

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.

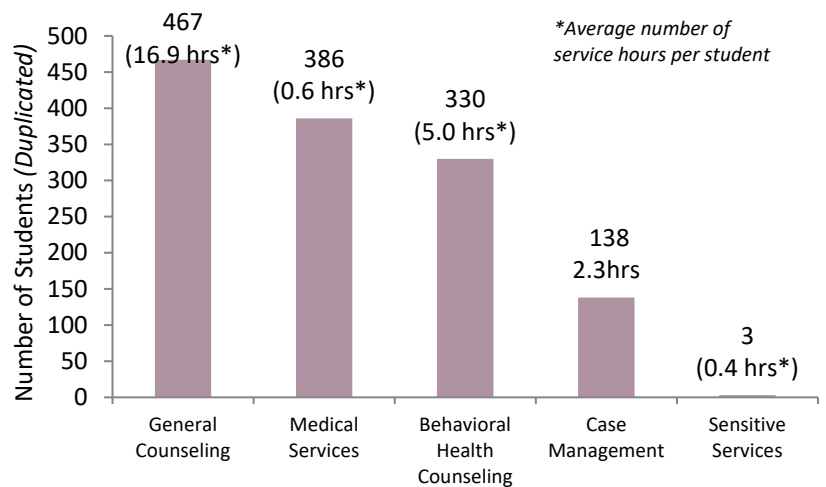
Total Number of Youth Served	894 (unduplicated) 33% of the student population (2,685 in 2015-16)
Total Number of Service Hours	13,081 hours (an average of 14.6 hours per student)
Student Drop-Ins	104 students visited the Wellness Program during drop-in hours on a typical day. Over the entire school year, that equals 18,720 student contacts .

Outreach & Education Highlights

Wellness provided 68 health promotion activities reaching 11,955 students (duplicated), including:

- Spoken Word Open Mic
- Love Fest & Stress-Free Fair
- Food & Fitness Fair
- Classroom Presentations on Wellness 101 and Community Services; Self-Care and Suicide Prevention; Stress; Reproductive Health; Drugs and Alcohol
- Staff Professional Development on Suicide Prevention; how to work with sub-populations of students
- Parent Workshops on Suicide

Top Five Types of Services by number of students served



"I cut a lot freshman and sophomore year, and one of my friends told me that she went to the wellness center because she had panic attacks. Eventually the cutting and suicidal urges got too much, so I decided to try meeting with a wellness center person to see if it would help. It did!"

- Lowell Student

Student Support Groups

Wellness organized 8 groups and clubs reaching 95 students, including:

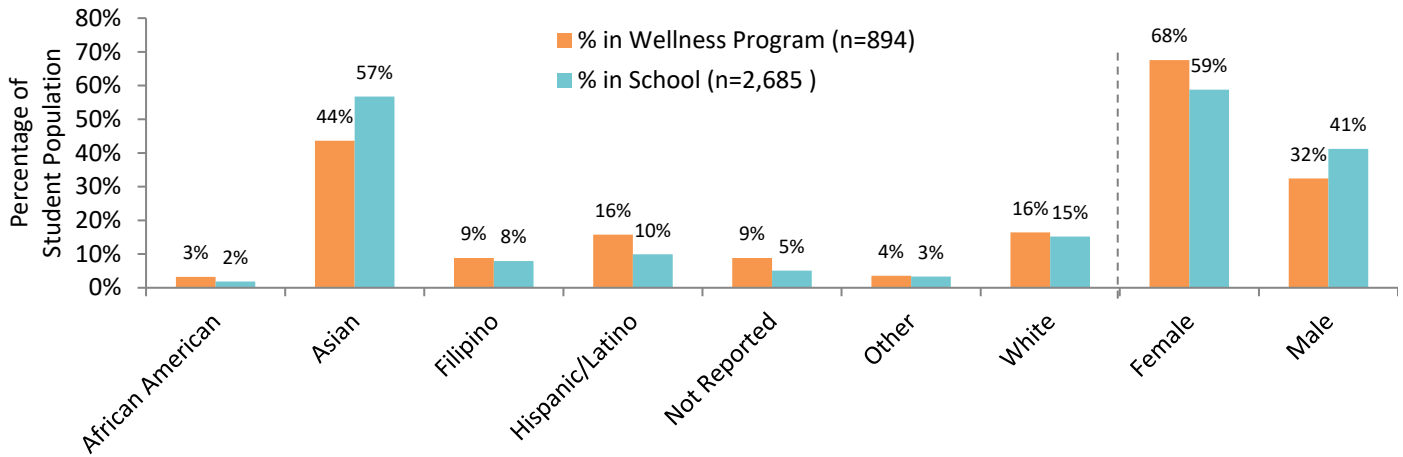
- Spoken Word Group
- Student Liaisons
- La Raza Student Group
- Polynesian Student Group
- Horizons Girls and Boys Groups
- Horizons Substance Abuse Group
- Youth Outreach Worker Program

Community Partners

Wellness collaborated with 6 community-based organizations, including:

- Community Youth Center
- Horizons
- La Casa de Las Madres
- Ohlhoff Recovery Programs
- PREP San Francisco
- Potrero Hill Neighborhood House

Comparison of Student Demographics in School and Wellness Program Population



Wellness Team Members

Wellness Coordinator

Carol Chao Herring

Community Health Outreach Worker

Xavier Salazar

School District Nurse

Tiana Blunt and Vanessa Compagno

Behavioral Health Therapists

Kin Leung (RAMS)

Amber Luis (RAMS)

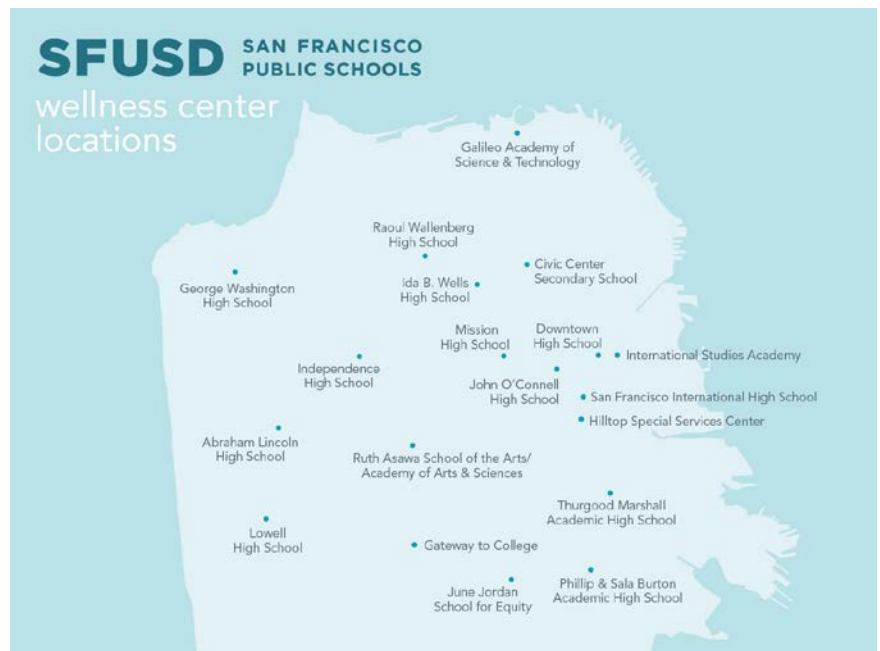
Veronica Tai (RAMS)

Interns and Volunteer

Cecilia Walken (RAMS)

Peter Van Auken (SIT)

Helen Xie (SIT)



Contact

1101 Eucalyptus Drive
San Francisco, CA 94132
(415) 242-2575
lowell@sfwellness.org
www.sfwellness.org

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.