

Introducing

"whole body health and wellness"

Integrated Health Care

During normal well-visits, physicals, or routine doctors appointments, our Nurse Practitioners work with families to provide validated and reliable screenings to detect any behavioral or developmental issues. Behavioral Health Therapists are on hand for the "warm hand off" from the nurse practitioner to provide more in-depth assessments and to identify any student or family needs.

Examples of provided supports include:

- Targeted care plans, including plans for behavioral, as well as, physical health needs
- Behavioral health consultation to the physician
- Referrals to community resources
- Educational materials
- Parent support and information
- Wellness guidance
- Care coordination



Behavioral Health Therapists work with the Nurse Practitioner and the family to develop a targeted care plan, and are available for follow-up visits with the child/family to address the plan, monitor the child's progress, and coordinate care with other providers.

Referrals for specialty physical and mental health needs are provided by the Behavioral Health Therapists and coordinated with the specialty care providers as needed.

More than 50% of all care for common mental health conditions is provided in the Primary Care setting

Primary care with a focus on prevention

Decisions youth make when they are teenagers stay with them the rest of their lives. So we'll spend a lot of time with each of our clients discussing their choices about alcohol and drugs, tobacco, healthy eating, and physical activity. We won't replace youths' doctors. In fact, we're working to make sure every one of our clients has a health care provider outside the Center.



Physical Health & Mental Health Services include:

- Education and referrals to establish a primary care provider
- Individual, family and group counseling with a licensed Therapist
- Health assessments and risk reduction
- Treatment for illness, including prescriptions
- Treatment for injuries
- Chronic disease management in partnership with health care provider
- Physical exams for school, sports and camp
- Basic laboratory services and tests
- Referral for specialty health services
- Immunizations
- Vision/hearing screening
- Sexually transmitted infection (STI) prevention, screening and treatment
- Education and resources to better understand the health care system

The Ironmen Health Center staff cannot provide abortion counseling or referrals in accordance with laws in the State of Michigan.

A note on parental consent

Parents/Guardians are very important to us! Parents/guardians must provide consent for their minor children for services at the Ironmen Health Center by signing a Parent/Guardian Consent for Medical Services Form. According to Michigan law, the only exceptions are emergencies threatening life or limb, HIV counseling and testing, sexually transmitted infection treatment and for minors age 14 and older—mental health services. People who are age 18 or older, legally emancipated, legally married, under court order, in the presence of a law officer when parents cannot be promptly located and/or members of the U.S. Armed Forces provide consent for themselves.

We gratefully accept donations.

All services are free

Any charge is based on the youths' annual income, which means there may be no charge or a minimal fee. No one is denied services due to an inability to pay. We bill health insurance policies—Medicaid, MI-Child, Healthy Kids, or private insurance like Blue Cross & Blue Shield of Michigan—if youth have coverage. We also assist uninsured families with MICHild and Healthy Kids applications.

for anyone age 5 to 21 --and their children

We offer health care and prevention services to youth in Mancelona and surrounding communities. We also offer information for parents and guardians on nearly any topic they need to parent a teenager in the 21st century. All information is based on research and best practices. Call us or stop by.

conveniently located in the Mancelona Family Resource Center, with appointments year round

We're available for appointments year-round when youth need us most. We offer appointments in the morning, during lunch periods, and after school. Same-day appointments may be available during clinic hours.



IRONMEN HEALTH CENTER
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www.nwhealth.org



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IRONMEN HEALTH CENTER



A school-based health center for the Health Department of Northwest Michigan, in collaboration with Mancelona Public Schools, with major funding from Michigan Departments of Community Health and Education.



**Serving ALL youth age 5 to 21
from Mancelona and surrounding
communities**