

# The SBHC Beat

“Improved Learning through Improved Health”

October-December 2016

## Houghton Lake SBHC Medical Hours:

Mon: 9:00 a.m. - 3:00 p.m.

Tues: 9:00 a.m. - 3:30 p.m.

Wed: 9:00 a.m. - 3:00 p.m.

Thur: 9:00 a.m. - 3:30 p.m.

Fri: 9:00 a.m. - 3:00 p.m.

(989) 366-2061

Counseling services available  
EVERYDAY from 8:00 a.m. to  
4:00 p.m.

## MidMichigan Community Health Services

The School-Based Health Center is sponsored by MidMichigan Community Health Services with funding in part from Michigan Department of Community Health, and Michigan Department of Education.

## Do You Know What a Nurse Practitioner Does?

The role of a Certified Pediatric Nurse Practitioner (CPNP) is a primary care provider, or family physician who takes care of a patient's basic needs across a wide spectrum of different issues. A Primary Care Provider or Nurse Practitioner is the first point of contact for a person with a medical or health concern. They get to know the patient personally over time in order to provide consistent care. A Pediatric Nurse Practitioner (NP) provides a full range of primary, acute (short term) and specialty health care services, including:

- Manage acute, chronic, and critical pediatric illnesses
- Provide pediatric health care maintenance, including well child exams and school physicals
- Diagnose and treat common childhood illnesses
- Perform in-depth physical assessments
- Prescribe medications and medical equipment
- Order and interpret results of laboratory and diagnostic tests
- Provide anticipatory guidance regarding common child health concerns, such as nutrition and obesity
- Perform developmental screenings
- Provide childhood immunizations

We can be your Primary Care Provider! The HL SBHC is staffed by a National Board Certified Pediatric Nurse Practitioner, **Carissa Bonner, MS, CPNP**. She specializes in pediatric health care with 11 years experience in her field, Call to schedule an appointment today!

Did you know the School Based Health Center is now on Facebook?

Check us out at:

[Facebook.com/HLSBHC](https://www.facebook.com/HLSBHC)

Or search for our page:  
Houghton Lake School Based  
Health Center



Also, check out our SBHC page on the Houghton Lake Community Schools Website:

<http://www.hlcsk12.net/high-school/school-based-health-center>

## Uninsured?

Is your child or family uninsured? The SBHC staff can help you and your family enroll in Medicaid. Call today for more information!

## How to Access the SBHC:

### High School Students

- The current school year's consent form must be on file
- Student, or their parent/guardian can call to make an appointment
- A pass is picked up by the student with appointment time from the office
- Student walks down to the SBHC from their class at their scheduled appointment time

### Middle School Students

- The current school year's consent form must be on file
- Parent/ guardian must call SBHC to make appointment
- Parent/guardian calls middle school to release student for their appointment to walk to the high school
- SBHC and the middle school remain in contact regarding the student's location and when they are returning to the middle school

## October is National Dental Hygiene Awareness Month!

Oral health touches every aspect of our lives but is often taken for granted. Your mouth is a window into the health of your body. It can show signs of nutritional deficiencies or general infection. Systemic diseases, those that affect the entire body, may first become apparent because of mouth lesions or other oral problems.

Whether you are 80 or 8, your oral health is important. Most Americans today enjoy excellent oral health and are keeping their natural teeth throughout their lives; however, cavities remain the most prevalent chronic disease of childhood. Some 100 million Americans fail to see a dentist each year, even though regular dental examinations and good oral hygiene can prevent most dental disease. Many people believe that they need to see a dentist only if they are in pain or think something is wrong, but regular dental visits can contribute to a lifetime of good oral health. If you are experiencing dental pain, don't put off seeing a dentist. With dentistry's many advances, diagnosis and treatment are more sophisticated and comfortable than ever.

You can practice good oral hygiene by always brushing your teeth twice a day with a fluoride toothpaste, cleaning between your teeth once a day with floss or another interdental cleaner, replacing your toothbrush every three or four months and by eating a balanced diet and limiting between-meal snacks. Don't forget to schedule regular dental check-ups to keep your smile, and yourself, healthy.

"What Is Oral Health?" *Mouth Healthy*. American Dental Association, n.d. Web.

## New School Year = New Consent Form!

Keep in mind that we need a new consent on file every year and we will not be able to treat students without one being completed.

To learn more about nutrition, physical activity and healthy weight goals, come to the SBHC to talk to our Health Educator!



MidMichigan Community Health Services has a new dental clinic located within the Medical Offices in Roscommon! They are now open and accepting new patients with Medicaid, and those underinsured, and without insurance.

Call **877-313-6232** to register and schedule your appointment today!



135 Lake St  
Roscommon, MI 48653  
989-275-0725  
989-275-0729 (Fax)  
877-313-6232 (New Patient)  
Hours: Mon-Fri 8:00am-4:30pm

**Come to the SBHC's HOMECOMING TAILGATE before the football game October 7th for free cider and doughnuts, giveaways and a chance to win RAFFLE PRIZES!**



**Cider and Doughnuts donated by R&J's Best Choice Marketplace**



The role of the School Based Health Center is to provide your child (from age 10-21) the comprehensive, consistent healthcare that is so vital during these developing years. By being conveniently located in the high school, students can have full access to our services with limited interruption to their day, and yours.