

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.

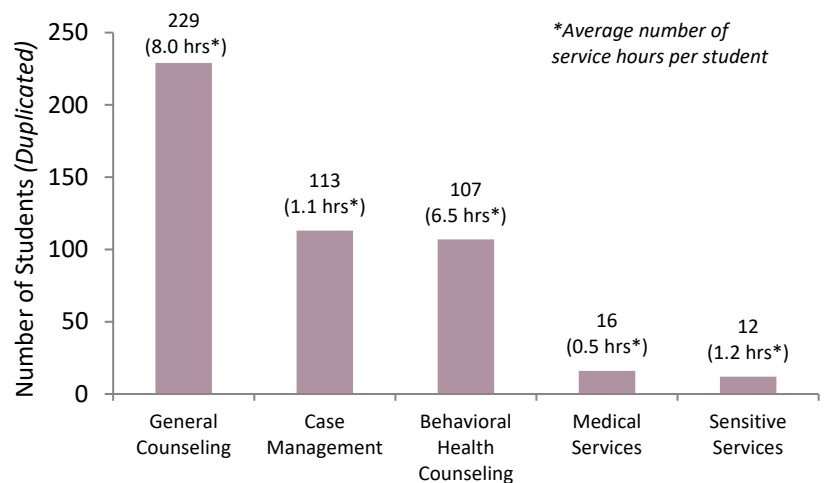
Total Number of Youth Served	284 (unduplicated) 96% of the student population (302 in 2015-16)
Total Number of Service Hours	2,822 hours (an average of 9.9 hours per student)
Student Drop-Ins	124 students visited the Wellness Program during drop-in hours on a typical day. Over the entire school year, that equals 22,392 student contacts .

Outreach & Education Highlights

Wellness provided 60 health promotion activities reaching 3,047 students (duplicated), including:

- Wellness Orientations for new students
- Legal Services Clinic
- Wellness Health Fairs focused on Social, Mental, Holistic, Physical Health and Nutrition Awareness
- Condom Demonstration
- Lunchtime Presentations on Sexual Health; Employment; and Tobacco Use

Top Five Types of Services by number of students served



“I really like that they are part of my life, they know what I been through and they give me a lot advice that I really appreciate and thanks to them I feel more strong, I feel more confident, and I really trust them. I am so happy we got wellness.”

- SF International Student

Student Support Groups

Wellness organized 10 groups and clubs reaching 162 students, including:

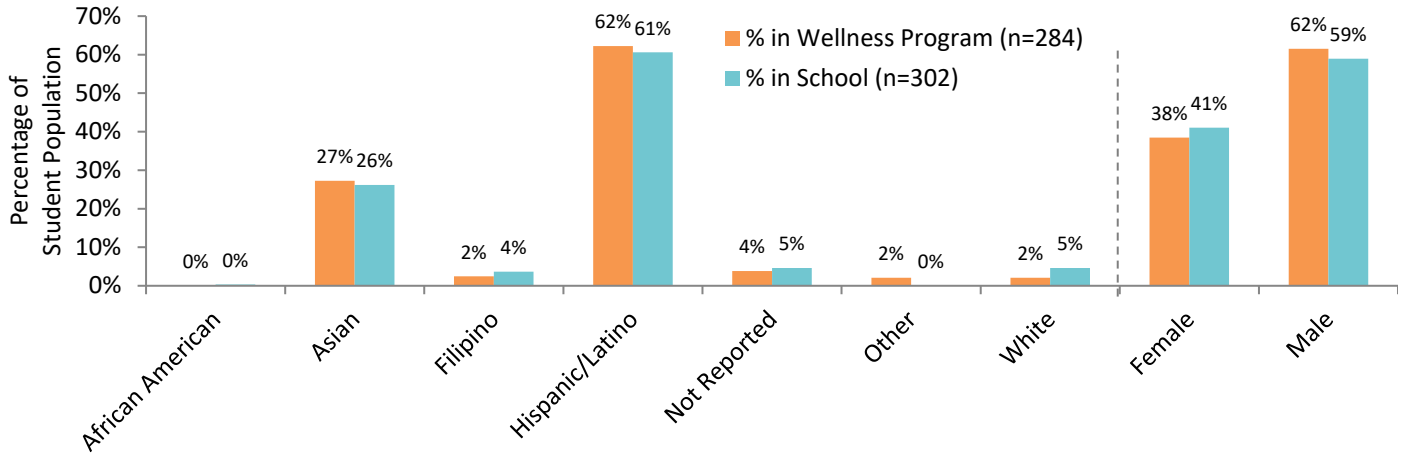
- English Conversation Group
- Family Reunification Group
- Boys Support Group
- Newcomer Support Group in Spanish and Chinese
- Latinas Unidas Group for Latina Girls
- Grief, Loss, and Trauma Support Group
- Healthy Relationships Group
- Substance Abuse Group
- Youth Outreach Worker Program

Community Partners

Wellness collaborated with 4 community-based organizations, including:

- Community Youth Center
- Instituto Familiar de la Raza
- La Casa de las Madres
- Legal Services for Children

Comparison of Student Demographics in School and Wellness Program Population



Wellness Team Members

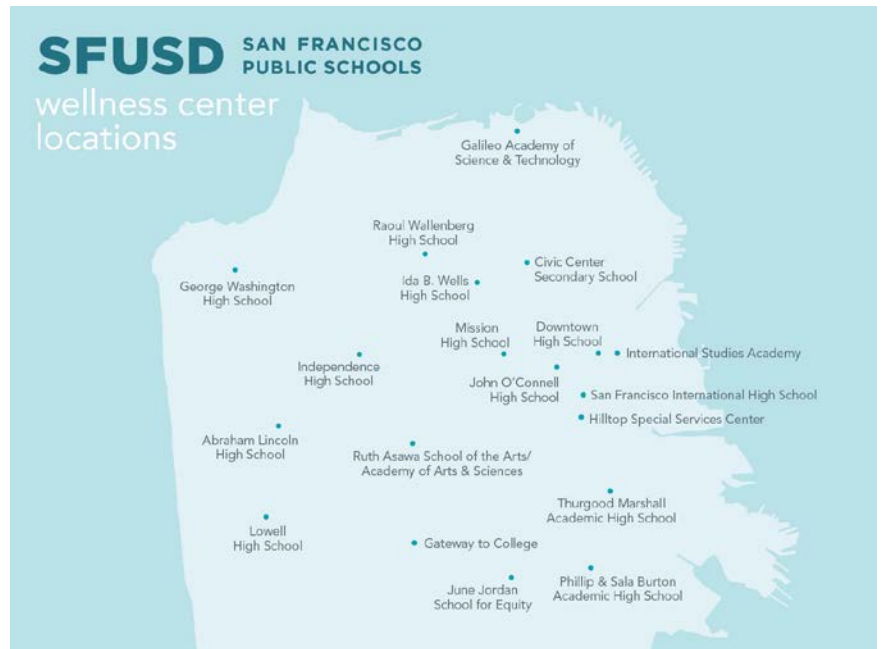
Wellness Coordinator
Lizbett Calleros

Community Health Outreach Worker
Stephanie Ha

School District Nurse
Rachel Kigano

Behavioral Health Therapist
Danae Carvacho (RAMS)

Intern
Khiet Truong (RAMS)



Contact

1050 York Street
San Francisco, CA 94110
(415) 695-5982
sfinternational@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.