



HIGH SCHOOL WELLNESS CENTER / PROGRAM

FACT SHEET

...Building collaborations and teams to support youth and their families

Historical Background: Research shows that school-based and school-linked health services play an important role in improving the health and well being of youth when linked to other health services. This program was created in response to high school student feedback through a citywide survey. Students indicated that they wanted and needed access to mental health, substance abuse, and reproductive health services. In August of 1999, a School Health Task Force was created to develop a proposal on how to best implement school-based and school-linked services for high schools in San Francisco. The Department of Children, Youth and Families allocated funds for development of seven Wellness Centers at San Francisco large high schools. In addition, School Health Programs Department successfully secured funding from the Federal Safe School/Healthy Student Initiative Grant to provide health services and professional development at the seven Wellness Centers.

What is the goal of the High School Wellness Center/ Program?

The goal of The High School Wellness Center/ Program is to improve the health, safety and educational outcomes of San Francisco's high school students at each of the seven sites.

What is the High School Wellness Center/ Program?

The High School Wellness Center/ Program is a new collaborative initiative between: the Department of Children, Youth & Their Families (DCYF); the San Francisco Unified School District (SFUSD), School Health Programs Department; the Department of Public Health. Community Mental Health Services (CMHS), Community Substance Abuse Services (CSAS), and the San Francisco Police Department (SFPD), Youth Programs Section.

The purpose of the Wellness Centers/Program is to provide and link students to health care and prevention/early intervention programs and services. Areas of need and focus are: mental health services, substance use prevention and treatment services, reproductive and physical health services and linkage to community based services.

The High School Wellness Center/Program provides students access to health education, reproductive health, mental health, and substance use services, as well as referral to primary health care providers. Students voluntarily seek Wellness Program Services or are referred by school site staff. Students are assessed, counseled, and referred to community service providers when appropriate.

Currently, there are seven Wellness Center/ Program sites located at Galileo Academy, Lincoln High School, Lowell High School, Marshall High School, McAtter High School, Mission High School, and Washington High School. The Wellness Programs at Galileo and Lincoln were the first to be implemented in Fall 2000, with the remaining five Wellness sites who became Operational in Spring 2001.

Activities within SFUSD and SHPD that support the Wellness Centers:

- At each site, Wellness Center/ Program staff include a Wellness Coordinator, School Nurse, Peer Resource Coordinator, and some sites also have a Community Health Outreach Worker.
- Department of Public Health ensures that a Mental Health Counselor, and Substance Use Counselor are assigned to each site.
- A School Resource Officer is assigned to each site in collaboration with SFPD COPS program
- Health Promotion Committee which includes Health Liaison, Tobacco Intervention Coordinator and Sexual Minority Youth Liaison provide adult and student coordinators for each position
- Technical Assistance Grant Writing Workshops
- On-site and district-wide professional development opportunities for all site staff
- Comprehensive School Health Programs

For further information contact:

**School Health Programs Department
1515 Quintara Street, San Francisco, CA 94116
(415) 242-2615 FAX (415) 242-2618**