



Health and Learning

A Quarterly Newsletter of the Daly City Youth Health Center

Vol. 2 No. 1. October-December 2002

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In This Issue:

- ◆ “Hear Me Roar” Conference a Success
- ◆ Donations Make a Difference
- ◆ A Look at Mental Health Services
- ◆ Free Support Groups
- ◆ Youth poem, “*Have you ever?*”

“Hear Me Roar” Conference a Success

Hear Me Roar, the Third Annual Women’s Conference, was held on Saturday, October 19th at Jefferson High School in Daly City. Participants from San Mateo County and speakers from the Bay Area united to discuss issues that young women face. It was a day for women and girls to share their diverse personal experiences and empower each other.

Cupcake Brown, an inspiring role model for the girls, spoke about her personal experience overcoming obstacles to become a successful attorney. One student from Westmoor High School stated, “It was great. The guest speaker was brave to tell her story and was very inspiring to me”.

“Blast Your Truth” a poetry workshop conducted by Minden Bennion (DCYHC’s mentor coordinator) and “Sex, Gender and Sexuality”, a seminar by Alicia Schwartz and Shaina Zamaitis (DCYHC’s Americorps volunteers) were among the many enjoyable and informative sessions throughout the day.

Donations Make a Difference

The Daly City Youth Health Center relies on grants from the government, community and private foundations, and donations from individuals, families and the community. The Center provides free health services to in and out-of-school low-income youth ages 13-21 years, living in Daly City, Pacifica, Colma, Brisbane and parts of South San Francisco.

The current economic downturn and budget cuts are making it difficult for us to obtain needed funding. **Please help by making a tax-deductible monetary or product donation.** To make a donation, call Barbara at 991-2240.

Wish list:

- 25 seating chairs for clinic waiting room
- carpet for clinic waiting room
- digital voicemail and telephone system
- scaffolding for building mural
- printer for PC Laptop
- “4 in 1” copier/scanner/printer/fax
- Web site designer for new web site

A Look at Mental Health Services

Each year, DCYHC provides free mental health counseling to hundreds of low-income, uninsured youth and their families. The aim of DCYHC's counseling services is to improve the mental health of youth to help them adjust in school, at home and with peers.

The 5 leading problems in a sample of 115 youth who recently received at least 2 counseling sessions were: parent/teen conflict, depression, poor grades, partner conflict and truancy. Strong associations between truancy and poor grades, and parent/teen conflict and depression were found. Over one-third (44%) reported experiencing emotional, physical or sexual abuse. Other problems were suicidality, teen pregnancy and gang and violence issues.

Counselors are available Monday-Friday in the mornings and afternoons. They also provide counseling at the local high schools. For more information contact Marianne La Ruffa, M.F.T. at 991-2240.

Free Support Groups

Q² - A Chill Space for Queer & Questioning Youth: meets at DCYHC. Tuesdays, 4-5pm. Info: Susie or Minden, 991-2240.

Parenting Your Teen: meets at DCYHC. Wednesdays, 6-8pm. Info: Jane, 991-2240.

Young Dads' Support Group: For parenting teens and young adults. Meets Wednesdays, 6-8pm at DCYHC. Info: Glenn, 573-2828.

Pregnant & Parenting Teen Moms' Support Group: meets Thursdays, 2:30-4:30pm in So. S.F. Info: Becky, 991-2240.

Youth Poem: "Have You Ever"

Have you ever lived my life?
Spent one minute in my shoes?
If you haven't, then tell me why
You judge me as you do?

Have you ever woken up in the morning,
Wondered if this was your last day on
earth? Have you left your house
Unsure if you'd return?

Have you ever seen your friend get shot
Outside his favorite store?
Have you ever seen your friend die
From drugs he'd never used before?

Have you ever seen your mom get beat up
By your step-dad messed up on booze?
Have you ever had an unwanted
pregnancy
Forcing you to choose?

Have you ever sat beneath the stars
Hoping GOD will hear?
Have you ever seen your friend drive away
After too many beers?

Have you ever had a friend
Experiment with weed?
Have you ever covered up guilt
By doing a good deed?

Have you ever considered suicide
As the only way?
Have you ever tried to hide yourself
Behind the things you say?

Have you ever wanted to protect
Your friends and everyone in sight
Have you ever felt such pain
That you cried yourself to sleep at night?

Have you ever lived my life.
Spent one minute in my shoes?
If you haven't, then tell me why
You judge me as you do?

Anonymous JUHSD student, age 15.

Health and learning go hand in hand!

