

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.

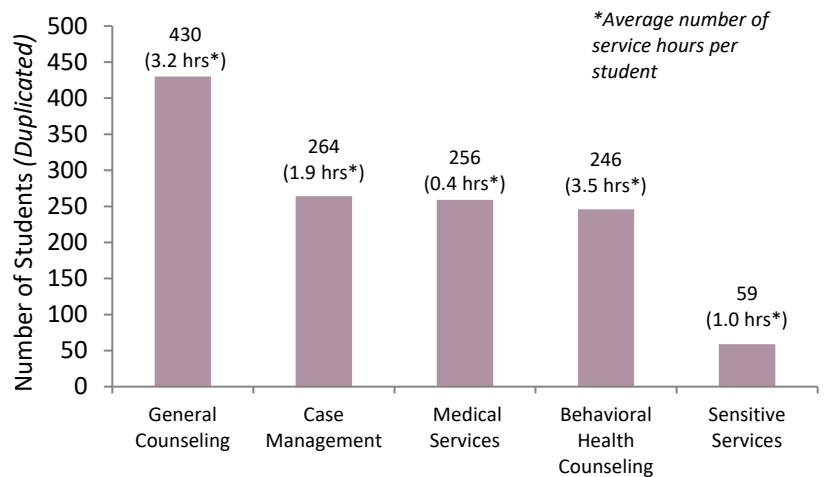
Total Number of Youth Served	739 (unduplicated) 39% of the student population (1,872 in 2016-17)
Total Number of Service Hours	3,661 hours (an average of 5.0 hours per student)
Student Drop-Ins	106 students visited the Wellness Program during drop-in hours on a typical day. Over the entire school year, that equals 19,008 student contacts .

Outreach & Education Highlights

Wellness provided 45 health promotion activities reaching 3,731 students (duplicated), including:

- Wellness 101: Student and New Teacher Orientations
- LoveFest featuring workshops on sexual health and healthy relationships
- Classroom Presentations on Rethink Your Drink and Tobacco
- Stress Less Fest: Self-Care Presentations and Demonstrations

Top Five Types of Services by number of students served



“They've helped me on any situation I've faced with relationships, work, school, family problems, anytime I'm confused on something I know on where I can count on for help.”

- Student, Galileo Academy

Student Support Groups

Wellness organized 10 groups and clubs reaching 167 students, including:

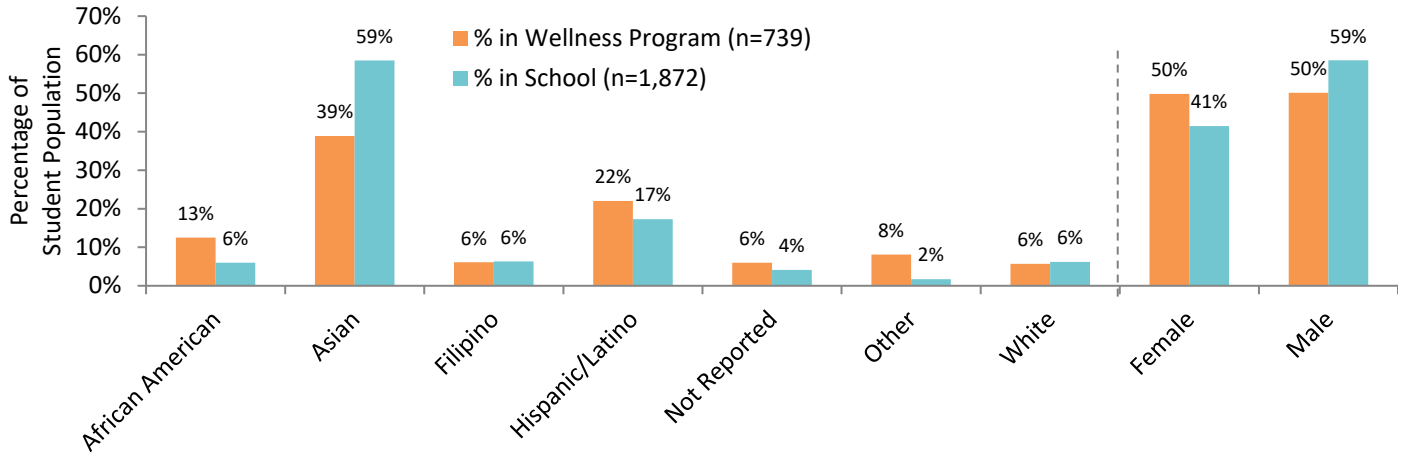
- Chinese Boys Support Group
- Newcomer Club
- Xicas (Latina Empowerment Group)
- Latino Boys Group
- Queer Support Group
- Project Arrive Boys & Girls Mentoring Groups
- Young Men's Health Group
- Youth Outreach Worker Program

Community Partners

Wellness collaborated with 13 community-based organizations, including:

- Community Youth Center
- Chinatown / North Beach Mental Health
- Hearing and Speech Center of Northern California
- Horizons Unlimited
- Huckleberry Youth Programs
- LGBTQ Speakers Bureau
- Occupational Therapy Training Program
- Ohlhoff Recovery Program
- Planned Parenthood
- SF/Marin Food Bank
- San Francisco Women Against Rape (SFWAR)
- Women's Community Clinic

Comparison of Student Demographics in School and Wellness Program Population



Wellness Team Members

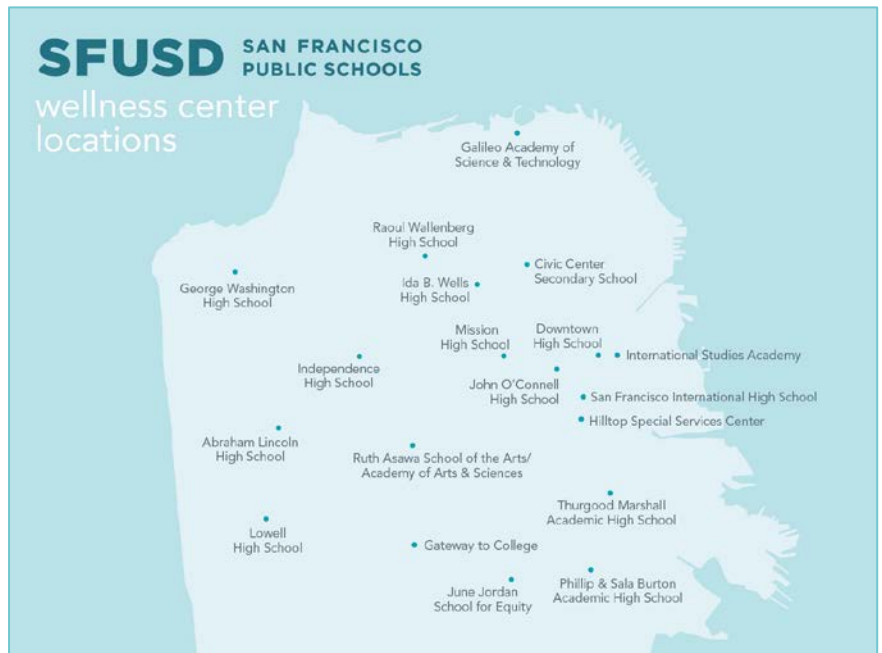
Wellness Coordinator
Sydney Fisher

Community Health Outreach Worker
Naomi Forsberg

School District Nurse
Susan Kitchell

Behavioral Health Therapists
Sarah Kwan, Danae Carvacho & Aaron Hagaman (RAMS)

Interns
Joey Sutter (SIT/Caminos)
Xavier Salazer (Foster Youth Services)



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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.