

## Adopting Indiana Schools

Managed Health Services (MHS) has created a comprehensive “Adopt A School” initiative to help foster relationships with Indiana schools. The multi-year strategic plan developed by MHS and its School-Based Healthcare Division allows the health plan and the school to collaborate on initiatives and programs to educate students and their families on the importance of healthy living. Programing is interactive and emphasizes the importance of **exercise, healthy eating, bullying prevention, school nurse support, and access to healthcare.** All programs are designed as a starting off point and can be tailored to fit the specific needs of our partner schools. The goal is to help provide opportunities for learning about healthy living.

## School-Based Health Center Support

The MHS School-Based Healthcare Division continues to plan for, develop and/or enhance relationships with School Based Health Centers (SBHC) by supporting a model that co-locates physical and behavioral health providers on school grounds while supporting the medical home model through coordination of services with the child's primary medical provider. Our role in the implementation of a SBHC is to assist with the facilitation of the process. We help develop the work plan, organize and host planning meetings, recognize potential gaps or barriers, and assist with efforts to lessen or eliminate them.



MHS is a health insurance provider that has been proudly serving Indiana residents for two decades through Hoosier Healthwise, the Healthy Indiana Plan and Hoosier Care Connect. MHS also offers a qualified health plan through the Health Insurance Marketplace called Ambetter from MHS. All of our plans include quality, comprehensive coverage, with a provider network you can trust. MHS is your choice for affordable health insurance. Learn more at [mhsindiana.com](http://mhsindiana.com).



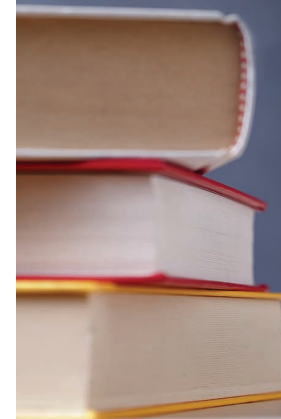
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# ADOPT A SCHOOL PROGRAM



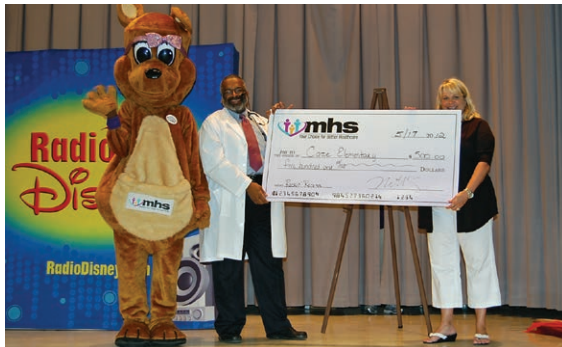
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## Rosie's Rockin' Recess

MHS has created Rosie's Rockin' Recess. This 60-minute interactive presentation is targeted for students grades K-3 and includes:

- A health presentation by MHS Chief Medical Officer and Practicing Pediatrician, Eric A Yancy, MD
- Dance contests, and exercise demonstrations by RosieRoo
- MHS backpacks stuffed with goodies for all contest participants
- Gift bags for all Rosie's Rockin' Recess participants containing health education books and giveaway items
- Financial donation or obstacle course to the school for their athletic program



## Healthy Lifestyle Event

On the same day MHS hosts Rosie's Rockin Recess for students, MHS offers a Healthy Lifestyle event for parents and faculty. The event is part of the MHS community service mission and was developed to educate participants on preventable health risks that can be positively impacted through awareness and education. This 90-minute event includes FREE health screenings, and educational handouts and giveaways. The agenda also includes a cooking demonstration from a nutritionist who teaches that cooking a healthy meal can be easy and affordable. Healthy eating habits are also discussed. FREE tasting samples and recipe cards are included! The event also features a personal trainer who teaches easy exercises that can be done at home, as well as information and enrollment opportunities for Indiana Medicaid and the Health Insurance Marketplace.



## School Nurse Support

MHS will support your school nurse in various areas. Nurse kits will be provided to offset some of the resources that are utilized in a school nurse clinic. Some of the items included are:

- Alcohol prep pads
- Surgical sponges (gauze)
- Tongue depressors
- Glucose tabs
- Surgical gloves
- Toothbrushes
- Cotton-tipped applicators
- Medicine cups
- Cotton balls
- Band aids
- Vaseline
- Lice comb
- Splinter out
- Bandage tape

Bookshelves filled with Scholastic education books can be donated to the nurse's waiting area. Health education resource materials can be provided on over 4,000 health related topics to your school nurse FREE of charge.

## Bully Prevention Reading Event

In Indiana, it is a mandate that all schools provide bully-prevention curriculum to students by October 15<sup>th</sup> of every school year.

MHS has created a "No Bullying Zone" event that features a reading of a new anti-bullying book called *Splotch the Madpole*, co-authored by renowned children's author Michelle Bain with Centene, Cenpatico and anti-bullying expert Dr. Joseph Wright of Children's National Medical Center. The event also includes a pre- and post-test for student's awareness and understanding of bullying. All students will receive a copy of the book *Splotch the Madpole* and a proactive parent guide will also be provided. Students will be allowed to sign a "No Bullying Zone" traveling wall that will be used as a billboard campaign in your area.



## Parent & Community Events

The MHS Community Outreach team can work with your staff to coordinate various parent and community events including back to school fairs, health fairs, parent engagement nights, health insurance education and enrollment events and more.

## Behavioral Health Education Training Repository

MHS, in partnership with local school corporations and community mental health centers, supports the development and implementation of behavioral health education to school staff and students by providing training and resources to schools.

### School Staff (CEUs provided)

- Behavioral Management: Identification, Prevention & De-escalation Techniques
- A Teacher's Role in Helping to Prevent Suicide
- Trauma Informed Care in a School Setting

### Students

- Social-Emotional Learning Series: A 3-part lesson geared towards 3rd-5th graders that cover the five interrelated sets of cognitive, affective, and behavioral competencies that help children more effectively handle life challenges and thrive in both their learning and their social environments. The competencies include: self-awareness, self-management, social awareness, relationship skills and responsible decision making.

