes</p>	<ul style="list-style-type: none"> • Increased awareness of physical activity on academic performance • Increased awareness of benefit of physical activity during school hours • Increased opportunity for physical activity during school hours. (ex: before-and-after school programs, PE, brain breaks, recess) • Increased adoption of the Comprehensive School Physical Activity Program Model • Increased professional development related to physical activity • Increased proficiency in physical literacy
<p>Target Audience</p>	<ul style="list-style-type: none"> • School Staff and Administrators • Those interested in collaborating to create a culture of physical activity in the Kansas City Region with a specific focus on school settings.
<p>School Requirements</p>	<ul style="list-style-type: none"> • N/A



To read more about the Kansas City Physical Activity Plan, scan the QR code.



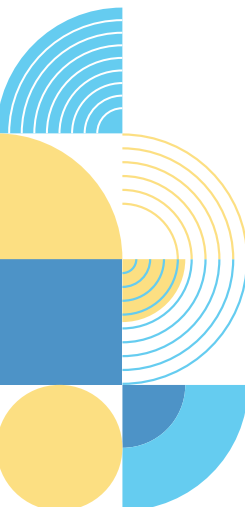
Prepped and Ready	
Overview	Prepped and Ready is a learning module to help equip parents for the transition into parenting teenagers. Aim is to educate on the steps parents can take before a crisis develops with their teenager. The educational information helps address hard topics and discuss changes that can improve safety in the home.
Intervention Type	<ul style="list-style-type: none"> • Health Promotion
Anticipated Program Outcomes	<ul style="list-style-type: none"> • Increased parent awareness and confidence on what to do before a crisis • Improved safety at home
Target Audience	<ul style="list-style-type: none"> • Parents/ Guardians
School Requirements	<ul style="list-style-type: none"> • No Contract Required • No Associated Cost • For presentations to staff: Classroom or gymnasium would be needed for presentation if in person (preferred but not mandatory) • Audio/visual equipment • For parent presentations: A designated staff member for coordinating the parent-event • Duration of presentation: at least 30 minutes



Project ADAM	
Overview	<p>A comprehensive school program to educate staff on how to respond to a sudden cardiac arrest (SCA). Project ADAM affiliates strive to assist schools and communities in establishing an emergency plan to place into action in the incidence of a sudden cardiac arrest. It's not enough simply to have AEDs in the building. Lives are saved when schools are prepared not only with a documented plan, but also with a cardiac response team, in addition to being well trained and practiced on how to respond in the event of a cardiac emergency. Project ADAM KC has partnered with Children's Mercy Thrive program to provide post SCA resources for schools and those involved.</p> <p>Project ADAM affiliates provide the foundation for schools to plan and develop their program, including planning templates, a reference manual and one-on-one consultation on how to help prevent sudden cardiac death in the school setting.</p> <p>Project ADAM Heart Safe School designation is attained by schools upon successful implementation of a quality sudden cardiac arrest program of awareness, training, and effective emergency response to promote a Heart Safe environment for students, visitors and staff as outlined within the Heart Safe School Checklist.</p>
Intervention Type	<ul style="list-style-type: none"> • Health Service
Anticipated Program Outcomes	<ul style="list-style-type: none"> • Increased knowledge on how to respond in the event of a sudden cardiac death • Developed an emergency plan for sudden cardiac event
Target Audience	<ul style="list-style-type: none"> • Staff/Faculty • Nursing
School Requirements	<ul style="list-style-type: none"> • Complete Project ADAM Heart Safe School Checklist and return to Project ADAM Program Coordinator. • Utilize manuals, toolkits, templates and videos provided by Project ADAM

Project ADAM[®]
SAVES LIVES

Red Card Bullying Prevention Campaign	
Overview	Red Card Campaign works to address the growing health and wellness concerns related to bullying. Both kids who are bullied and kids who bully others can have long-term mental and physical health concerns. Children's Mercy and Sporting Kansas City teamed up to help kids, teens and adults speak up against bullying.
Intervention Type	<ul style="list-style-type: none"> • Health Promotion
Anticipated Program Outcomes	<ul style="list-style-type: none"> • Increased awareness of bullying • Provided a platform for students to stand up and support one another
Target Audience	<ul style="list-style-type: none"> • Students in Elementary, Middle and High School
School Requirements	<ul style="list-style-type: none"> • No contract required • No associated cost • Students are asked to participate in a pre and post-campaign survey, where the data can be shared back with the school • The campaign is commonly used during the month of October, as part of National Bullying Prevention month, but assets can be used throughout the year <p>***Current waitlist. If interested, your school will be added for the 2024-2025 school year.</p>





Healthy Homes & Healthy Schools – Environmental Health	
Overview	Program provides local school districts assistance to manage environmental conditions to provide the safest and healthiest learning environments possible for both students and staff. Support includes both investigations for issues/concerns and proactive services that include evaluation of existing policies, education and training opportunities, a full facility audit and comprehensive environmental report.
Intervention Type	<ul style="list-style-type: none"> • Health Promotion • Training/Workshops • Technical Assistance
Anticipated Program Outcomes	<ul style="list-style-type: none"> • Increased knowledge of key staff who maintain the facility and care for those who occupy it (Administrators, Nurses, Building Manager/ Lead Custodian, Teaching Staff, etc.) • Reduced asthma triggers • Reduced absenteeism/Improvements in attendance • Increased attendance may lead to increases in state funding • Reduced health utilization of staff (reduced costs for schools/districts) • Reduced moisture-related concerns, which leads to healthier learning environment (IOM Report – Moisture and Mold 2004) • Reduced safety hazards, which should reduce student and staff injuries
Target Audience	<ul style="list-style-type: none"> • Daycare • Pre-K • Students in Elementary, Middle and High School • Staff/Faculty • School Nurses • Leadership
School Requirements	<ul style="list-style-type: none"> • No contract required for consultations and simple walkthroughs • No Cost for basic consultation services and some trainings • Contract required for comprehensive service, most contracts are 5-year agreements • Service agreement costs \$.065/sq ft • Must allow CMH Staff to perform visual walkthrough of all facility spaces while they are unoccupied • For presentations to staff: Classroom or gymnasium would be needed for presentation if in person (preferred but not mandatory) • Audio/visual equipment

School Nurse Support and Programming	
Overview	<p>Children’s Mercy offers School Nurse Supports by responding to inquiries, providing modules and responding to training requests on a case-by-case basis.</p> <p>Annually, Children’s Mercy offers a School Health Conference. Topics are identified by a focus group of school nurses from across the region. Continuing Education credits are awarded to attendees.</p>
Intervention Type	<ul style="list-style-type: none"> • Trainings/Workshops
Anticipated Program Outcomes	<ul style="list-style-type: none"> • Increased technical skills • Increased educational resources
Target Audience	<ul style="list-style-type: none"> • School Nurses • School Staff



24/7 Nurse Advice Line

When your child is sick or injured and your primary care provider is not available, call (816) 234-3188 for advice from the Children’s Mercy Nurse Advice Line. We are available to answer your questions 24/7.


Visit our website for upcoming trainings and learning modules for Continuing Nursing Education Credits.




STAR 2.0

Overview	<p>The STAR 2.0 Program provides a hands-on, high-quality research experience during the summer academic break for high school students and educators. During the program, participants get the chance to:</p> <ul style="list-style-type: none">• Work with a Children’s Mercy faculty on an original research project• Develop a research publication for submission in a peer-reviewed journal• Learn about clinical and translational research methodology, writing, statistics, medical ethics, and career development• Network and learn with other students/educators
Intervention Type	<ul style="list-style-type: none">• Health Careers
Anticipated Program Outcomes	<ul style="list-style-type: none">• Increased interest in pursuing a career in medicine and science• Increased knowledge of the career roles that exist in health care
Target Audience	<p>Current freshmen, sophomore, and junior high school students who identify from racial and ethnic groups which are currently underrepresented in medicine and science (American Indian/native Alaskan, Black, or African American, Hispanic/Latino, Native Hawaiian/ Pacific islander, underrepresented Asian populations (e.g., Vietnamese, Cambodian, Indonesian). We will further consider preference for students who are from disadvantaged backgrounds. (https://era.nih.gov/commons/disadvantaged_def.htm). Students must attend public or charter schools to be eligible; in addition, preference will be given to students who attend schools in the urban metropolitan Kansas City, Missouri and Kansas, school districts.</p>
School Requirements	<p>No background in scientific research is necessary, but solid academic performance and an interest in medicine and/or science is preferred.</p>



Stop the Bleed	
Overview	Stop the Bleed training course provides the tools and skills needed for people to recognize a life-threatening bleed and intervene effectively.
Intervention Type	<ul style="list-style-type: none"> • Training/Workshop
Anticipated Program Outcomes	<ul style="list-style-type: none"> • Increased knowledge in assessing a life-threatening bleed • Prepared to act if there is a life-threatening injury on the grounds
Target Audience	<ul style="list-style-type: none"> • Students in grades K-12 • Staff/Faculty • School Nurses • Social Work/ Counselors • Leadership • Parent/Guardians 
School Requirements	<ul style="list-style-type: none"> • No Contract Required • No Associated Cost • Audio/visual equipment • 1 table for every 6-8 students and sanitation wipes or stations. • Course duration: ~1.5hrs. • We will provide each participant with a stop the bleed kit at the completion of the course.

Teens and School Screens	
Overview 	<p>Teens and School Screens is a presentation that can vary in length depending on the request and audience. Technology can shape learning and behavior. In the educational setting, we see technology has a role in teaching. Technology use has risks for some students like impulsive or risky internet use behaviors. The focus of Teens and School Screens is to better understand technology use in the educational setting, to optimize the benefits of technology while mitigating its risk. The presenter reviews recent research about technology use risks and benefits and then facilitates discussions between school faculty.</p>
Intervention Type	<ul style="list-style-type: none"> • Trainings/Workshops
Anticipated Program Outcomes	<ul style="list-style-type: none"> • Identify classroom strategies that can be implemented immediately to improve internet use habits of students • Opportunity for school faculty collaboration to brainstorm techniques to improve the digital health of school faculty and students
Target Audience	<ul style="list-style-type: none"> • Staff/Faculty
School Requirements	<ul style="list-style-type: none"> • No Contract Required • No Associated Cost • Audio/visual equipment



Choose Healthy Habits for a Healthy Future



1 HOUR
OR MORE OF
**PHYSICAL
ACTIVITY**



2 HOURS
MAXIMUM OF
SCREEN TIME



3 SERVINGS
OF LOW OR NONFAT
MILK OR YOGURT



4 SERVINGS
OF **WATER**
NOT SUGARY DRINKS



5 SERVINGS
OR MORE OF
**FRUITS &
VEGETABLES**

Healthy lifestyles start at an early age.
Learn how to make the right decisions at
FitTastic.org

12345 Fit-Tastic!

Overview	12345 Fit-Tastic! Is a healthy lifestyle message created by organizations within the KC community. It is one component of a framework called MAPPS for change. This framework is intended to be used to create action plans to support policies and environmental changes that enable healthy eating and active living within school and early care and education settings. Resources and additional information that support each of the healthy lifestyle behaviors in the message can be found on the website at fittastic.org .
Intervention Type	<ul style="list-style-type: none"> Health Promotion
Anticipated Program Outcomes	<ul style="list-style-type: none"> Increased awareness of healthy lifestyle behaviors Including the 12345 Fit-Tastic! message and information in school wellness policies.
Target Audience	<ul style="list-style-type: none"> School nurses School staff and administrators Early care and education providers Parents/guardians
School Requirements	<ul style="list-style-type: none"> Agreement required for use of brand No associated fees

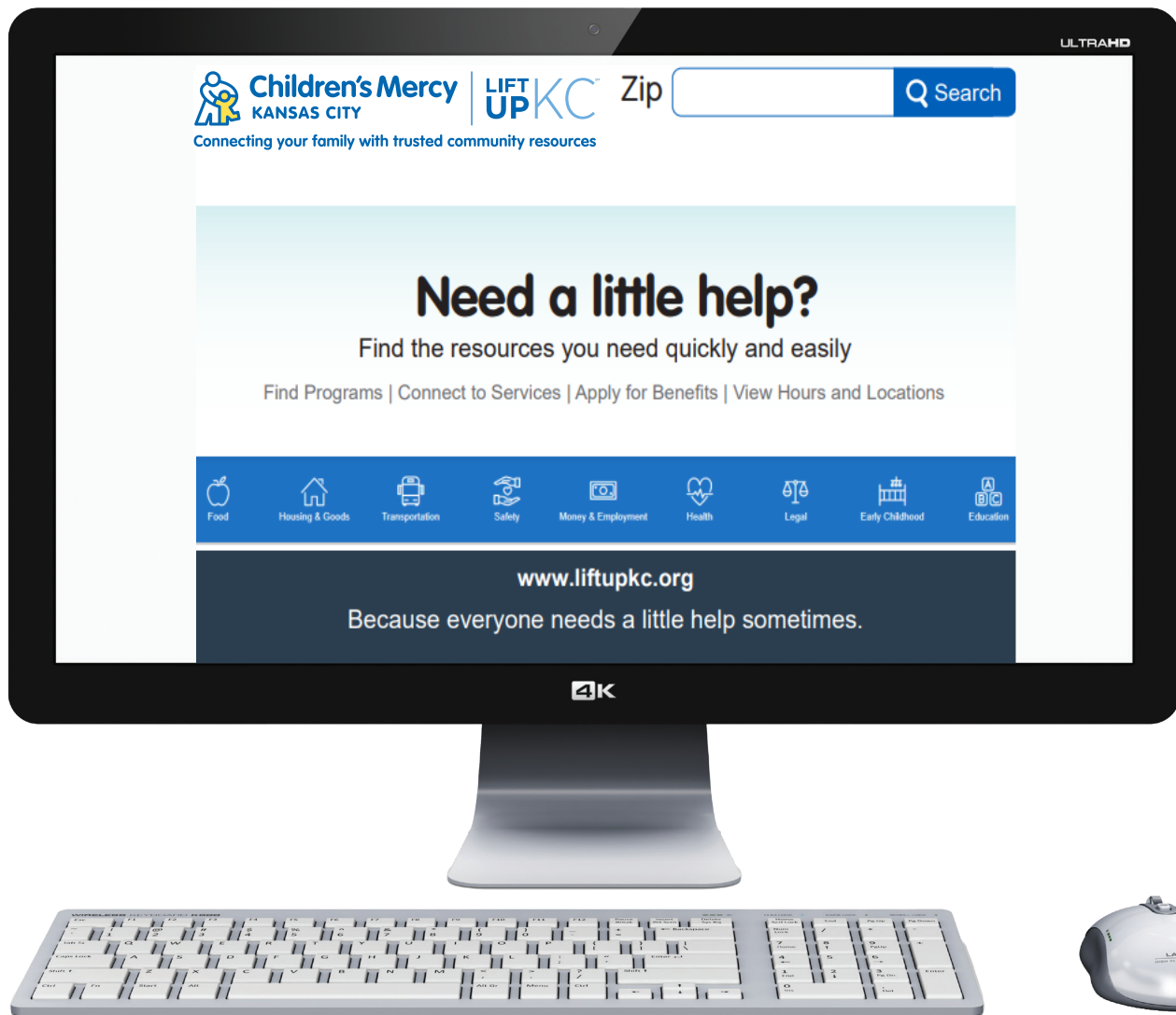


Looking for a fun field trip?

Visit Children's Mercy at Junior Achievement Biztown!
For more information scan the QR code.



Connection to Additional Community Resources



Camp Opportunities

Children's Mercy understands the importance of all children having the experience of camping and is providing the following list as a resource for camping options.

This list includes information about camps for children with and without special developmental or medical needs. Children's Mercy is providing this list of regional summer camps as a courtesy only, and the list is not exhaustive.

The information does not constitute an endorsement or recommendation by Children's Mercy of the camps listed or the organizations associated with each camp. Children's Mercy is not responsible for individual outcomes or experiences at camps.

For more information, please visit our website by scanning the below QR Code!



Support Groups and Programs

Children's Mercy understands the importance of all children having proper support in their care and the following is a list of support groups hosted by Children's Mercy. This list includes information about support groups and resources for patients and families that may need additional support. Please note that this list is not exhaustive of all the resources available for children and families.

For more information, please visit our website by scanning the below QR Code!



To request any of the programs and initiatives seen throughout this catalogue, please submit a request using our community outreach portal.

Scan the QR code below.





Children's Mercy
KANSAS CITY