

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.

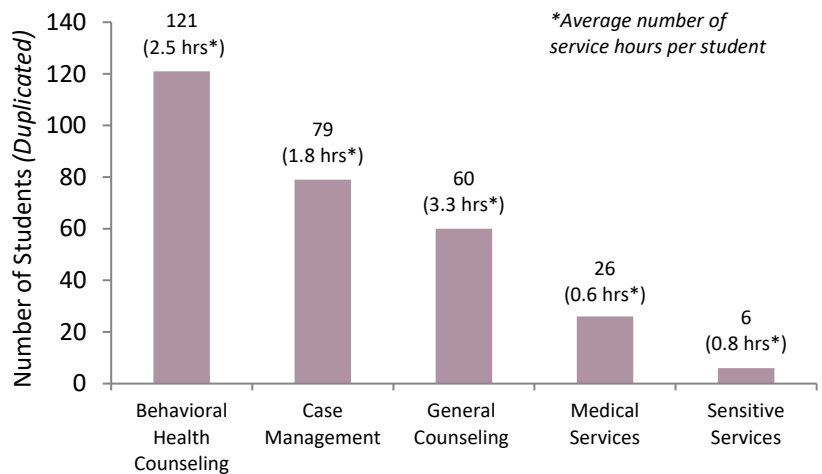
Total Number of Youth Served	178 (unduplicated) 110%* of the student population (161 in 2016-17)
Total Number of Service Hours	778 hours (an average of 4.4 hours per student)
Student Drop-Ins	30 students visited the Wellness Program during drop-in hours on a typical day. Over the entire school year, that equals 5,382 student contacts .

Outreach & Education Highlights

Wellness provided 64 health promotion activities reaching 968 students (duplicated), including:

- Wellness 101: Student and Staff Orientation
- Wellness Health Fair
- Classroom and Lunchtime Presentations on Rethink Your Drink and Nutrition; Sexual Harassment; Body Image and Self-Esteem; Teenage Body; Substance Abuse; Healthy Relationships; Condom Availability Program; Internet Violence
- Staff Professional Development on Trauma-Informed Practices; Staff Meditation Practices; Marijuana and the Teenage Brain

Top Five Types of Services by number of students served



“Wellness impacted me so much that I go there every day to help out or to get help myself.”
- Ida B. Wells Student

Student Support Groups

Wellness organized 4 groups and clubs reaching 61 students, including:

- Young Women’s Empowerment Group
- We Found Your Chill- Yoga Group
- Young Men’s Empowerment Group
- Youth Outreach Workers Program

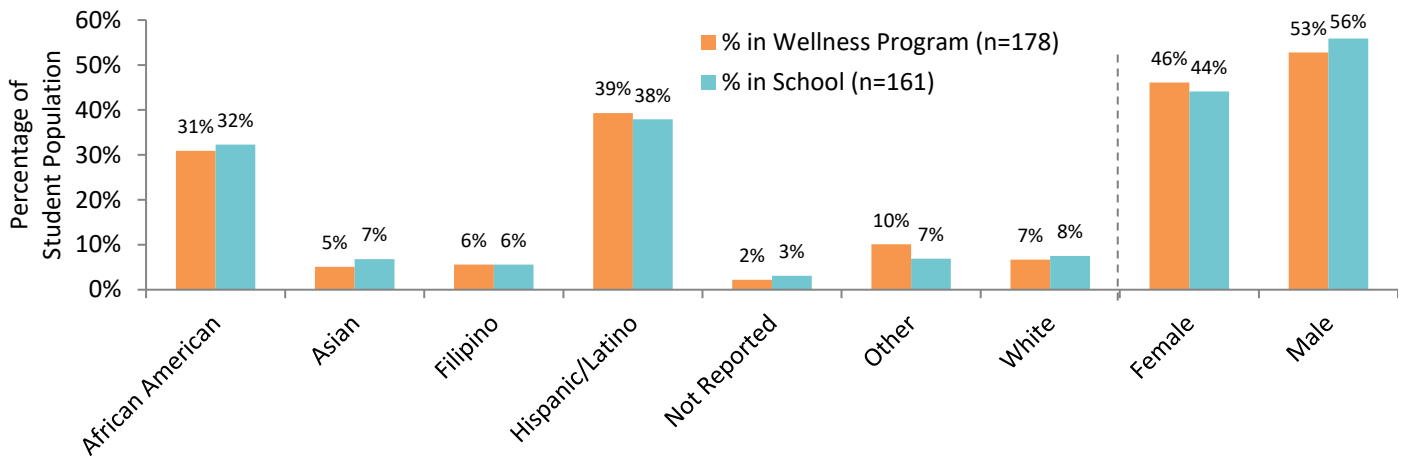
**Students can be placed at Ida B. Wells throughout the school year, thus the number of students increases as the year progresses. However, student enrollment figures are based on data from June 2017.*

Community Partners

Wellness collaborated with 10 community-based organizations, including:

- Asian American Recovery Services
- Mission Neighborhood Health Center
- Veritable Vegetable
- Community Youth Center
- SF/Marin Food Bank
- Boys and Girls Club
- SF Ed Fund Volunteers
- 100% College Prep
- SF Violence Intervention Program
- Catholic Charities

Comparison of Student Demographics in School and Wellness Program Population



Wellness Team Members

Wellness Coordinator

Lo Bloustein

Community Health Outreach Worker

Cesar Dominguez

School District Nurse

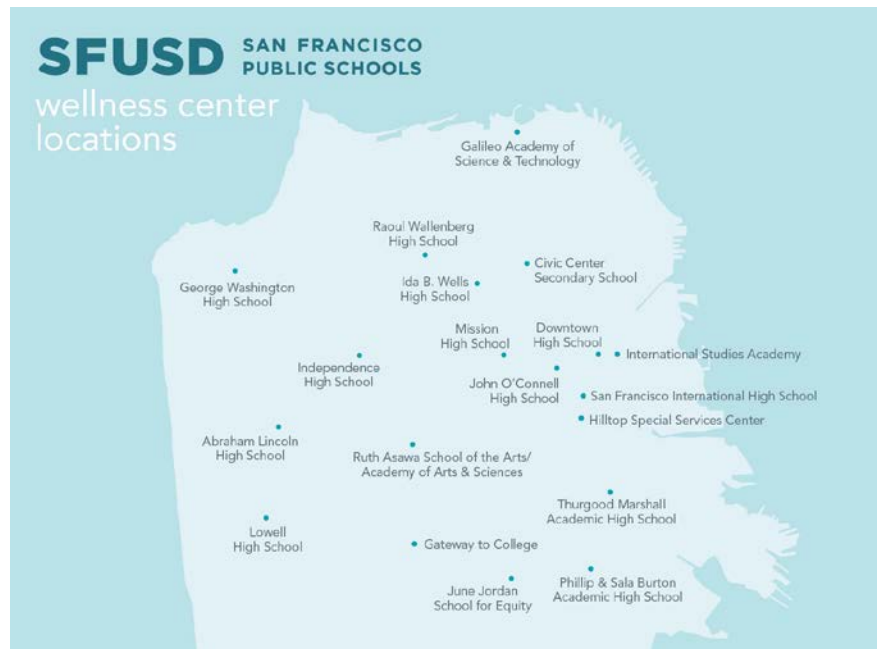
Rachel Kigano

Behavioral Health Therapists

Sarah McLaughlin (RAMS)

Staci LaFortune (RAMS)

Interns



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 2013-14 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.