

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.

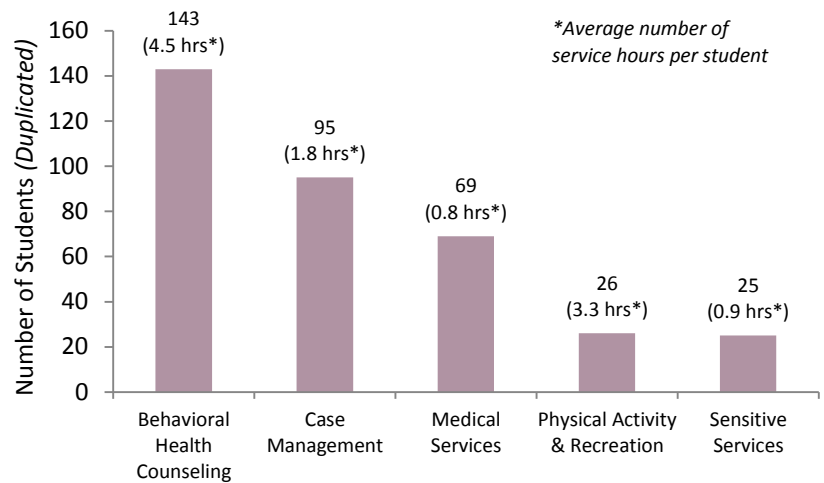
Total Number of Youth Served	191 (unduplicated) 113%* of the student population (169 in 2013-14)
Total Number of Service Hours	1,164 hours (an average of 6.1 hours per student)
Student Drop-Ins	45 students visited the Wellness Program during drop-in hours on a typical day. Over the entire school year, that equals 8,100 student contacts .

Outreach & Education Highlights

Wellness provided 150 health promotion activities reaching 5,314 students (duplicated), including:

- Let's Talk About Sex Forum
- Annual Wellness Fair
- All-School Health Initiative
- Rethink Your Drink Campaign
- Classroom Presentations on Health Insurance; Healthy Sexuality; Anger & Forgiveness; Bullying Interventions; Substance Abuse; Healthy Relationships; and Non-Violent Communication
- Staff Professional Development on Trauma & Vicarious Trauma; Restorative Yoga; De-Escalation Tips; and Stress

Top Five Types of Services by number of students served



"Wellness impacted me so much that I go there every day to help out or to get help myself."
- Ida B. Wells Student

Student Support Groups

Wellness organized 7 groups and clubs reaching 50 students, including:

- Asian Empowerment Group
- Boxing Fitness Group
- Yoga Group
- Young Women's Empowerment Group
- Quit Tobacco Group
- Youth Outreach Workers Program

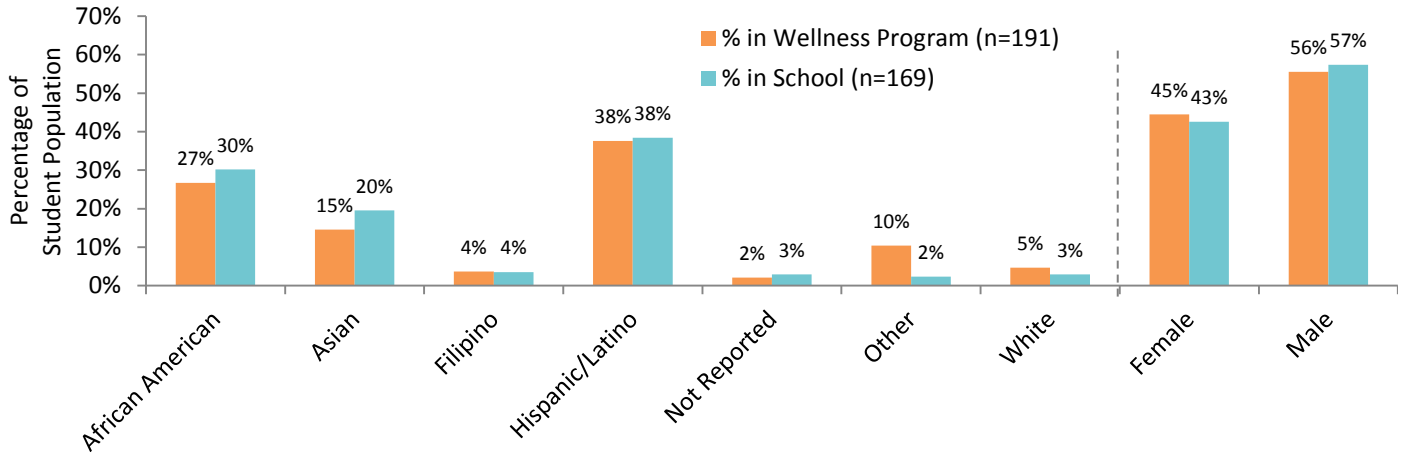
*Students can be placed at Ida B. Wells throughout the school year, thus the number of students increases as the year progresses. However, student enrollment figures are based on data from October 2013.

Community Partners

Wellness collaborated with 11 community-based organizations, including:

- Asian American Recovery Services
- Breathe CA
- Community Youth Center
- Horizons Unlimited
- Huckleberry Youth Programs
- La Casa de las Madres
- RISE Yoga for Youth
- SAGE
- SF Food Bank
- Urban Services YMCA

Comparison of Student Demographics in School and Wellness Program Population



Wellness Team Members

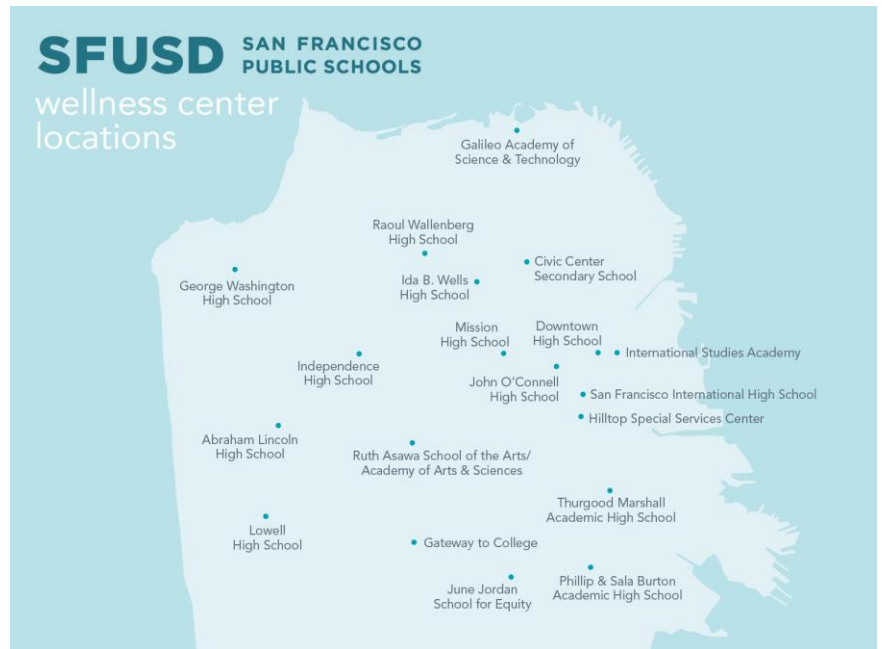
Wellness Coordinator
Marielle Ferreboeuf

Community Health Outreach Worker
Cesar Dominguez

School District Nurse
Mary-Michael Watts

Behavioral Health Therapists
Sarah Shiner (RAMS)

Interns
Kristine Werthwein (SIT)
Theresa de la Fuente (Urban Services YMCA)
David Lester (AARS)



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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.