

Data shows that the Wellness Center helps students

- 93%** Improve their health and well-being*
- 82%** Make new friends
- 78%** Feel better about themselves
- 94%** Reduce their use of tobacco, alcohol or other drugs**
- 76%** Come to school more often
- 64%** Do better in school

*Among students trying to improve their health
 **Among students attempting to reduce their substance use
 Sources: Student Satisfaction Surveys conducted by ETR Associates, Spring 2014



SFUSD SAN FRANCISCO PUBLIC SCHOOLS

wellness center locations



The San Francisco Wellness Initiative improves the health, well-being, and academic success of public high school students on 19 San Francisco Unified School District (SFUSD) campuses.

Contact the Wellness Center
www.sfwellness.org

Independence High School
 1350 7th Ave
 San Francisco, CA 94122

Ann Collaco, Wellness Coordinator
 1 (415) 242-5000 EXT 1210
acollaco@sfwellness.org

Room 210
 Mon – Fri
 9am – 2:30pm

Partnering to support student health and well-being.

San Francisco Department of Public Health San Francisco Department of Children, Youth and Their Families San Francisco Unified School District

Core funding comes from:
 City of San Francisco’s Children and Youth Fund
 Public Education Enrichment Fund (PEEF)



“Wellness? What’s that?”

“The Wellness Center helps teens be healthy in body and mind.”

Information for Parents/Guardians



What is the Wellness Center?

The Wellness Center at your student's high school provides free, safe, and confidential support so that students are healthy and ready to learn.

Who works there?

- School Social Worker
- School Nurse
- Therapists
- Community Health Outreach Worker

The Wellness Center collaborates with teachers, school staff, families, and community agencies.



What do we provide?

- Safe and welcoming space
- Health information and services
- Counseling
- Case management
- Support groups
- Leadership opportunities
- Connections to community agencies and health clinics
- Workshops for parents/guardians

Connect with us

We can help you understand your teen and how to support them.

Your teen can also stop by the Wellness Center to meet us and learn about what we do.



Ask us for information about common teen concerns

- Stress and anxiety
- Relationships with family and friends
- Eating healthy foods
- Cigarettes, drugs and alcohol
- Sleeping and mood
- Body image
- Self-harm (cutting)
- Loneliness and depression
- Suicide prevention
- Community violence and gangs
- Gender identity and sexuality
- Dating and sex
- Health Insurance

Parent/guardian voices

"Thanks to Wellness counseling, my son is going to school more often."

"The Wellness Center saved my daughter's life."

Student voices

"There's always someone who will listen and care about you at the Wellness Center."

"I have a place to relax when I feel overwhelmed."

"I've learned how to better deal with my problems. I feel better and not as lonely."

"I've improved my grades and learned to manage my time more wisely."

"I've become a stronger person – mentally, physically, and emotionally."



Teacher voices

"Our students are under such pressure. The Wellness Center ensures they have support."

"The Wellness Center allows students to focus on class while in class."