

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.

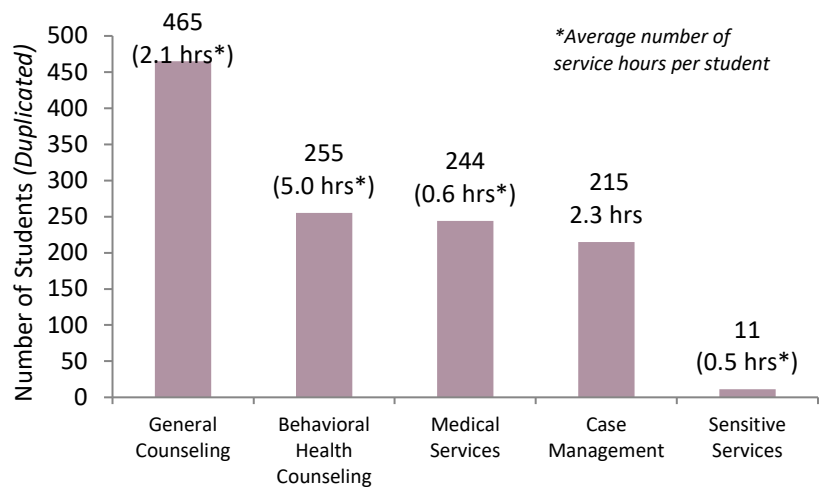
Total Number of Youth Served	733 (unduplicated) 27% of the student population (2,720 in 2016-17)
Total Number of Service Hours	3,740 hours (an average of 5.1 hours per student)
Student Drop-Ins	67 students visited the Wellness Program during drop-in hours on a typical day. Over the entire school year, that equals 12,960 student contacts.

Outreach & Education Highlights

Wellness provided 58 health promotion activities reaching 2,365 students (duplicated), including:

- Wellness 101: Student Orientation
- Spoken Word Open Mic
- Health Fairs: Love Fest, Stress-Free and Food & Fitness
- Classroom Presentations on Suicide Prevention; Marijuana and the Teenage Brain and Substance Use Prevention; Time Management
- Staff Professional Development on EPI Pen Training
- Parent Workshops on How support 9th Grade students

Top Five Types of Services by number of students served



"I cut a lot freshman and sophomore year, and one of my friends told me that she went to the wellness center because she had panic attacks. Eventually the cutting and suicidal urges got too much, so I decided to try meeting with a wellness center person to see if it would help. It did!"

- Lowell Student

Student Support Groups

Wellness organized 4 groups and clubs reaching 31 students, including:

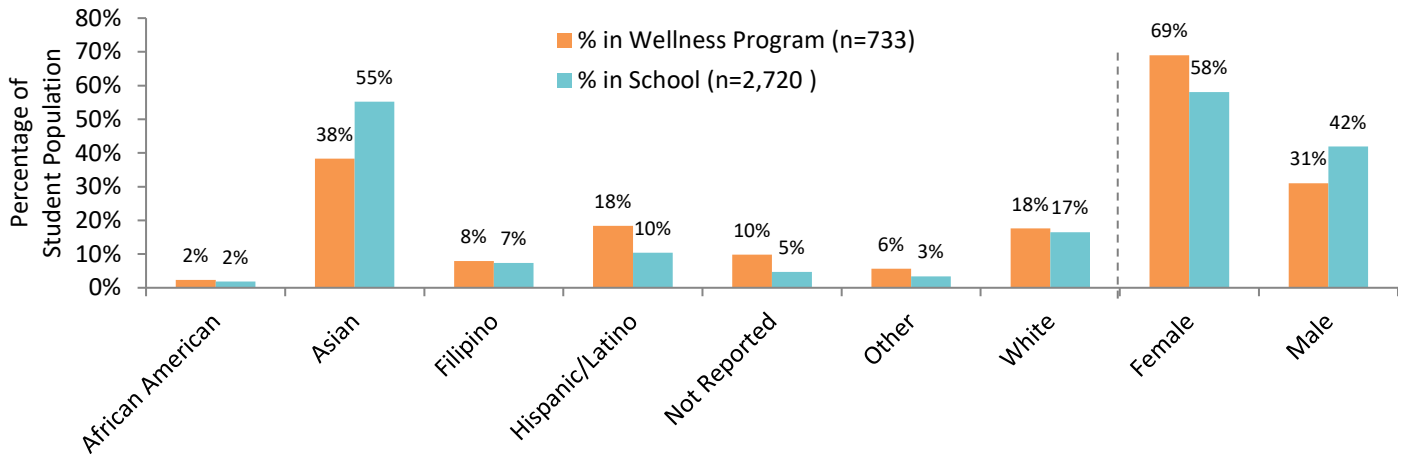
- Spoken Word Group
- Academic Success
- Q Group
- Youth Outreach Worker Program

Community Partners

Wellness collaborated with 4 community-based organizations, including:

- Community Youth Center
- Better Early Than Late
- PREP San Francisco
- YMCA Pass Program

Comparison of Student Demographics in School and Wellness Program Population



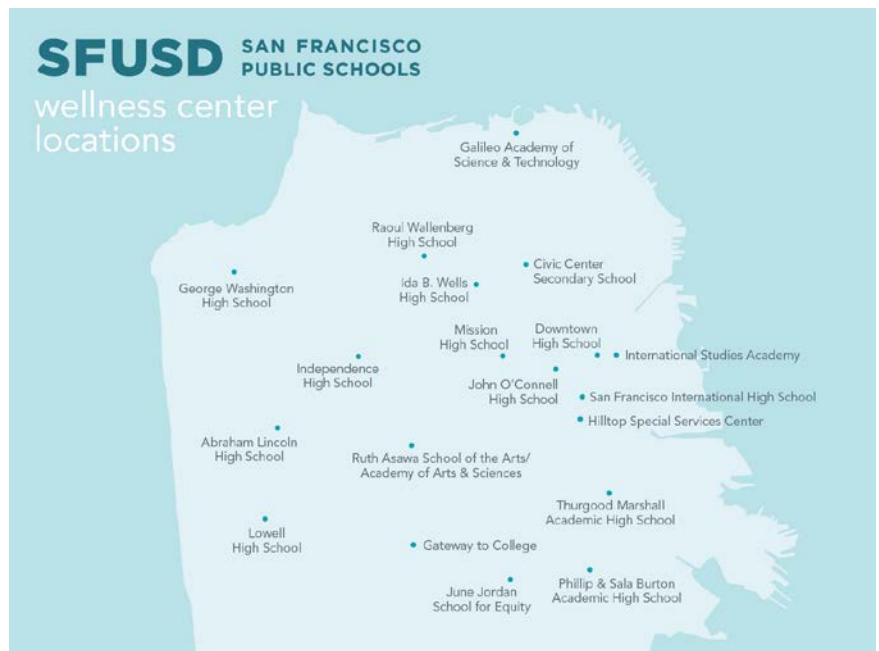
Wellness Team Members

Wellness Coordinator
Carol Chao Herring

Community Health Outreach Worker
Sarah Cargill

School District Nurse
Vanessa Compagno

Behavioral Health Therapists
Veronica Tai (RAMS)
Ashley Hamilton (RAMS)
Interns and Volunteer
Amelia Katkov (RAMS)
Erica Edwards (SIT)



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.