

## 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.

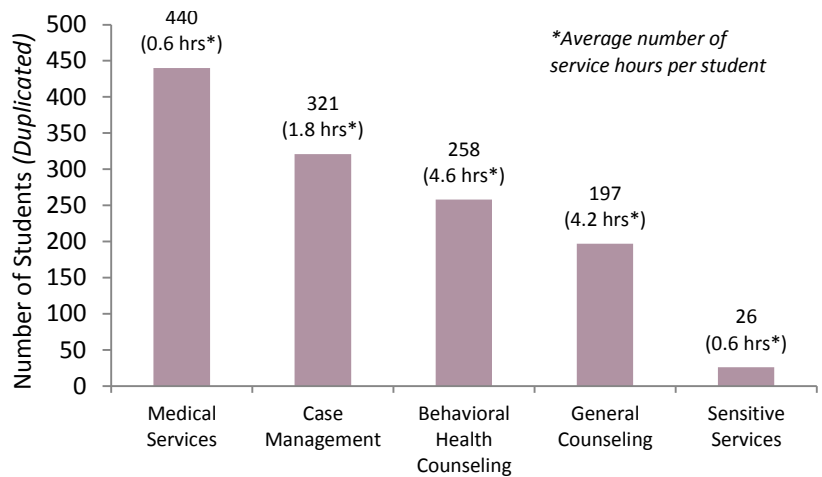
Total Number of Youth Served	783 (unduplicated) 40% of the student population (1,940 in 2013-14)
Total Number of Service Hours	3,491 hours (an average of 4.5 hours per student)
Student Drop-Ins	96 students visited the Wellness Program during drop-in hours on a typical day. Over the entire school year, that equals 17,280 student contacts.

### Outreach & Education Highlights

Wellness provided 79 health promotion activities reaching 16,465 students (duplicated), including:

- Great American Smokeout with anti-smoking games and activities
- LoveFest Carnival
- Galileo is... Above the Influence Event
- Pink Tsunami and Day of Silence focusing on LGBTQA issues
- "Finding Your Way: Accessing Mental Health after High School" Assembly
- Classroom Presentations on Social Media; Relationships; and Hydration & Spa Water
- Staff Professional Development on Suicide Prevention and Student Bereavement

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



*"I've learned how to better deal with my problems. I feel much better and not as lonely."*

- Galileo Student

### Student Support Groups

Wellness organized 15 groups and clubs reaching 184 students, including:

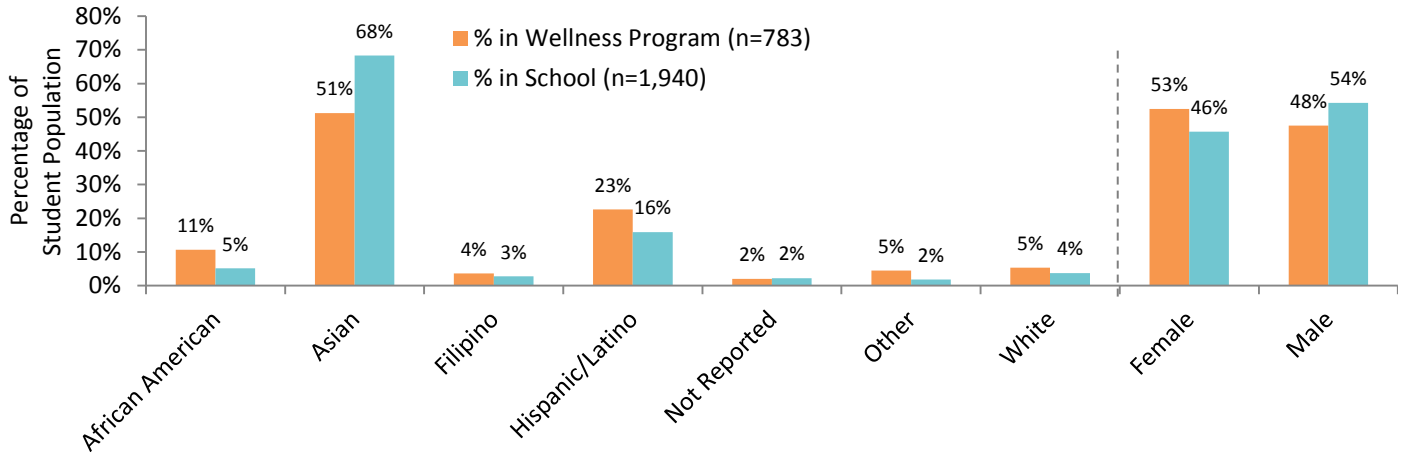
- HOMEY (Homies Organizing the Mission to Empower Youth) Latino Boys Group
- Healthy Relationships Group
- 9<sup>th</sup> Grade Boys & Girls Transition Groups
- Newcomer Club (for newly arrived immigrant youth)
- Xicas (Latino Female Empowerment Group)
- PHIRE (Peer Health Insurance Rights Education) Internship Group
- Chinese Girls Group
- Nail Art Club
- YMCA Young Men's Support & Empowerment Group

### Community Partners

Wellness collaborated with 13 community-based organizations, including:

- 3rd Street Youth Clinic
- Bayview Hunters Point Foundation
- Chinatown/ North Beach Mental Health
- Community Youth Center
- Hearing and Speech Center of Northern California
- Horizons Unlimited
- Huckleberry Youth Programs
- La Casa De Las Madres
- Ohlhoff Recovery Programs
- Urban Services YMCA
- Vietnamese Youth Development Center

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



## Wellness Team Members

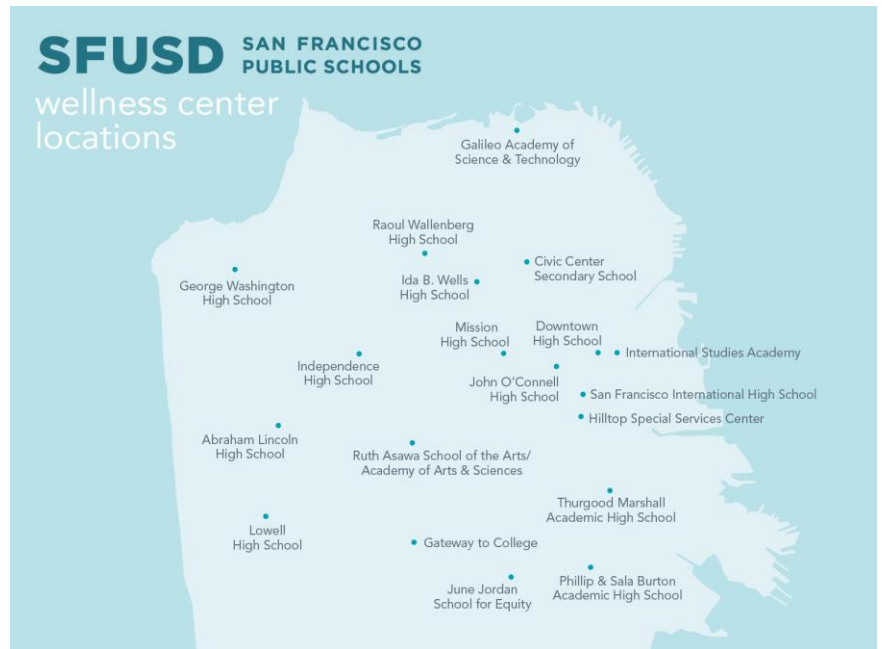
*Wellness Coordinator*  
**Jessica Colvin**

*Community Health Outreach Worker*  
**Naomi Forsberg**

*School District Nurse*  
**Susan Kitchell**

*Behavioral Health Therapists*  
**Michelle Fortunado, Ulash Thakore-Dunlap, Aaron Hagaman (RAMS)**

*Interns*  
**Hannah Mason (RAMS)  
Maddie Mandich, David Brown (SIT)  
Mia Walker (FYS)**



## 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.*