



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 (If school opens back up or not)

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 after-school (Mon-Fri) counseling appointments for those who don't want to miss classes during the day!

THE CLINIC IS OPEN

Appointments will be scheduled in advance.

Clients will be called to complete prescreening prior to appointment.

Masks are required.

Call the clinic at 906-204-2620.

**CHILDHOOD VACCINATIONS ARE AVAILABLE
 AND WE MAKE IT EASY!**

The Centers for Disease Control and Prevention (CDC) estimates that the flu, as well as flu-related Complications, was responsible for 34,200 deaths during the 2018–2019 influenza season. If your child is due for any immunizations, such as HPV, Meningitis B, Meningococcal, MMR, or Tdap, we have those and can administer them in our clinic. Please call 204-2620 for an appointment.

Currently there is no vaccine available for COVID-19.

Flu shots will be available at the clinic this October

What are the benefits of flu vaccination?

- It can keep you from getting sick with flu.
- It can reduce the risk of flu-associated hospitalization.
- It is an important preventive tool for people with chronic health conditions.
- It can be life-saving in children.
- It has been shown in several studies to reduce severity of illness in people who get vaccinated but still get sick.
- It may also protect people around you, including those who are more vulnerable to serious flu illness, like babies and young children, older people, and people with certain chronic health conditions.



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**
- **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**

Hematite Health Clinic Staff:

Kevin Piggott, MD Medical Director, MCHD

Michelle Heslip, NP-C, Director of Hematite Health Clinic

Eric Turner, LMSW, CAADC, Social Worker

Nicole Nelson, LMSW, CAADC, Social Worker

Jaqueline Love RN, Health Educator & Clinic Coordinator

Vicki Jordens, Clinic Secretary





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**Please welcome our new provider,
Michelle Heslip, NP-C!
Michelle is a Nurse Practitioner
and joined the
Hematite Health Clinic
in August.**



*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
the clinic at 204-2620 .*

COUNSELING CORNER

Currently we are living in a time in which COVID-19 has caused increased fears for both children and adults. We live day by day with conflicting and changing information. Some children are starting to voice concerns regarding the changes in the upcoming school year. One common topic causing anxious thoughts is wearing masks throughout the school day.

While the mask itself does not cause anxiety, it can be a trigger. There are counseling tools to help with anxious thoughts regarding masks, such as: understanding the anxiety, reminding yourself that masks are safe, challenging negative thoughts, focusing and practicing your breathing, desensitizing yourself and trying to make mask wearing a fun activity while choosing a style that is less likely to provoke anxiety. An additional tool in counseling for anxiety is a re-framing thinking tool: SOS-STOP, OBSERVE, and SHIFT. Clinicians can provide ideas to help children implement these tools. The most common anxiety-related disorders for children/adolescents are Generalized Anxiety Disorder and Social Anxiety Disorder with some having a panic attack specifier attached. If you are concerned that your child has anxiety or will experience anxiety due to the changes in school due to COVID issues, please contact the Hematite Health Clinic. We have two Mental Health Clinicians available to assist for any mental health conditions or concerns.

Nichole Nelson, LMSW, CAADC -Social Worker at Hematite Health Clinic



Who can utilize the HHC?

The HHC is available for students of the Ishpeming, NICE and Negaunee school Districts, including recent graduates (thru age 21)

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

If your child needs a sports physical, the HHC is offering FREE sports physicals!

If your child is also due for a well child visit, we recommend having both done at the same time.

If your child had a sports physical after April 15, 2019, no physical is required this season. There is a health questionnaire form for parent/guardian to complete.

If you need this form, we can email it to you.

Just call the HHC at 906-204-2620.

