

Children's Mercy

GOES TO SCHOOL

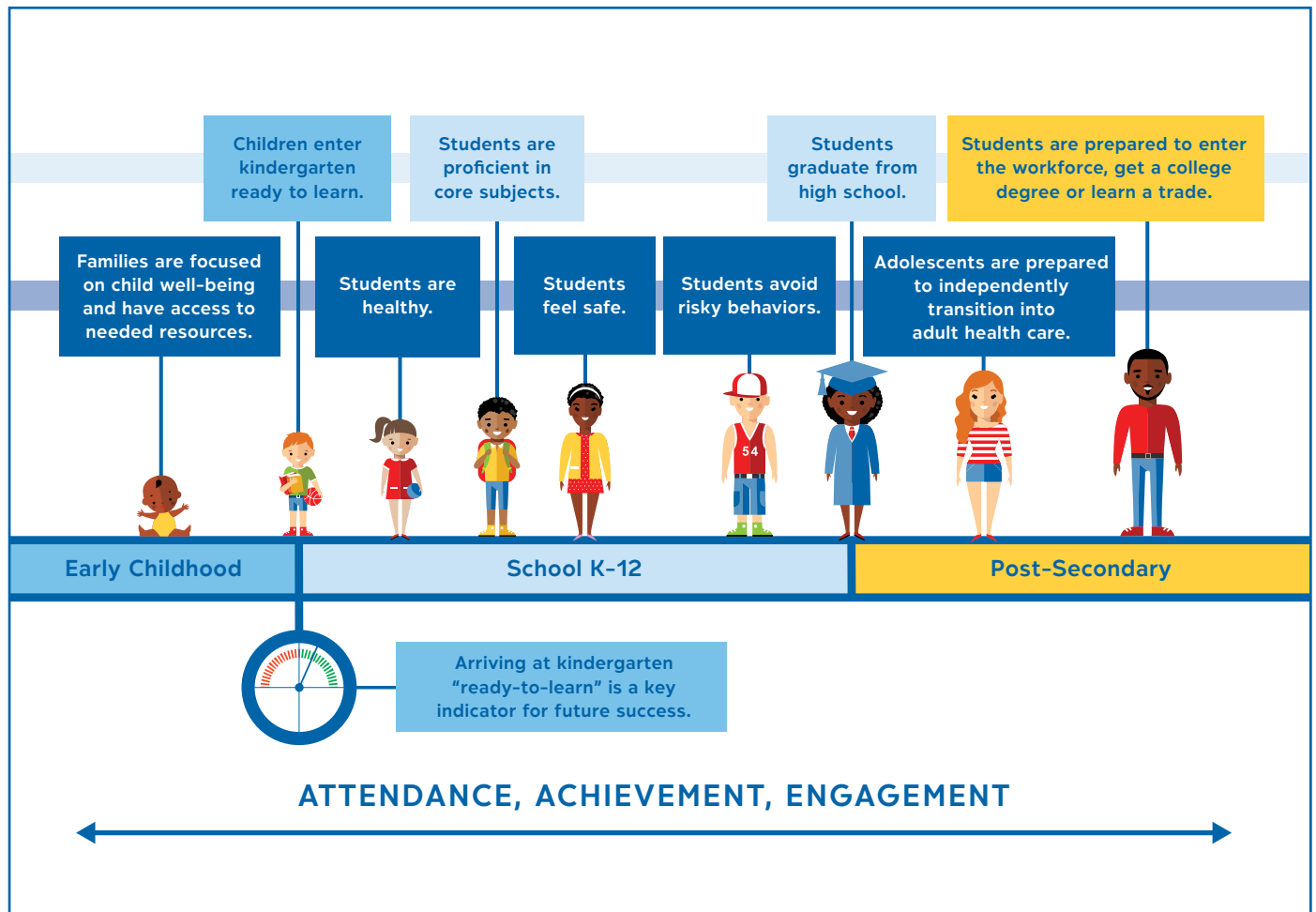
2026-2027 School Year



A catalog of school health programs and initiatives led by Children's Mercy.
This catalog includes information on how to request programs
and initiatives at your school.

Growth and Learning

SCHOOL AND HEALTH INTERACTIONS



Children's Mercy recognizes the patients we serve are also students in school, eager to learn and grow. Parents, school leaders and health care professionals can all attest that a healthy student is more likely to be a successful learner. Children's Mercy is a committed partner in helping children to achieve their full academic potential through our School Health Support Services.

During the 2025-2026 school year, Children's Mercy invested **>\$4,000,000** in schools in our service area, reaching **>53,000 people**

Chart of Programs

Services/Programs	Grade Level			
	Pre-K	Elem	Middle	High
Clinical Service				
Athletic training			✓	✓
Hospital-based school	✓	✓	✓	✓
School-based social work		✓	✓	✓
School Nurse Support and Programming	✓	✓	✓	✓
Health Careers				
Career exploration guest speakers		✓	✓	✓
High School Open House				✓
STAR 2.0			✓	✓
Health Promotion				
12345 Fit-Tastic	✓	✓	✓	✓
Center for Childhood Safety	✓	✓	✓	✓
Breaking Through			✓	✓
Healthy Schools & Child Care Program - Environmental Health	✓	✓	✓	✓
Immunization Education	✓	✓	✓	✓
KC Physical Activity Plan – School Sector	✓	✓	✓	✓
Prepped and Ready			✓	✓
Project ADAM	✓	✓	✓	✓
School Health Conference	✓	✓	✓	✓
Stop the Bleed		✓	✓	✓
Teens and School Screens		✓	✓	✓
Transition to Adulthood Program				✓
Rhyming to Read	✓	✓		

Classifications of Programs and Initiatives

The programs and services we offer are characterized by the below definitions. This information will help you select the program or initiative that best fits your needs.

- **Clinical:** On-site services and activities by licensed providers (e.g., screenings, mental health services, school social workers, sports medicine services, school-based health centers).
- **Health Careers:** Awareness and education for middle through high school students to explore different health care careers with hands-on learning activities and/or interactive presentations from health care professionals.
- **Health Promotion:** Learning opportunities for staff, families, and students to increase their health-related knowledge and skills.

To request any of the programs and initiatives in this catalog, please submit a request using our community outreach portal here:

cmkc.link/community-programs



School Partnerships

The Sports Medicine Center provides coaches, athletes, parents and club organizations with premier sports medicine services. We are proud of our partnerships with:



Bishop Ward High School



Center High School



Central High School



East High School



Fort Osage High School



Grain Valley High School



Harrisonville High School



JC Harmon High School



Leavenworth High School



Lee's Summit High School



Lincoln College Prep



Northeast High School



Paseo High School



Pembroke Hill



Piper High School



Ray-Pec High School



Raytown High School



Raytown South High School



Ruskin High School



Schlagle High School



Southeast High School



Sumner Academy



Truman High School



Turner High School



University Academy



Van Horn High School



Washington High School



William Chrisman High School



Wyandotte High School

Athletic Training

Overview

The school-based athletic training (AT) program places certified athletic trainers in schools to provide expert care and support for student-athletes. Athletic trainers manage emergency situations, evaluate and rehabilitate injuries, conduct sports health assessments and screenings, offer first aid and make return-to-play recommendations. They also help develop Emergency Action Plans (EAPs) in coordination with school staff.

Working closely with school staff, athletes' parents and families, school nurses, social workers and counselors and school administrators, athletic trainers help ensure safety protocols are in place, return-to-play guidelines are followed and all required documentation is completed.

Athletic trainers are on-site for practice and game coverage, as well as triage in school athletic training rooms. The AT program currently supports more than 29 schools in Missouri and Kansas.

Intervention type	Clinical
Anticipated program outcomes	- Reduced time lost on the playing field due to injury. - Increased knowledge in the services available and access to health care facilitated through the AT program.
Target audience	Students in middle school and high school athletic programs.
School requirements	- Sign a contract (most contracts are three-year agreements). - Pay the cost associated with this program; cost varies based on a variety of factors. - Ensure each student athlete has a consent to treat and physical on file. - Provide an athletic training room and supplies for the trainer. - Participate in AT/AT program feedback surveys when appropriate to help enhance or improve services provided.

Hospital-Based School

Overview

The Hospital-Based School (HBS) program supports the educational needs of students with chronic and serious medical conditions during their hospital stay. Available to all school-age patients and covering all school subjects, the program offers assistance with homework, reading materials, educational games and school materials and supplies.

HBS teachers are available at the Adele Hall campus Monday through Friday and are ready to assist patients and families with academic needs. Each teacher holds a degree in education and is certified by the state's Department of Education. They also participate in ongoing professional development to stay current with best practices in teaching and learning.



Intervention type	Clinical
Anticipated program outcomes	- Reduced patient and family anxiety by knowing a certified teacher can help meet learning needs. - Academic instruction individualized to patient with hands-on, relevant lessons. - Patients exercise choice in what, when and how they learn. - Collaboration with patient's school to assist in keeping pace with current schoolwork.
Target audience	All students experiencing chronic and serious medical conditions.
School requirements	Contact the Hospital-Based School Program for guidance if you have a student who has a chronic or serious medical condition at hospitalbasedschool@cmh.edu.

School-Based Social Work

Overview

School social workers are licensed mental health professionals who support students’ social, emotional, behavioral and academic well-being. They collaborate with students, families, staff and community partners to help students thrive.

Using a trauma-informed care approach, school social workers recognize student strengths, build resilience and promote lifelong coping skills. They provide both individual and group support to students and assist teachers with strategies to manage classroom behaviors effectively.

Intervention type	Clinical
Anticipated program outcomes	- Increased support for students and staff. - Increased access for mental health services. - Teacher, staff, and administrator satisfaction.
School requirements	- Sign a contract. - Pay the cost associated with this program (cost varies based on multiple factors). - Obtain parental consent for treatment.



School Nurse Support and Programming

Overview

Children's Mercy partners with school nurses to strengthen their ability to deliver safe, effective, and evidence-based care. Support includes timely responses to clinical and operational inquiries, giving nurses access to expert guidance for student health decisions. Children's Mercy also provides training modules on key topics such as chronic disease management, mental health, communicable diseases, and emergency preparedness to promote best practices.

Additionally, the program offers customized training and professional development tailored to the specific needs of schools or districts on a case-by-case basis. These efforts build confidence, consistency, and competence among school nurses, supporting healthier school environments and improved student outcomes.

Intervention type	Clinical
Anticipated program outcomes	- Increased technical skills. - Increased educational resources.
Target audience	- School nurses. - School staff.



Nurse Advice Line

When your child is sick or injured and your primary care provider is not available, call **(816) 234-3188** for advice from the Children's Mercy Nurse Advice Line. We are available 24/7 to answer your questions.

Visit our website for upcoming trainings and learning modules for Continuing Nursing Education Credits.



Career Exploration Guest Speakers

Overview

The health care field offers a multitude of exciting career opportunities. Children's Mercy includes a diverse team of professionals from various departments who are available to visit classroom and share their expertise with students. Speakers include specialists in nursing, respiratory therapy, pharmacy, radiology, physical therapy and many other areas.

Intervention type	Health careers
Anticipated program outcomes	- Increased knowledge about various careers within health care. - Information about the required educational path for each career. - Detailed account of what that role entails.
Target audience	Students in elementary, middle and high school.
School requirements	- No contract required. - No associated cost. - Encourage student participation.



High School Open House

Overview

A day-long program introduces students to a variety of health care careers through engaging, interactive experiences. The event includes a career panel presentation, booth rotations highlighting specific professions, hands-on activities and an interactive presentation led by Human Resources. The program is offered twice a year – once in the fall and once in the spring.



Intervention type	• Health careers
Anticipated program outcomes	• Increased knowledge of the multitude of health care careers. • Increased awareness of the multiple different skill sets and how they can be applied in health care. • Increased engagement in STEM courses.
Target audience	• Students in high school.
School requirements	• No contract required. • No associated cost. • Send information to parents and students (inform students in science classes and health clubs). • Encourage student participation.

STAR 2.0

Overview

The STAR 2.0 Program explores the career field of a medical researcher. The program gives participants:

- A better understanding of what it is like to work in medicine/research.
- Scientific writing and presentation skill development.
- Medicine and research networking opportunities.
- Faculty, staff, and peer mentorship experiences.

Intervention type	• Health careers
Anticipated program outcomes	• Increased interest in pursuing a career in medicine and science. • Increased knowledge of the career roles that exist in health care.
Target audience	• Current freshmen, sophomore, and junior high school students who reside in Missouri and Kansas. • Further preference given for students who are from disadvantaged backgrounds per National Institutes of Health criteria. • Students must attend public or charter schools to be eligible, with preference given to those who attend schools in disadvantaged neighborhoods and communities.
School requirements	• No background in scientific research is necessary, but solid academic performance and an interest in medicine and/or science is preferred.



12345 Fit-Tastic!

Overview

12345 Fit-Tastic! is a healthy lifestyle message created by organizations across the Kansas City community. It serves as one component of the MAPPS for Change framework, which guides the creation of action plans to support policy and environmental changes that promote healthy eating and active living in schools and early care and education settings.

Resources and information to support each of the healthy lifestyle behaviors are available at fittastic.org.

Intervention type	Health promotion
Anticipated program outcomes	- Increased awareness of healthy lifestyle behaviors. - Including the 12345 Fit-Tastic! message and information in school wellness policies.
Target audience	- School nurses. - School staff and administrators. - Early care and education providers. - Parents/guardians.
School requirements	- Agreement required for use of brand. - No associated fees.



Center for Childhood Safety

Overview

Children's Mercy's Center for Childhood Safety serves as the lead agency for Safe Kids Greater Kansas City. In collaboration with community partners, the center offers education and resources to promote safety in the community, at home and on the go. By focusing on the prevention of unintentional injuries, the center works with educators and families to protect children from birth through age 18 safe from falls, drownings, burns, poisonings, firearm injuries, pedestrian and traffic-related incidents and motor vehicle crashes.



Intervention type	• Health promotion
Anticipated program outcomes	• Increased holiday safety for elementary school children. • Improved understanding of occupant restraint and car seat safety during travel. • Increased knowledge of basic traffic and pedestrian safety concepts. • Decreased incidents of distracted driving in the teenage population of students. • Increased awareness of how to best secure medications, poisons and firearms in the home.
Target audience	• Students in elementary, middle and high school. • Parents/guardians.
School requirements	• No contract required. • No associated cost. • Classroom or gymnasium for presentation.

Breaking Through

Overview

The Breaking Through Teen program is a 1-hour, group-based educational session designed to motivate and empower adolescents to overcome challenges and achieve their health goals. The program fosters resilience and promotes a healthy transition from childhood to adulthood by encouraging teens to make healthy, intentional choices, avoid high-risk behaviors and take the steps to become healthy adults. Past educational topics include sexually transmitted infections (STIs), contraception, vaping and substance use, pubertal growth and development, mindfulness and wellness strategies.

Intervention type	Health promotion
Anticipated program outcomes	- Increased awareness and knowledge of adolescent-related health topics like substance use, pregnancy prevention, STIs, pubertal growth and development, nutrition, healthy relationships, bullying, self-esteem, social media use and goal setting. - Decreased rates of unexpected teen pregnancy and STIs, decrease in risky behaviors.
Target audience	- Students in upper elementary school (11+). - Students in middle school and high school.
School requirements	- No contract required. - No associated cost. - One to two staff members to assist with classroom management for students. - Classroom or gymnasium for presentation. - Duration of presentation: 1 hour.





Healthy Schools & Child Care Program – Environmental Health



Overview

This program supports local school districts in creating the safest and healthiest learning environments for students and staff. Services include both responsive investigations of environment concerns and proactive support such as policy evaluation, staff education and training, full facility audits and comprehensive environmental reports.

Intervention type	Health promotion
Anticipated program outcomes	- Increased knowledge of key staff who maintain the facility and care for those who occupy it (administrators, nurses, building manager/ lead custodian, teaching staff, etc.). - Reduced asthma triggers. - Reduced absenteeism/improvements in attendance, which may lead to increases in state funding. - Reduced health utilization of staff (reduced costs for schools/districts). - Reduced moisture-related concerns, which leads to healthier learning environment (IOM Report – Moisture and Mold 2004). - Reduced safety hazards, which should reduce student and staff injuries.
Target audience	- Child Care facilities. - Pre-K. - Students in elementary, middle and high school. - Staff/faculty. - School nurses. - Leadership.
School requirements	- No contract required for consultations and simple walkthroughs. - No cost for basic consultation services and some trainings. - Contract required for comprehensive service (most are five year agreements with service agreement costs of \$.065/square foot). - Allow CMH staff to perform visual walkthrough of all facility spaces while they are unoccupied. - Provide classroom or gymnasium for in-person (preferred but not mandatory). - Provide audio/visual equipment.



To learn more about the Healthy Schools & Childcare Program scan the QR code



Immunization Education

Overview

Immunization Education helps families understand how vaccines work and the diseases they help prevent. The program also provides information on recommended vaccination schedules for children and how to access immunization services.

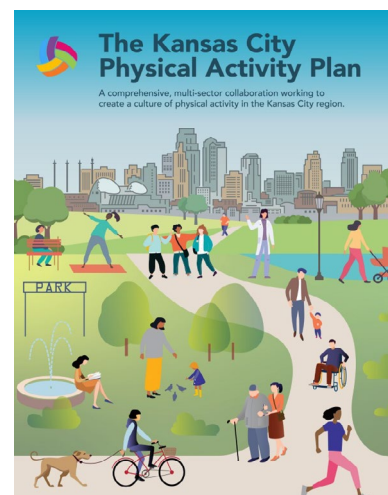
Intervention type	• Health promotion
Anticipated program outcomes	• Increased awareness of vaccines. • Increased knowledge of the importance of vaccines.
Target audience	• Adult caregivers.
School requirements	• Provide classroom or gymnasium for in-person presentation (preferred but not mandatory). • Designate a staff member for coordinating parent events.



KC Physical Activity Plan – School Sector

Overview

The Kansas City Physical Activity Plan represents a collaborative effort across multiple sectors to identify strategies and set priorities that promote increased physical activity for all residents of the Kansas City region. Because school is a central part of daily life for most children – and where nearly half of their physical activity typically takes place – the Schools Sector Work Group focuses on increasing opportunities for movement during the school day. However, the amount of physical activity students get at school can vary greatly, and children with limited school-based physical activity often have low overall activity levels. To address this, the group aims to increase the adoption of evidence-based programs and policies and expand access to physical activity opportunities and high quality physical education in schools.



Intervention type	Health promotion
Anticipated program outcomes	- Increased awareness of physical activity on academic performance. - Increased awareness of the benefits of physical activity during school hours. - Increased opportunity for physical activity during school hours (ex: before-and-after school programs, PE, brain breaks, recess). - Increased adoption of the Comprehensive School Physical Activity Program Model. - Increased professional development related to physical activity. - Increased proficiency in physical literacy.
Target audience	- School staff and administrators. - Those interested in collaborating to create a culture of physical activity in the Kansas City Region with a specific focus on school settings.
School requirements	N/A

To read more about the Kansas City Physical Activity Plan, scan the QR code.



Prepped and Ready

Overview

Prepped and Ready is a learning module designed to help parents navigate the transition into parenting teenagers. The program focuses on proactive steps parents can take before a crisis arises, offering guidance on how to address challenging topics with their teens and create a safer home environment.



Intervention type	• Health promotion
Anticipated program outcomes	• Increased parent awareness and confidence on what to do before a crisis. • Improved safety at home.
Target audience	• Parents/guardians.
School requirements	• No contract required. • No associated cost. • Provide classroom or gymnasium for in-person presentation (preferred but not mandatory). • Provide audio/visual equipment. • Designate a staff member to coordinate parent events. • Duration of presentation: at least 30 minutes.

To learn more about the Prepped and Ready program scan the QR code



Project ADAM

Overview

Project ADAM is a comprehensive, school-based program designed to train staff to respond effectively to sudden cardiac arrest (SCA). While AED's are essential, they alone aren't enough. Lives are saved when schools have a documented emergency plan, a trained cardiac response team, and conduct regular practice drills. Schools that successfully implement a high-quality SCA program—one that includes awareness, training, and emergency readiness—can earn the Project ADAM Heart Safe School designation.

Project ADAM®
SAVES LIVES



Project ADAM partners with schools and communities to develop and implement these critical response plans. Support includes planning templates, a detailed reference manual, and one-on-one consultation to help prevent sudden cardiac death in the school setting. In addition, we offer hands-only CPR training for students, staff, and community members, along with on-site assistance for emergency drills.

Intervention type	Health promotion
Anticipated program outcomes	- Develop and implement a cardiac emergency response plan that fulfills CERP legislation in Kansas (Senate Bill 19) and Missouri (Senate Bill 68). - Improve staff and student readiness through hands-on training and education, empowering them to respond effectively to a sudden cardiac arrest.
Target audience	- Staff/faculty. - Nursing. - Students.
School requirements	- Complete Project ADAM Heart Safe School Checklist and return to program coordinator. - Use manuals, toolkits, templates and videos provided.

To learn more about Project Adam
scan the QR code



School Health Conference

Overview

This annual conference is designed for school nurses and school health professionals to enhance their practice in the school setting. The conference features interactive presentations, educational exhibits with pediatric and community experts and networking opportunities. The conference is typically held in the summer.

Intervention type	• Health promotion
Anticipated program outcomes	• Increased awareness of accessible resources at Children's Mercy and in the community for school staff. • Identify one strategy from new knowledge to enhance school nursing care for children and adolescents. • Self-report increased confidence and skills in school-based nursing, including behavioral and mental health support.
Target audience	• Staff/faculty
School requirements	• No contract required. • No associated cost.



Stop the Bleed

Overview

Stop the Bleed is a training course offering the tools and skills needed for people to recognize a life-threatening bleed and intervene effectively.

Intervention type	• Health promotion
Anticipated program outcomes	• Increased knowledge in assessing a life-threatening bleed. • Preparation to act if there is a life-threatening injury on the grounds.
Target audience	• Students in grades 6-12. • Staff/faculty. • School nurses. • Social work/counselors. • Leadership. • Parent/guardians.
School requirements	• No contract required. • No associated cost. • Provide audio/visual equipment. • Provide 1 table for every 6-8 students and sanitation wipes or stations. • Course duration: ~1.5 hours.



Teens and School Screens

Overview

Teens and School Screens is a flexible presentation designed to fit the needs of different audiences and timeframes. It explores how technology shapes student learning and behavior, highlighting both its benefits and potential risks – such as impulsive or unsafe internet use. The session focuses on understanding technology use in the educational setting and finding ways to optimize its benefits while minimizing its risks. The presenter shares recent research about technology use risks and benefits and facilitates discussion among school faculty.

Intervention type	• Health promotion
Anticipated program outcomes	• Identification of classroom strategies that can be implemented immediately to improve internet use habits of students. • Opportunity for school faculty collaboration to brainstorm techniques to improve the digital health of school faculty and students.
Target audience	• Staff/faculty
School requirements	• No contract required. • No associated cost. • Provide audio/visual equipment.





Transition to Adulthood Program

Overview

Health Care Transition (HCT) is the process of shifting from a pediatric to an adult model of health care. HCT enhances young adults' ability to manage their health effectively and make use of health services. The process involves three key steps: facilitating transition preparation, transferring care, and integrating into adult-centered care. By following these steps, young adults can better navigate their health care needs as they move into adulthood.

Intervention type	• Health promotion
Anticipated program outcomes	• The goal of HCT is for young adults to learn the skills needed to manage their health before they become an adult and transition out of pediatric care. This process happens in small steps over several years and will be different for each person.
Target audience	• Young adults/caregivers.
School requirements	• NA



Rhyming to Reading

Overview

Rhyming to Reading uses a multi-sensory structured teaching approach designed to enhance phonemic awareness, phonics, fluency, vocabulary, and comprehension. The program incorporates a variety of engaging activities, including games, songs, and books to captivate children's interest and facilitate the learning process.

Printable Lesson Plans, printable materials and pre-post tests are included in the program. Video training is included in the program as part of the curriculum.

To date, over 2,500 children have participated in the program, demonstrating significant progress in their reading skills.

Intervention type	Health promotion
Anticipated program outcomes	- Increased phonological skills. - Increased skills for early reading success.
Target audience	Children 4-6 years old.
School requirements	- Online version for a nominal fee. - CD version-CD player access needed.





Looking for a fun field trip?

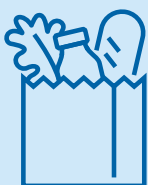
Visit Children's Mercy at Junior Achievement Biztown!

Scan the QR code for more information.



Do you need some help?

Find these resources and so much more on **liftupkc.org**.



Food



Personal care items



Help with rent
and utilities



Help finding a job



Clothing

Scan this
QR code to
check out
Lift Up KC!



*Because
everyone
needs a
little help
sometimes*



Children's Mercy

**LIFT
UP**KCSM

Connecting your family with trusted community resources

Camp Opportunities

Children's Mercy recognizes the value of camp experiences for all children and offers this list as a resource to help families explore summer camp options.

The list available below includes camps for children with and without special developmental or medical needs and is intended as a helpful starting point for families exploring camp options.

Please note that this list is not exhaustive and is provided as a courtesy only. Inclusion does not imply endorsement or recommendation by Children's Mercy. The hospital is not responsible for individual outcomes or experiences associated with any of the camps or organizations listed.

For more information, please visit our website by scanning the QR code!



Support Groups and Programs

Children's Mercy understands how important it is for all children and families to have access to meaningful support throughout their care journey. The list available below includes a sample of the support groups hosted by Children's Mercy available to patients and their families.

For more information, please visit our website by scanning the QR code!





To request any of the programs and initiatives in this catalog, scan the QR code below to submit a request using our **community outreach portal**.



