

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.

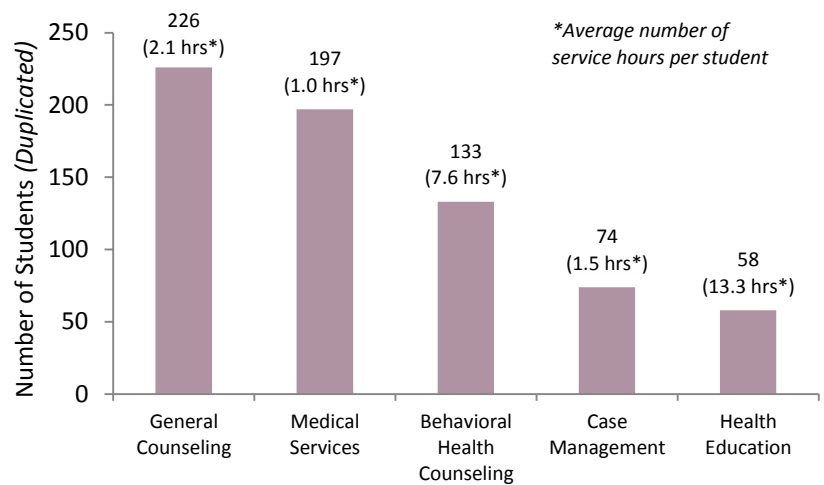
Total Number of Youth Served	357 (unduplicated) 72% of the student population (496 in 2013-14)
Total Number of Service Hours	2,692 hours (an average of 7.6 hours per student)
Student Drop-Ins	90 students visited the Wellness Program during drop-in hours on a typical day. Over the entire school year, that equals 16,110 student contacts .

Outreach & Education Highlights

Wellness provided 152 health promotion activities reaching 27,056 students (duplicated), including:

- Safety on Social Media Assembly
- Monthly Giveaway of food and snacks from the Food Bank and Veritable Vegetable
- Pig Lungs Demo illustrating effects of smoking tobacco
- Love & Wellness Health Fair
- Classroom Presentations on Alcohol & Tobacco; Anatomy & Birth Control; Emergency Room Doctors; Healthy Breakfasts; and Stress & Mental Health
- Staff Professional Development on Wellness 101

Top Five Types of Services by number of students served



“The Wellness Program has given me the opportunity to express myself and my feelings, and become a stronger person mentally, physically, and emotionally.”

- Thurgood Marshall Student

Student Support Groups

Wellness organized 11 groups and clubs reaching 87 students, including:

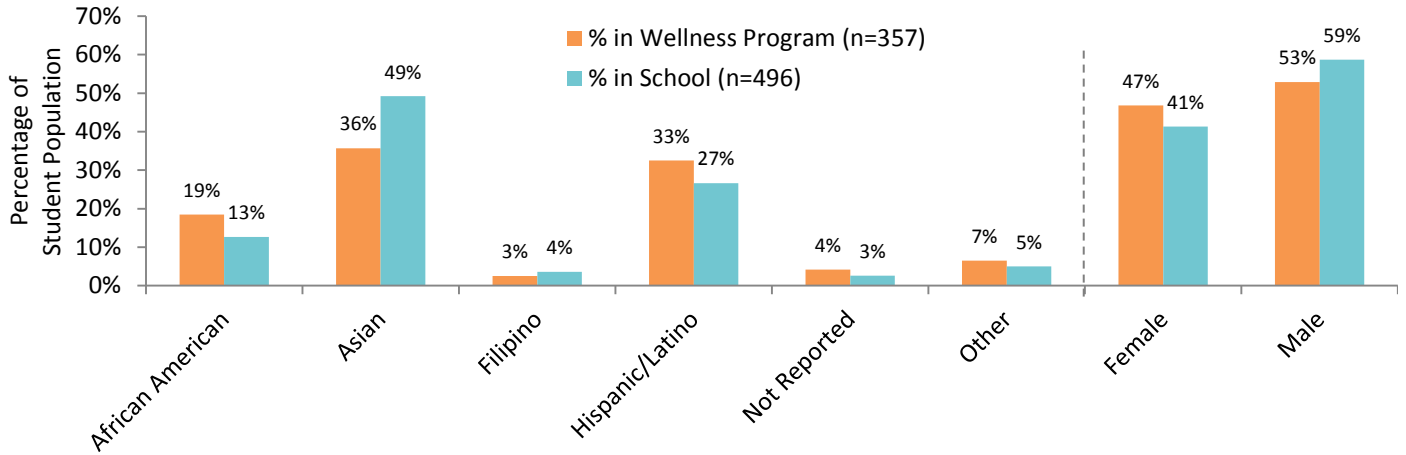
- Bayview YMCA Young Women's Support Group
- Newcomer Support Group (for newly arrived immigrant youth)
- JUMA Ventures Group (supporting college education for low-income students)
- Mission Girls Group
- PYEP Group (fostering community service)
- Grief & Loss Group
- QUUAD Positive Norms Media Campaign (focusing on alcohol consumption)
- Nutrition Outreach Workers Program
- Youth Outreach Workers Program

Community Partners

Wellness collaborated with 10 community-based organizations, including:

- 3rd Street Youth Clinic
- Bayview YMCA
- Community Youth Center
- Edgewood Center for Children and Families
- Mission Girls
- Ohlhoff Recovery Programs
- Scholastic Interest Group
- SF/Marin Food Bank
- Veritable Vegetable
- Youth Leadership Institute

Comparison of Student Demographics in School and Wellness Program Population



Wellness Team Members

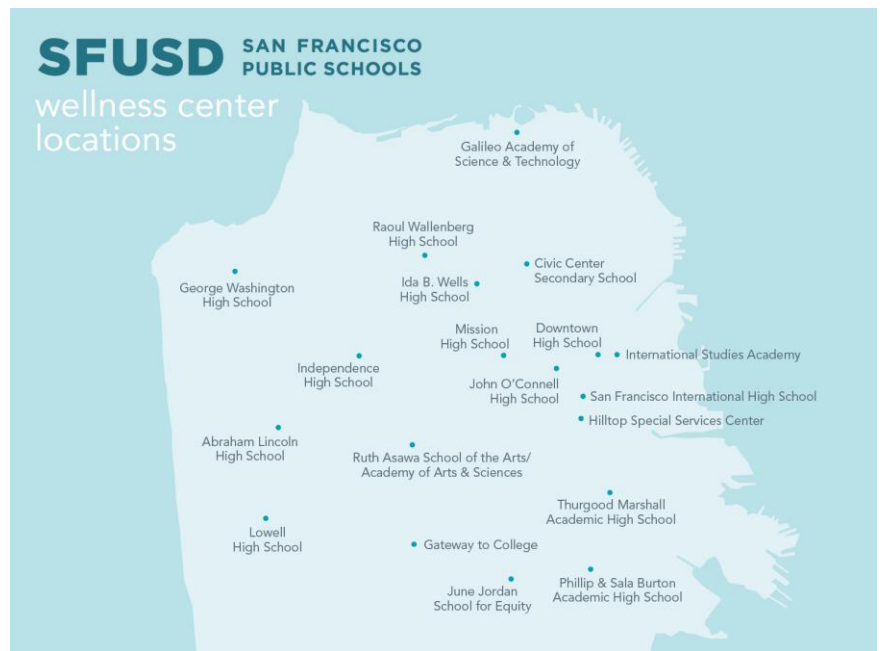
Wellness Coordinator
Wendy Snider

Community Health Outreach Workers
Jessie Escobar, Jen Najarro

School District Nurse
Lydia Yip, Mary Michael Preyer-Watts

Behavioral Health Therapists
Caya Schaan, Derrick Lam, Francis Calero (RAMS)

Interns
Roberta Naveli (FYS)
Kimberly Nguyen, Kitta MacMorris (SIT)
Maddie Mandich, Preston Becker (SIT)



Contact

45 Conkling Avenue
San Francisco, CA 94121
(415) 920-5204, ext. 3150
marshall@sfallness.org
www.sfallness.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.