

## 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.

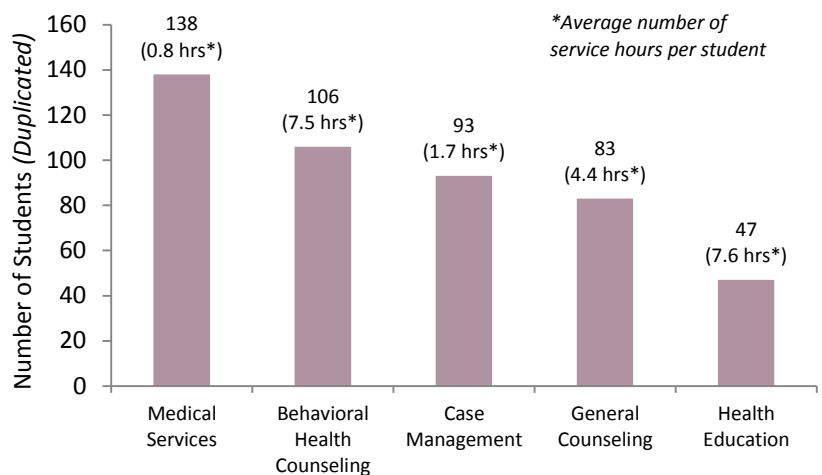
<b>Total Number of Youth Served</b>	<b>304 (unduplicated)</b> 46% of the student population (661 in 2013-14)
<b>Total Number of Service Hours</b>	2,015 hours (an average of 6.6 hours per student)
<b>Student Drop-Ins</b>	29 students visited the Wellness Program during drop-in hours on a typical day. Over the entire school year, that equals 5,256 student contacts.

### Outreach & Education Highlights

Wellness provided 24 health promotion activities reaching 3,050 students (duplicated), including:

- Healthtopia 2014
- Cultural Artistic Expression Assembly
- Arts Night
- Stress Less Workshops
- Health Event with the Athletic Department
- "Secrets" Play on HIV/AIDS/STI Prevention by Kaiser Educational Theatre
- Classroom Presentations on Bullying; Mindfulness; Restorative Circles; and Tobacco
- Staff Professional Development series on Mindfulness

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



*"Wellness provides a deeply important support service. I have referred several students and Wellness was instrumental in getting them through their crisis moments and back on track."*

- Wallenberg Staff Member

### Student Support Groups

Wellness organized 11 groups and clubs reaching 104 students, including:

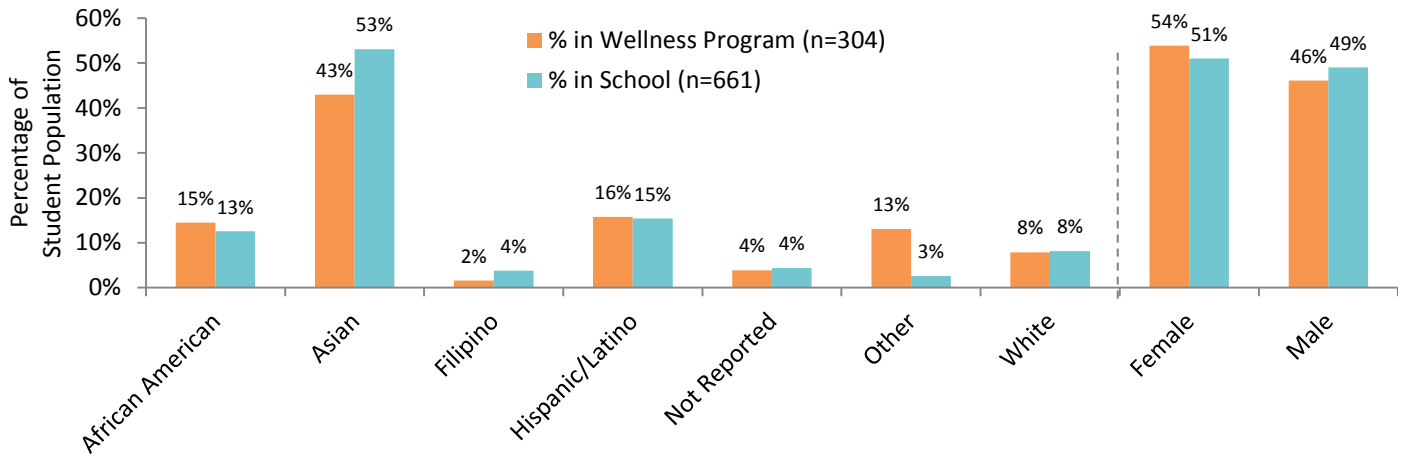
- Alcohol Prevention Group
- Arabic Girls Group
- Asian American Boys Group
- Game and Social Skills Club
- Healthy Relationships Group
- Newcomer Girls Group
- Tea & Wellness Group
- Youth Outreach Workers Program

### Community Partners

Wellness collaborated with 9 community-based organizations, including:

- Asian American Recovery Services
- Community Youth Center
- La Casa de las Madres
- Occupational Therapy Training Program
- PACT
- Southeast Child-Family Therapy Center
- Sunset Youth Center
- Vietnamese Youth Development Center
- Westside Community Services

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



## Wellness Team Members

### Wellness Coordinators

**Devon Rath, Alicia Rozum**

### Community Health Outreach Worker

**Melanie Natividad**

### School District Nurse

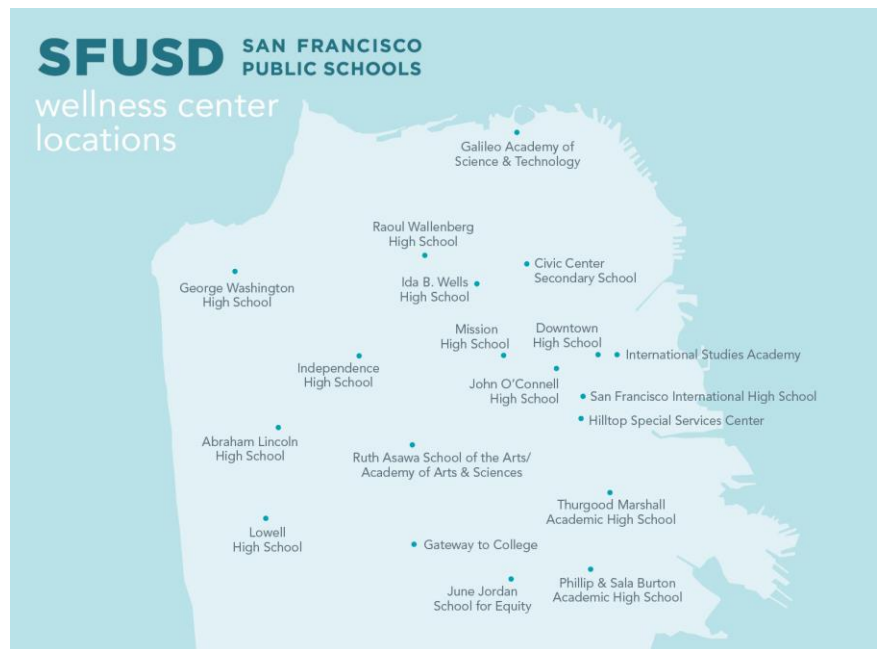
**Ariane Peixoto**

### Behavioral Health Therapist

**Danni Biondini (RAMS)**

### Interns

**Stacie Dubin, Leah Stegman (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.*