

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.

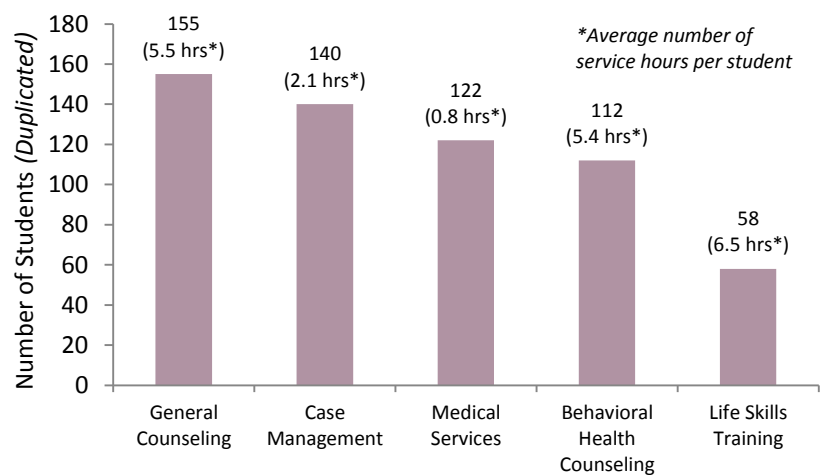
Total Number of Youth Served	278 (unduplicated) 76% of the student population (367 in 2014-15)
Total Number of Service Hours	2,427 hours (an average of 8.7 hours per student)
Student Drop-Ins	50 students visited the Wellness Program during drop-in hours on a typical day. Over the entire school year, that equals 8,910 student contacts .

Outreach & Education Highlights

Wellness provided 39 health promotion activities reaching 3,421 students (duplicated), including:

- Wellness Orientations for new students
- Halloween Wellness Smoothies
- Legal Services Clinics
- Great American Smoke Out
- Kick Butts Day
- Staff Professional Development on Trauma-Informed Care
- Health Fair
- LGBTQ 101 Workshop for Students
- AIDS Quilt Display
- Classroom Presentations on Marijuana, Stress, Tobacco, and Nutrition (cooking workshop)

Top Five Types of Services by number of students served



“Wellness staff are responsive to teachers, they are passionate and caring about their work, and they make positive connections with students.”

- Staff Member, SF International High School

Student Support Groups

Wellness organized 8 groups and clubs reaching 100 students, including:

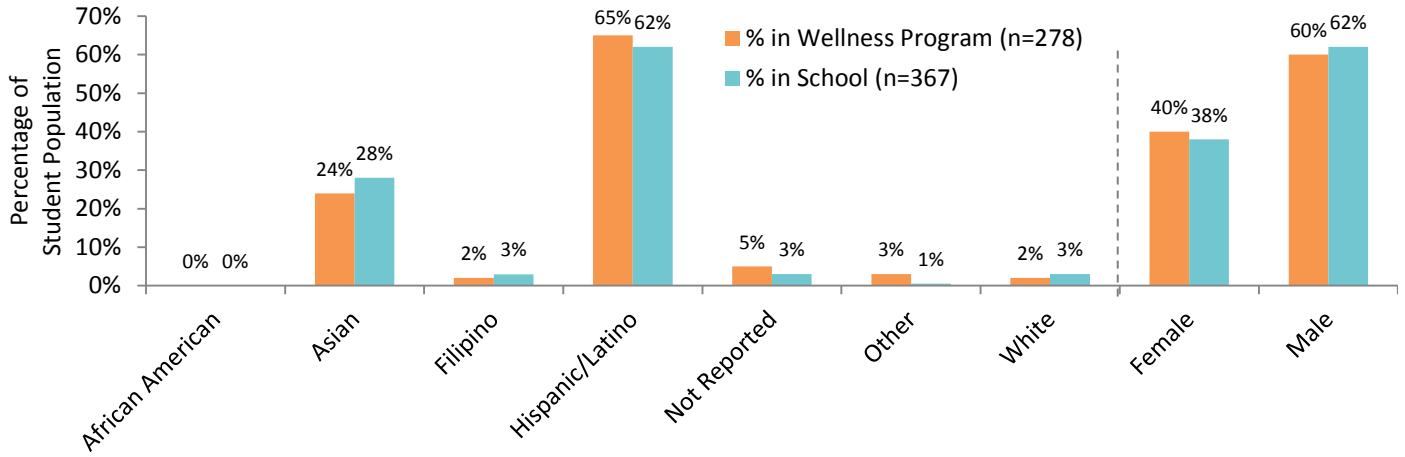
- Boys Support Group
- Newcomer Support Groups for Chinese & Spanish Speaking Students
- Drama Therapy Group
- Grief & Loss Group
- Latinas Unidas Girls Empowerment Group
- Healthy Relationships Group
- Youth Outreach Worker Program

Community Partners

Wellness collaborated with 7 community-based organizations, including:

- Catholic Charities
- Community Youth Center
- Hamilton Family Center
- Instituto Familiar de la Raza
- La Casa de las Madres
- Legal Services for Children
- SF-Marin Food Bank

Comparison of Student Demographics in School and Wellness Program Population



Wellness Team Members

Wellness Coordinators

Denise Martell & Lori Bloustein

Community Health Outreach Worker

Stephanie Ha

School District Nurse

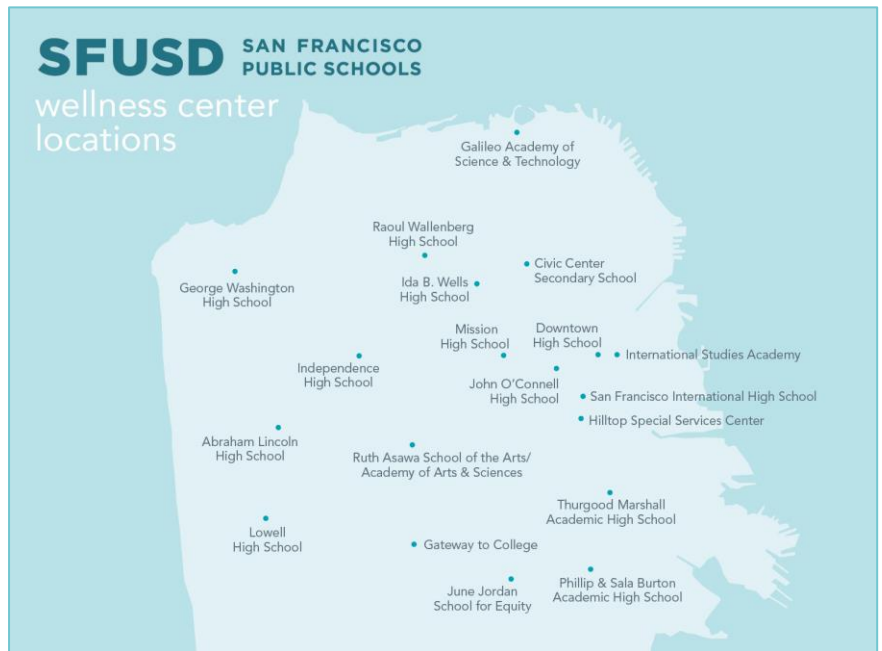
David Alfaro

Behavioral Health Therapist

Danae Carvacho (RAMS)

Intern

Dianne Gallo (SIT)



Contact

1050 York Street
San Francisco, CA 94110
(415) 695-5982
sfinternational@sfallness.org
www.sfallness.org

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.