

PAWS

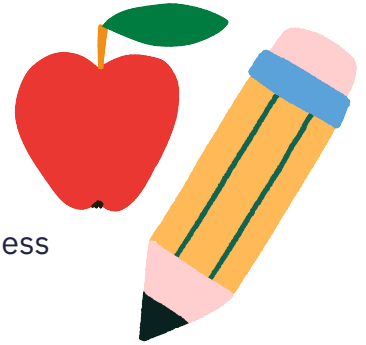


Prevention & Wellness Services/Community Adolescent Health Center (CAHC) and E3 Program

NEWSLETTER
August 2026

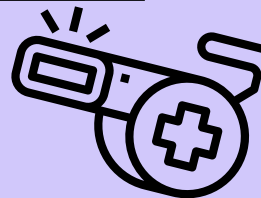
Back to School

A new school year offers a great opportunity to focus on your health and wellness. At the PAWS Clinic, we proudly serve *adolescents ages 10-21*, providing a wide range of primary care services to meet your needs. We are here to help you feel your best by offering services that support both your physical and mental wellness every step of the way.



Physical Wellness Spotlight

Play Smart, Stay Safe: Preventing Injuries



1 in 5 teen athletes are injured *each year*

34% of injuries are *sprains and strains*

10% of injuries are *concussions*

50% of injuries are linked to *overuse* (too much, too soon)

54-62% of injuries happen during *practice*

Sports injuries typically make up about 30% of all childhood injuries requiring medical care. While sports are a great way for teens to stay active, build confidence, make friends, and learn healthy habits, it is also important to play it smart. Injuries can happen when teens push too hard, skip warm-up, or don't give their bodies enough time to rest and recover. These can range from minor sprains to more severe injuries like concussions.

The good news is that many injuries can be prevented with a few simple habits: warming up before practices, games and performances, staying hydrated, using proper equipment and listening to

your body when something doesn't feel right. Mixing in rest days and cross-training can also help prevent burnout and injury.

Parents, coaches, and teens can all work together to keep safety a priority. Encouraging balance, proper rest, and open communication about pain or fatigue helps ensure teens stay healthy, strong, and ready to enjoy their activity all season long!

What We Do: Our Prevention and Wellness Services

- Primary Care (i.e. Well-Care Visits, Vaccinations, etc.)
- Acute Illness or Injury
- Sports Physicals
- Referral for Specialty Care
- Basic Laboratory Services and Tests
- Risk Reduction/Prevention Education
- Mental Health Therapy
- Confidential Services *and more!*

Prevention 101: Things You Can Do To Stay Healthy

- Keep up with annual physicals
- Stay up to date on vaccines
- Practice healthy eating habits
- Take breaks from screens
- Drink plenty of water
- Practice good sleep hygiene



Mindful Minute: *Let's Practice 54321 Grounding*

- What are 5 things you can see right now?
- What are 4 things you can hear?
- What are 3 things you can feel/touch?
- What are 2 things you can smell?
- What is 1 thing you can taste?

Self Check-In: *Take time to ask yourself some important questions:*

- What emotions am I feeling?
- Have I eaten anything today?
- When was the last time I drank a sip of water?
- How have I been sleeping?
- What are some things I've been thinking about lately?

Meet the Team!



Pictured (Left to Right): **Atty Flood, LMSW-C, Outpatient Therapist (PAWS)**; **Phylicia Castillo, RMA, Clinic Coordinator**; **Andrea Scott, LMSW-C, School Based Therapist (E3)**; **Kiel Lucas, BSN, RN, Program Director**; **Anne Davidhizar, FNP-C, Nurse Practitioner**; **Laurie Ireland, RMA, Medical Assistant**; **Lance Ross, E3 Case Manager**; Not Pictured: **Dr. Seema Salvi, MD, Medical Director**



Mental Wellness Spotlight

Get Back in the Flow: **Find Your Routine and Get Some Sleep!**

Back to school is the perfect time to reset and focus on building routines that help teens thrive! A consistent daily schedule, including regular wake-up times, dedicated homework blocks, and a calming bedtime routine can boost focus, reduce stress, and make busy school days feel more manageable.

Sleep is a game-changer too. Research tells us that teens do best with 8–10 hours of sleep each night to help fuel energy, mood, and boost their ability to learn.

Starting these routines now can set students up for a smoother, more confident transition into the school year. Getting into a rhythm early helps reduce those first-week pressures and makes it easier to recognize when something more than typical back-to-school stress may be going on—so teens can get the support they need and stay on track for a healthy, successful year.

8-10 recommended hours of sleep for teens **each night**

77% of teens get **less** than recommended sleep

70% of teens with poor sleep report **more** depressive symptoms

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Everyone at the PAWS Clinic is so kind! They always make me feel so supported and welcome.
- Anonymous PAWS Consumer

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Our Hours:
Monday - Friday
8 am- 4:30 pm