



A collaborative program of the Jefferson Union High School District and the San Mateo Medical Center

Health and Learning

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DCYHC is Safe Place for Teens to Talk About Their Issues

Our mental health staff provides no/low-cost, confidential counseling services for 13-21 year old youth and their families. Individual, family and group counseling is available, in English, Tagalog and Spanish. We offer a safe place for teens to talk about a variety of issues, including stress, family conflicts, relationship issues, depression, grief, anxiety, anger, violence, drugs and alcohol, sexuality, eating disorders, HIV pre and post-test counseling, physical and sexual abuse and self-esteem issues.

We lead a number of support groups including a Teen Moms Support Group, a Teen Dads Support Group and a Parenting Your Teenager Support Group. Counseling services are provided at the Health Center and at all of the JUHSD high schools. Services are provided to youth ages 13-21 who reside within the boundaries of the Jefferson Union High School District. Under special circumstances youth residing outside of this area may be seen. Please note that we only serve 13 year olds who are in his/her 2nd semester of 8th grade.

DCYHC primarily serves youth who have Medical, Healthy Kids or Healthy Families insurance, and those who have NO insurance. Youth who have private insurance are advised to contact their insurance provider to receive services.

We accept referrals from parents/guardians, teachers and community agencies. Youth and young adults are welcome to call us on their own to get information or set up an appointment. Call 650-985-7017 (counseling line) or 650-985-7000 (main line). We're here to help.

New Staff Join DCYHC

We would like to welcome Candy Ho (Outreach Worker for *Pathways for Success*), Tracey Heather (Development Director) and Renee Clark (Mentor Program Coordinator).

Adult Mentors Needed for High School Students

Each year we look to our community to help us recruit adults who would like to mentor high school students. The DCYHC is gearing up to start another Mentor Program cycle. We need your help in spreading the word that adult mentors are needed.

One of the greatest gifts an adult can provide to a youth is to give of his or her time. A mentor recently stated, "My goals, values and attitudes are strengthened by guiding him or showing examples of how goals can be achieved." A youth mentee said, "I wanted someone I could open with and that's what I got – she's like a big sister".

Applications are being accepted for the start of our spring cycle. Adults must be at least 20 years old and have experience and/or a desire to spend time with young people. Mentors spend 2-3 hours/week with teens.

To find out more about becoming a mentor call 650-985-7024 or visit us on the web at www.dalycityyouth.org.

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Save the Date! 15th Anniversary Celebration, Wednesday, May 18th

Please mark your calendars! We are thrilled to announce that we will be hosting our 15th Anniversary Celebration on Wednesday evening, May 18th. The event will bring us all together to celebrate the incredible work that has been achieved at the Daly City Youth Health Center over the past 15 years.

The evening will feature a fabulous dinner, silent auction, speakers, awards ceremony and entertainment by youth and young adults. The 15th Anniversary Celebration will bring together founding members, current staff, community organizers, collaborative agencies, donors and the youth and parents we currently serve and have served over the years.

In addition to raising awareness in our community and celebrating the success of the DCYHC, the event will serve as an opportunity for us to reach out to our community and ask for their financial support. We are inviting individuals and companies to join us by purchasing sponsorships, tribute ads in our program book, and/or tickets for the dinner.

We certainly look forward to **your** participation in the event! Would your favorite restaurant be interested in donating a gift certificate to the auction? Maybe your health club would like to place a tribute ad in the program book. For more information, please contact Tracey Heather at (650) 985-7014 or theather@co.sanmateo.ca.us.

New Grants Awarded

We are pleased to announce that the Health Center was recently awarded the following grants:

David B. Gold Foundation: \$15,000 to support Mentoring Program

Kimball Foundation: \$25,000 to support Mentoring Program

Peninsula Community Foundation: \$72,937 to support sustainability planning and implementation; Donor Advisors provided \$1,750 to support Mentoring and Peer Health Education Programs

Taproot Foundation:
Brochure Service Grant estimated value of \$25,000

New Logo Captures Youth Empowerment, Trust, Access, Acceptance

DCYHC is pleased to unveil our new logo and tagline.



The new logo and tagline were developed by members of the Taproot Foundation branding/identity team with input from staff, students, and teachers. We feel that this new logo and tagline best represent the essential attributes of the Health Center.

The logo is an expression of diversity, with the tagline, "Your Life, Your Decisions" capturing four key attributes of the Health Center:

Empowerment: acknowledges teen ownership of life and decisions

Trust: teens are honored

Access: DCYHC is designed around teen's lives

Acceptance: teen's decisions are important and welcome

This project was funded by the Taproot Foundation, which provides service grants to community-based non-profits.

Check Out Our Support Groups

Parenting Your Teen: Meets on Wednesdays from 6-8 pm for 8 weeks. Suggested donation: \$5-10. For more information, please call Jane at 650-985-7018.

Young Dads' Support Group: For parenting teens and young adults. Meets on Wednesdays, 6-8 pm at DCYHC. Next group starts on November 24. For more information, please call Alex at 650-573-2505.

Pregnant & Parenting Teen Moms' Support Group: Meets on Thursdays from 1-2:30 pm at Baden Adult School, Room #6. Address: 825 Southwood Drive in So. S.F. For more information, please call Robyn at 650-985-7016 or Marianne at 650-985-7017.

Health and learning go hand in hand!