

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.

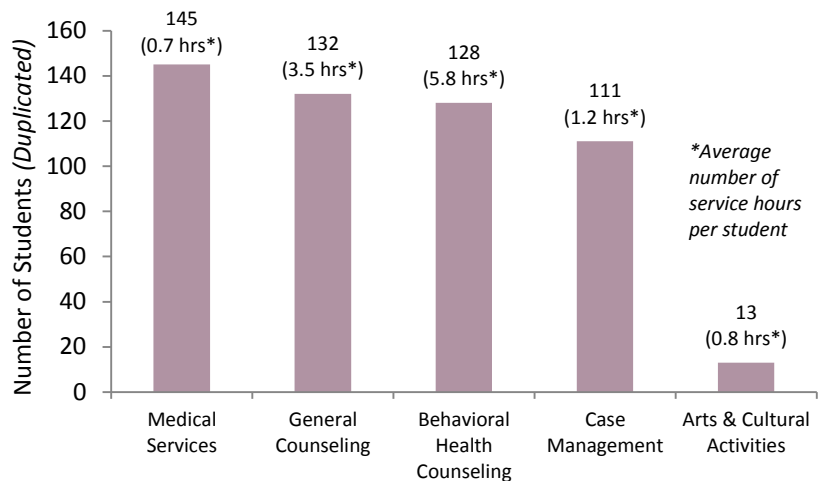
Total Number of Youth Served	305 (unduplicated) 48% of the student population (639 in 2014-15)
Total Number of Service Hours	1,677 hours (an average of 5.5 hours per student)
Student Drop-Ins	25 students visited the Wellness Program during drop-in hours on a typical day. Over the entire school year, that equals 4,464 student contacts .

Outreach & Education Highlights

Wellness provided 242 health promotion activities reaching 14,014 students (duplicated), including:

- Healthtopia 2015
- LGBT Health Panel
- Kick Butts Week
- Senior Stress Circles
- Regular mindfulness sessions in 7 classrooms
- Classroom Presentations on Mindfulness; Bullying; Healthy Breakfasts; Marijuana; and Safer Sex
- Youth Outreach Worker Public Service Announcements (PSAs)
- New Teacher & All Staff Appreciation Lunches

Top Five Types of Services by number of students served



“Wellness is an outstanding team that always puts students’ health first.”

- Staff Member, Wallenberg High School

Student & Staff Support Groups

Wellness organized 13 groups and clubs reaching 96 students and 10 staff members, including:

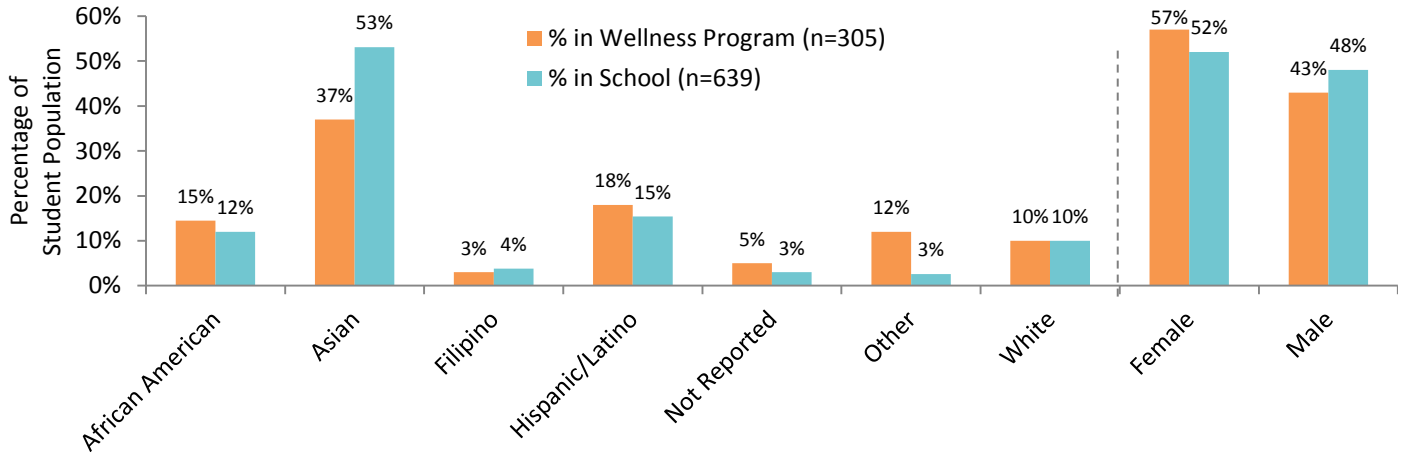
- 3rd Street Girls Group
- Arabic Girls Group
- Asian American Boys Group
- Grief & Loss Group
- Healthy Relationships Groups
- Mindfulness Groups
- Newcomer Girls Group
- Senior Stress Group
- Ukulele Club
- Three Mindfulness Groups for Teachers
- Young Men’s Health Group
- Youth Outreach Workers Program

Community Partners

Wellness collaborated with 10 community-based organizations, including:

- 3rd Street Youth Clinic
- Asian American Recovery Services
- Community Youth Center
- HOMEY
- Horizons Unlimited
- Huckleberry Youth Programs
- Josie’s Place
- La Casa de las Madres
- Mission Girls
- Sunset Youth Center

Comparison of Student Demographics in School and Wellness Program Population



Wellness Team Members

Wellness Coordinators

Devon Rath

Community Health Outreach Worker

Melanie Natividad

School District Nurse

Ariane Peixoto

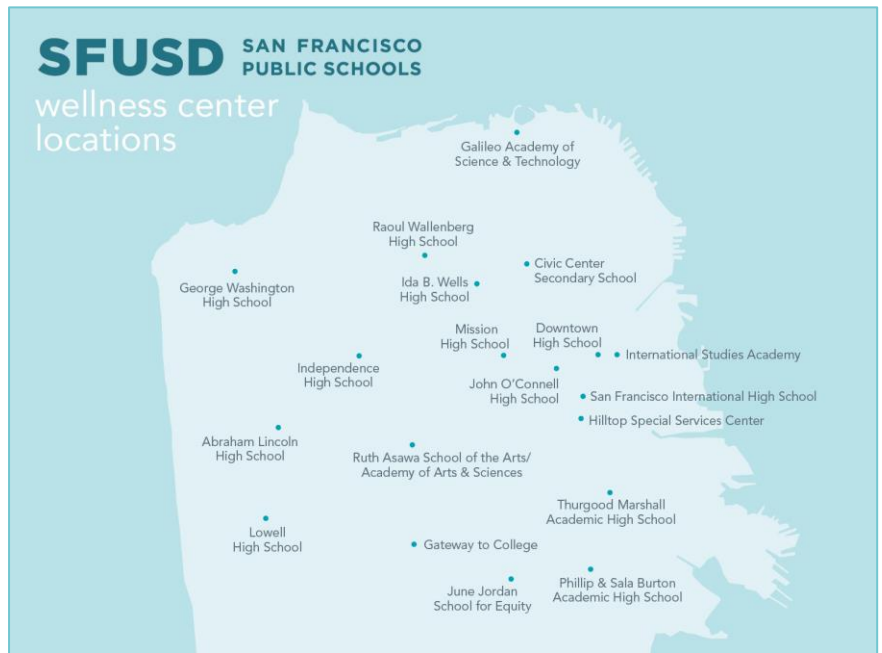
Behavioral Health Therapist

Danni Biondini (RAMS)

Interns & Volunteers

Stacie Dubin (SIT)

Abby Thompson (RAMS)



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.