

JFK HEALTH AND WELLNESS CENTER

Kennedy High

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

Who We Are

The JFK Health & Enrichment Center provides a coordinated comprehensive approach to adolescent health and is a program of the YMCA. Services are delivered in collaboration with West Contra Costa Unified School District, West County YMCA, Contra Costa Health Services, Youth Services Bureau, and Community Health for Asian Americans, Kaiser Permanente and other community Partners.

Services

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.

Medical Services encompass the provision of physical and sport exams, first aid, family planning, screening and treatment of sexually transmitted infections (STIs), immunizations, and referrals to primary care providers.

Wellness Programs and Health Education is provided on topics like pregnancy prevention, HIV/STI prevention, human sexuality, intimate partner violence and substance abuse prevention. We also provide students with a peer health education program.

Wellness programs include obesity prevention, nutrition workshops, cooking classes, diet behavior counseling, and personal trainers.

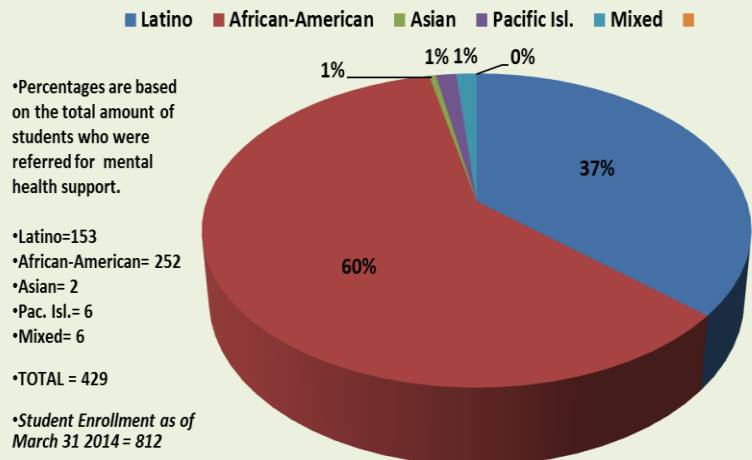
Youth Development offers teens an environment in which to learn values and positive behaviors, where they can explore unique talents and interests helping them to realize their potential. Each year a youth advisory board is established that advocates for youth health rights. Their goal is to educate youth within the school and community through projects and presentations.



2013-2014 Program Highlights

- Healthy Lifestyles Program
- Obesity Prevention
- Safe Routes to School Research Project
- Nutrition and Physical Activity Promotion Project
- Youth Advisory Board – World Aids Day Event
- Health Literacy for School site staff
- 5th Annual Fun N the Sun (school-wide physical activity and nutrition event)

Students Served Per Ethnicity(August 2013- March 2014)



JFK HEALTH & WELLNESS CENTER BACKGROUND

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The JFK Health & Wellness Center was established in June 2007 as a collaborative effort between the West Contra Costa Unified School District and West Contra Costa YMCA. In 2008 enrichment programs were added with funding from the 21st Century ASSETs grant. 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.

WHO WE SERVE

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The JFK Health & Enrichment Center serves students and families.



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

“At the JFK Health Center they’re not going to put you down, they’re going to motivate you to do better. When you come out you feel like you need and you want to do better.” – Student

“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.” – Assistant Principal

Partners & Supporters

Contra Costa Health Services

Contra Costa Crisis

STAND! For Families Free of Violence

WCCUSD

Kaiser Permanente

Community Health for Asian Americans

Bay Area Community Resources

Community Violence Solutions

Youth Services Bureau

UC Berkeley

Dominican University

City of Richmond

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