

A D E N A   H E A L T H

# FOCUS

Volume 3  
Issue 3

Bringing care to  
the classroom





# Bringing care to the classroom

Every child deserves the opportunity to thrive — starting with good health. At Adena Health, that belief drives a system-wide commitment to deliver care where it's needed most: right at school.

For more than 20 years, Adena has partnered with schools across south central and southern Ohio to bring health care into the classroom. It began with athletic training support, but has now grown into a comprehensive strategy that includes everything from primary and mental health care to chronic condition management and staff wellness programs.

Today, Adena's school-based health efforts serve more than 25,000 students and 4,000 staff members across 12 school districts. Whether through in-school care, onsite mobile clinics, or full-service school-based health clinics, Adena is working to ensure every child has access to the care they need to succeed in school — and in life.

## A collaborative model for health and learning

Adena's approach is rooted in meaningful, long-term collaboration between caregivers, educators, parents, and communities. These partnerships are built on a shared goal: to improve the health and wellness of all children across the region.

This work has been guided in part by findings from community health needs assessments — conducted in collaboration with local partners every three years — which identified children's safety, mental health, and lifelong wellness as top priorities. These insights, along with follow-up health and wellness assessments in area school districts, revealed growing needs for services like primary care, mental health support, dental care, and nutrition resources.

By bringing care into schools, Adena is helping remove common barriers like transportation challenges, limited provider access, and long wait times. As a result, more students are staying healthy and in school, and parents are better able to balance work and family needs.

## From the nurse's office to full-service clinics

Adena launched its first school-based health clinic, Adena Family Medicine–Ironmen Clinic, at Jackson Middle School in 2019. Since then, demand for more services at the schools has only grown. The launch of the Adena Mobile Clinic in 2023 expanded access further, providing acute care, testing, immunizations, and more — right outside the school doors.

## Services provided through school partnerships can include:

- Acute illness and injury care
- Chronic condition management (e.g., asthma, diabetes)
- Immunizations and physicals
- Prescription access and lab testing
- Mental health services
- Sports medicine and athletic training

In 2022, Adena strengthened its partnerships by signing affiliation agreements with 14 schools, providing each with expanded opportunities for health education, sponsorship, and brand activation with school events and wellness campaigns.

## A vision for the future

With five new school-based health centers and clinics set to open in 2025 and 2026 — and continued collaboration with Nationwide Children's Hospital through the Appalachian Children's Health Initiative — Adena is building a future where care is even more accessible.

Because when students are healthy and in school, they're better prepared to learn, grow, and reach their full potential.

## Learn more about Adena's school-based health efforts at [Adena.org/Schoolcare](https://Adena.org/Schoolcare)

“With school-based care, we can improve lives from childhood through adulthood, impacting generations. This is a powerful step toward building healthier and brighter futures.”

*John Gabis, MD, Adena medical director of community partnerships*



## Adena Health school-based clinics

- Adena Family Medicine–Ironmen Clinic
  - Adena Local School District\*
  - Chillicothe City School District
  - Huntington Local School District
  - Pickaway–Ross Career & Technology Center
  - Union–Scioto Local School District
- \*opening in 2026*

## Adena Health school-based care offerings



Mobile Clinic



School-based clinics



Athletic training



Care and resource coordination



Family medicine



Professional development for staff



Community health education programs and screenings



Community health needs assessments



# Five things parents should know about the Adena Mobile Clinic

For many families, getting to the doctor isn't easy. That's why Adena Health is sending care directly to schools, offering everything from sports physicals to sick visits without ever leaving school grounds.

Holly Tackett, certified nurse practitioner, is one of the health professionals making it all happen. Here's what she wants every parent to know:

**1. It's a doctor's office on wheels — and a true school partnership.**

"We offer well visits, immunizations, prescriptions, and more — right at the school," says Holly. The Mobile Clinic is staffed by licensed Adena clinicians and equipped with two private exam rooms for added comfort and safety.

Working closely with school nurses, the Adena team identifies students who may benefit from care. These visits are designed to complement, not replace, a child's relationship with their primary care provider. If a student already has a doctor, clinic staff can coordinate with that provider to ensure seamless care.

**2. Parents are always involved — and can choose how care is delivered.**

No student is ever seen without both written and verbal consent from a parent or guardian. Families also have the option to choose what services their child receives.

"We always call parents first to explain the reason for the visit, go over the child's medical history, and get approval," Holly explains. After the appointment, she personally follows up to share what was done and answer any questions. Parents are welcome to join their child's visit by phone or through telehealth.

**3. It closes care gaps in rural communities.**

From transportation challenges to limited provider access, rural families often face extra hurdles. The Mobile Clinic meets children where they are — literally and equitably.

"For some families, this is care they wouldn't otherwise get," says Holly. "We're proud to help fill that gap."

**4. It keeps kids in school and parents at work.**

The Mobile Clinic offers same-day care for common illnesses and injuries, like sore throats, pink eye, or minor sprains, helping students get back to class and parents stay on the job.

"We get them seen, treated, and, if appropriate, right back to learning," Holly says.

**5. It's affordable, accessible, and life-changing.**

All Mobile Clinic visits are billed to the student's or staff member's insurance just like any other Adena medical visit, based on the services provided. But no child is ever turned away due to lack of insurance or ability to pay.

"If a family doesn't have insurance or needs help covering costs, we connect them with Adena's financial assistance team," says Holly. "Our goal is to make sure every child gets the care they need — no barriers, no judgment."

Adena launched the Mobile Clinic in 2023 as part of its broader commitment to improving the health of children through its school-based care strategy. Just like Adena's in-school health clinics, the Mobile Clinic provides high-quality, compassionate care to students across southern Ohio. And it's only the beginning.

Parents or guardians in participating school districts can schedule an appointment by contacting the school nurse or calling the Adena Mobile Clinic at 740-672-1646. Walk-ins are also welcome. The Mobile Clinic's schedule is available at [Adena.org/MobileClinic](https://Adena.org/MobileClinic).

**Get started**

To make sure your child can be seen by the Adena Mobile Clinic, scan this QR code to complete the General Student Care Consent Form.



## Keeping kids in class and parents at ease

For Katie Pryor, the school nurse at Greenfield Exempted Village School District, caring for students goes far beyond bandages and ice packs. With more than 2,000 students in the district, she manages everything from asthma and diabetes to seizure disorders and mental health concerns — alongside daily medications and urgent needs that pop up. However, thanks to a strong partnership with Adena Health, she's not doing it alone.

This collaboration is more than just convenience — it's a shared mission. Katie works closely with Adena and school staff to identify students who would benefit from medical attention, helping ensure those students not only have access to same-day care through resources including the Adena Mobile Clinic, local providers, or telehealth, but also receive a treatment and support plan tailored to their needs. When a student needs follow-up care beyond the school day, whether pediatric, primary care, behavioral health, or another specialty, Adena is there to help make that transition seamless.

The result? Students stay healthier and miss less school. Families avoid unnecessary stress and missed workdays. And Katie can continue being the safe, trusted presence she's always been — with even more tools at her side.

Learn more about Katie and her role as a school nurse at [Adena.org/Faces](https://Adena.org/Faces).

"Because of Adena, our students have access to the medical care they deserve."

*Katie Pryor, school nurse at Greenfield Exempted Village School District*





# Ease into healthy school-year habits

## Tips from Adena Pediatrics

It may not be a conversation your kids are excited to have, but another school season is here. To make that transition a little smoother — for them and for you — Adena Pediatrics has developed a set of helpful tips to start easing back into healthy habits now.

### Reset your child's sleep routine

Late nights and irregular routines can throw kids and teens off their regular sleep patterns. Begin re-establishing a school-year sleep schedule at least two weeks before classes begin to avoid issues when the first day arrives.

“Trying to get children on a better sleep schedule and out of ‘summer mode’ prior to school starting can help the transition,” says Kristen White, MD, pediatrician.

Try these tips from the American Academy of Sleep Medicine to promote better rest:

- Follow a consistent bedtime routine in a calming setting.
- Make your child's bedroom quiet, dark, and cool.
- Turn off all electronics at least an hour before bedtime.
- Avoid caffeine and large meals close to bedtime.
- Steer clear of intense physical activity two hours before bed.

### Get back to healthy habits

It's easy to fall into a more relaxed routine over the summer — staying up late, eating on the go, and spending more time on screens. Reintroducing structure and wellness routines now can make a big difference when school begins.

Kristen White, MD

Here are a few to get you started:

- Encourage proper handwashing techniques — scrub fronts, backs, and between fingers.
- Reinstate healthy eating habits, including starting the day with a nutritious breakfast.
- Keep kids active with sports, hobbies, or outdoor play.
- Help them stay hydrated with water and milk; limit sugary and caffeinated drinks.



### Ease into the back-to-school mindset

Beyond sleep and nutrition, there are other ways to help your child feel more confident and prepared for the first day. These small steps can go a long way in reducing stress and setting a positive tone for the year ahead:

- Reduce first-day jitters by talking through what to expect: new teachers, class schedules, and school routines.
- Attend open houses to introduce children to their teachers and classrooms.
- Be proactive about head lice — check weekly and discourage sharing combs, brushes, or hats.
- Choose backpacks that fit comfortably and teach children how to wear them properly to avoid strain.

### Make it a smooth transition

Remember, back-to-school stress is temporary. The more your family prepares in the weeks leading up to the first day of school, the smoother the adjustment will be — for both kids and parents.

A strong relationship with your child's pediatrician is an important part of keeping them healthy, not just when they're sick but throughout every stage of growth and development. From regular checkups and preventive care to guidance on nutrition, sleep, and emotional well-being, your pediatrician is a trusted partner in your child's health journey. Learn more or find a provider at [Adena.org/Pediatrics](https://Adena.org/Pediatrics) or call **740-779-4300**.

## Supporting student-athletes on and off the field

Adena Health's licensed athletic trainers are working directly in 12 area high schools, providing free, on-site care to help student-athletes stay healthy, safe, and ready to compete.

From daily practices to game days, these trainers are a trusted presence — preventing injuries when possible, responding quickly when they happen, and coordinating care every step of the way. Whether managing a sprain on the sidelines or connecting athletes with specialists at Adena Orthopedic and Spine Institute, their goal is always the same: getting athletes safely back in action.

Having trainers at-the-ready means student-athletes get timely support, better communication between families and providers, and a stronger path to full recovery. It's one more way Adena is investing in student well-being — on the field, in the classroom, and beyond.





# Holly believes care should meet you where you are.

**HOLLY TACKETT**  
Nurse practitioner



Holly understands the health care challenges rural students face better than most. She grew up and worked as a school nurse in a small, local community. Now, she travels to schools across the region in Adena Health's Mobile Clinic, helping kids, staff, and families get the care they need — right where they are. A mom of four and frequent beachgoer, Holly brings warmth and heart to every visit. Holly is one of the many faces of our providers in the community we call home.

See Holly's story and more at [Adena.org/Faces](https://Adena.org/Faces).