

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.

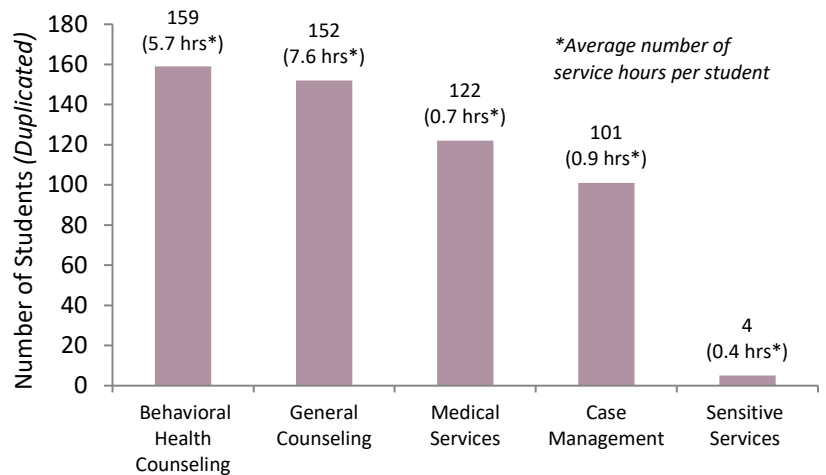
Total Number of Youth Served	310 (unduplicated) 49% of the student population (639 in 2016-17)
Total Number of Service Hours	2,282 hours (an average of 7.4 hours per student)
Student Drop-Ins	39 students visited the Wellness Program during drop-in hours on a typical day. Over the entire school year, that equals 6,894 student contacts.

Outreach & Education Highlights

Wellness provided 84 health promotion activities reaching 10,190 students (duplicated), including:

- Wellness 101: Student Orientation
- Healthtopia 2017
- Community Circles
- Wallapalooza Health Fair
- Health Event with the Athletic Department
- Classroom Presentations on Sexual Assault and Anti-Violence; Healthy Relationship; Tobacco and E-Cigs; Reproductive Health Issues
- Staff Professional Development series on Mindfulness and Yoga

Top Five Types of Services by number of students served



“The Wellness center has really benefitted me a lot. It changed my whole life around. Without it, I wouldn't have had the motivation to live or move on in life. I'm sincerely grateful to Wellness and I hope others will reach out to this source if they need support.”

- Wallenberg Student

Student Support Groups

Wellness organized 13 groups and clubs reaching 141 students, including:

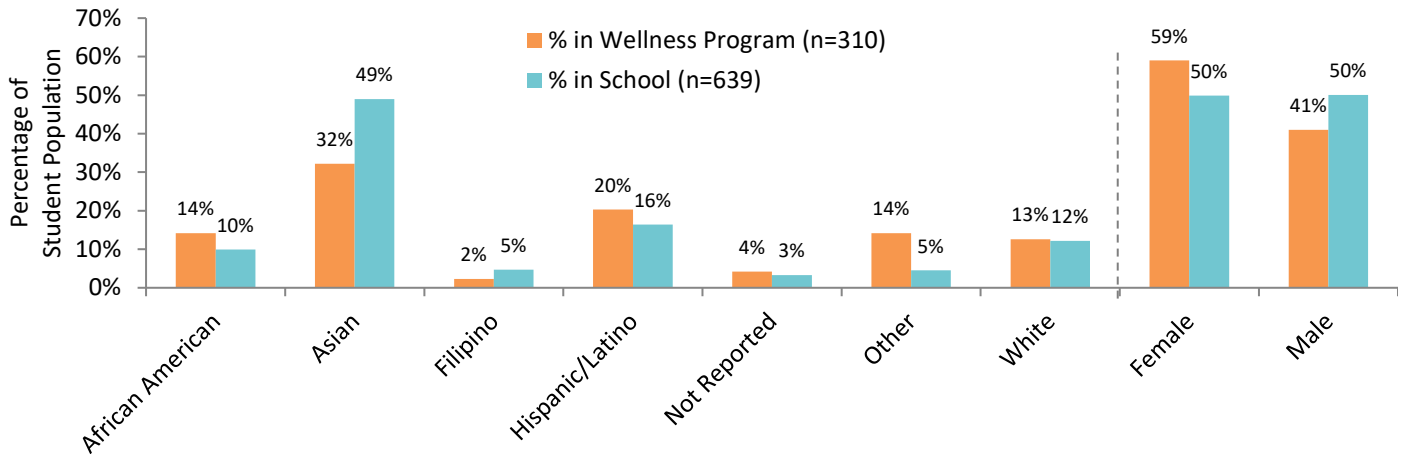
- Arab Boys Group
- Community Youth Center Lunchtime Group
- Latina Girls Group
- Mindfulness Group
- Mo'Magic Young Women's and Men's Groups
- Mission Girls Group
- Q Group
- Yoga Group
- Young Men's Health Group
- Youth Outreach Workers Program
- Wallenberg Peer Support Group

Community Partners

Wellness collaborated with 11 community-based organizations, including:

- Asian American Recovery Services
- Boys And Girls Club
- Community Youth Center
- Enterprise for Youth
- Health Initiatives for Youth
- Homey
- Horizons Unlimited
- Huckleberry Youth Programs
- La Casa de las Madres
- Mission Neighborhood Health Center
- New Generation Health Center
- SF Magic Zone

Comparison of Student Demographics in School and Wellness Program Population



Wellness Team Members

Wellness Coordinators

Devon Rath

Community Health Outreach Worker

Najwa Ahmed

School District Nurse

Ariane Peixoto

Behavioral Health Therapist

Danni Biondini (RAMS)

Interns

Alexander Kleinberg (SIT)

Chiara Viscomi and Reem Aleissa (RAMS)



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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.