



JFK Health & Enrichment Center

“Our Mission is to develop a coordinated system of support services for all students in order to foster well being and academic achievement.”

Who We Are

The JFK Health & Enrichment Center provides a coordinated comprehensive approach to adolescent health and is a program of the YMCA. Services are delivered in collaboration with West Contra Costa Unified School District, West County YMCA, Contra Costa Health Services, Youth Services Bureau, and Community Health for Asian Americans, Kaiser Permanente and other community Partners.

Services

YMCA-YTEAM Wellness Counseling include but not limited to crisis intervention, support for homeless youth, treatment of depression, anxiety, relationship issues, eating disorders, grief/loss, anger management, academic coaching and college to career readiness. Individual and group counseling is also available.

Medical Services encompass the provision of physical and sport exams, first aid, family planning, screening and treatment of sexually transmitted infections (STIs), immunizations, and referrals to primary care providers.

Health Education is provided on topics like pregnancy prevention, HIV/STI prevention, human sexuality, intimate partner violence and substance abuse prevention. We also provide students with a peer health education program.

Youth Development offers teens an environment in which to learn values and positive behaviours, where they can explore unique talents and interests helping them to realize their potential. Each year a youth advisory board is established that advocates for youth health rights. Their goal is to educate youth within the school and community through projects and presentations.

YMCA JFK Child Development Center provides services that aid in reducing the drop-out rates of teen parents by allowing them to continue school without interruption and to become well-adjusted responsible adults.

YMCA After School Programs include academic and enrichment activities that offer students support with homework, individual and group tutoring to reinforce school day instruction. Enrichment activities offer students creative personal expression and development through art, dance, spoken word and other activities.



Student Data 2010-2011

- Over 20% of Students enrolled at JFK High School sought Wellness Counseling
- Over 53% were provided with Health Education
- Over 79% of students are enrolled in enrichment activities

Highlights

A group of students went on a field trip to Yahoo Inc. to join the African-American Employee Resource Group for the 2nd Annual Black History Program.

“Fun in the Sun” 3rd Annual Physical and Nutrition outdoor event, in collaboration with WCCUSD Food Services catered BBQ, serving over 500 students. The students enjoyed Human Hamster Balls, Double Dutch, Face Painting, Photo Booth and many more activities.

Kaiser launched their Express JFK Teen Clinic in the fall with great success.

JFK HEALTH CENTER BACKGROUND

The JFK Health Center was established in June 2007 as a collaborative effort between the West Contra Costa Unified School District and West Contra Costa YMCA. In 2008 enrichment programs were added with funding from the 21st Century ASSETs grant. The Y is a cause-driven organization that is for youth development, for healthy living and for social responsibility. That's because a strong community can only be achieved when we invest in our kids, our health and our neighbors.

WHO WE SERVE

The JFK Health & Enrichment Center serves students and families.



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

“They had a huge impact on my life by making me feel better about myself. It makes me appreciate the intelligent mind that I have.

It makes me a better person. They care about my life and the people around me.” -Student

“Students who are tired, sick, stressed, depressed or who struggle with health issues have a higher risk of dropping out. The Health Center provides teens with options and gives them the tools they need to succeed in life.” -Assistant Principal

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Kaiser Permanente

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Community Health for Asian
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Bay Area Community
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