

Daly City Youth Health Center Annual Report FY 2006 - 2007



The entrance of the Health Center's clinic features a large mural painted by Oceana students and art teacher.

Message from the Director:

It is hard to believe that it has been over 17 years since the Daly City Youth Health Center first opened its doors. Teen pregnancy, poor access to healthcare, and troubling statistics on risk-taking behaviors were the main factors that gave birth to the Health Center. Today, we continue to target these challenges and have grown to realize that many of the teens we work with have complex problems and needs that require a range of creative solutions, interventions and options.

I am very proud of our talented staff and community partners that work at and with the Health Center to make this such a positive place for the youth of Northern San Mateo County. We know, however, that our work is never done. It is important for us to continue to be introspective and to continually look at how we can best serve our community.

This fiscal year marked the beginning of an extremely exciting project. We began a Strategic Planning Process—the first ever in the history of the Health Center. With the assistance of a consultant, our design and planning teams made up of staff, volunteers, community members and youth, we framed the following strategic planning focus question: *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?*

The answer to this question will be our Strategic Plan. We are excited about the prospects of innovation and our renewed deep sense of responsibility for improving the health and well-being of the youth in our communities. We especially thank the Hewlett Foundation for making this a possibility.

Other very notable highlights of the year include the expansion of our Peer Health Education Program and the beginning of a redesign of our web site. This year, over 5,300 patient visits were recorded at the medical clinic, the mental health staff conducted more than 1,100 counseling sessions with students both on school campuses and at our office, the health educators of Project PLAY (Peer Leadership Alternatives for Youth) presented our pregnancy prevention curriculum throughout the school district to more than 1,300 students and *Pathways for Success*, our school-to-career readiness program, enrolled 35 new students.

We thank all of our donors—from our foundation, corporate, major gift and annual donors to the high school students who place their loose change in the donation box when they visit us for a clinic appointment. The support we receive from the community—both big and small—is so important to the vitality of the Health Center.

I would also like recognize the San Mateo Medical Center and the Jefferson Union High School District. The tremendous support we receive from these two entities provides us with financial, administrative, and organizational assistance that is necessary for the Health Center to thrive.

Again, I thank you for your support and look forward to another successful year in 2007-2008!

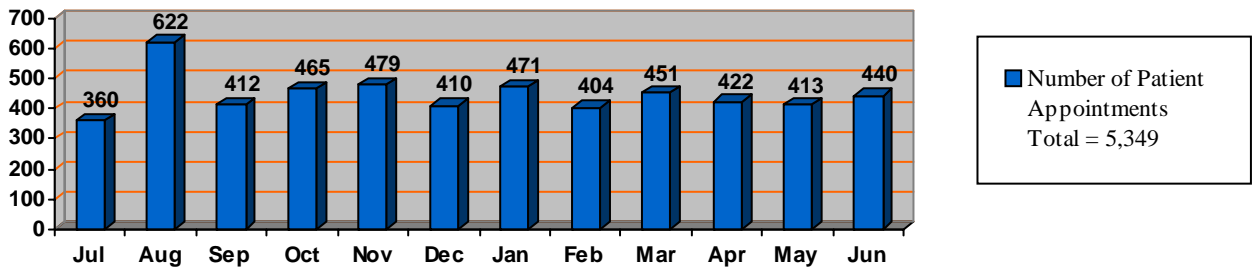
Barbara Raboy
Director

Our Programs: At the Daly City Youth Health Center, we provide year-round high-quality, no/low cost medical care to thousands of youth each year. Our care and resources are available to students from all five high schools in the Jefferson Union High School District: Jefferson, Oceana, Terra Nova, Thornton and Westmoor as well as other local public, private and parochial schools. We also provide clinic services and mental health counseling to out-of-school youth. Our programs serve youth and young adults ages 13-21 and those living in Daly City, Pacifica, Colma, Brisbane, South San Francisco and parts of San Bruno.

The Health Center delivers integrated care through the following four programs:

Clinic Care: Our services include treatment of illnesses and minor injuries, referrals to specialists, physical exams, required immunizations for school, and reproductive health care, testing and treatment. All of the medical care is provided in our medical clinic at 2778 Junipero Serra Blvd. in Daly City. Our clinic is a satellite facility of the San Mateo Medical Center.

Clinic Appointments for FY 2006-2007

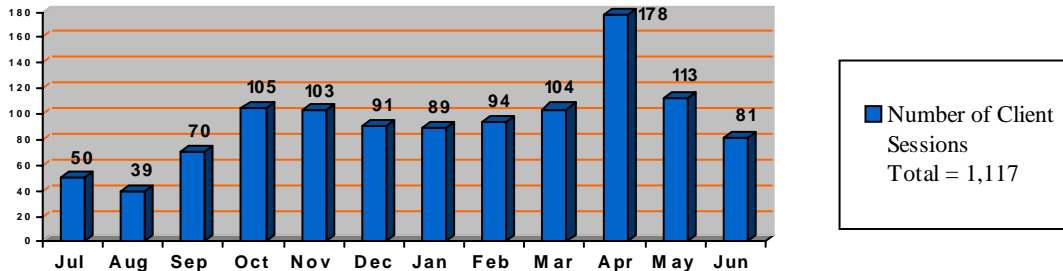


A mentor and her mentee

Outreach: Our health education and youth development program, *Project PLAY* (Peer Leadership Alternatives for Youth) encourages teens to make informed health decisions through adult-to-youth mentoring, one-on-one support, classroom health education, and peer health education training and leadership development.

Counseling: DCYHC specialists offer mental health counseling programs to give both parents/guardians, teens and young adults the tools to navigate through life's challenges. The counselors specialize in relationship issues and family conflict, depression, anxiety and grief, anger management, eating disorders, drug and addiction issues, and sexuality.

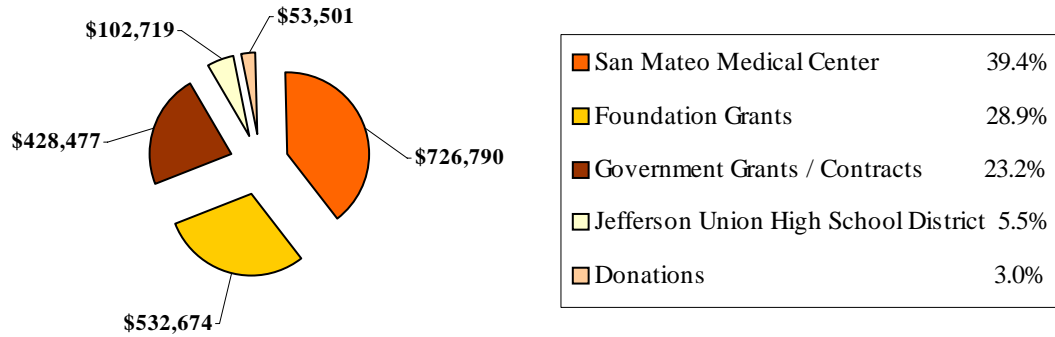
Mental Health Counseling Sessions for FY 2006-2007



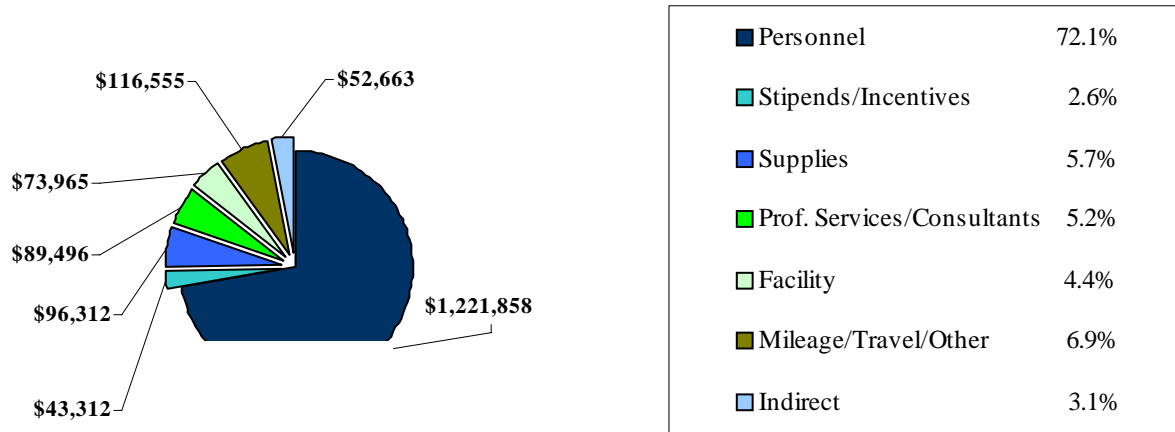
Pathways participants on a recent field trip

Job Readiness: *Pathways for Success* is a year-round school-to-career program that helps young people who struggle with high school completion and job retention. Services include job-readiness workshops, career exploration field trips, Summer Work Program and follow-up

FY 2006-2007 Financial Support: \$1,844,161



FY 2006-2007 Expenses: \$1,694,161*



** Financial support exceeded expenses by \$150,000 due to receiving full payment of a 3 year California Wellness Foundation grant. These funds are earmarked for use in FY 07/08 and 08/09.*

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