

## 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.

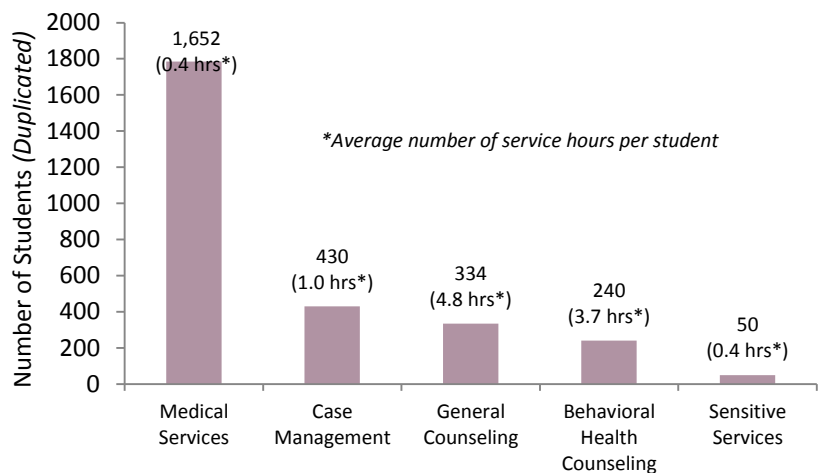
<b>Total Number of Youth Served</b>	<b>1,784 (unduplicated)</b> 93% of the student population (1,909 in 2014-15)
<b>Total Number of Service Hours</b>	<b>3,970 hours</b> (an average of 2.2 hours per student)
<b>Student Drop-Ins</b>	<b>83 students</b> visited the Wellness Program during drop-in hours on a typical day. Over the entire school year, that equals <b>15,012 student contacts</b> .

### Outreach & Education Highlights

Wellness provided 117 health promotion activities reaching 12,813 students (duplicated), including:

- *Mind Your Mood* featuring 9 workshops on mental health topics
- *LoveFest* featuring 13 workshops on sexual health and healthy relationships
- *Pink Tsunami* and *Day of Silence*
- *Galileo is Above the Influence* featuring 4 presentations on Alcohol, Tobacco & Drugs
- Classroom Presentations on Nutrition; Spa Water; How to De-Stress; Eating Disorders; and Tobacco, Marijuana & E-Cigs
- Parent Education Workshops on Communication, Stress & Adolescents; and Being a Bicultural Teen

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



*“Our Wellness Program saves lives and makes the lives of our students healthier.”*

- Staff Member, Galileo Academy

### Student Support Groups

Wellness organized 15 groups and clubs reaching 183 students, including:

- African American Girls Group
- Girls Health Group
- Grief & Loss Group
- Newcomer Club & Latina Newcomer Girls Group
- Xicas (Latina Empowerment Group)
- Latino Boys Group
- Queer Support Group
- Senior Transition Group
- Wellness Nail Art Club
- Young Men's Health Groups
- Youth Moving Forward Group
- Youth Outreach Worker Program

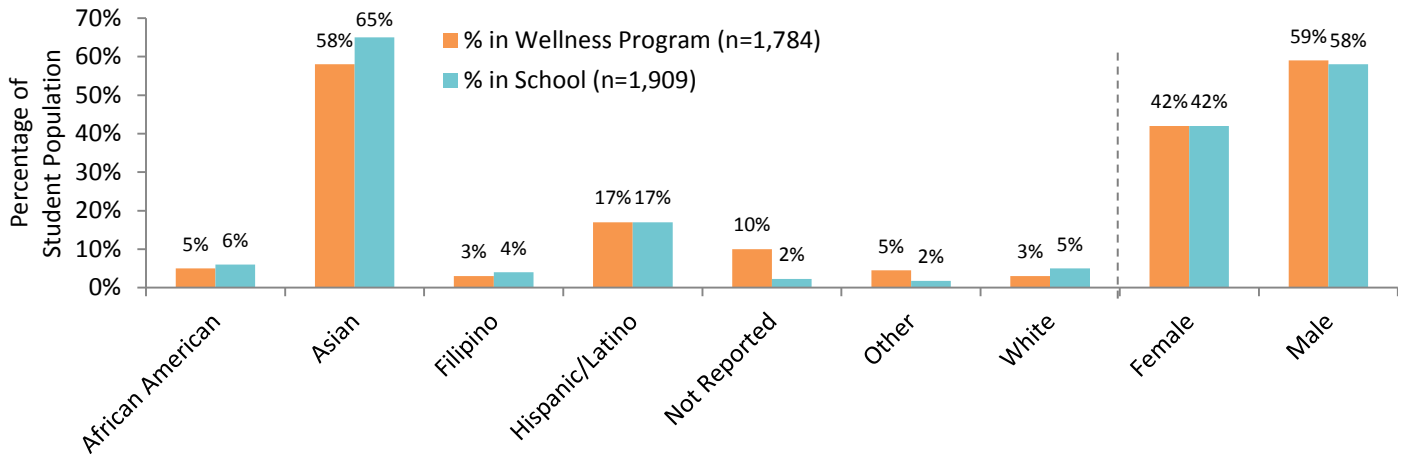
### Community Partners

Wellness collaborated with 15 community-based organizations, including:

- 3rd Street Youth Clinic
- Bayview Hunters Point Foundation
- Chinatown/ North Beach Mental Health
- Community Youth Center
- Health Initiatives for Youth
- Horizons Unlimited
- Huckleberry Youth Programs
- La Casa De Las Madres
- Ohlhoff Recovery Programs
- SF/Marin Food Bank
- United Playaz
- Vietnamese Youth Development Center

Core funding for the Wellness Programs comes from the City of San Francisco's Children and Youth Fund and the Public Education Enrichment Fund (PEEF) of the San Francisco Unified School District.

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



## Wellness Team Members

*Wellness Coordinator*

**Michelle Fortunado-Kewin**

*Community Health Outreach Worker*

**Naomi Forsberg**

*School District Nurse*

**Susan Kitchell**

*Behavioral Health Therapists*

**Michael Ceely, Amber Luis & Aaron Hagaman (RAMS)**

*Interns*

**Kasey Hamilton & Lark Nierenberg (SIT)**

**Nina Ho (Foster Youth Services)**



## 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.*