Children's Mercy Kansas City

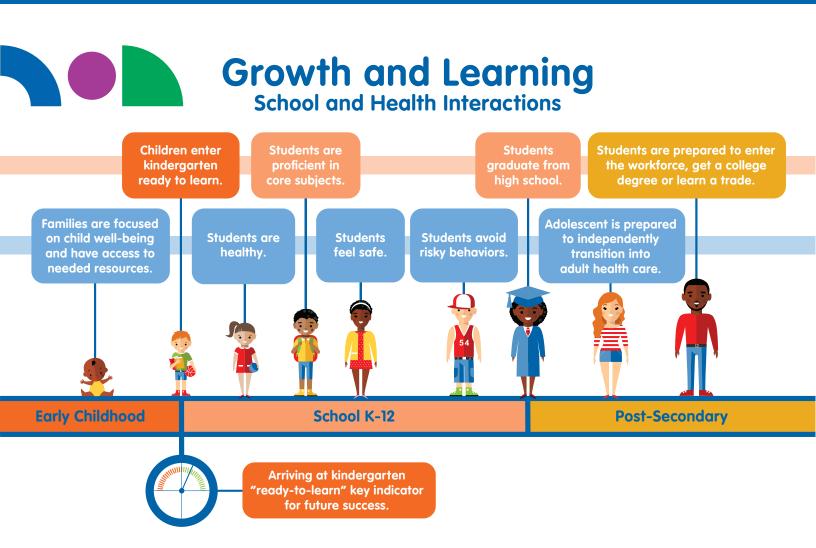
Goes to School

2024-2025 School Year



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



ATTENDANCE, ACHIEVEMENT, ENGAGEMENT

Children's Mercy recognizes 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.

In School Year 2022-2023 Children's Mercy invested >\$2,000,000 in schools in our total service area serving >44,000 people

Chart of Programs				
		Grade	e Level	
Services/Programs	Pre-K	Elem	Middle	High
Clinical Service				
Athletic Training			1	~
AccessKCTeen			1	\checkmark
Hospital-Based School	1	\checkmark	1	\checkmark
School-Based Social Work		1	1	\checkmark
School Nurse Support	1	\checkmark	1	\checkmark
Health Careers				
Health Sciences Careers Program				\checkmark
High School Open House				\checkmark
STAR 2.0			\checkmark	\checkmark
Health Promotion				
12345 Fit-Tastic	\checkmark	\checkmark	1	\checkmark
Center for Childhood Safety	\checkmark	1	\checkmark	\checkmark
Breaking Through			\checkmark	\checkmark
Healthy Homes & Healthy Schools	1	1	1	√
Immunization Education	1	\checkmark	1	\checkmark
Kansas City Physical Activity Plan	1	1	1	\checkmark
Prepped and Ready			1	\checkmark
Project ADAM	1	\checkmark	1	\checkmark
RED CARD Campaign		\checkmark	1	\checkmark
School Health Conference	1	1	1	\checkmark
Stop The Bleed		\checkmark	\checkmark	\checkmark
Teens and School Screens		1	1	\checkmark

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 catalog, please submit a request using our community outreach portal here: cmkc.link/community-programs

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	Health PromotionsClinical Care
Anticipated Program Outcomes	 Increase access to health care. How to cope with feelings and mindfulness activities. Education on STI/HIV and healthy relationships.
Target Audience	• Teenagers 14-18 years old.
School Requirements	 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	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. 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. Athletic trainers are on-site 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 more than 27 schools in Missouri and Kansas.
Intervention Type	• Clinical
Anticipated Program Outcomes	 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	• Students in middle school and high school athletic programs.
School Requirements	 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



JC Harmon High School



Pembroke Hill

RUSKI

Δ G

Ruskin High School

Truman High School







Central High School



Lincoln College Prep



East High School

Grain Valley High School



Northeast High School



Leavenworth High School







Piper High School



ITY A

(PPHO)



St. Teresa's Academy



Raytown South High School



Sumner Academy



Washington High School





Schlagle High School

Turner High School



William Chrisman **High School**



Wyandotte High School



Van Horn High School













Raytown High School







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	Health Promotion	
Anticipated Program Outcomes	 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	 Students in upper elementary school (11+). Students in middle school and high school. 	
School Requirements	 No contract required. No associated cost. One to two staff members to assist with classroom management for students. Classroom or gymnasium for presentation. Duration of presentation: 1 hour. 	



Center for Childhood Safety		
Overview	Children's Mercy's Center for Childhood Safety is the lead agency for Safe Kids Greater Kansas City. Alongside multiple community partners, the center provides education and resources to promote safety in the community, in the home and on the go. By focusing on prevention of unintentional mechanisms of injury, the center works with school educators and families to keep kids from birth through age 18 safe from falls, drownings, burns, poisonings, firearm injuries, pedestrian and traffic-related incidents, and motor vehicle crashes.	
Intervention Type	Health Promotion	
Anticipated Program Outcomes	 Increased holiday safety for elementary school children. Improved understanding of occupant restraint and car seat safety during travel. Increased knowledge of basic traffic and pedestrian safety concepts. Decreased incidents of distracted driving in the teenage population of students. Increased awareness of how to best secure medications, poisons and firearms in the home. 	
Target Audience	 Students in elementary, middle and high school Parents/guardians. 	
School Requirements	 No contract required. No associated cost. Classroom or gymnasium for presentation. Please contact the Center for Childhood Safety at (816) 234-1607 to coordinate educational events or injury prevention resources. 	





Health Sciences Career Program

Overview	The Health Sciences Careers Program offers high school students (9th 12th grades) from the Kansas City metro area exposure to careers in health care fields. The program lasts seven months; students meet once a month from October through April. Each session includes presentations from health care professionals and an interactive learning activity.
Intervention Type	Training/WorkshopHealth Promotion
Anticipated Program Outcomes	 Increased access to educational information on health science career paths. Encouragement to gain hands on experience related to the career topic. Increased student knowledge of the job requirements for a health science career. Enhanced student interest in pursuing a health science career.
Target Audience	Students in high school.
School Requirements	 No contract required. No associated cost. Send information to parents and students (inform students in science classes and health clubs). Encourage student participation and commitment to the program.

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Healthy Schools & Childcare Program - 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	Health PromotionTraining/WorkshopsTechnical Assistance
Anticipated Program Outcomes	 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	 Day care Pre-K Students in elementary, middle and high school Staff/faculty School nurses Leadership
School Requirements	 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 five year agreements. Service agreement costs \$.065/square foot. 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 Health Conference	
Overview	Annual conference for school nurses and school health professionals provided to enhance nursing practice in the school setting. The conference provides interactive presentations, educational exhibits with pediatric and community experts, and networking opportunities. Generally, the conference is held on the first Friday in August.
Intervention Type	Trainings/Workshops
Anticipated Program Outcomes	• N/A
Target Audience	• Staff/Faculty
School Requirements	No Contract RequiredNo Associated Cost





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	Training/WorkshopHealth Careers
Anticipated Program Outcomes	 Increased knowledge of 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	Students in high school
School Requirements	 No contractrequired. 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 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. 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. 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	Technical Assistance
Anticipated Program Outcomes	 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	• All students experiencing chronic and serious medical conditions.
School Requirements	• If you have a student who has a chronic or serious medical condition, contact the Hospital-Based School Program for further guidance.





Immunization Education	
Overview	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 is provided.
Intervention Type	Training/Workshop
Anticipated Program Outcomes	Increased awareness of vaccines.Increased knowledge of the importance of vaccines.
Target Audience	Adult caregivers
School Requirements	 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.

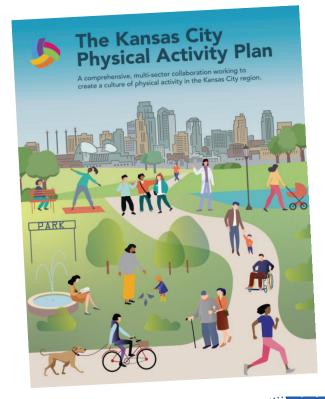


KC Physical Activity Plan – School Sector

Overview	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. On average, about half of children's physical activity occurs at school. 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 high-quality physical education in schools.
Intervention Type	Health Promotion
Anticipated Program Outcomes	 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.
Target Audience	 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.
School Requirements	• N/A

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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. The goal 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	Health Promotion
Anticipated Program Outcomes	 Increased parent awareness and confidence on what to do before a crisis. Improved safety at home.
Target Audience	Parents/guardians
School Requirements	 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.



To learn more about the Prepped and Ready program scan the QR code



Project ADAM	
Overview	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. 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. Project ADAM Heart Safe School designation is attained by schools upon successful implementation of a high-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.
Intervention Type	Health Promotion
Anticipated Program Outcomes	 Increased knowledge on how to respond in the event of a sudden cardiac death. Development of an emergency plan for sudden cardiac event.
Target Audience	Staff/facultyNursing
School Requirements	 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 Campaign - Bullying Prevention	
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	Health Promotion
Anticipated Program Outcomes	Increased awareness of bullying.A platform for students to stand up and support one another.
Target Audience	• Students in elementary, middle and high school.
School Requirements	 No contract required. No associated cost. 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.





School Based Social Work	
Overview	School Social Workers are licensed mental health professionals who promote social, emotional, behavioral, and academic success through collaboration with students, families, staff, and community partners. The social worker uses a trauma informed care lens to recognize student strengths and foster lifelong resilience. Social workers support students in groups and individually and assist teachers with classroom behaviors and strategies for students.
Intervention Type	• Clinical
Anticipated Program Outcomes	 Increased support for students and staff Increased access for mental health services Teacher, staff, and administrator satisfaction
School Requirements	 Schools must sign a contract. There is a cost associated with this program and the cost varies based on multiple factors. Parental consent required for treatment



School Nurse Support and Programming	
Overview	Children's Mercy offers School Nurse supports by responding to inquiries, providing modules and responding to training requests on a case-by-case basis.
	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.
Intervention Type	Trainings/Workshops
Anticipated Program Outcomes	Increased technical skillsIncreased educational resources
Target Audience	School nursesSchool 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	 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: 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	Health Careers
Anticipated Program Outcomes	 Increased interest in pursuing a career in medicine and science. Increased knowledge of the career roles that exist in health care.
Target Audience	Current freshmen, sophomore, and junior high school students who identify from racial and ethnic groups that 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.
School Requirements	No background in scientific research is necessary, but solid academic performance and an interest in medicine and/or science is preferred.



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	Training/Workshop
Anticipated Program Outcomes	 Increased knowledge in assessing a life-threatening bleed. Preparation to act if there is a life-threatening injury on the grounds.
Target Audience	 Students in grades K-12 Staff/faculty Schoolnurses Social work/counselors Leadership Parent/guardians
School Requirements	 No contract required. No associated cost. Audio/visual equipment. 1 table for every six to eight students and sanitation wipes or stations. Course duration: ~1.5 hours. We will provide each participant with a Stop the Bleed kit at the completion of the course.





Teens and School Screens

Overview	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 and 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 among school faculty.
Intervention Type	Trainings/Workshops
	Identification of classroom strategies that can be implemented

Intervention Type	Trainings/Workshops
Anticipated Program Outcomes	 Identification of 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	Staff/faculty
School Requirements	No contractrequired.No associated cost.Audio/visual equipment.

Teens and School Screens is a presentation that can vary in length





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	Health Promotion
Anticipated Program Outcomes	 Increased awareness of healthy lifestyle behaviors. Including the 12345 Fit-Tastic! message and information in school wellness policies.
Target Audience	 School nurses School staff and administrators Early care and education providers Parents/guardians
School Requirements	Agreement required for use of brand.No associated fees

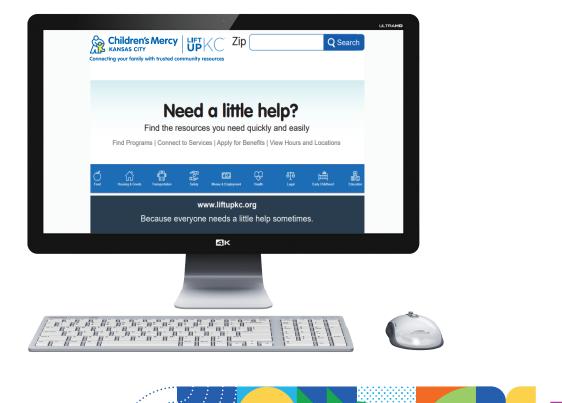
Looking for a fun field trip?

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 catalog, please submit a request using our community outreach portal.

Scan the QR code below.







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