

## 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.

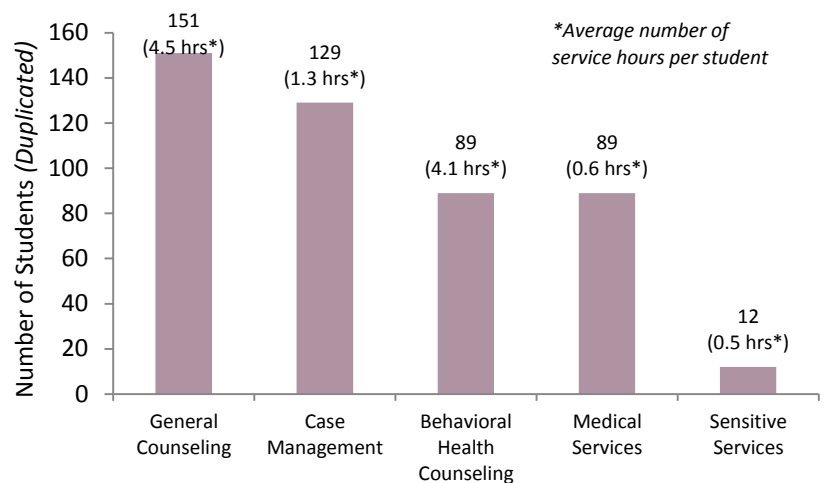
<b>Total Number of Youth Served</b>	<b>197 (unduplicated)</b> <b>111%*</b> of the student population (178 in 2014-15)
<b>Total Number of Service Hours</b>	<b>1,278 hours</b> (an average of 6.5 hours per student)
<b>Student Drop-Ins</b>	<b>28 students</b> visited the Wellness Program during drop-in hours on a typical day. Over the entire school year, that equals <b>5,094 student contacts</b> .

### Outreach & Education Highlights

Wellness provided 87 health promotion activities reaching 2,269 students (duplicated), including:

- Futures Day: Fair & Career Panel
- *Outspoken* play about stereotypes
- *Day of the Dead* Altar
- Sexual Wellbeing Assembly
- Halloween Healthy Trick or Treating
- Thanksgiving Talent Show
- Classroom presentations on Wellness 101; Mindfulness Meditation; Food Justice; Fertility; Healthy Relationships; Cyber Violence; and Take 5 Kits & Self-Regulation
- Staff Professional Development on Trauma & Resiliency; Self Care

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



*“Wellness is the place for students to ‘chill’ and get outside help.”*

- Staff Member, Downtown High School

### Student Support Groups

Wellness organized 9 groups and clubs reaching 81 students, including:

- Gay Straight Alliance
- Cooking Group
- LOVE Group
- Sleep Group
- Asian Pacific Islander Group
- Latinos Unidos
- Youth Moving Forward
- Black Student Union
- Youth Outreach Workers Program

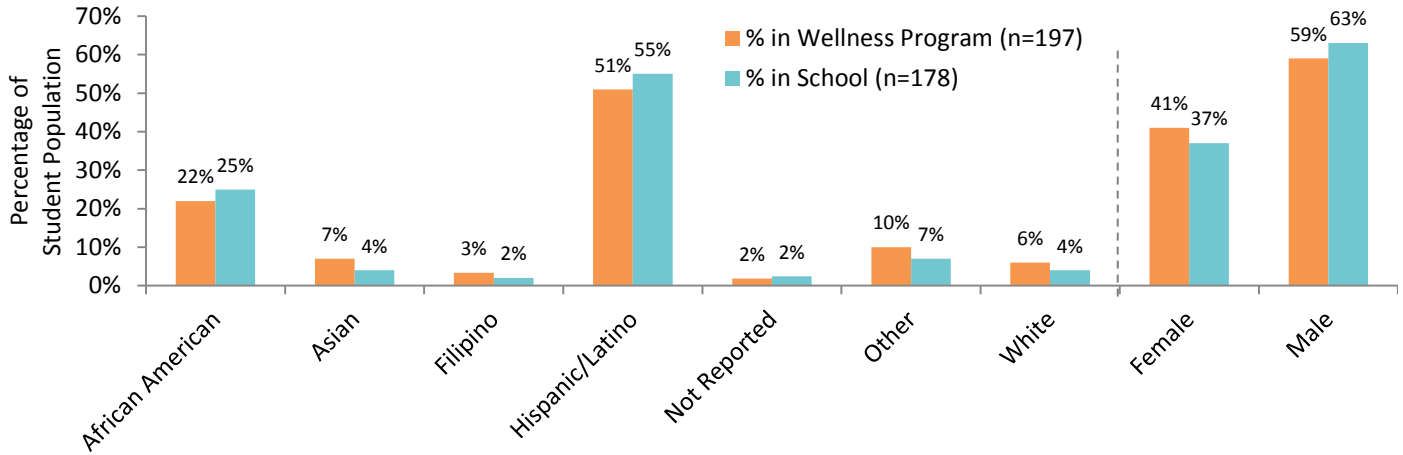
### Community Partners

Wellness collaborated with 6 community-based organizations, including:

- Asian American Recovery Services
- La Casa de las Madres
- Oakes Children's Center
- Ohlhoff Recovery Services
- Potrero Hill Family Resource Center
- Urban Services YMCA

\*Students can be placed at Downtown throughout the school year, thus the number of students can increase as the year progresses. However, student enrollment figures are based on data from October 2014.

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



## Wellness Team Members

### Wellness Coordinators

**Kate Baker & Crystal Owyang**

### Community Health Outreach Worker

**Lawrence Festin**

### School District Nurse

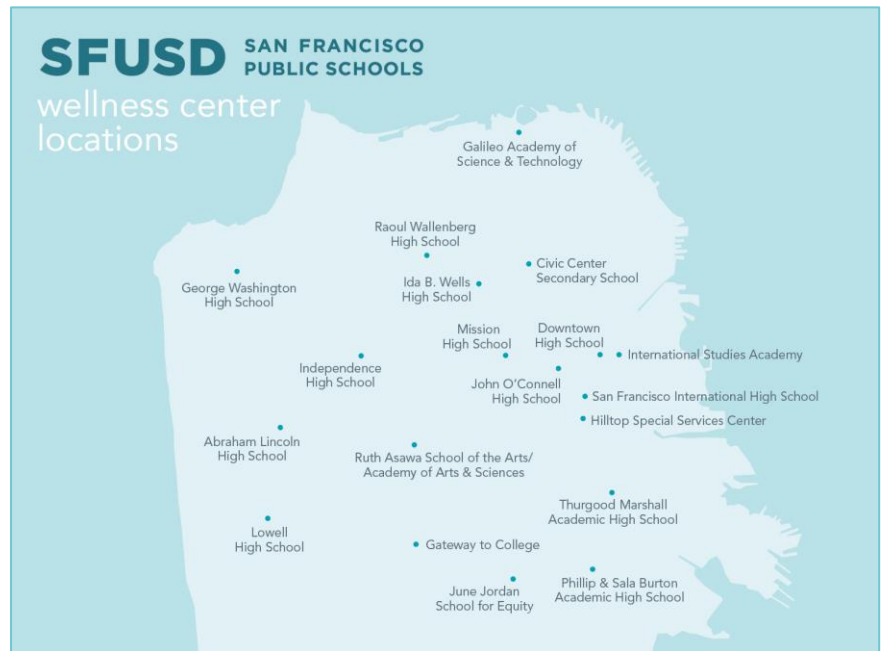
**Ariane Peixoto**

### Behavioral Health Therapists

**Francis Calero (RAMS)**

### Interns

**Alisa Huerta (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 2014-15 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.*