

## Wellness Program Service Summary

The mission of the San Francisco Wellness Initiative is to improve the health, well-being, and educational outcomes of SFUSD high school students.

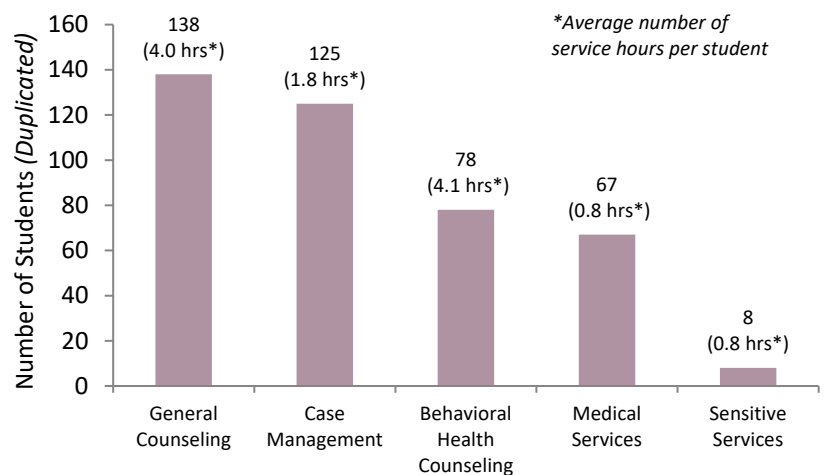
<b>Total Number of Youth Served</b>	<b>182 (unduplicated)</b> <b>109%*</b> of the student population (167 in 2015-16)
<b>Total Number of Service Hours</b>	<b>1,249 hours</b> (an average of 6.9 hours per student)
<b>Student Drop-Ins</b>	--students visited the Wellness Program during drop-in hours on a typical day. Over the entire school year, that equals --student contacts.

### Outreach & Education Highlights

Wellness provided 31 health promotion activities reaching 2,012 students (duplicated), including:

- Futures Day: Fair & Career Panel
- Sailing Fields Trips for Grief and Loss Groups
- Wellness Health Fair and Spirit Week
- Community Circle: Potluck and Talent Show
- Classroom presentations: on Stress Reduction and Mindfulness; Marijuana; Safe Sexual Decision Making; Job Development and Employment Opportunities
- Staff Professional Development on Trauma & Resiliency; Self-care

### Top Five Types of Services by number of students served



*"Wellness has helped me be more mindful and a much calmer person because I have people to talk to."*

- Downtown Student

### Student Support Groups

Wellness organized 11 groups and clubs reaching 235 students, including:

- Gay Straight Alliance
- Black Student Union
- Cooking Club
- LOVE Group
- Life Skillz Group
- Hip Hop Music Group
- Poly Power
- Grief & Trauma Group
- Youth Outreach Workers Program

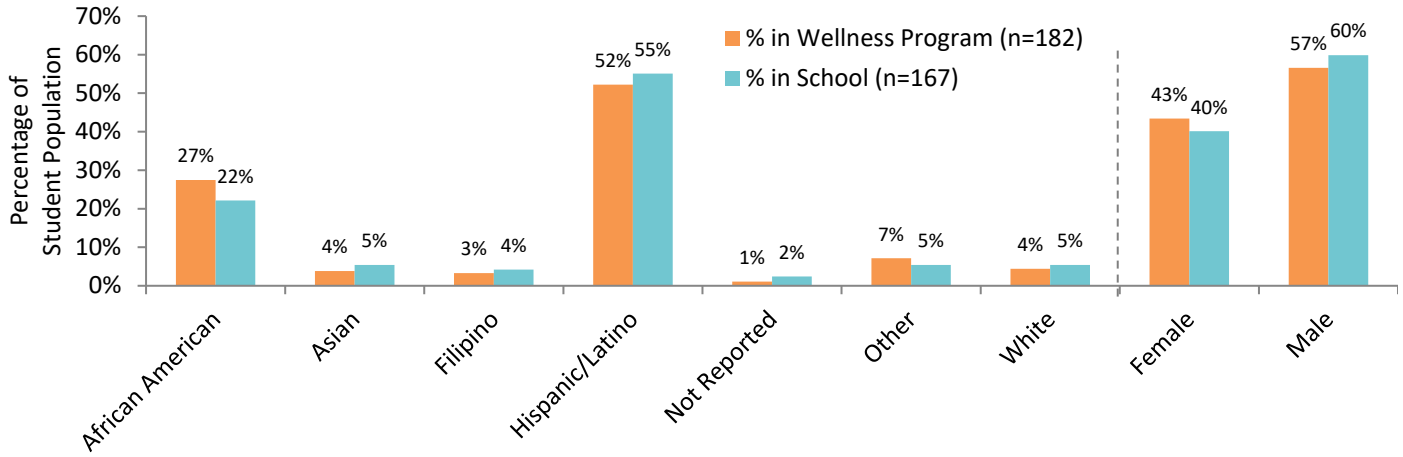
### Community Partners

Wellness collaborated with 6 community-based organizations, including:

- Asian American Recovery Services
- La Casa de las Madres
- Oakes Children's Center
- Ohlhoff Recovery Programs
- Potrero Hill Family Resource Center
- Urban Services YMCA

\*Students can be placed at Downtown throughout the school year, thus the number of students increases as the year progresses. However, student enrollment figures are based on data from October 2014.

## Comparison of Student Demographics in School and Wellness Program Population



## Wellness Team Members

### Wellness Coordinators

**Jodi Tsapis**

### Community Health Outreach Worker

**Lawrence Festin**

### School District Nurse

**Ariane Peixoto**

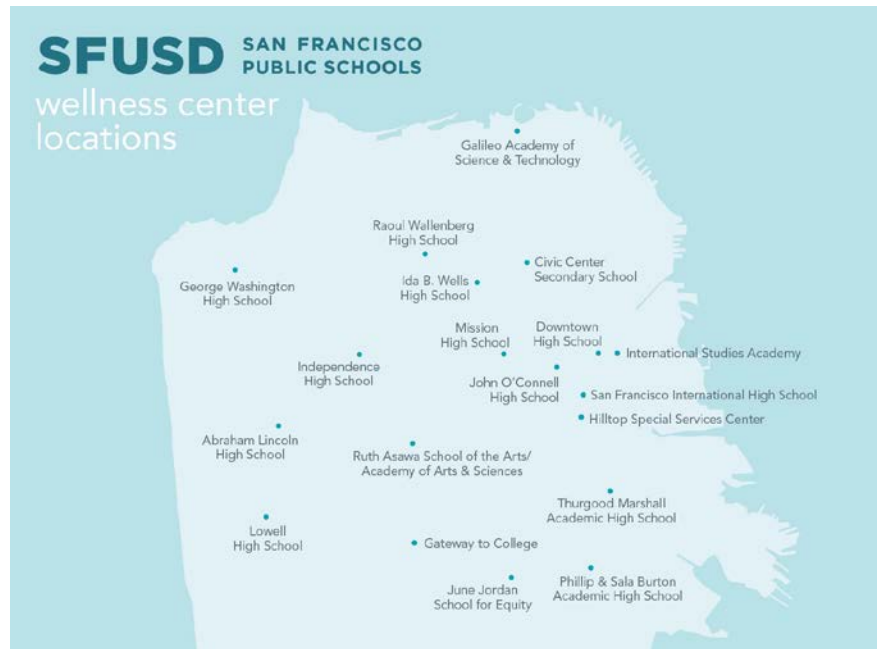
### Behavioral Health Therapists

**Francis Calero (RAMS)**

### Interns

**Rebecca Martinez (SIT)**

**Sharon Santos (Foster Youth Services)**



## Contact

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Chart data was obtained from the Contract Management System (CMS) managed by the San Francisco Department of Children, Youth and Their Families and CALPADS data from the California Department of Education at <http://dq.cde.ca.gov/dataquest>. The CALPADS and CMS information reflects data available during the 2014-15 school year.

In "The Top Five Types of Services" chart, Medical Services refers to services primarily provided by the school nurse. General Counseling refers to non-clinical counseling provided by non-licensed staff. Behavioral Health Counseling refers to clinical counseling services provided by a licensed or license-eligible counselor. Case Management refers to coordination of care to meet students' health needs. Sensitive Services refers to reproductive health services.

In the "Comparison of Student Demographics" chart, the "Other" race/ethnicity category may include the identities American Indian, Alaska Native, Native American, Pacific Islander, Middle Eastern, or Multiracial/Multiethnic.

*Partnering to support student health and well-being.*