



John F. Kennedy High School

# Student Health & Enrichment Center

## ▶ Student Health Center

**Our Mission is to develop a coordinated system of support services for all students in order to foster well-being and academic achievement.**

The JFK Health Center was established in June 2007 as a collaborative effort between the West Contra Costa Unified School District and West Contra Costa YMCA. It provides a coordinated comprehensive approach to adolescent health and is a program of the YMCA. The Y is a cause-driven organization that is for youth development, for healthy living, and for social responsibility. That's because a strong community can only be achieved when we invest in our kids, our health, and our neighbors.



*"Students who are tired, sick, stressed, depressed or who struggle with health issues have a higher risk of dropping out. The Health Center provides teens with options and gives them the tools they need to succeed in life."*

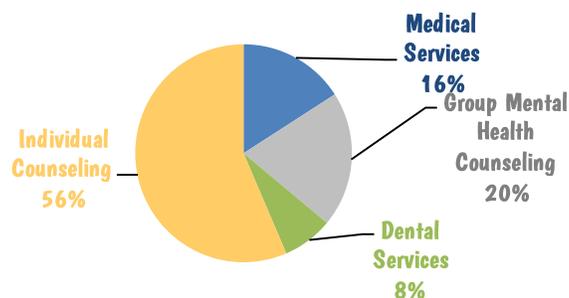
## ▶ Services Provided

**YMCA-YTEAM Wellness Counseling Services** include but are not limited to crisis intervention, support for homeless youth, treatment of depression, anxiety, relationship issues, eating disorders, grief/loss, and anger management. Individual and group counseling are also available.

**Contra Costa County and Kaiser Permanente Medical Services** encompass the provisions of physical and sport exams, first aid, family planning, screening and treatment of sexually transmitted infections (STIs), immunizations, and referrals to primary care providers.

**Health Promotion and Education Wellness programs** include obesity prevention, nutrition workshops, youth-led community based research projects, community and school wide test testing. We provide diet behavior counseling and fitness coaching. Additional workshops include pregnancy prevention, HIV/STI prevention, human sexuality, intimate partner violence, and substance abuse prevention. We also facilitate a peer health education program with student leaders.

## SBHC Visits Provided (n=3,272)



## ▶ Medical Services: Contra Costa Health Services & Kaiser Permanente

**Medical: On-site through a fully operational clinic**

Total Number of Youth Served	190
Total Number of Visits	521
Total Number of Visits Per Student	3.2

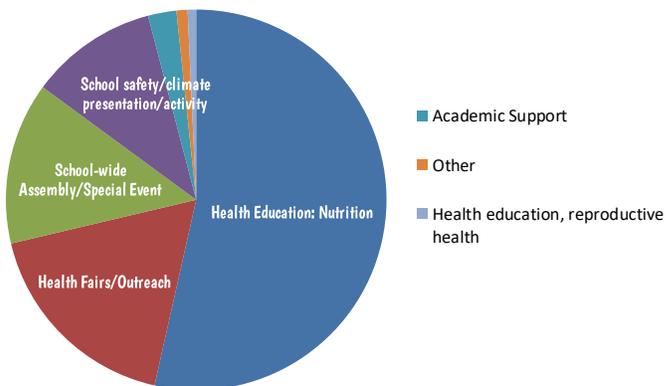


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### ▶ Student Impact

SBHC Youth Services & Events Provided to Students on Campus



*New to the health center this year is the Young Men's Empowerment Collaborative (YMEC). YMEC aims to promote healing and justice among boys and young men of color who are disproportionately impacted by community violence by improving school climate, and identifying and connecting young male survivors of violence to effective support services. This year, 30 young men of color are participating in evidence-based support groups shown to heal trauma and improve academic success*

### ▶ Special Acknowledgement for our Partners & Supporters

#### Community Partners

- Contra Costa Health Services
- Contra Costa Crisis
- STAND! For Families Free of Violence
- Kaiser Permanente
- Community Health for Asian Americans
- Bay Area Community Resources
- Community Violence Solutions
- Youth Services Bureau
- UC Berkeley
- Dominican University
- Inspiring Communities
- City of Richmond
- YMCA After School Program
- Flora Family Foundation
- JFK Administration & Staff
- National School Based Health Alliance
- California School Based Health Alliance



### ▶ Contact Information

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