

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.

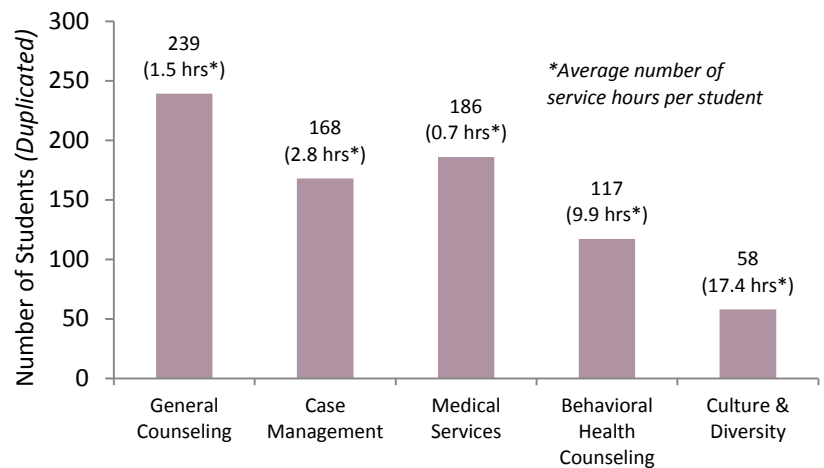
Total Number of Youth Served	373 (unduplicated) 83% of the student population (450 in 2014-15)
Total Number of Service Hours	3,334 hours (an average of 8.9 hours per student)
Student Drop-Ins	40 students visited the Wellness Program during drop-in hours on a typical day. Over the entire school year, that equals 7,218 student contacts .

Outreach & Education Highlights

Wellness provided 83 health promotion activities reaching 21,746 students (duplicated), including:

- Love & Wellness Health Fair featuring 28 booths and activities
- Food Tasting Events
- *The Bigger Picture: Youth Speaks* Diabetes Awareness Assembly
- Monthly giveaway of food and snacks from Food Bank and Veritable Vegetable
- Classroom Presentations on Farm to Table Gardening; Mindfulness; Mental Health; Birth Control; Drugs & Alcohol in the ER; Female Anatomy; and Minor Consent
- Staff Training on Trauma & Newcomers

Top Five Types of Services by number of students served



“Honestly, our school would be lost without our Wellness Program. The staff is committed to meeting whatever needs our students have.”

- Staff Member, Thurgood Marshall High School

Student Support Groups

Wellness organized 11 groups and clubs reaching 100 students, including:

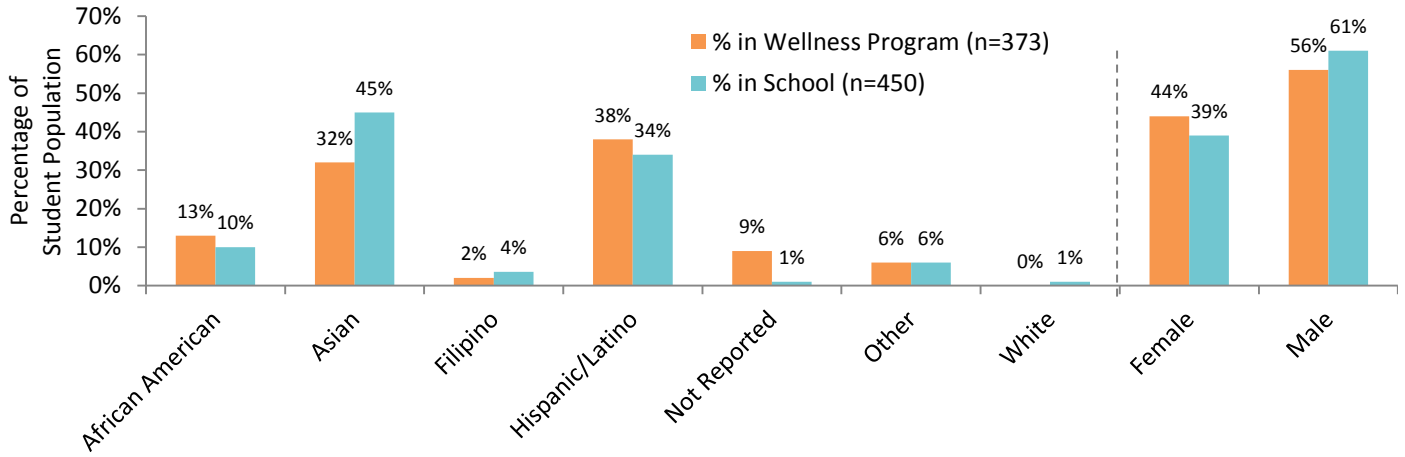
- Young Women's Support Group
- Newcomer Trauma, Grief and Loss Support Group
- Alcohol & Drug Prevention Groups
- Healthy Relationships Girls Group
- Expressive Arts Therapy Group
- Newcomers Conversation Group
- Vietnamese Community Group
- Project Arrive Mentoring Group
- Nutrition Outreach Workers Program
- Youth Outreach Workers Program

Community Partners

Wellness collaborated with 12 community-based organizations, including:

- 3rd Street Youth Clinic
- Bayview Hunters Point Foundation
- Bayview YMCA
- Community Youth Center
- Edgewood Center for Children and Families
- Horizons Unlimited
- Instituto Familiar de la Raza
- La Casa de las Madres
- SF-Marin Food Bank
- Veritable Vegetable
- Vietnamese Youth Development Center
- 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

School District Nurse
Michelle Gordon

Behavioral Health Therapists
Caya Schaan & Francis Calero (RAMS)

Interns
Metanoia Siamu (RAMS)
Laura Murillo (SIT)
Jason Vergara (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.