



JFK HEALTH & WELLNESS CENTER

"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, 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.

Contra Costa County and Kaiser Permanente

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.

Health Promotion and Education

Wellness programs include obesity prevention, nutrition workshops, youth-led community based research projects, community and school wide taste testing. The Center provides 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 provide students with a peer health education program.

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 and wellness team is established that advocates for youth health rights. Their goal is to educate youth within the school and community through projects and presentations.

PROGRAM HIGHLIGHTS

2014-2015

- The Health & Wellness Center Youth Advisory Board was awarded funding for the placement of a hydration station to be located in the Health & Wellness Center.



- In 2015 we celebrated the grand opening of the Contra Costa School-Based Health Clinic.



2013-2014

- Healthy Lifestyle Program
- ACES Trauma Survey administered to Freshman Class
- Kaiser Permanente, Hallways to Health Initiative which promotes student led initiatives and workforce wellness
- Safe Routes to School research project
- Community taste tasting events
- Be Smarter, Drink Water Campaign
- Harvest of the Month tasting
- Health & Wellness Center designated as Contra Costa County Food Bank distribution site



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JFK HEALTH CENTER BACKGROUND

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. 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

The JFK Health & Wellness Center serves students and families.

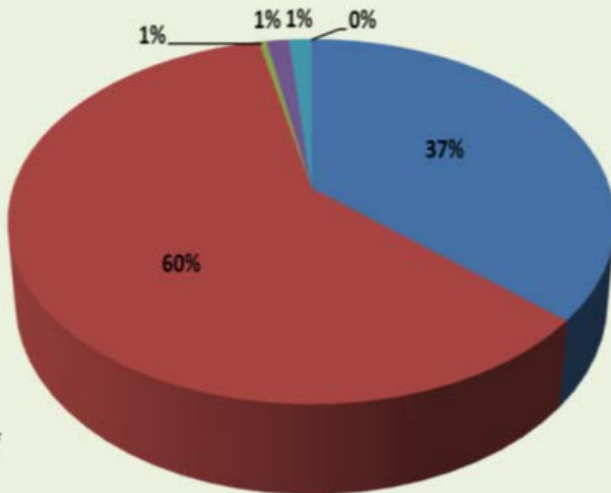
Students Served Per Ethnicity(August 2013- March 2014)

■ Latino ■ African-American ■ Asian ■ Pacific Isl. ■ Mixed ■

•Percentages are based on the total amount of students who were referred for mental health support.

- Latino=153
- African-American= 252
- Asian= 2
- Pac. Isl.= 6
- Mixed= 6
- TOTAL = 429

•Student Enrollment as of March 31 2014 = 812



Partners & Supporters

Contra Costa Health Services

Contra Costa Crisis

STAND! For Families Free of Violence

Kaiser Permanente

JFK Administration & Staff

Community Health for Asian

Americans

Bay Area Community Resources

Community Violence Solutions

Youth Services Bureau

UC Berkeley

Dominican University

City of Richmond

YES! Families

“At the Health & Wellness Center they’re not going to put you down. They’re going to motivate you to do better. When you come out, you want to do better.”

– Student

Contact Information:

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“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 be successful in life.”

– Assistant Principal



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY