



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.ishpeminghschools.org/services/hematite\\_health\\_center](http://www.ishpeminghschools.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 after-school (Mon-Fri) counseling appointments for those who don't want to miss classes during the day!**

### Who can be seen at the Hematite Health Clinic?

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.**



### CHILDHOOD VACCINATIONS

**(INCLUDING COVID-19 FOR AGE 12 AND UP)  
ARE AVAILABLE AND WE MAKE IT EASY!**

**Has your child turned 11 this year?**

**Many immunizations become due when your child turns 11 years old. We can give those here...**

The Centers for Disease Control and Prevention (CDC) estimates that the burden of illness during the 2019–2020 flu season was moderate with an estimated 38 million people sick with flu, 18 million visits to a health care provider for flu, 400,000 hospitalizations for flu and 22,000 flu deaths.

The CDC recommends everyone 12 years and older should get a COVID-19 vaccination to help protect against COVID-19. Widespread vaccination is a critical tool to help stop the pandemic.

People who are fully vaccinated can resume activities that they did prior to the pandemic.

If your child is due for any immunizations, such as COVID-19, HPV, Meningitis B, Meningococcal, MMR, or Tdap, we have those and can administer them in our clinic.

Flu shots will be available at the clinic by 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
- 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
- Basic visual screening
- Risk reduction education
- Counseling for a healthy lifestyle

#### Lab Tests

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

#### Hematite Health Clinic Staff:

Robert Lorinser, MD, MPH, MSW - Medical Director, MCHD

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

Kim Harris RN, Clinic Nurse

Eric Turner, LMSW, CAADC, Social Worker

Nichole Nelson, LMSW, CAADC, Social Worker

Vicki Jordens, Clinic Secretary





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## **\*\*FREE\*\* SPORTS PHYSICALS**



**Does your child need a sports physical?**

**The HHC offers them for FREE!**

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

## **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 and vision testing are both included. Prevention of injuries and illness are 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.



## **COUNSELING CORNER**



The COVID-19 pandemic has profoundly affected life around the globe. The challenges faced by adolescents and children during this crisis due to school closures, missing significant life events, isolation, contact restrictions and unpredictability of the future has led to stress, fear, grief and a difficult time coping emotionally. Subsequently, depression, anxiety, sleep/nutritional disturbances and Post-Traumatic Stress Disorder (PTSD) among youth of various age groups has increased. While many kids are resilient, a large number will continue to struggle with the road ahead and wonder when we will get back to normal. Experts agree that while some things will seemingly return to normal, not everything will return to how we remember it. Restrictions have eased and this upcoming school year should result in decreased mask use and increased activities. However, while experts agree it is unlikely that COVID-19 will be eradicated, increasing vaccination rates will improve disease containment and decrease severity of the illness. These measures will create another dynamic: How will the kids handle everything falling back into place? Some may experience excitement, others might feel depressed and anxious about the stress of a sudden increase in school work and social activities. The sudden increase of activities and pressures could result in Acute Stress Disorder, Generalized Anxiety Disorder or Post Traumatic Stress Disorder (PTSD) and possibly depression. Have a talk with your children about the upcoming changes. Tips for easing the transition: Keep a healthy routine and speak with your children about stressors. Check for unusual mental health symptoms such as excessive worry or sadness, sleep disturbance, unhealthy eating habits, substance use or difficulty with attention or concentration. If you have concerns about your child's mental health, the Hematite Health Clinic has licensed therapists on staff who can assist with your child's needs. For more information, please contact the clinic.

**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.

## **More Drawings! More chances to win gift cards!**

**We will have gift card drawings for students who receive  
their flu shots, have sports physicals and more!**

**All students receiving care at the Hematite Health Clinic will receive a custom health care  
goodie bag (while supplies last). Some pouches will contain a gift card for a local store or  
restaurant! All visits will qualify for an end of the month \$50.00 gift card drawing!**