

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.

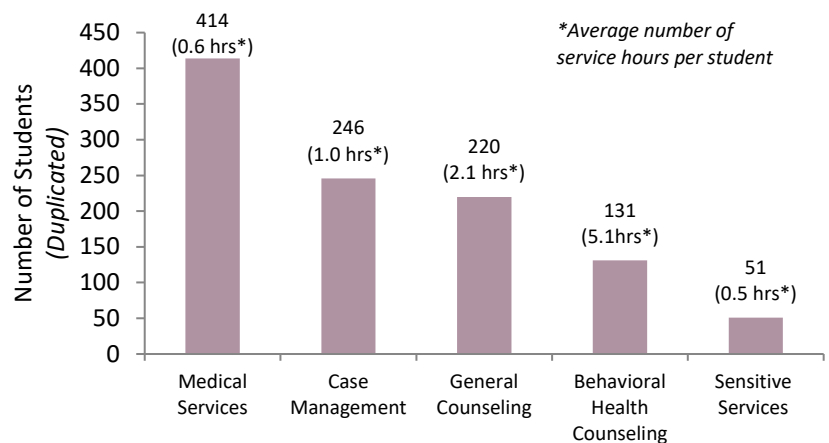
Total Number of Youth Served	958 (unduplicated) 89% of the student population (1,076 in 2016-17)
Total Number of Service Hours	8,569 hours (an average of 8.9 hours per student)
Student Drop-Ins	87 students visited the Wellness Program during drop-in hours on a typical day. Over the entire school year, that equals 15,570 student contacts .

Outreach & Education Highlights

Wellness provided 66 health promotion activities reaching 2,164 students (duplicated), including:

- Wellness 101: Student Orientation
- Classroom Presentations on The Dangers Of Sugar; Marijuana and Substance Use; Reproductive Health; Stress and Mindfulness; Pig Lungs Demonstration; and Teen Health Issues
- Staff Professional Development on Staff Wellness and Mindfulness Practice
- Parent Workshops on Mindfulness and Student Wellness

Top Five Types of Services by number of students served



“I love it! I’m glad we have it here. If it wasn't for them I would just go home and not even have the energy to be in class. And I am glad it’s a very helpful program that has helped every student at Mission High School.”

- Mission Student

Student Support Groups

Wellness organized 49 groups and clubs reaching 1,254 students, including:

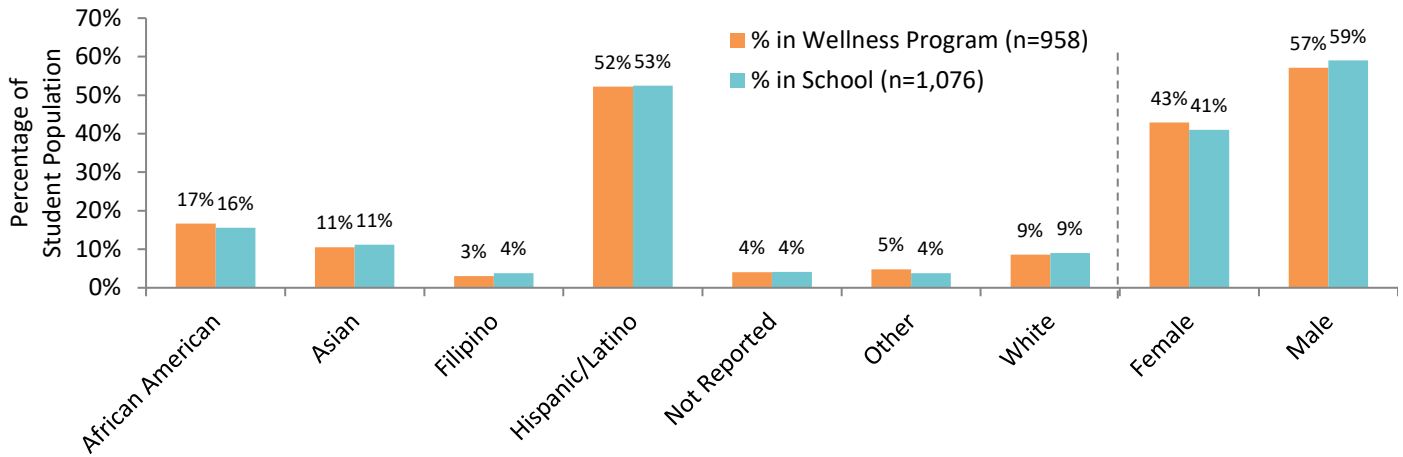
- African American Empowerment Groups For Boys and Girls
- CYC Asian Newcomer Support Group
- Latina Unidas Group
- Niroga Institute Mindfulness Groups
- Q Group
- Surf & Beach Club
- SFWAR Young Women’s Empowerment and Support Group
- Youth Outreach Workers Program
- Young Men’s Health Group
- Westside Girls Group

Community Partners

Wellness collaborated with 10 community-based organizations, including:

- Bayview Hunters Point Foundation (BVHPF)
- CARECEN (Central American Resource Center)
- City Surf Project
- Community Youth Center (CYC)
- Huckleberry Youth Services
- Instituto Familiar de La Raza
- Niroga Institute
- San Francisco Women Against Rape(SFWAR)
- Sunset Youth Services
- Westside Community Services

Comparison of Student Demographics in School and Wellness Program Population



Wellness Team Members

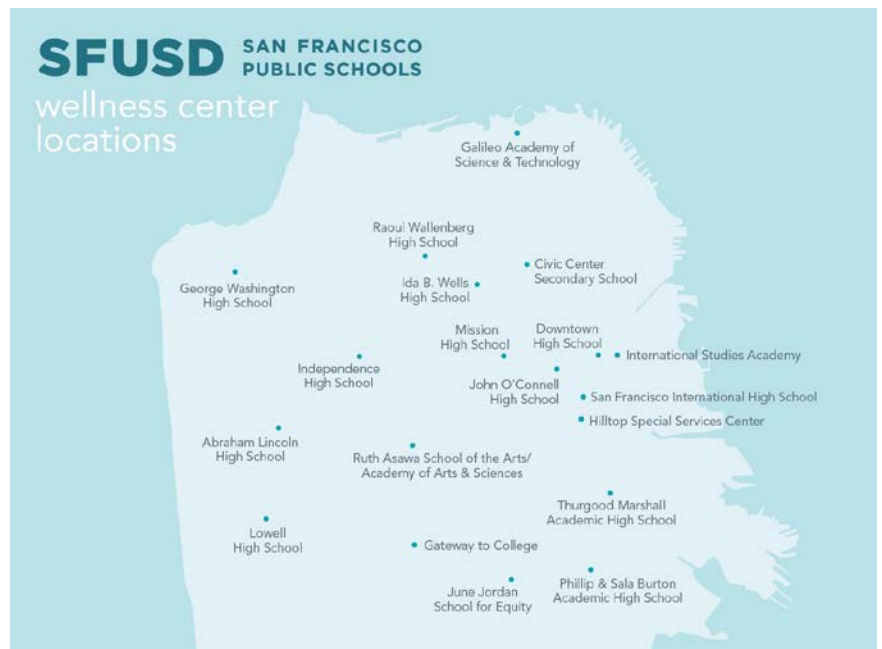
Wellness Coordinator
Chandra Sivakumaran

Community Health Outreach Worker
Raymund Sotto

School District Nurse
Mary-Michael Preyer Watts

Behavioral Health Therapist
David Shepard (RAMS)

Interns
Gargi Patel and Amit Rozen (RAMS)
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Andres Rios (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 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.