

## 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.

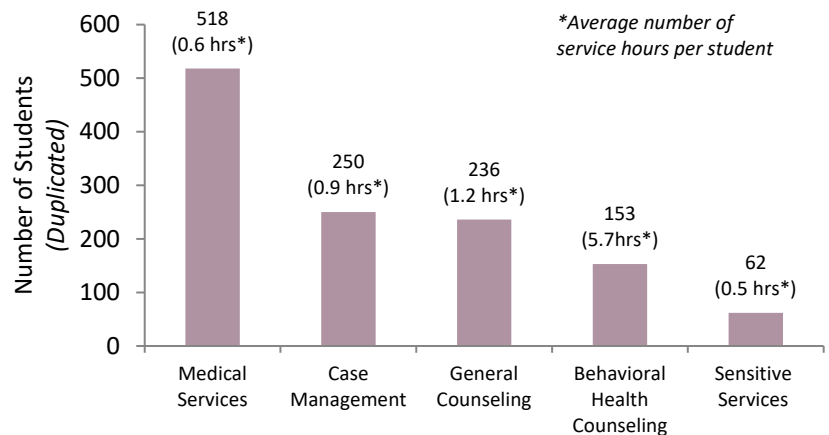
<b>Total Number of Youth Served</b>	<b>788 (unduplicated)</b> 75% of the student population (1,058 in 2015-16)
<b>Total Number of Service Hours</b>	5,445 hours (an average of 6.9 hours per student)
<b>Student Drop-Ins</b>	<b>108 students</b> visited the Wellness Program during drop-in hours on a typical day. Over the entire school year, that equals <b>19,440 student contacts</b> .

### Outreach & Education Highlights

Wellness provided 60 health promotion activities reaching 2,752 students (duplicated), including:

- Wellness 101 Assembly
- Pig Lungs Demonstration illustrating effects of smoking tobacco
- Monthly Luncheons for Mentors & Mentees
- Classroom Presentations on Depression & Suicide; Marijuana and Substance Use; Reproductive Health, and Stress and Mindfulness.
- Staff Professional Development on Staff Wellness; Bullying and How to be an Advocate

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



**“I love it! I’m glad we have it here. If it wasn't for them I would just go home and not even have the energy to be in class. And I am glad it’s a very helpful program that has helped every student at Mission High School.”**

- Mission Student

### Student Support Groups

Wellness organized 30 groups and clubs reaching 392 students, including:

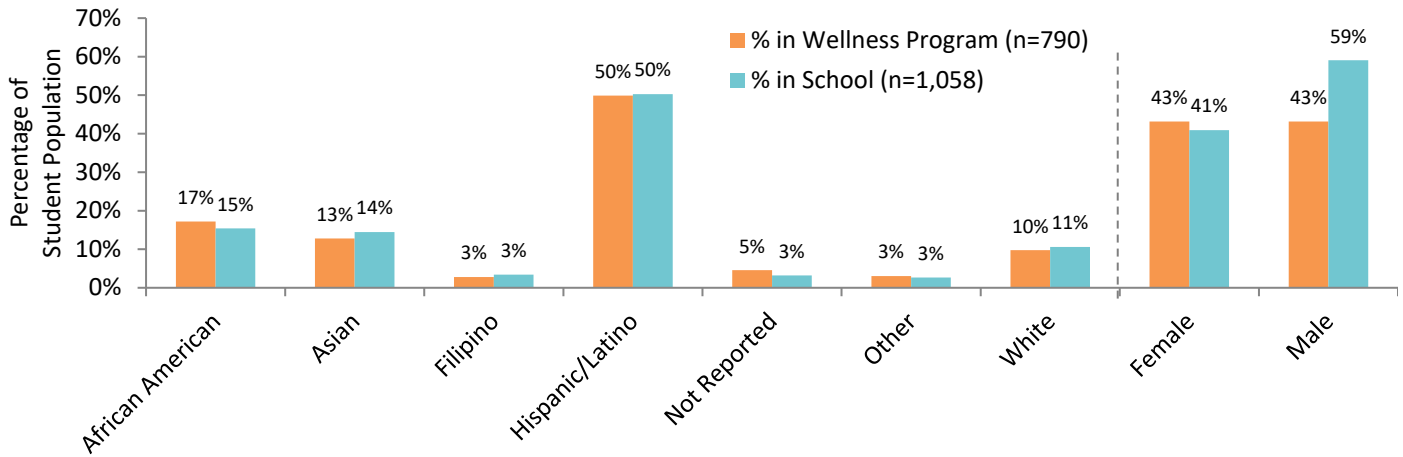
- African American Boys Empowerment Group
- Latina Unidas Group
- CYC Asian Newcomer Support Group
- Healthy Relationships Group
- Homey Lunchtime Group
- Skateboard Club
- Surf & Beach Club
- SFWAR Young Women’s Empowerment and Support Group
- Youth Outreach Workers Program
- Young Men’s Health Group
- Westside Girls Group

### Community Partners

Wellness collaborated with 10 community-based organizations, including:

- Bayview Hunters Point Foundation
- Better Early than Late
- CARECEN (Central American Resource Center)
- City Surf Project
- Community Youth Center
- Horizons
- Huckleberry Youth Services
- Insituto Familiar de La Raza
- New Generations Health Center, UCSF
- San Francisco Women Against Rape
- Westside Community Services

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



## Wellness Team Members

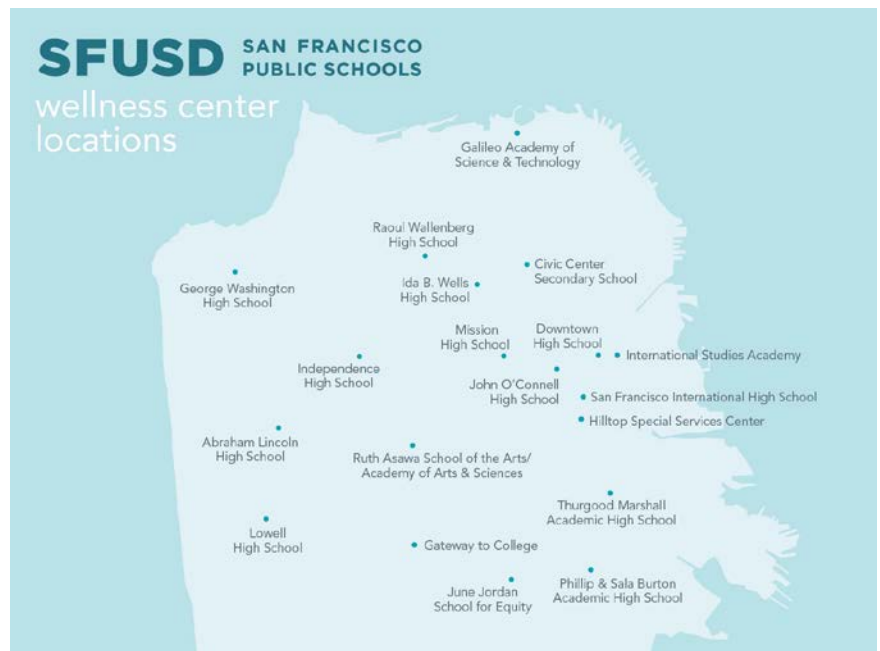
*Wellness Coordinator*  
**Chandra Sivakumaran**

*Community Health Outreach Worker*  
**Ray Sotto**

*School District Nurse*  
**Mary-Michael Preyer Watts**

*Behavioral Health Therapist*  
**David Shepard (RAMS)**

*Interns*  
**Gargi Patel (RAMS)**  
**Stacey Porciuncula (SIT)**  
**Sharif Ali (SIT)**  
**Celina Rivas (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.*