

## 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.

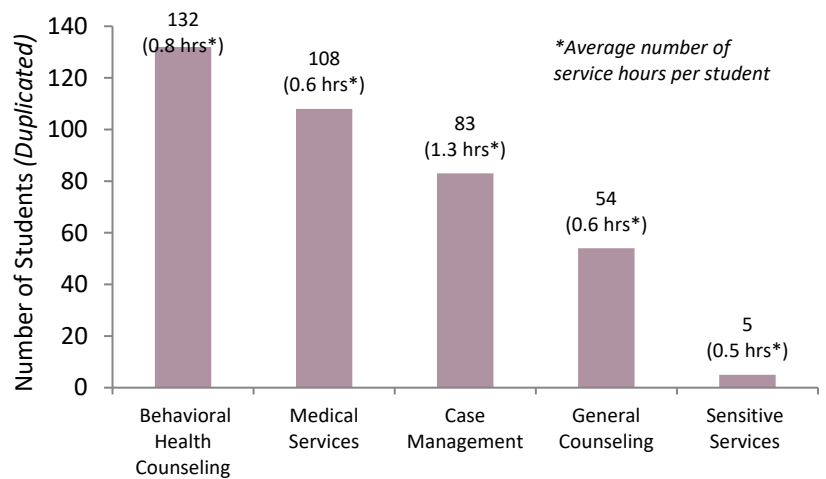
<b>Total Number of Youth Served</b>	<b>284 (unduplicated)</b> 46% of the student population (636 in 2015-16)
<b>Total Number of Service Hours</b>	2,985 hours (an average of 9.8 hours per student)
<b>Student Drop-Ins</b>	<b>38 students</b> visited the Wellness Program during drop-in hours on a typical day. Over the entire school year, that equals <b>6,858 student contacts</b> .

### Outreach & Education Highlights

Wellness provided 84 health promotion activities reaching 10,465 students (duplicated), including:

- Healthtopia 2016
- Character Day Photo Booth
- Senior Stress Less Workshops
- Health Event with the Athletic Department
- Classroom Presentations on Depression, Anxiety and Stress; Drugs and Alcohol Use; Tobacco and E-Cigs; Safe Sex and Condom Demonstrations
- Staff Professional Development series on Mindfulness

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



**“The Wellness center has really benefitted me a lot. It changed my whole life around. Without it, I wouldn't have had the motivation to live or move on in life. I'm sincerely grateful to Wellness and I hope others will reach out to this source if they need support.”**

- Wallenberg Student

### Student Support Groups

Wellness organized 15 groups and clubs reaching 131 students, including:

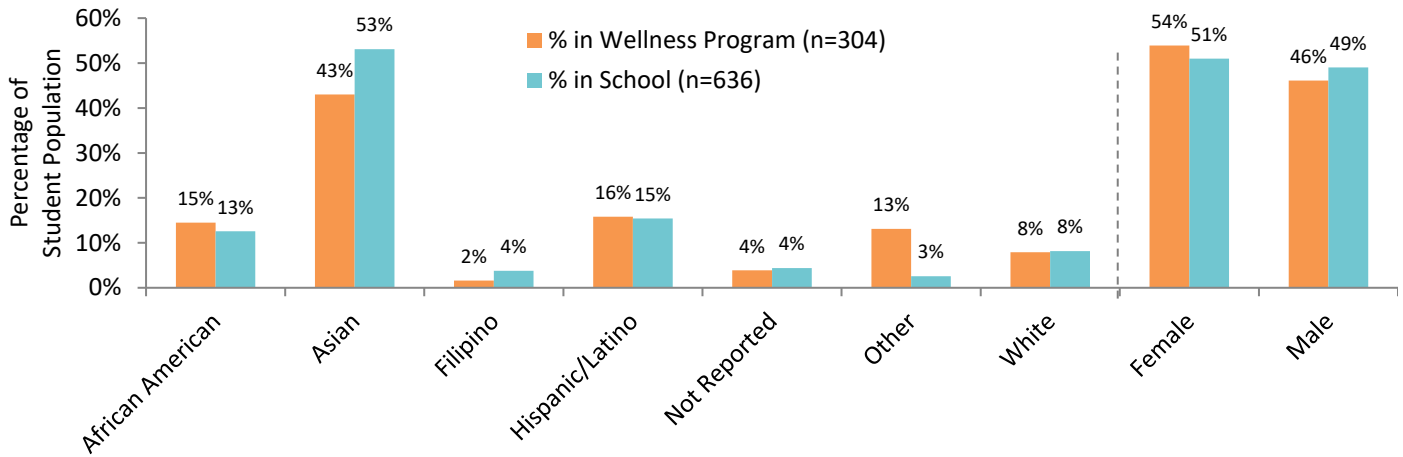
- Asian American Boys Group
- Mission Girls Group
- Mo'Magic Young Women's and Men's Groups
- Newcomer Girls Group
- Q Group
- Senior Stress Less Group
- Young Queens Group
- Young Men's Health Group
- Youth Outreach Workers Program

### Community Partners

Wellness collaborated with 10 community-based organizations, including:

- 3<sup>rd</sup> Street Youth Clinic
- Asian American Recovery Services
- Community Youth Center
- Homey
- Horizons Unlimited
- Josie's Place
- La Casa de las Madres
- Huckleberry Youth Programs
- Mission Girls
- Sunset Youth Center

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



## Wellness Team Members

### Wellness Coordinators

**Devon Rath**

### Community Health Outreach Worker

**Dara Garcia**

### School District Nurse

**Ariane Peixoto**

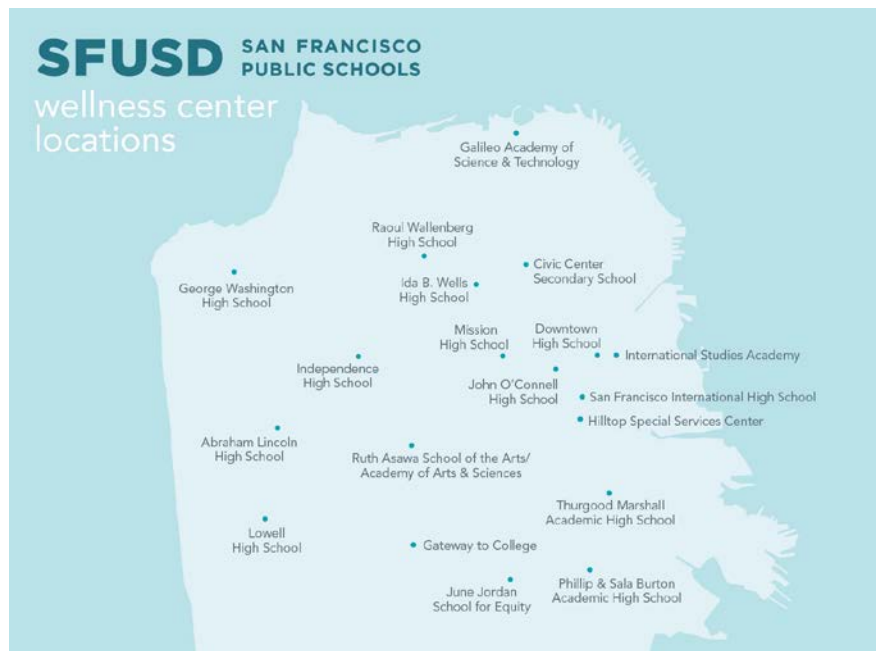
### Behavioral Health Therapist

**Danni Biondini (RAMS)**

### Interns

**Tom Bruett (SIT)**

**Chiara Viscomi (RAMS)**



## 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.*