

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.

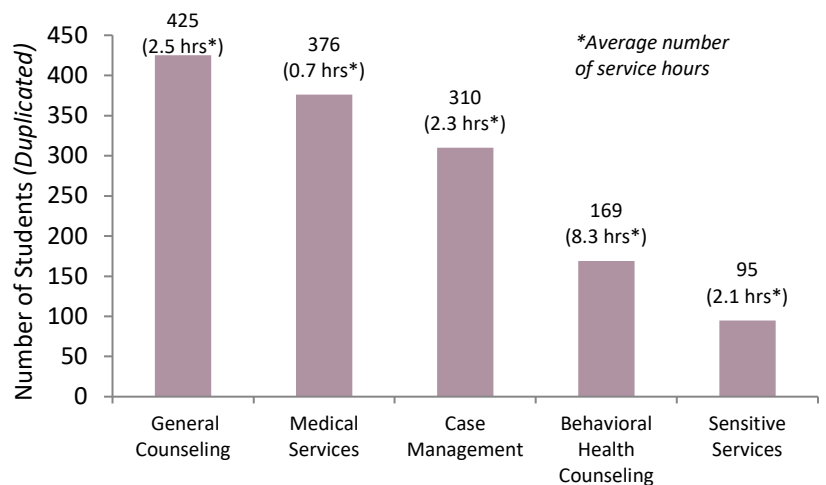
Total Number of Youth Served	631 (unduplicated) 60% of the student population (1,055 in 2016-17)
Total Number of Service Hours	4,900 hours (an average of 7.8 hours per student)
Student Drop-Ins	62 students visited the Wellness Program during drop-in hours on a typical day. Over the entire school year, that equals 11,232 student contacts .

Outreach & Education Highlights

Wellness provided 31 health promotion activities reaching 492 students (duplicated), including:

- Wellness 101: Student Orientation
- Lunchtime Tabling Events: Do It Yourself Stressballs and Tobacco Awareness
- Classroom Presentations on Consent and Confidentiality; Post Election Discussion; Healthy Relationships and Dating Violence
- Staff Professional Development on Self-Harm; Seizure Recognition; "Be Real, Be Ready" Curriculum Overview; Staff Fitness and Wellness
- Parent Education Workshop on Understanding Your Parents; Family Zumba

Top Five Types of Services by number of students served



"Well they saw the letter that I wrote about my mom and my dad how they both passed away. And then I started coming here because they are the only adults I trust about my problems."

- Burton Student

Student Support Groups

Wellness organized 16 groups and clubs reaching 179 students, including:

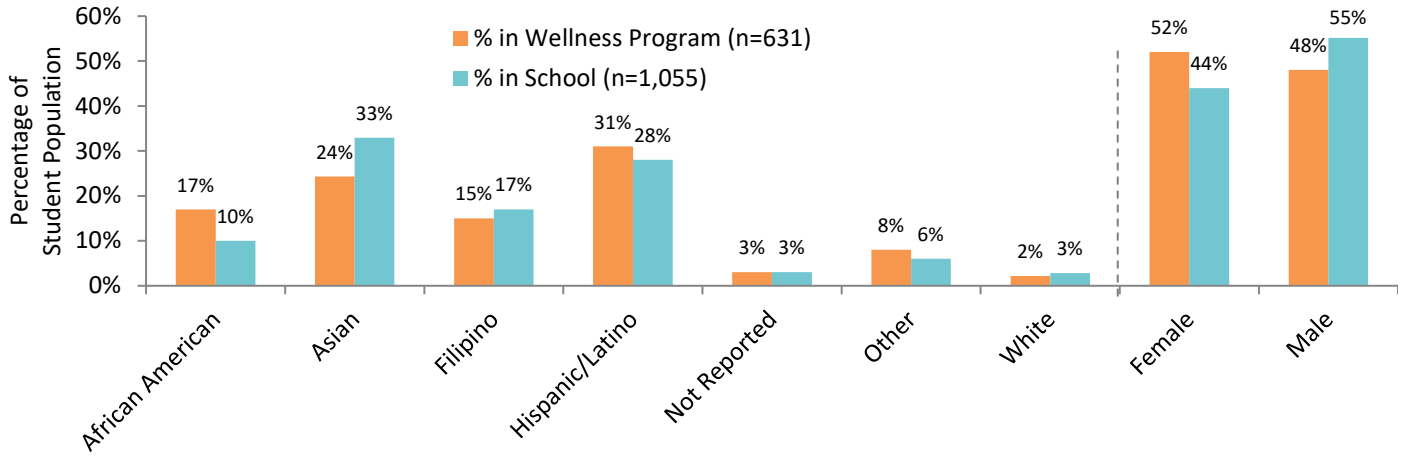
- Project Arrive Boys & Girls Mentoring Groups:
- Q Group
- Female Empowerment Group with SFWAR
- Conscious Queens
- SF Achievers
- Asian Pacific Islander Outreach Group
- Young Men's Health Group
- Youth Outreach Workers Program

Community Partners

Wellness collaborated with 12 community-based agencies, including:

- 3rd Street Youth Clinic
- Community Youth Center
- Center on Juvenile and Criminal Justice
- Health Initiatives for Youth
- Hawkins Youth Clinic
- Homies Organizing the Mission to Empower Youth (HOMEY)
- SF Achievers
- San Francisco Women Against Rape (SFWAR)
- Southeast Child/Family Therapy Center
- Vietnamese Youth Development Center
- UCSF (School of Medicine, Young Women's Health)

Comparison of Student Demographics in School and Wellness Program Population



Wellness Team Members

Wellness Coordinator
Vida Sanford

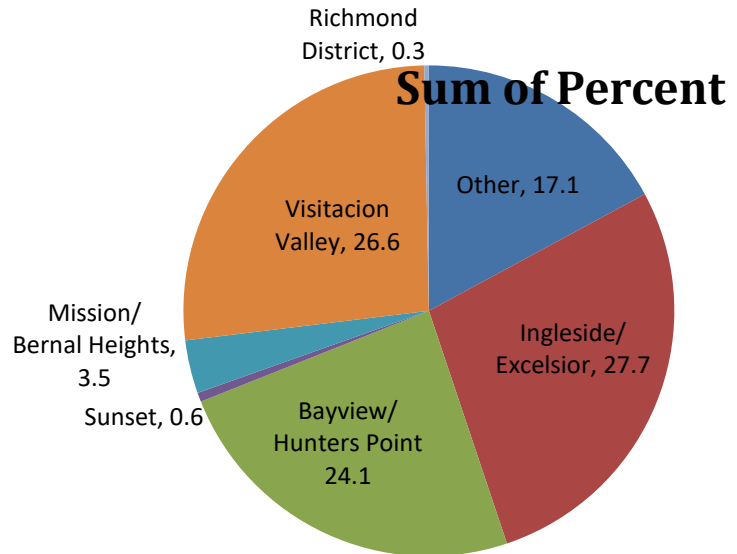
Community Health Outreach Worker
Jimmy Zhang

School District Nurse
Cassandra Siggins

Behavioral Health Therapists
Reina Turner (RAMS)

SFUSD Interns
Amanda Whitecrane (SIT/Mentoring for Success)

Top Six Neighborhoods of Students Served



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.