

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.

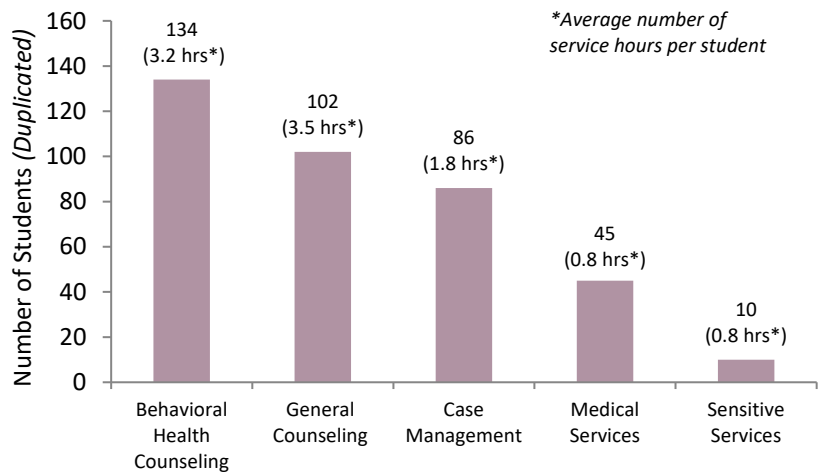
Total Number of Youth Served	178 (unduplicated) 142%* of the student population (125 in 2015-16)
Total Number of Service Hours	1,166 hours (an average of 9.4 hours per student)
Student Drop-Ins	58 students visited the Wellness Program during drop-in hours on a typical day. Over the entire school year, that equals 10,440 student contacts .

Outreach & Education Highlights

Wellness provided 110 health promotion activities reaching 5,404 students (duplicated), including:

- Increase the Peace Week
- Healthy Hearts Forum
- Adventures in Eating
- Rethink Your Drink Campaign
- Classroom Presentations on Understanding Gang Culture; Healthy Sexuality; Anger & Forgiveness; Bullying Interventions; Substance Abuse; Healthy Relationships; and Non-Violent Communication
- Staff Professional Development on Gender and Sexual Orientation

Top Five Types of Services by number of students served



“Wellness impacted me so much that I go there every day to help out or to get help myself.”
- Ida B. Wells Student

Student Support Groups

Wellness organized 9 groups and clubs reaching 89 students, including:

- Asian Empowerment Group
- Young Women’s Empowerment Group
- We Found Your Chill- Yoga Group
- Young Men’s Empowerment Group
- Black Student Union
- Youth Outreach Workers Program

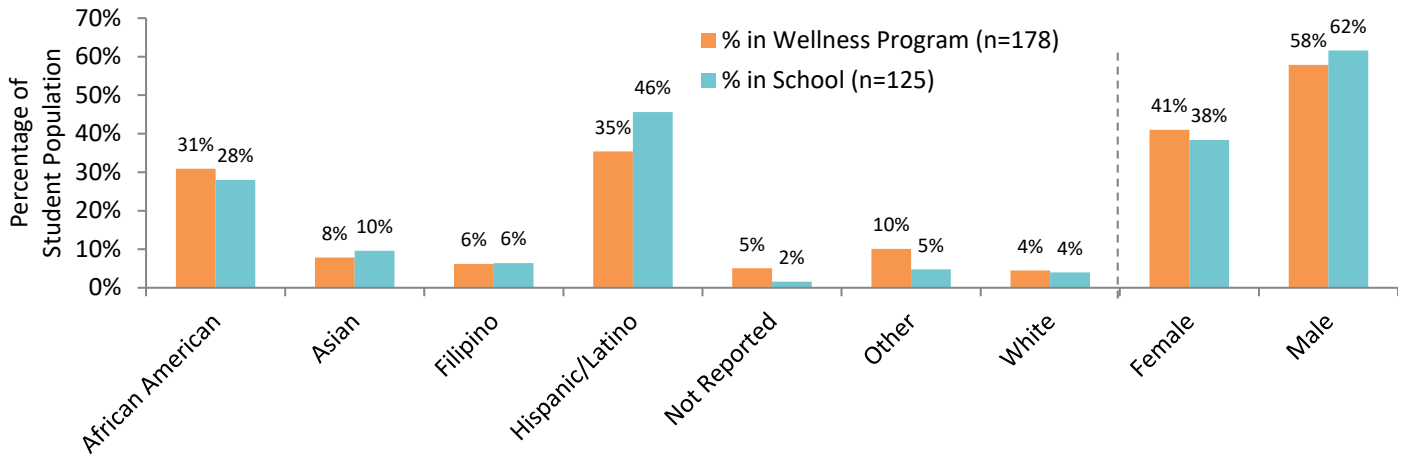
**Students can be placed at Ida B. Wells throughout the school year, thus the number of students increases as the year progresses. However, student enrollment figures are based on data from October 2015.*

Community Partners

Wellness collaborated with 10 community-based organizations, including:

- Asian American Recovery Services
- Mission Neighborhood Health Center
- Veritable Vegetable
- Community Youth Center
- SF/Marin Food Bank
- Boys and Girls Club
- SF Ed Fund Volunteers
- 100% College Prep
- SF Violence Intervention Program
- Catholic Charities

Comparison of Student Demographics in School and Wellness Program Population



Wellness Team Members

Wellness Coordinator

Lo Bloustein

Community Health Outreach Worker

Cesar Dominguez

School District Nurse

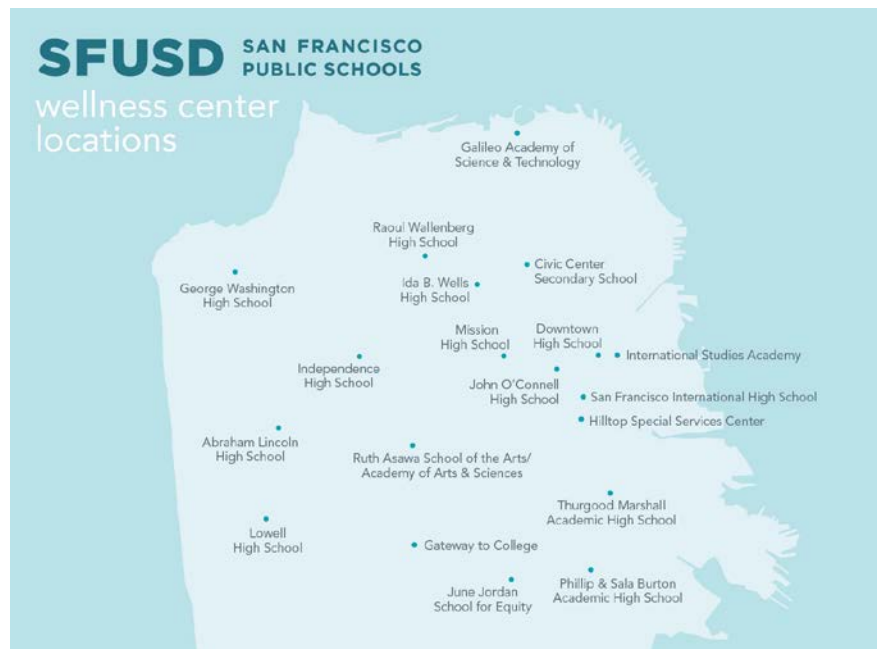
Rachel Kigano

Behavioral Health Therapists

Sarah McLaughlin (RAMS)

Interns

Clelia Fernandez (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 2013-14 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.