

RUTH
AND
NORMAN
RALES

Rales
Center
for the Integration
of Health
and Education



Impact Report

A summary of progress thanks to our generous supporters
2015 - 2017

Getting Kids ready for Lifelong Success

The Program

Established in 2014 as a program of the Johns Hopkins Children's Center at Johns Hopkins Medicine, the Ruth and Norman Rales Center for the Integration of Health and Education is a national leader in, and an advocate for, children's health and health care that is anchored in the context of their schools. The first fully integrated school-based health model in the United States, called "READY" (Rales Educational and Health Advancement of Youth) breaks down historical silos between educational and health-related activities. Weaving comprehensive health services and wellness programming into the school environment helps children thrive and achieve academic success.



Rales Center/KIPP Baltimore Partnership

This innovative, fully-integrated model of school health is currently in its third year of implementation at KIPP Baltimore. KIPP Baltimore comprises KIPP Harmony Academy (elementary school, K-4) and KIPP Ujima Village Academy (middle school, 5-8), which share a building in the Park Heights neighborhood of Baltimore City. Combined, these schools enroll more than 1,500 students by lottery from around Baltimore, predominately from low-income, undeserved communities.



The Model: Integrating Health & Education

The READY model is comprised of a full-service school based health center on-site that provides not only school nursing, but comprehensive pediatric care by a pediatrician and nurse practitioner. In addition, Rales Center teams support and promote parent engagement, as well as student and staff wellness. The purpose of this structure is to infuse wellness into the entire school experience and to impact every individual in the building, not just the students who walk through the doors of the health center. Some of the program's key accomplishments and successes are included in the pages that follow.

Monitoring our Progress



The Rales Center had a number of notable accomplishments in its first two years. The Health Center had more than 33,000 visits to the school nurses, and more than 2,200 visits to the school-based health center. Ninety-two percent of students who seek care in the Rales Health

Center are able to return to class. The number of students who received their required medications at school, an evidence-based strategy for chronic disease management, increased dramatically.

More than 70% of the students in the school have parental permission to receive care in the school-based health center, among the highest consent rates in Maryland. Population health efforts successfully reached nearly every student in the building. Ninety percent of KIPP students participated in at least one screening program for asthma, oral health, fitness/obesity, or vision, consistent with our goal to improve health for all students.

The impact of our work is beginning to be evident in key metrics of educational engagement. For example, among students with asthma, chronic absenteeism declined 23% between years 1 and 2 of the KIPP/Rales partnership; similarly, chronic absenteeism declined 30% among students with ADHD. This substantial reduction in absenteeism suggest the model is helping to identify, support, and manage students with unmet health needs and to support student wellbeing inside and outside the classroom.



71%
students enrolled
in the Health Center

92%
of students who received
RHC care
returned to class

90%
of students
screened

23%
chronic absenteeism
drop among
students with asthma

30%
chronic absenteeism
drop among
students with ADHD

33,169
school
nurse visits

130
ER visits
averted

2,220
pediatrician
and NP visits

1/4 million
minutes
of play

200
pairs of
free eyeglasses

Caring for the Whole Child

Healthy Eating: Days of Taste, a national program that brings professional chefs, farmers, and volunteers to schools teaches students about food, taste, and nutrition. Taste tests during Nutrition Week helped to identify healthy, student-approved snack options to be sold in the school store. In 2017, the school garden area was completed in preparation for an expanded curriculum on gardening, sustainability, and healthy eating.

The Parent Advisory Group: A standing parent advisory group guides the work of the Rales Center. The group provides an opportunity for families to discuss health, wellness, and school engagement topics. The group gathers every other month with Rales Center staff to discuss plans, progress, and next steps, and to provide feedback.

Family Advocacy & Case Management: A family advocate connects families with supportive resources such as transportation, health insurance, behavioral health services, prescriptions, and assistance with scheduling appointments. The family advocate provides case management for families in need of support related to a broad array of health and social needs. feedback.

Health Education: The wellness team partners with KIPP teachers to support curriculum development, delivery and assessment of health education lessons across the school. The team also coordinates health campaigns including hygiene lessons for students to coincide with flu season, nutrition lessons to coincide with National Nutrition Month, and mindfulness-based stress reduction lessons to coincide with Children's Mental Health Month.



Healthy Eating and Nutrition



School-Wide Health Screenings

Asthma: State-of-the art, brief asthma screening is completed by students in grades 1-8. In year 2, student-completed asthma screening revealed prevalence of asthma risk 25% higher than available parent-reported asthma history. Following the screening, school nurse outreach yielded steady growth in daily directly observed asthma medication visits at the Health Center, helping students' asthma to be better controlled.

Vision: School-wide vision screenings are conducted with in-school optometry events to ensure that poor vision does not impede learning. In the first two years, the failure rate has been particularly high at 46%. Students receive in-school optometric exams and, where needed, two pairs of glasses, one for school and one for home.

Oral Health: University of Maryland School of Dentistry conducted oral health screening for KIPP students and worked to ensure that a pool of students with major met orthodontic needs received care at University of Maryland.

Mental Health: The Health Center provides triage, and medication management for students with mental and behavioral health concerns, particularly ADHD. The Health Center partners with Hope Health, Inc., which provides mental health services in the building. The Rales Center Family Advocate provides case management and support to ensure families get the services they need.



Wellness Programming

Recess Redesign: The Rales team partnered with KIPP to enhance training for recess staff on the CDC's new School Recess Planning guidelines, and to implement a new recess plan focused on organized games to increase physical activity, while encouraging safe play.

Promoting Healthy Weight and Physical Activity: The Rales Center wellness team partners with physical education teachers to perform Fitnessgram tests including BMI measurement. Screening data are then used for school nurses to conduct outreach to students at risk. In addition, the wellness team launched GoNoodle, an online platform that provides "brain break" videos for teachers to create customizable kinesthetic games to review course material. GoNoodle has helped bring more than a quarter million student minutes of physical activity into the classroom.



Parent Engagement



School Culture and Climate

School culture and climate activities: A positive school climate promotes norms, values and expectations that support students and staff feeling socially, emotionally and physically safe. The Rales team partners with KIPP principals to provide leadership learning on Restorative Practices, support ongoing professional development of the leadership team, and to observe and provide feedback to staff on Restorative Practices implementation.



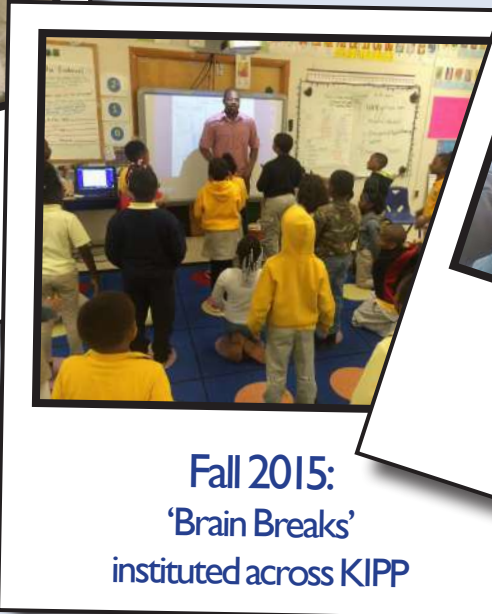
Health Education

Paving the Road to Healthier Futures

One Day at a Time



Summer 2015:
The READY Program
Launches at KIPP



Fall 2015:
'Brain Breaks'
instituted across KIPP



Fall 2015:
Staff wellness
program launches



Spring 2016:
Inaugural KIPP Fun Run
at Clyburn Arboretum



Spring 2016:
Rales team launches first
vision and optometry event



Spring 2016:
Chefs Move to School launches
inaugural "Day of Taste" event

2014

2017

2015

2016



Fall 2014:
Rales Center is established
and co-directors appointed



Fall 2015:
Rales Health Center
Dedication at KIPP



Spring 2016:
Day of Service
Event at KIPP



Fall 2017:
KIPP's Restorative Practices
Program launches

Thank You

The Ruth and Norman Rales Center for the Integration of Health and Education was established to give children from economically disadvantaged communities a leg up in life. Our vision is to be a national leader in developing, evaluating, and disseminating new models that integrate health, educational, and developmental services for young people and their families, in order to measurably improve the health and future productivity of children and adolescents, their families, and their communities. Our mission is to improve children's lifelong prospects by improving their health, and thus their academic success. Founded in association with the Norman and Ruth Rales Foundation and the Johns Hopkins Children's Center, the Rales Center is designing, implementing and evaluating the nation's first fully-integrated school-based health center, The Rales Health Center (RHC). The Rales Center (a program of the Johns Hopkins Children's Center) is building a national reputation as a national leader in, and an advocate for, children's health and health care that is anchored in the context of their schools.

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