



Located in the Ishpeming High School
Room 109
319 E Division Street, Ishpeming, MI, 49849
Phone: 906-204-2620 Fax: 906-204-2660
Visit our Website:
www.ishpemingschools.org/services/hematite_health_center

Clinic Hours

Medical Visits : Monday–Thursday: 7:30 am - 3:00 pm

Friday: 7:30 am - 11:30 am

Mental Health Counseling: Monday–Friday: 7:30 am - 4:00 pm

Includes NEW after-school (Mon-Fri)

counseling appointments for those

who don't want to miss classes during the day!

Who can utilize the HHC?

The HHC is available for students of the Ishpeming, NICE and Negaunee school districts. All students under the age of 18 must have a consent form signed by a parent or legal guardian to receive care.

No one will be denied services due to the inability to pay.

FREE Sports Physicals

The HHC is offering FREE sports physicals! If your child needs a sports physical and is also due for a well child visit, we recommend having both done at the same time.

Our sports physicals include concussion screening, which is recommended to be done as a baseline test every two years.



Hematite Health Clinic Staff:

Terry Frankovich, MD, MPH, FAAP, Medical Director, MCHD

Tina Bambach, FNP-BC, Director of Hematite Health Clinic

Eric Turner, LMSW, CAADC, Social Worker

Nichole Nelson, LMSW, CAADC, Social Worker

Sarah Engstrom, RN, BSN, Health Educator & Clinic Coordinator

Vicki Jordens, Clinic Secretary



Services Provided

Mental Health

- Counseling
- Substance Abuse Counseling

Acute Care

- Same day appointments available
- Assessment and treatment of injuries including strains, sprains and lacerations
- Evaluation of head injuries/concussions
- Treatment of acute minor illnesses
- Nebulizer treatment for acute asthma
- Management of conditions such as asthma, seasonal allergies, etc.

Preventative Health Care

- Well child checks
- FREE Sports physicals
- Immunizations
- Baseline concussion screen
- Basic visual screening
- Risk reduction education
- Counseling for a healthy lifestyle

Lab Tests

- Glucose
- Influenza
- Mono tests
- Strep tests
- Urinalysis



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Girls on The RUN!

The Hematite Clinic Staff led a team of 10 girls in Girls on the Run. Tina is the Nurse Practitioner at the clinic and loves to run although admits she's not a fast runner. Nichole is a counselor at the clinic and enjoys spending time with students. Sarah is the Registered Nurse at the clinic and a mom of 4! Sarah said, "Training for the 5k was hard but so much fun!"



Do you know a student who needs insurance? The staff at HHC are available to assist you with applying for Medicaid. If you would like assistance, please call

COUNSELING CORNER

Humiliation. Intimidation. Harassment. Abuse. Bullying can infect a school at any time, spreading from victim to victim. Studies show that people who are bullied by their peers are at risk for mental health **problems**, such as low self-esteem, stress, depression, and/or anxiety. They may also think about suicide more. Bullies are at risk for problems, too. **Bullying** is violence, and it often leads to more violent behavior as the bully grows up. Fortunately, there are some solutions. The first of these is assertiveness – speak up and make it clear you won't put up with this sort of treatment to yourself or others. Second, never join a bully in picking on a peer just to fit in. Finally, if you need to get help, there's no shame in talking to a teacher, counselor, parent or trusted adult.

ENTER OUR DRAWING FOR A \$100.00 GIFT CARD!!

SCHEDULE A WELL-CHILD VISIT

What is a Well-Child Visit?



The American Academy of Pediatrics recommends a well-child exam for all adolescents up to age 21.

The visit is a routine annual appointment which includes tracking growth and development, a physical exam and screenings. Blood pressure, vision and

concussion baseline/impact testing are all included.

Prevention of injuries and illness is also discussed and immunizations are reviewed and updated.

The visit can be done at the same time as a sports physical and the exam can be shared with the student's Primary Care Provider.

VACCINATION MADE EASY!

Flu shots will be available at the clinic this October

