

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.

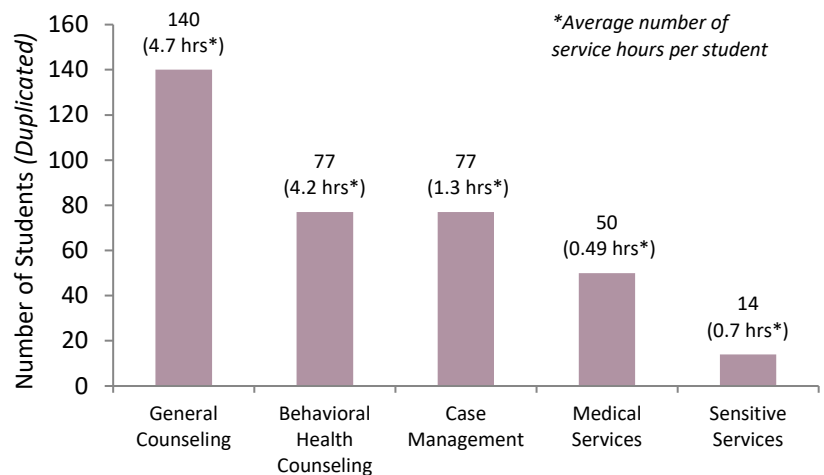
Total Number of Youth Served	174 (unduplicated) 122%* of the student population (143 in 2016-17)
Total Number of Service Hours	1,286 hours (an average of 7.4 hours per student)
Student Drop-Ins	29 students visited the Wellness Program during drop-in hours on a typical day. Over the entire school year, that equals 5,130 student contacts .

Outreach & Education Highlights

Wellness provided 62 health promotion activities reaching 2,700 students (duplicated), including:

- Wellness 101: Student and Parent Orientation
- Wellness Health Fair and Spirit Week
- Thanksgiving at DHS: Students and Staff fellowship and Appreciation Wall
- Classroom and lunchtime presentations on Stress Reduction; Birth Control 101; 2016 Election Information and Voter Registration Drive; Healthy Relationship 101; Job Development and Employment Opportunities
- Staff Professional Development on Suicide and Depression Warning Signs

Top Five Types of Services by number of students served



“Wellness has helped me be more mindful and a much calmer person because I have people to talk to.”

- Downtown Student

Student Support Groups

Wellness organized 14 groups and clubs reaching 231 students, including:

- After School Exercise Groups
- Black Student Union
- Cooking Club
- Q Group
- LOVE Group
- Life Skillz Group
- Hip Hop Music Group
- Poly Power
- Latinx Unidos Club
- WOKE: Girls Group
- Youth Outreach Workers Program

Community Partners

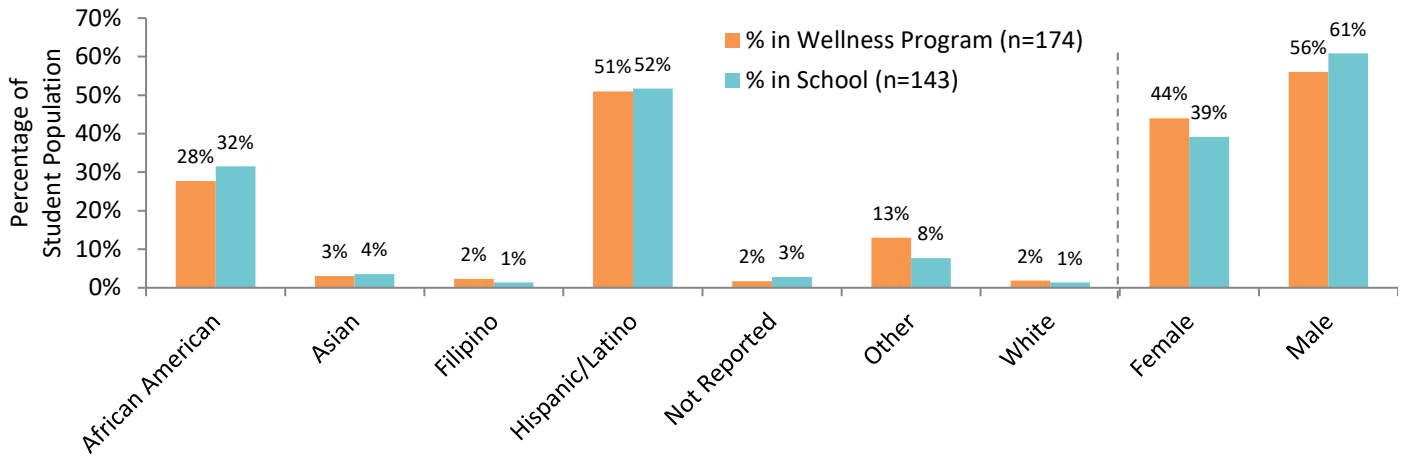
Wellness collaborated with 12 community-based organizations, including:

- 3rd Street Youth Clinic
- Asian American Recovery Services
- Bridges from School to Work
- La Casa de las Madres
- Mo'Magic
- Occupational Therapy Training Program (OTTP)
- Ohlhoff Recovery Programs
- Samoan Community Development Center
- SF Track
- Vietnamese Community Development Center
- Youth Making a Change

*Students can be placed at Downtown throughout the school year, thus the number of students increases as the year progresses. However, student enrollment figures are based on data from October 2014.

Core funding for the Wellness Programs comes from the City of San Francisco's Children and Youth Fund and the Public Education Enrichment Fund (PEEF) of the San Francisco Unified School District.

Comparison of Student Demographics in School and Wellness Program Population



Wellness Team Members

Wellness Coordinators

Jodi Tsapis

Community Health Outreach Worker

Lawrence Festin

School District Nurse

Ariane Peixoto

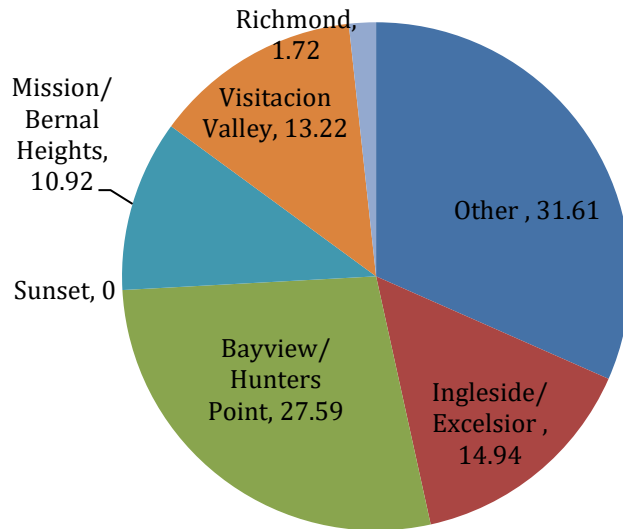
Behavioral Health Therapists

Rebecca Martinez (RAMS)

SFUSD Interns

Alexandra Sobieraj (SIT)

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.