



# Healthy Herald

## From the Director



**Kimberly Gillette, MPH**

My first six months at the Daly City Youth Health Center (DCYHC) have been the most rewarding of my career. I have enjoyed getting to know the staff and familiarizing myself with all of the services offered through the Health Center. I am honored to lead the Health Center into the next phase of growth.

In the coming months I plan to focus my energy on better acquainting myself with the community resources. It was a pleasure meeting so many new faces at our Holiday Open House in January. For those of you who were not able to attend, please contact me to schedule a tour so you can see first hand all of the services that our hard working staff provide. I look forward to getting to know more organizations and community members.

I am also planning for the long-term financial

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## Project PLAY Reaches New Successes

The Project PLAY Programs (Peer Leadership Alternatives for Youth) have had such amazing successes this first semester. Both the Mentoring Program and the Sex Ed Squads (peer health educators) have grown exponentially in the number of youth served and the services offered.

The Mentor Program was off to a busy start. The first major activity was a 2 ½ day retreat in the Santa Cruz Mountains for 13 youth participants. Two weeks later, the adult volunteers attended a 2 hour intensive Mentor Training.

Match Day was held in November at Fuddrucker's Restaurant. Match Day included an ice-breaker activity, food and a "Getting-to-know-you" activity for the 15 matches. In December we hosted the first

monthly group outing to The Embarcadero Center Ice Skating Rink. If you would like to learn more about the Mentoring Program or would like to become a mentor, contact Lisa Chandler at 650-985-7024.

The Sex Ed Squads have also become a hit at the schools. At some of the schools we saw the participation double from last year. We even had to

conduct auditions and turn away many youth so we could ensure the highest quality of educational services to the Sex Ed Squad Members and the youth they educate. The 100 Sex Ed Squad Members meet weekly and are trained extensively on topics such as public speaking, leadership skills and health education. For more information contact Becca Brewer at 650-985-7021.



**DCYHC Mentor Program Ice Skating Outing in December**

## SAVE THE DATE

4th Annual Volunteer Appreciation Dinner and Fundraiser

Wednesday, April 22, 2009

Dominic's at Oyster Point

6:00pm - 9:00pm

Please contact Tracey Heather (650-985-7014) for more information or if you would like to help with the planning.

## Healthy Tips: Parenting Your Teen

Many people struggle with parenting a teenager. Jane Hipe, MFTI has been providing parents with guidance in the DCYHC Parenting Your Teen class for 9 years.

Jane's quick tips are:

- **Teenagers need to connect with their parents.** Parents need to provide appropriate support and love them regardless of their actions.
- **Teenagers need limits.** Parents need to know where their teenagers are, when they are coming home, and with whom they are spending their time.
- **Teenagers need guidance.** Parents need to observe teens, know their activities, be clear about how they want their teenagers to behave.



**Jane Hipe explains important principles**

The DCYHC Parenting Your Teenager Class explains these concepts in more details. In class, parents also learn about the adolescent developmental stages, positive communication, appropriate consequences, and how to prevent substance abuse, gang involvement, and violence.

For more information or to attend our Parenting Your Teenager Class call Jane at 650-985-7018.

## Director's Report Continued

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stability of the Health Center. With the economy in flux, we are already feeling the pressure. Many foundations have alerted us that they will scale back in their giving. Individual giving is also down. However, we are continuing to see an increased need from our clients and are expecting more demand as fewer people have employer-based health insurance.

We are now, more than ever, reaching out to our community for support. It is a daunting, but exciting time and we look forward to forging new relationships with individuals and businesses alike. If you would like to assist with these efforts, please do not hesitate to contact me at 650-985-7013. I look forward to hearing from you!

## 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.

## DCYHC Advisory Council

Denise Brown  
Janet Chaikind, M.D.  
Michael Crilly  
Carol Forest  
Jan Kamman  
Cathy Lehmkuhl  
David Mineta  
Marilyn St. Germain-Hall



*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.

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