



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

ENSURING SAFE AND SUPPORTIVE LEARNING ENVIRONMENTS FOR YOUTH

YOUTH SERVICE BUREAUS



SCOPE OF SERVICES

YMCA Youth Service Bureaus:

- Three Mental Health Clinics in San Mateo County
- Serving 32 schools in San Mateo County
- Day and Evening Clinic
- Continuum of care ranging from life skills, prevention and intensive intervention



PROGRAM PURPOSE

Youth Service Bureaus programs are designed to support and nurture students and their families in the development of connected, healthy and productive youth.



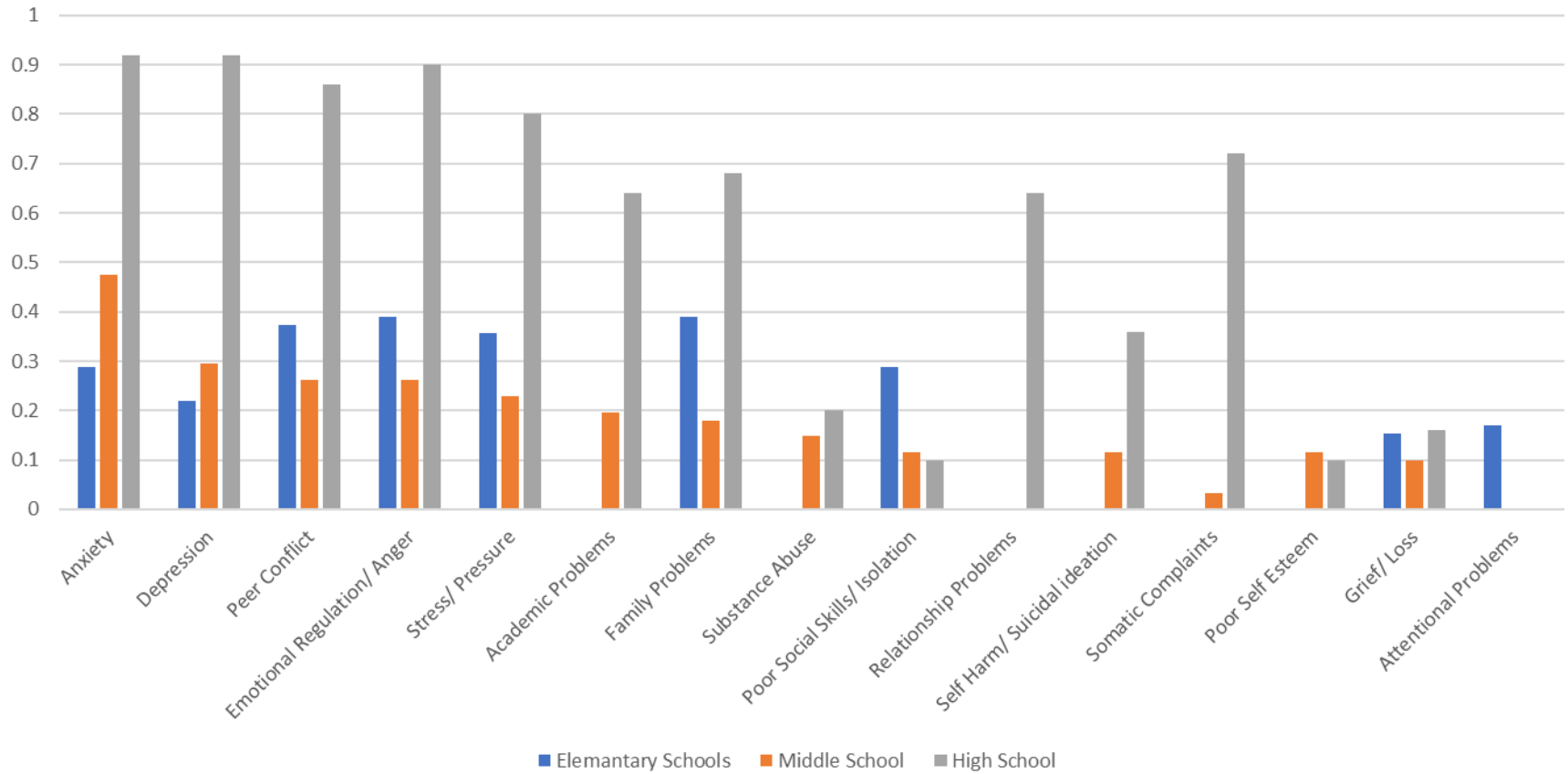
Founded 1969

SFUSD SERVICES BY FREQUENCY

1. Individual Therapy
2. Group Therapy
3. Family Interventions
4. Collaboration with Teachers & Administrators
5. Case Management & Service/ Resource Linkages
6. Crisis Interventions
7. Suicide Assessments/ 5150's

REASONS FOR SERVICES

Top Treatment Goal Domains n=170



YSB CLINICIANS BY CAMPUS 2019-2020

Elementary Schools

Ponderosa
Martin
Monte Verde
Buri Buri
Juniperra Serra
Skyline
los Cerritos
Spruce
Sunshine Gardens

Fumiko Didomizio
Maria Tanedo & Aimee Evnin
Doris Chen
Fumiko Didomizio
Maria Tanedo & Aimee Evnin
Doris Chen
Lexis Momon
Cristine/Ahmed/Maha
Anna Don & Kiai Kim

Middle Schools

Alta Loma
Parkway Heights
Westborough

Chrystal Bowdry & Kiai Kim
Cindy Maussner & Mia Acosta

Michael Asuncion & Cristine Peterson

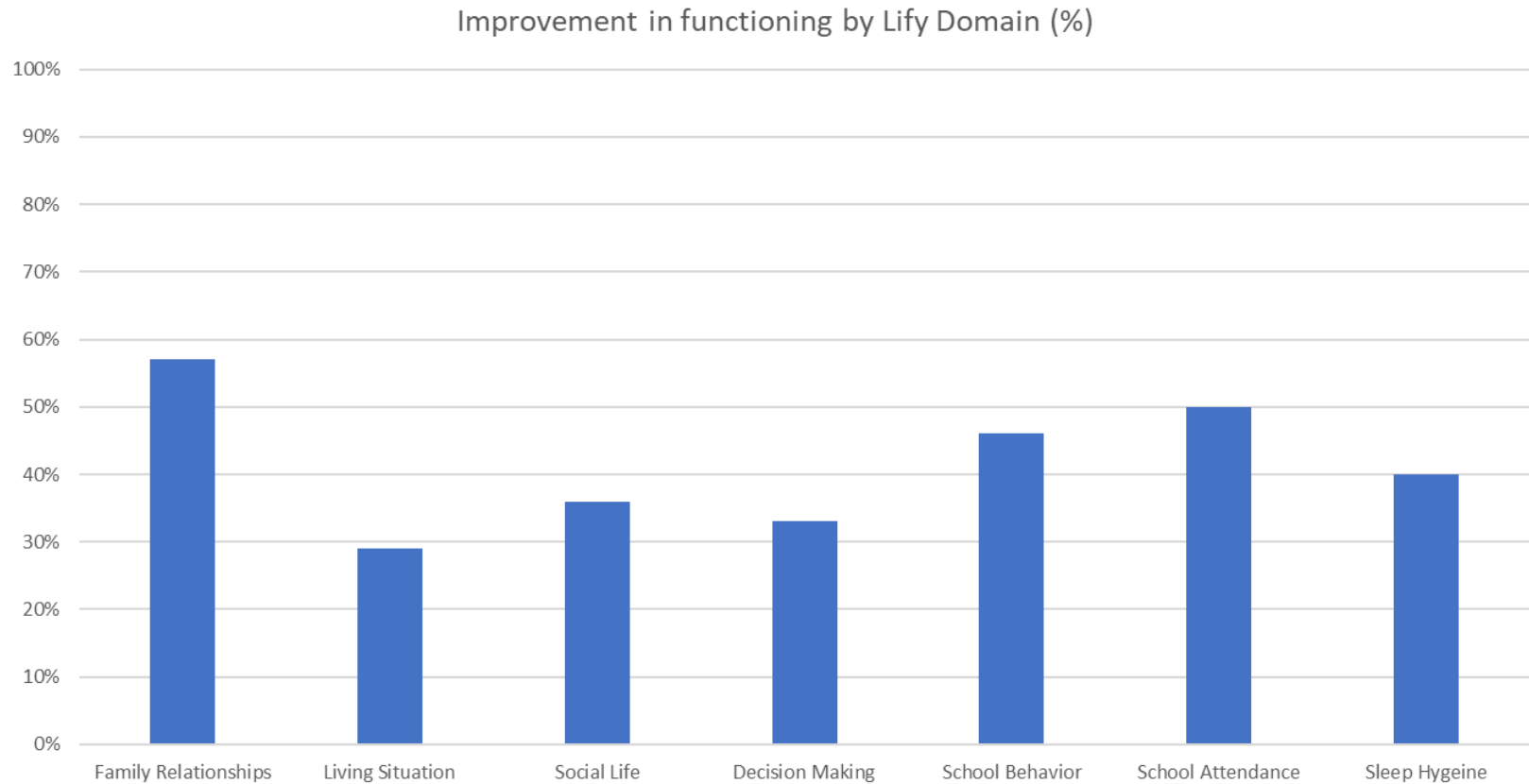
High Schools

Baden
El Camino
South San Francisco

Preston Yee & Mia Acosta
Mateus Porter
Lucas Woo

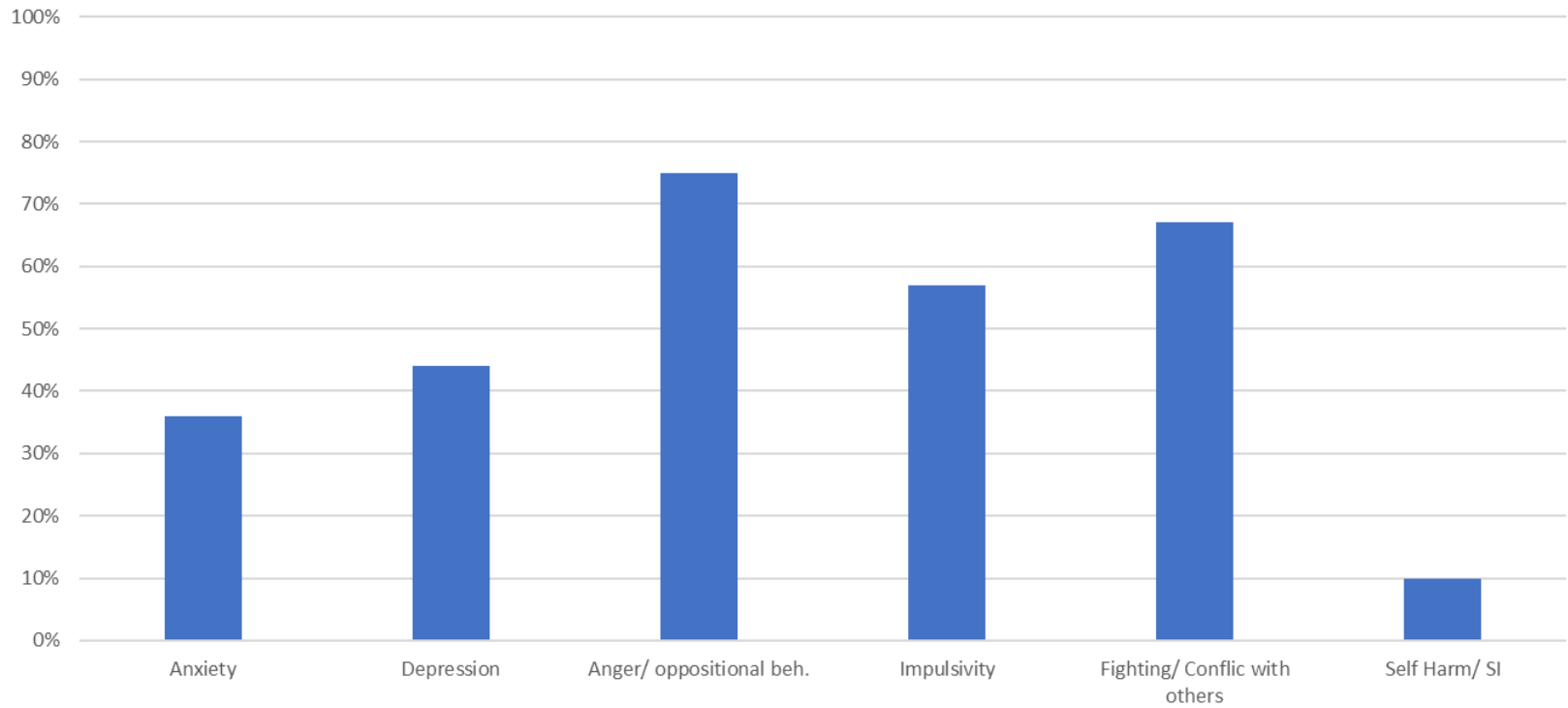
FALL 2019 (15 weeks)			Pre SIP Jan 1- Mar 13 (10 weeks)			SIP Mar 16- May 4 (7 weeks)		
campus	# students	Tx hours	campus	# students	Tx hours	campus	# students	Tx hours
Elementary Schools	# students	direct hours	Elementary Schools	# students	direct hours	Elementary Schools	# students	direct hours
Ponderosa	9	40	Ponderosa	14	85	Ponderosa	12	37
Martin	3	11	Martin	5	17	Martin	1	1
Monte Verde	8	57	Monte Verde	4	35	Monte Verde	4	24
Buri Buri	7	20	Buri Buri	9	44	Buri Buri	8	32
Juniperra Serra	10	63	Juniperra Serra	13	59	Juniperra Serra	4	9
Skyline	9	52	Skyline	5	37	Skyline	1	4
los Cerritos	11	147	los Cerritos	16	87	los Cerritos	9	63
Spruce	25	134	Spruce	19	134	Spruce	7	34
Sunshine Gardens	38	287	Sunshine Gardens	23	147	Sunshine Gardens	20	62
	120	811	0	50	277	0	30	107
Middle Schools			Middle Schools			Middle Schools		
Alta Loma	68	443	Alta Loma	34	242	Alta Loma	13	73
Parkway Heights	59	145	Parkway Heights	59	145	Parkway Heights	3	7
Westborough	54	372	Westborough	43	182	Westborough	26	94
	181	960	0	136	569	0	42	174
High Schools			High Schools			High Schools		
Baden	15	61	Baden	10	30	Baden	10	35
El Camino	55	88	El Camino			El Camino		
South San Francisco	63	104	South San Francisco	22	41	South San Francisco	22	17
	133	253	0	32	71	0	32	52
School year totals	434	2024	0	218	917	0	104	333
< per week ave.>	29	135		22	92		15	48

PRE/POST OUTCOMES ASSESSMENT



SYMPTOMATIC IMPROVEMENT

MH Symptomatic improvement by major category (%)



CHRONIC TRUANCY

<i>Chronic Truancy: Top reported influencing Factors</i>	
Middle School	High School
Chronic Illness	Depression
Poor Parental Supervision/ Control	Anxiety
Depression	Substance Abuse
Anxiety	Family Conflict/ Poor Supervision
Helping to Care for Younger Sibs	Caring for a Family Member
Detainment	Suicidality/ Ideation
	Pregnancy or Poor Health
	JPD Involvement/ Gang Affiliation

OBSTACLES

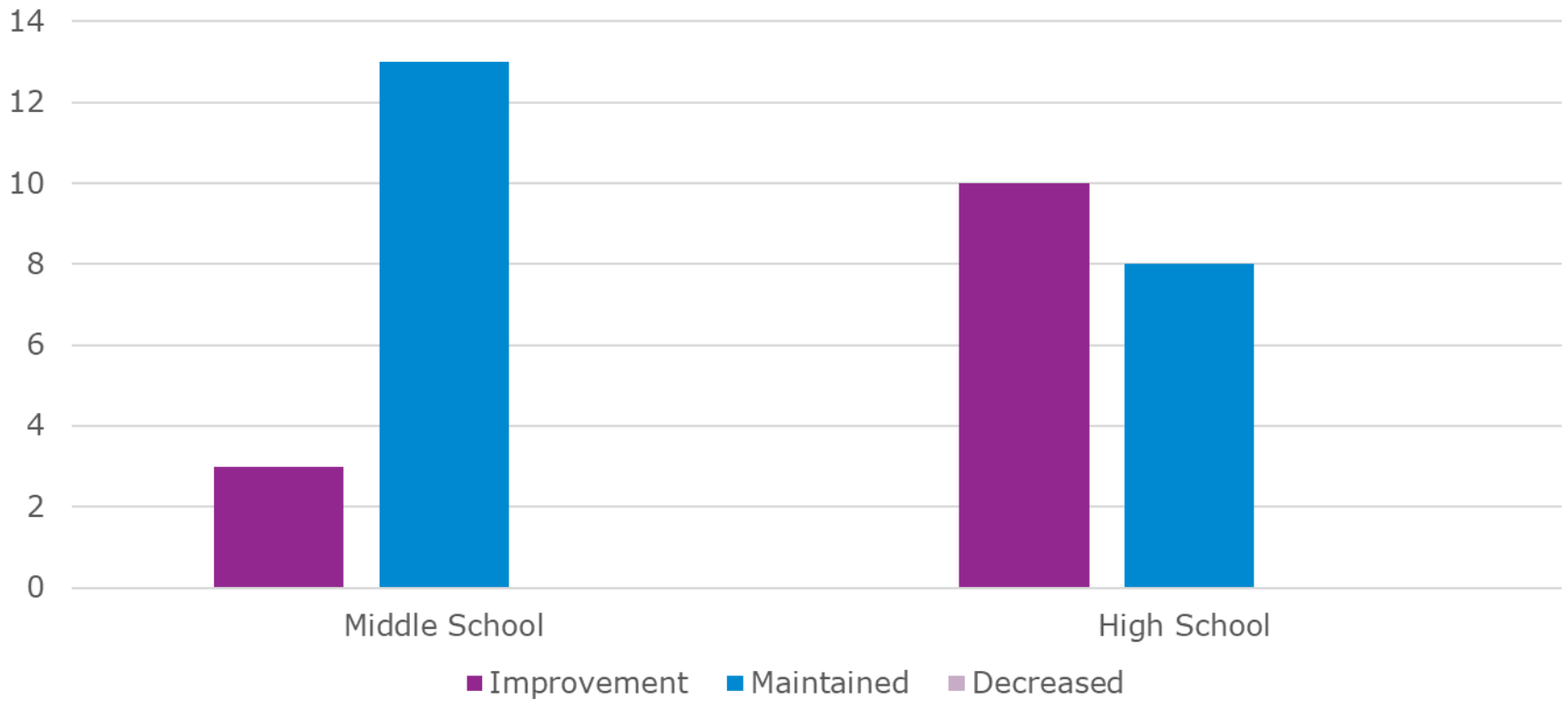
Obstacles to resolving truancy issues:

- Home dynamics
- Chronic substance use/abuse
- Depression/anxiety
- Poor parental supervision/executive control
- Gaming addiction



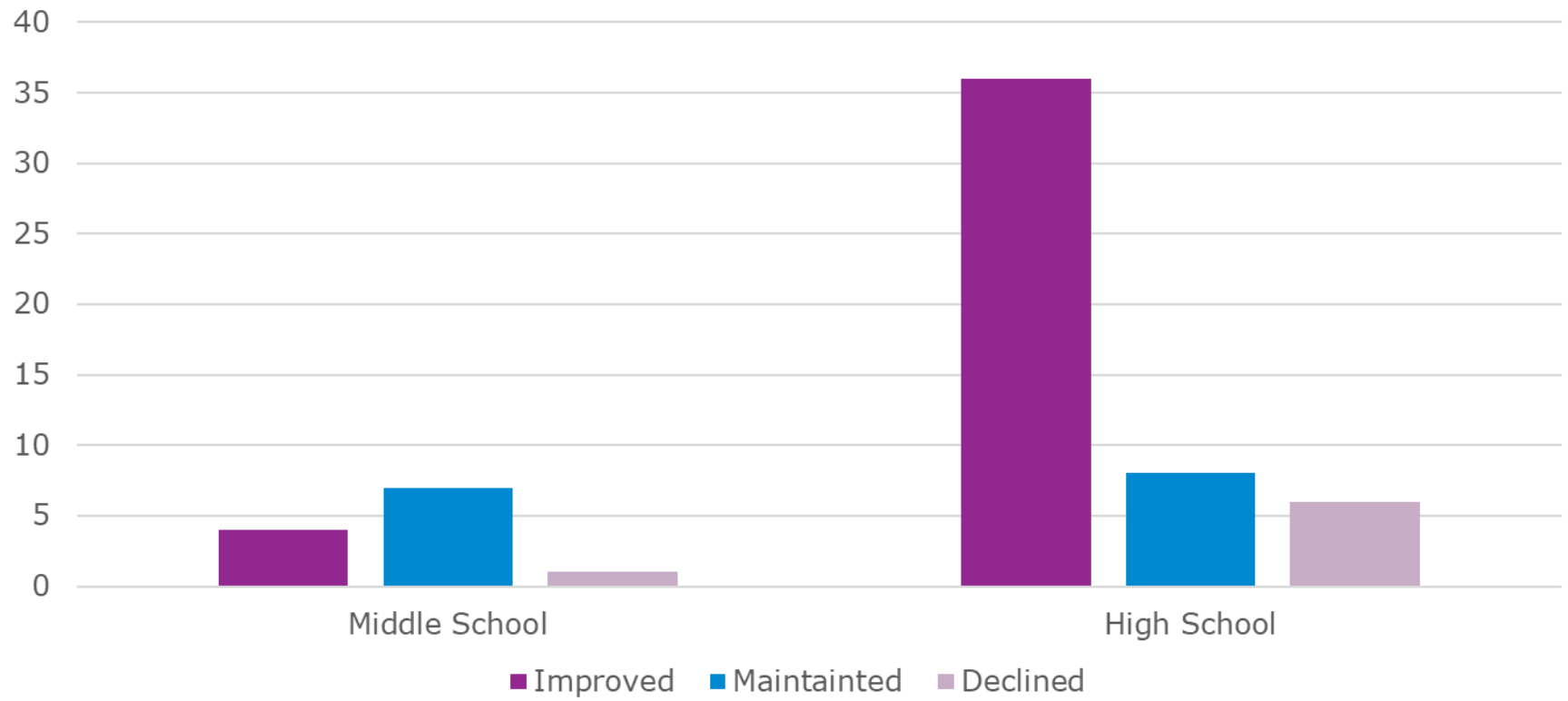
IMPROVEMENT

Truancy Improvement



GPA

GPA



MULTI-YEAR SUPPORT

- < 40% of students get multi-year support
- Average 3 semesters
- 90% of these students are seen for depression/anxiety
- 65% of students have experienced trauma/loss
- 90% reported satisfaction with services and progress on treatment goals



Shelter-In-Place Protocol

- YSB clinicians employed a “maintain connection, support and continuity of services” protocol for our students and families receiving counseling services.....including new and unique referrals from concerned teachers and administrators.
- Clinicians were able to connect with and maintain telehealth services with more than 50% of our current student clients
- Even when families did not respond or were slow to respond in the first 2 weeks with a less than 20% response rate, clients were able to connect over time with a re-engagement rate of over 50% by the third week.
- Persistence showed our students that our school system cares!

Thank you! For more information about our program and our Y branch, visit ymcasf.org





YMCA Youth Service Bureaus Services on SSFUSD campuses 2019-2020

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El Camino	55	88	El Camino	19	26	El Camino	2	2
South SF High	63	104	South SF High	22	41	South SF High	22	17
	133	253		51	97		34	54
School year totals	434	2024		237	943		106	335
< per week ave.>	29	135		24	94		15	48



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May 11, 2020

**A story about SIP and the support SSFUSD provides our community.....
(identifying info has been removed)**

The week after SIP was enforced, one of our high school SSA's tried contacting a young man they had been working with. He didn't call back.....and didn't call back then next week, either. But our SSA "intuitively" knew this was a kid that probably wasn't one of those students that were just living the "somewhat secure home life" of kicking back and sleeping in.....

Our student...let's call him "Jo-Jo"....lives with his hard-working and very loving single mom-an essential health service worker here in San Mateo County. Although our High School SSA could not reach the client at first, she did not relent....

On the third week the therapist received a call; it was our high-schooler and he told her that he was sorry he hadn't called back but that he really appreciated the SSA's calls because he realized they really did care about how he was doing...and he wasn't doing very well. Our student told his SSA that he was feeling really "low". Isolated and feeling really stressed about his mom, he was at his wit's end. He told the SSA that his mom was gone all day working while he just worried about her and she came home exhausted, sometimes not having the energy to talk to him at all and would fall asleep immediately. He felt hopeless and helpless to help his mom or attend to his own well-being.

Our high-schooler and his SSA made a plan. They checked in every day about his well-being and he reported actually employing the skills they had talked about! He wrote in his journal, thought about the things he was grateful for and approached his mom and told him how he felt, per his conversation with his SSA. She was so grateful. They hugged and mom called the counselor. They now have a family plan about how to cope with the incredible stressors they both deal with every day.

-YSB staff, grateful for the opportunity to serve our community

URBAN SERVICES YMCA

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