

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.

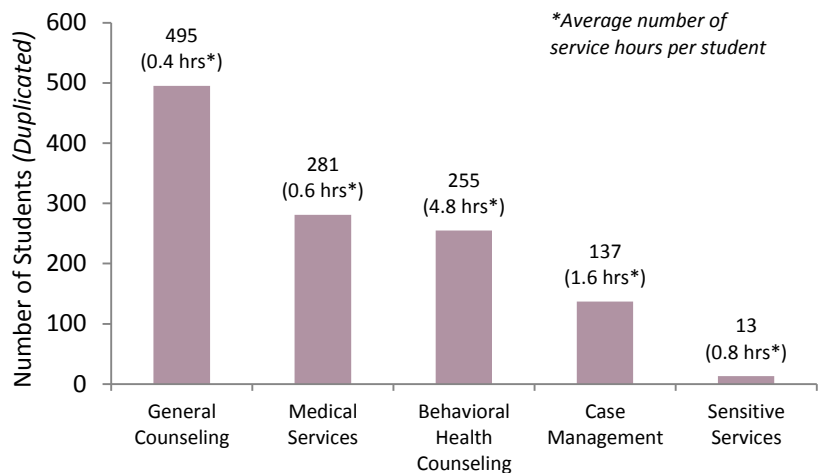
Total Number of Youth Served	898 (unduplicated) 33% of the student population (2,696 in 2013-14)
Total Number of Service Hours	6,777 hours (an average of 7.6 hours per student)
Student Drop-Ins	79 students visited the Wellness Program during drop-in hours on a typical day. Over the entire school year, that equals 14,220 student contacts .

Outreach & Education Highlights

Wellness provided 68 health promotion activities reaching 9,755 students (duplicated), including:

- Pink Tsunami
- New Wellness Center Open Houses
- Winterfaire and Love Fest
- Stress-Free Fair
- Food & Fitness Fair
- Classroom Presentations on Covered California; Diabetes Prevention; Media Literacy; Stress; Reproductive Health; and "Be Real" Sexual Health Education
- Staff Professional Development on Adolescent Depression & Anxiety; Eating Disorders; and Diabetes Prevention

Top Five Types of Services by number of students served



"I've learned more about myself, especially my lifestyle and learning style at school, and how to cope with stress. I love and enjoy therapy and am a huge advocate for it."

- Lowell Student

"Our students are under such pressure. The Wellness Program ensures they have support."

- Lowell Staff Member

Student Support Groups

Wellness organized 4 groups and clubs reaching 32 students, including:

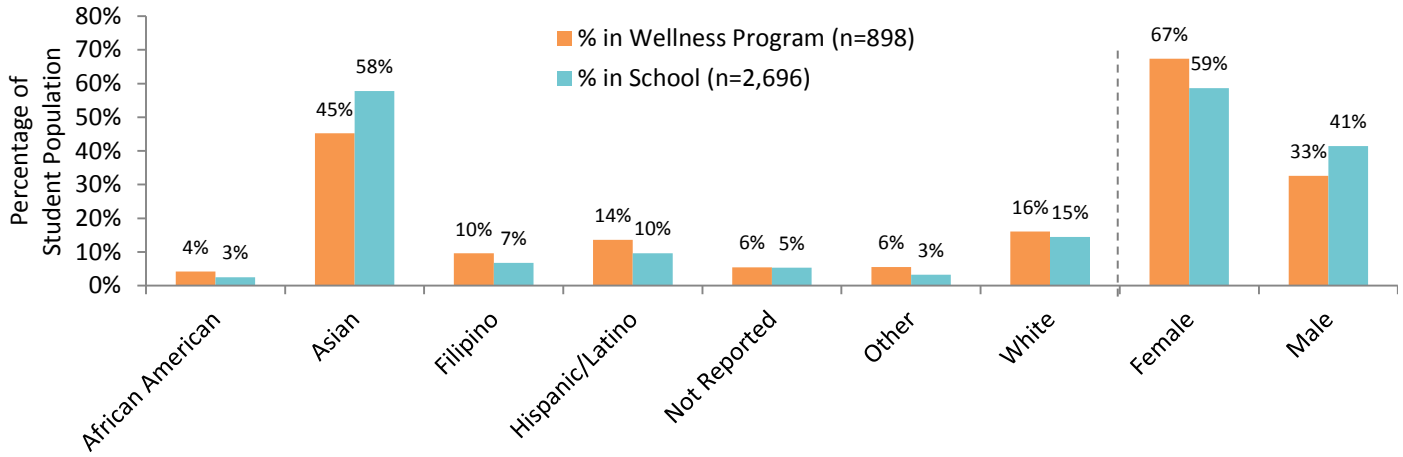
- Spoken Word Group
- Student Liaisons
- Study Skills for Boys Discussion Group
- Youth Outreach Worker Program

Community Partners

Wellness collaborated with 3 community-based organizations, including:

- About-Face
- Community Youth Center
- Ohlhoff Recovery Programs

Comparison of Student Demographics in School and Wellness Program Population



Wellness Team Members

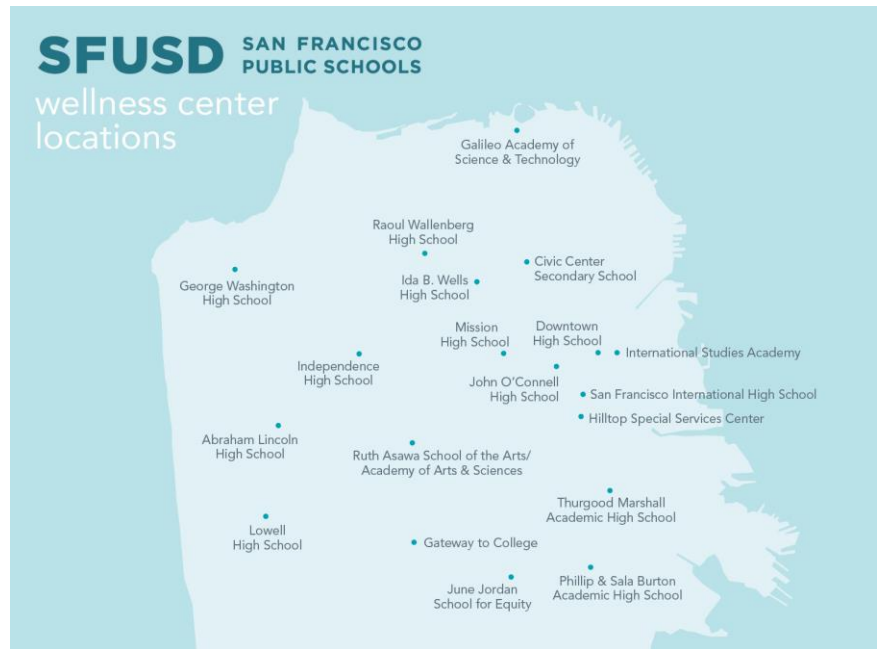
Wellness Coordinator
Carol Chao Herring

Community Health Outreach Worker
Xavier Salazar

School District Nurse
Maryann Rainey

Behavioral Health Therapists
Kin Leung (RAMS)

Interns and Volunteer
Paul Walsh (RAMS)
Uli Ramon, Katie Giannini (SIT)
Lailah Robertson, Valerie Abitbol (SIT)



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.