

# Healthy Herald

## Director's Report



**Kimberly Gillette, MPH**

I recently attended a conference, organized by one of our supporters – **The California Wellness Foundation**. I was struck by what the keynote speaker, **Jan Masaoka**, Blue Avocado Director, said. She noted that in these economic times many organizations try to do more with less. She proposed the idea of *doing less with less*.

To me, the idea of doing less with less is an important concept for these unprecedented economic times. Most of us in the non-profit world are used to wearing multiple hats and doing whatever it takes to serve the community. Yet, this can be taxing on employees, cause frustration, and burnout, especially when employees' wages and benefits are being cut.

While the business world is slowly returning back to "normal", the non-profit world is expected to continue to take even bigger hits in 2010-2011.

*(Continued on page 2)*

## "Your Excellent Self" Program Piloted at Jefferson

During the 08-09 school year, DCYHC piloted a wellness/obesity program at Jefferson High School. Designed and implemented by **Danamaya Gorham**, Nurse Practitioner, the program was titled, "Your Excellent Self" (Y.E.S.). The program used motivational interviewing and negotiation techniques to help participants create simple, concrete plans for how they would make personal changes in nutrition, fitness and stress management.

Eighty students participated. Program activities were individual goal setting, two fitness challenges, and a stress management class. Teens were asked to record the total number of pedometer steps walked and number of fruit and vegetable servings eaten per day.

While results varied, Danamaya noted it was great to "raise awareness about the importance of healthy habits" and "meet individually with the teens .

Y.E.S. was made possible by the **Kaiser Permanente Community Benefit Grants Program** and in collaboration with **Children's Empowerment, Inc. (CEI)**. DCYHC will seek funds to continue and expand this program in the future.

Danamaya's outstanding

service to teen health was recognized by the Society for Adolescent Medicine. On May 20<sup>th</sup>, she was presented with the Regional Chapter Recognition Award. Danamaya has been a nurse practitioner at DCYHC since its start in 1990, and has made multiple contributions to adolescent health, over that time.

Congratulations, Danamaya, and thanks for all of the work you do benefiting teens in the area! We can't wait to see what you do next.



**Danamaya accepting her award**

## Parent's Survival Workshops: Understanding Your Teen

*Learn to communicate with your teen while connecting with other parents.*

**When:** Wednesdays, 6-8pm - Drop in to any class

October 7 to December 9, 2009 (No workshops on 11/11 or 11/25)

**Where:** Jefferson High School, 6996 Mission Street, Daly City

**Contact:** Jane T. Hipe, MA, MFTI at 650-985-7018 for more information.

## Get Ready to Celebrate: DCYHC's 20th Anniversary - April 2010!

# DCYHC: Pathways for Success

## 37 JUHSD Students Hired This Summer!

One of the key program services of *Pathways for Success* is the annual Summer Work Program (SWP). *Pathways'* purpose is to build a solid foundation of vocational skills so teens with barriers can be job ready. During the SWP, students are given work readiness training and receive feedback about their interviewing and job performance skills.

Here's a recap from the 2009 season:

- 100 applications received from Northern San Mateo County youth aged 14-19;
- 37 youth enrolled.

Before SWP:

- 38% of participants completed at least 2 job applications;
- 41% never interviewed for a job;
- 62% never had a job.

After SWP:

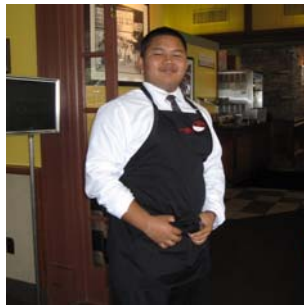
- 100% completed at least 2 job

applications;

- 95% interviewed for at least 2 jobs;
- 100% found a job.

Worksites included: **DC Parks & Recreation, Serra Bowl, JoAnn Fabrics, Westmoor HS, Bayshore Child Care, Anchor Blue, Sizzler's.**

Funding for this program was made available from the **American Recovery and Reinvestment Act (ARRA)** through the **San Mateo County Workforce Investment Board (WIB).**



*Kail Torres, a proud Pathways' Intern working at Sizzler*

## Director's Report Continued

*(Continued from page 1)*

Therefore, the coming years will be difficult for us at the DCYHC. We will most likely need to practice doing less with less and scale back programs in order to continue our high quality services.

We are asking our supporters to assist us during this transition and be patient as we navigate these difficult times. The DCYHC is a vibrant resource for youth in our community and by continuing to be resourceful and economical; we know we will be able to continue this tradition.

### DCYHC Advisory Council

Denise Brown  
 Janet Chaikind, M.D.  
 Michael Crilly  
 Jim Comstock  
 Carol Forest  
 Jordan Kanis  
 Cathy Lehmkuhl  
 David Mineta  
 Myra Retuta  
 Marilyn St. Germain-Hall

### Development Council

Lisa Anderson  
 Pamela Cook  
 Michele Enriquez-daSilva  
 Jordan Kanis  
 Lee Michelson

### ABC's of Supporting DCYHC

**A. Automobile:** Donate your vehicle. Easy, fast, efficient service. DMV and tow included. Tax deductible.

**B. eBay:** Selling stuff on eBay? Share some or all of your eBay profits with DCYHC.

**C. Contribute:** Monetary donations are always accepted & appreciated.

Call Tracey at 650-985-7014 for more information.

**Volunteers** are also great supporters!

To learn about volunteering, call Vanessa at 650-985-7020.



*A collaboration of the Jefferson Union High School District and the San Mateo Medical Center*

**Mission:** The Daly City Youth Health Center invests in our community through its youth and young adults by providing comprehensive, integrated services and programs that increase resiliency, encourage responsibility, and promote self determination.

2780 Junipero Serra Blvd. • Daly City, CA 94015 • [www.dalycityyouth.org](http://www.dalycityyouth.org)  
 Phone: 650-985-7000 • Fax: 650-985-7019