

## 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.

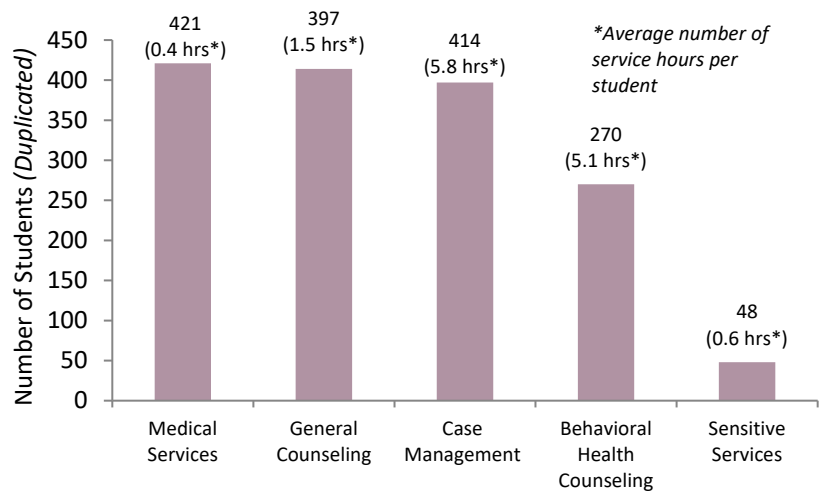
<b>Total Number of Youth Served</b>	<b>847 (unduplicated)</b> 45% of the student population (1,890 in 2015-16)
<b>Total Number of Service Hours</b>	4,975 hours (an average of 5.9 hours per student)
<b>Student Drop-Ins</b>	<b>173 students</b> visited the Wellness Program during drop-in hours on a typical day. Over the entire school year, that equals <b>31,140 student contacts</b> .

### Outreach & Education Highlights

Wellness provided 74 health promotion activities reaching 6,278 students (duplicated), including:

- *Mind Your Mood* featuring 9 workshops on mental health topics
- *LoveFest* featuring 13 workshops on sexual health and healthy relationships
- *Pink Tsunami* and *Day of Silence*
- *Galileo is Above it All* featuring 4 presentations on Alcohol, Tobacco & Drugs
- Classroom Presentations on Nutrition; Rethink Your Drink; Gender; and Tobacco, Marijuana & E-Cigs
- Parent Education Workshops on Communication, Stress & Adolescents; and Being a Bicultural Teen

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



“They've helped me on any situation I've faced with relationships, work, school, family problems, anytime I'm confused on something I know on where I can count on for help.”

- Student, Galileo Academy

### Student Support Groups

Wellness organized 16 groups and clubs reaching 247 students, including:

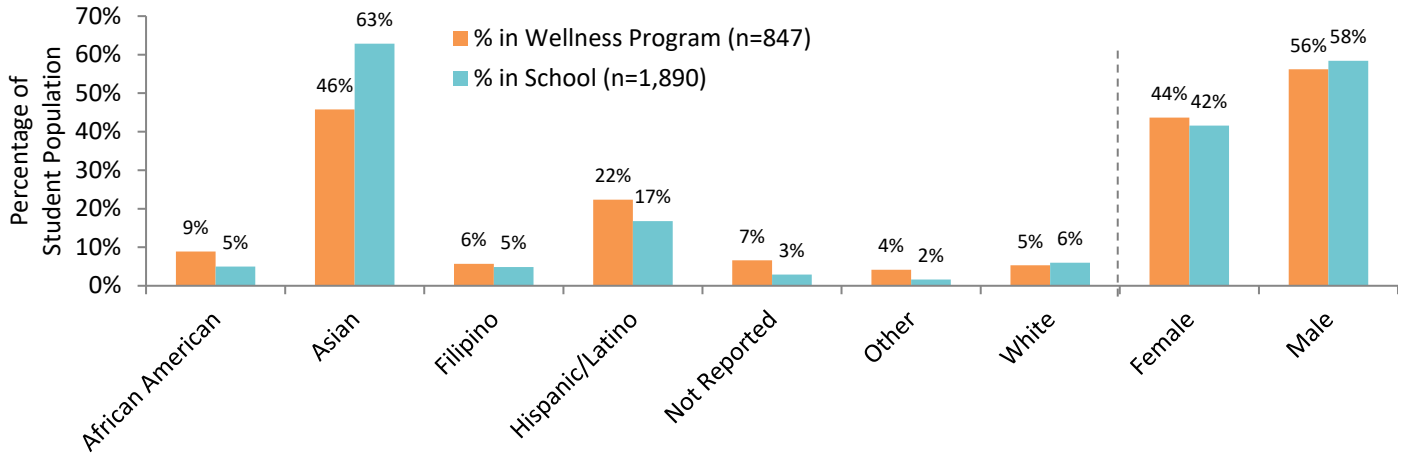
- African American Girls Group
- Breakfast Crew
- Girls Health Group
- Newcomer Club & Latina Newcomer Girls Group
- Xicas (Latina Empowerment Group)
- Latino Boys Group
- Queer Support Group
- Project Arrive Boys & Girls Groups providing school support and mentorship to 9<sup>th</sup> graders
- Youth Moving Forward
- Young Men's Health Groups
- Youth Outreach Worker Program

### Community Partners

Wellness collaborated with 12 community-based organizations, including:

- Asian American Recovery Services
- Bayview Hunters Point Foundation
- Community Youth Center
- Chinatown / North Beach Mental Health
- Hearing and Speech Center of Northern California
- HOMEY
- Horizons Unlimited
- Huckleberry Youth Programs
- Occupational Therapy Training Program
- Ohlhoff Recovery Program
- SF/Marin Food Bank
- Vietnamese Youth Development Center

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



## Wellness Team Members

**Wellness Coordinator**

**Michelle Fortunado-Kewin**

**Community Health Outreach Worker**

**Naomi Forsberg**

**School District Nurse**

**Susan Kitchell**

**Behavioral Health Therapists**

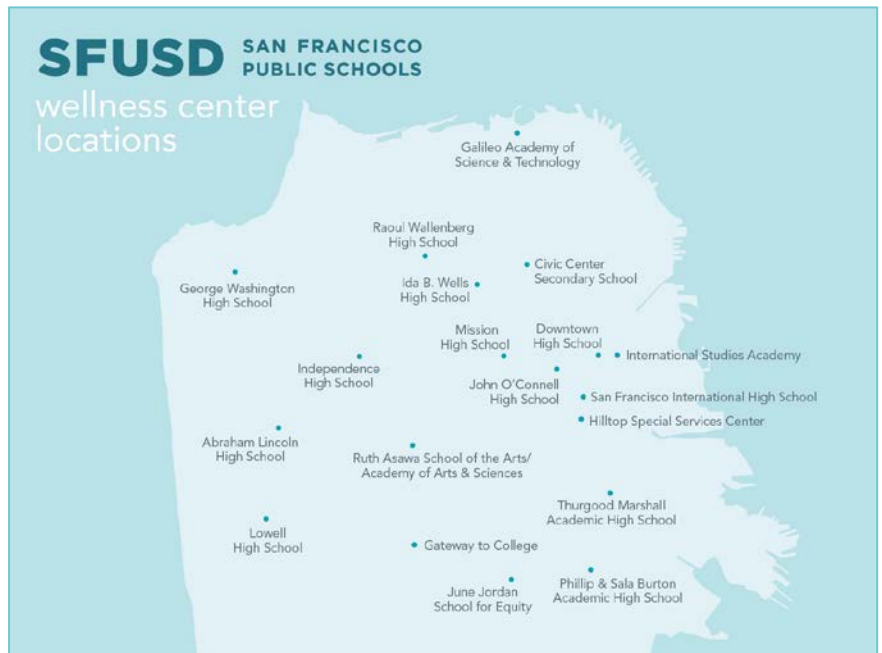
**Sarah Kwan, Danae Carvacho & Aaron Hagaman (RAMS)**

**Interns**

**Yen Dinh (SIT)**

**Vivian Hui (SIT)**

**Norma Ramirez (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.*