



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

Health and Learning

2780 Junipero Serra Blvd. Daly City CA 94015
Ph: (650) 985-7000 Fax: (650) 985-7019
www.dalycityyouth.org

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From the Director, Barbara Raboy

Since our last newsletter was published, we

completed a “participatory” strategic planning process which included the formation of a design team, planning team and a parallel youth planning team. Our strategic planning focus question is: *What 5-year Plan will enable DCYHC to best make a significant contribution to the health and well-being of youth aged 13 – 21 residing in northern San Mateo County?* We drafted our Strategic Plan which includes 14 initiatives. The plan is currently in review and will be finalized shortly.

In the recent past, 8 new staff members have joined us. Please join me in welcoming our new



staff. Pictured here from left to right are: Katya Henriquez, MFTT; Melissa Zamora, Care Coordinator; Robin Fletcher, Mentor Program

Coordinator, Nhan Huynh, Program Assistant.



From left to right: Laura Chavez, Outreach Worker, Carollynn Lopez, Medical Assistant, Phoebe Osalbo, MFTI. Not pictured is Neepa Parikh, Vocational Counseling Intern.

157 JUHSD students received immunizations during our *Annual Back-to-School Immunization Campaign* at Jefferson High School in August. The DCYHC provides immunizations year-round. Newly entering JUHSD students or those who still need immunizations can call our clinic at 650-985-7000 to make an appointment. Those students who have private health insurance should contact their personal or family physician.

We appreciate the support we receive and wish to thank the following foundations for their recent grants: Silicon Valley Community Foundation - Donor Advised Fund; Genentech Foundation; McKesson Foundation; All Stars Helping Kids.

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FREE Positive Parenting Group Comes to Jefferson High School

The DCYHC, in partnership with JUHSD’s Adult School, is pleased to announce the start of a new FREE parenting workshop and support group. The group meets on Wednesday evenings from 5-8pm in room B204 at Jefferson High School, 6996 Mission Street in Daly City.

“Positive Parenting” is designed to help parents have a better relationship with their children and youth. This 11-week workshop and support group is for parents, guardians and caregivers of children and youth ages 5-19. You don’t have to be a Jefferson parent to participate. For more information, see Support Group Corner on next page. You can also call Jane Hipe, MFTI at 650-985-7018.

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Call to Action – Make a Difference Through Mentoring

My name is Robin Fletcher, and I am the Center's new Mentoring Program Coordinator. I recently began connecting with students at Thornton High school, finding out what their needs are and telling them about our Mentoring Program. Today I am reaching out to you.

Each year we have more youth who are interested in being mentored than we have adult Mentors - WE NEED YOUR HELP to fill the gap! More than 200 adults have contributed their time to our Mentoring Program since it began in 1997. You could join those who have made a difference.

Consider becoming a Mentor TODAY! We all know that when we make a decision to be a reliable, warm and communicative friend, over time, other parts of our lives improve exponentially.

Be the person who makes a difference to a teen. If you are interested in making a difference, please call me at 650-985-7024 or email me at Robin.Fletcher2@gmail.com. You can learn more about our program at www.dalycityyouth.org.

JUHSD's Health and Wellness Activities

JUHSD's District Advisory Council (DAC) met on September 27, 2007 and reviewed wellness policy timelines and action items, discussed the parent permission process for the California Healthy Kids Survey (to be administered district-wide to 9th and 11th graders on November 8, 2007), and brainstormed ideas for its mission statement.

The JUHSD Curriculum Coordinator, Mary Bennett recently convened all JUHSD health education teachers to align curriculum with the "Too Good for Drugs and Violence" topics. One of the teachers developed and introduced an electronic teaching resource.

The DAC will be working with schools to develop a list of acceptable food items and a list of non-food items that can be sold for fundraising purposes. Food sale items must be approved by JUHSD before they are sold.

The next DAC meeting will be on January 31, 2008 from 5:30-8:00pm at 699 Serramonte Blvd. Dinner is included. For more information, contact Nancy Eagan, Prevention and Wellness Coordinator at 650-550-7943 or neagan@juhsd.net.

DCYHC Featured in National Journal

In the May/June 2007 issue of *Advancing Philanthropy*, the Daly City Youth Health Center was featured in an article, "Next! How to plan for and ensure a smooth transition when your organization's leader departs". In this article, Carol Forest, DCYHC's founding director, and Barbara Raboy, DCYHC's current director describe the thoughtful leadership transition that took place in 2000, and how this process helped strengthen the Health Center. To receive a copy of the article, call Barbara Raboy at 650-985-7013.

Support Group Corner

Positive Parenting: This 11-week FREE workshop and support group for parents meets on Wednesday evenings from 5:00-8:00pm at Jefferson High School. The location is room B204 at 6996 Mission Street in Daly City. The group facilitators are fluent in Tagalog and Spanish. For more information, please call Jane Hipe at 650-985-7018.

Pregnant & Parenting Teen Moms' Support Group: This FREE group meets Mondays from 12:00-1:00pm at Baden Adult School, Room #6, 825 Southwood Drive in So. S.F. For more information, please call Katya Henriquez at 650-985-7016 or Marianne LaRuffa at 650-985-7017.

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