

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.

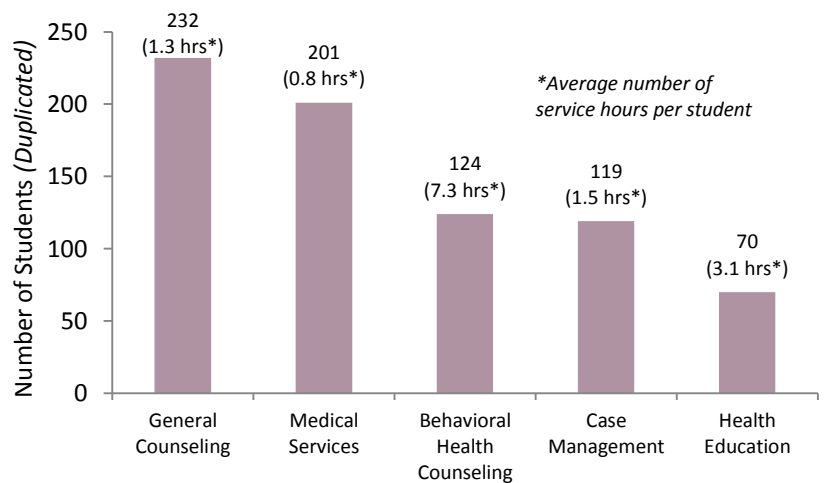
Total Number of Youth Served	368 (unduplicated) 82% of the student population (452 in 2014-15)
Total Number of Service Hours	1,920 hours (an average of 5.2 hours per student)
Student Drop-Ins	20 students visited the Wellness Program during drop-in hours on a typical day. Over the entire school year, that equals 3,600 student contacts.

Outreach & Education Highlights

Wellness provided 97 health promotion activities reaching 9,463 students (duplicated), including:

- Two Spirit Weeks
- Outspoken Play
- Health Fest featuring 16 booths
- Three Food Fairs
- Classroom Presentations on Wellness 101: What is Therapy?; Anti-Bullying; Mental Health; Birth Control & STIs; Marijuana, Anatomy & Pregnancy; Stress Reduction; and Alcohol & Sex
- Staff professional development workshops on Homeless Youth; Data-Based Inquiry; Unaccompanied Minors; and Emergency Response

Top Five Types of Services by number of students served



“Wellness helps make our school culture more welcoming and allows us to respond to students’ needs holistically.”

- Staff Member, O’Connell High School

Student Support Groups

Wellness organized 10 groups and clubs reaching 83 students, including:

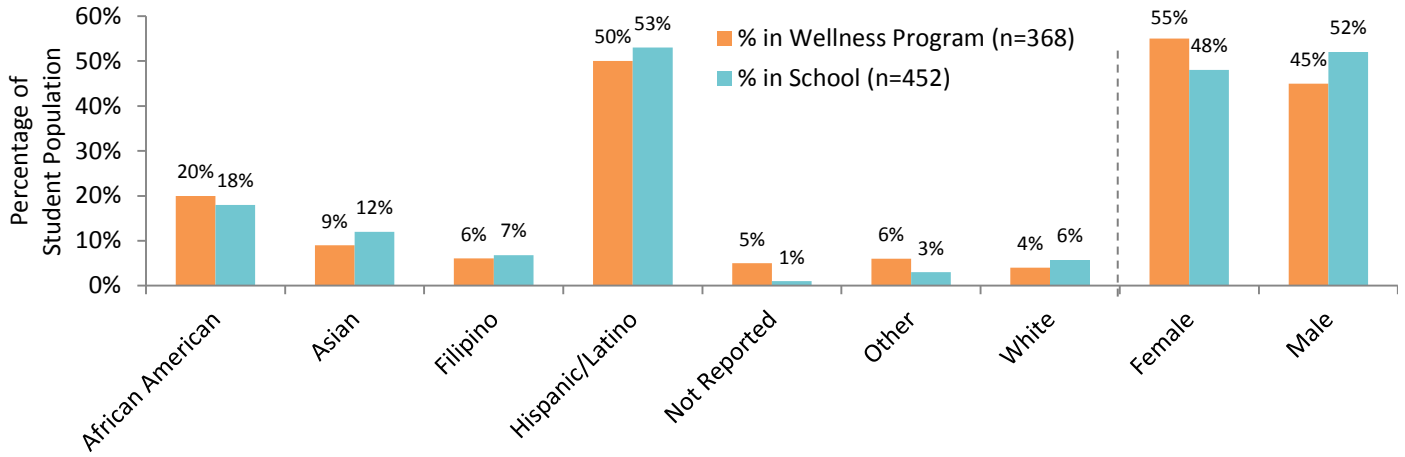
- Grief & Loss Group
- Joven Noble violence prevention group
- Young Queens girls’ empowerment group
- 9th Grade Mentoring Group
- Asian Culture Club
- Book Lovers Club
- Gay Straight Alliance (GSA)
- Young Men’s Health Group
- Yoga Group

Community Partners

Wellness collaborated with 11 community-based organizations, including:

- Asian American Recovery Services
- Bayview Hunters Point Foundation
- CARECEN (Central American Resource Center)
- Horizons Unlimited
- Josie’s Place
- La Casa de las Madres
- LYRIC
- Mission Family Center
- Mission Girls
- Oakes Children’s Center
- Ohlhoff Recovery Programs

Comparison of Student Demographics in School and Wellness Program Population



Wellness Team Members

Wellness Coordinators

Christine Lee Hardiman & Leah Stegman

Community Health Outreach Worker

Vanessa Fontana

School District Nurse

Audrey Stout

Behavioral Health Therapist

Steve Taka (RAMS)

Interns

Ines Vaniman (RAMS)

Jeff Lin (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.