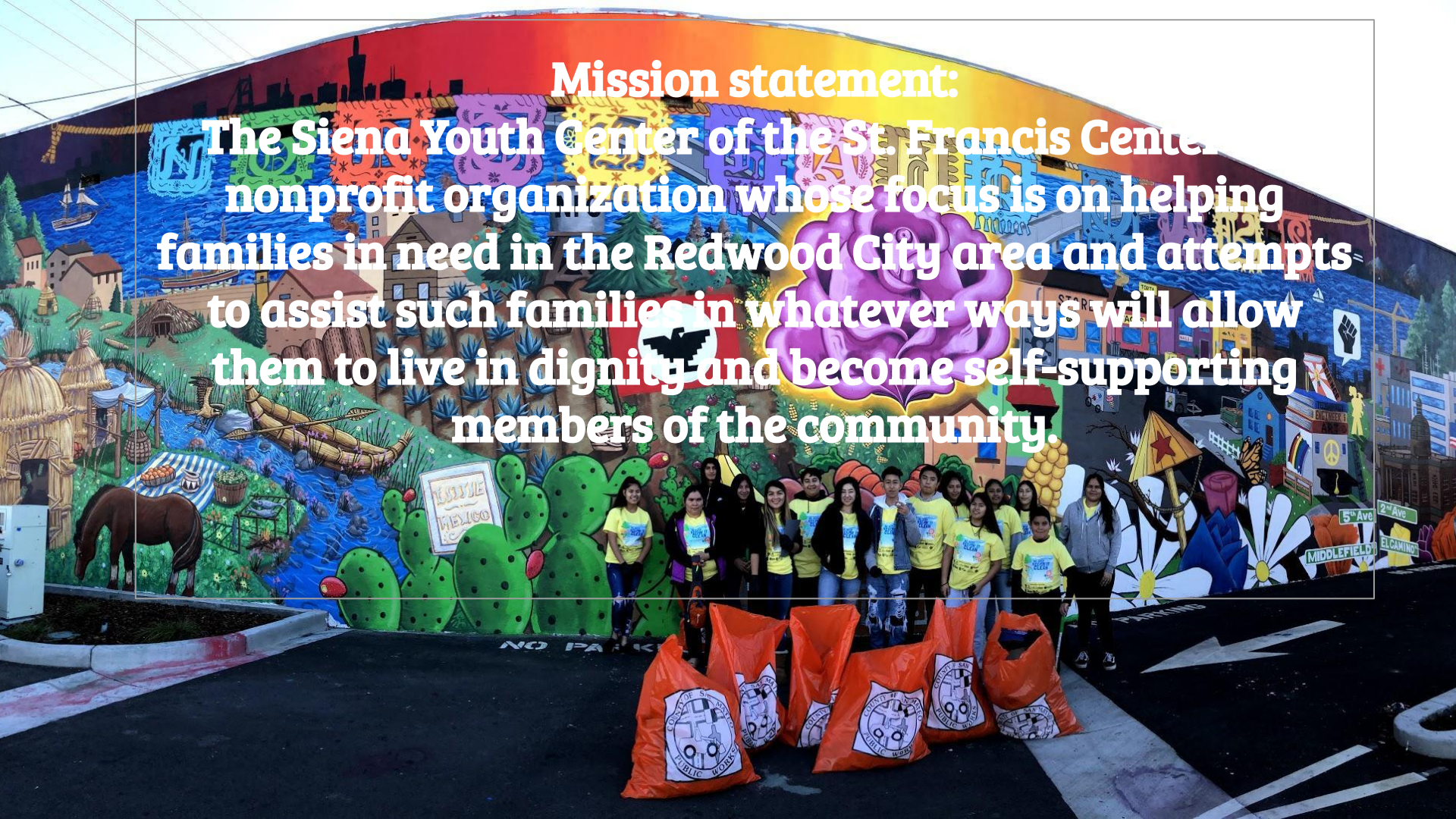


Siena Youth Center of St. Francis Center Program Report 2019



Mission statement:

The Siena Youth Center of the St. Francis Center is a nonprofit organization whose focus is on helping families in need in the Redwood City area and attempts to assist such families in whatever ways will allow them to live in dignity and become self-supporting members of the community.





ORGANIZATIONAL
GOALS

SOCIAL SERVICE WRAP AROUND SUPPORT



Organization goal: Alleviate suffering by providing direct social services to the economically disadvantaged and disenfranchised

Siena Youth Center offered various programs that helped our youth gain access to education, leadership, advocacy, health, wellness, art and self expression this year. Events that we hosted included.

- Bike Repair nights
- Art and Self Expression nights with Danza Colibri
- Speaker Series
- Advocacy Efforts against school closures, Pink Panther and housing
- North Fair Oaks Youth Initiative member on the 2019 NFO Council



Youth Leadership spreading in NFO!



Our Holy Family 5th grader Diana continues to shine as a community leader speaking at the Community mural celebration!



We are proud to report that our North Fair Oaks Youth Initiative leaders averaged close to 120 hours of community service this year! In addition our 4 of our high school leads also went on a Mexico mission trip this April with Trinity Presbyterian Church.



This year we hosted our first ever play "Lily's Wings" with the FUSE theatre at SYC!

Trips for kids bulldog Riders present at NYC Bike Summit in February 2019!



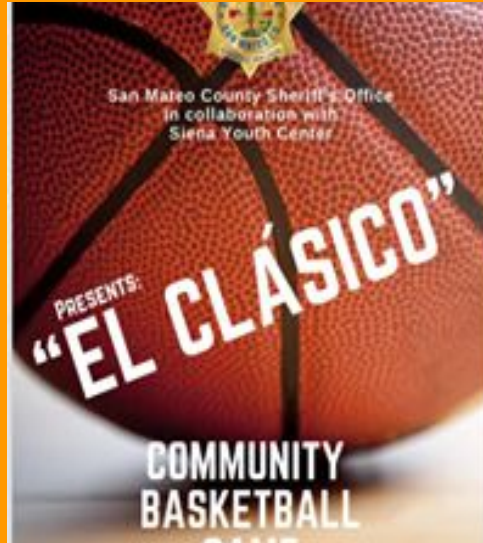
Partnership with SMC Sheriffs Sister 2018-2019



Over 40 youth and sheriffs showed up to play in both games



Sister C awarded Service award



Basketball game held twice a year at SYC



Sheriff Bolaons playing in community basketball game

2019 North Fair Oaks Youth Initiative Snow Trip



North Fair Oaks Youth Initiative Trainings for High School Leaders



Women's Leadership Panel



DANZA COLIBRI

Danza Colibri ran by our Art and Cultural Awareness Director Martha Celis provides traditional mexical folklore music for our youth in North Fair Oaks. The classes teach the youth guitar, signing, dancing, harp and cajon. Danza Colibri has 40 students and they practice on Tuesdays, Thursday and Sunday at Siena Youth Center.



SKILL BUILDING COURSES



Organization Goal: Increase the marketability of our clients by providing skill-building courses.

This year we were able to provide various skill building classes for our youth and families. Our primary focus on classes this year was around youth mental health.

Mental Health classes offered this year at Siena Youth Center Evening Community Action nights

- **Parent Cafe with Peninsula Conflict Resolution**
- **Parent Academy with Peninsula Conflict Resolution**
- **Question, Persuade and Refer (Suicide prevention class)**
- **Stress and Coping**
- **Health and Nutrition with 1 Grain to 1000 Grains**
- **Financial Literacy for youth and families**



POWER OF EDUCATION



Organization Goal: Break the cycle of poverty by providing a solid education.

Siena Youth Center is providing a non-traditional space of learning for youth and families to get mentorship, resources and knowledge they need to be successful and reach their goals and dreams. Our wrap around holistic approach is changing lives my the second. In addition were able to take our youth five college visits this during our fall and spring college weeks year.



AFFORDABLE HOUSING = OPPORTUNITY



This year we have acquired the new St. Leo's space which provided our community more space for programs. Programs offered in this community space where nutrition classes, diabetes prevention classes, Cañada College resources and high school college preparedness classes. In addition we partnered with Adolescent Counseling Services to provide counseling in the second floor of St. Leo's and amazing opportunity to support more youth and families. Lastly the space has also served as a space for financial literacy coaching for our youth and families.

THE POWER OF NON-TRADITIONAL LEARNING SPACES



Provide quality and engaging after-school programming at our Siena Youth Center Youth:

Approximately 120 youth between the ages of 5 and 18 will participate in physical education classes and after school enrichment classes. Thirty-five high school age coaches regularly participate in ongoing training programs throughout the year. 30 families participate in 5K races, and 50+ families participate in hikes in local parks. 100% of the SYC staff will have completed mental first aid training..

2018-2019 Health and Wellness Analysis



Recent SYC Health and Wellness Test analysis

To assess the health and wellness of Siena Youth Center, we run our students through various health tests, as well as check their body mass index (BMI). Our students are tested on push ups completed without stopping, pull ups completed without stopping, sit ups completed within two minutes, a sit and reach test, and must complete a timed mile. To assess students' push ups, sit and reach, and mile time, we used the Cooper Institute Healthy Fitness Zone Standards. For these fitness standards, students landing in the Healthy Fitness Zone (HFZ) have "sufficient fitness for good health." 67% of our students fell within the HFZ for the push up test, 75% of our students fell within the HFZ for the sit and reach test, and 41% of our students fell within the HFZ for the timed mile. To analyze our student's BMIs, we used the Center for Disease Control's (CDC) BMI Growth Chart. 76% of our students fell into the healthy weight category, which is defined as below the 85 percentile of BMI for their sex and age. While we could not find a scientifically researched standards for our pull up and sit up tests, our students averaged 1.8 pull ups and 46 sit ups for these tests.

OUTR YOUTH DATA

Below is some our outcome data from our recent SurveyMonkey year end survey conducted in June 2019 that speaks the Poderismo that is occurring inside of SYC and SFC.

Poderismo-Mentorship success that is received within education, health, wellness, advocacy, art and cultural awareness.



94% of our youth feel safe in our community

92% of our youth indicate they appreciate nature and the great outdoors

89% of our youth indicated SYC Provides support and mentorship

88% of our youth indicated they are happy with whom they are

83% of our youth watch less TV since joining SYC

ACS Counseling at SYC and Holy Family School

Adolescent Counseling Services making a difference.....

ACS has also been able to consult with staff, administrators, and volunteers to help create a wrap-around systemic approach to student mental health support. All students and parents know about critical mental health issues that affect the community and are able to access services through ACS. The ACS counselor has been able to help collaboratively resolve several crisis situations that would have been otherwise undetected in the school system. The ACS counselor also provides interventions in the milieu setting which are designed to strengthen socio-emotional learning and growth. This includes real time conflict resolution, advocacy, emotional regulation, and decision-making. The result is a community that now has access and willingness to use beneficial mental health services. Students also report an increased sense of self-efficacy and a decrease of stressors that can contribute to negative mental health outcomes.

Continued Issues in our community....

Vaping and marijuana abuse continue to be a problem in the population. Depression and anxiety are the most common diagnoses we see. Depression is especially worrisome because suicide is the second leading cause of death of adolescents, second to accidents. Adolescents are one of the highest risk groups for suicide in any age group. Last year a freshman at sequoia took her life by stepping in front of the train.

MOVING HEARTS THROUGH COMPASSIONATE DRIVEN SOCIAL JUSTICE



Foster nurturing relationships, encourage self-determination and advocate for change in systems that oppress.

The past two years our youth, community and staff have become a mobilized collective passionate about social justice. Together we have marched in our streets four times, supported families in nearing cities and advocacy groups. We have held forums for engaged learning on policies and have taken field trips to events such as the Women's March and March For Our Lives. This part of our organization is all steered from compassion driven disruption strategies to impact systems of inequalities that exist among our schools, communities and societies.

Siena Youth Center of St. Francis Team Overview 2018-2019



Art and Cultural Awareness
Coordinator Sean Puzzo



SYC Certified Fitness
Trainer Daniel Estrella



Youth Program Leader !!
Martin Gonzalez

Education Coordinator Elizabeth Broussard



Assistant Program Director
Maritza Amaya



Health and Wellness
Coordinator Edgar Tenorio



Community Bus Driver
Juan Flores



Education Specialist and
Counselor
Sean Vallor

2018-2019 NFOYI High School Leaders



2019 Salvador Mejia Community Leader of the year Esmeralda Rosales

Esmeralda serves on
the North Fair Oaks
Community Council



Esmeralda completed 151
hours of community
service all while being a
strong student at
Woodside High School and
working to help her family!

Esmeralda is one of the
original SYC members
who started coming to
SYC at the age of 8!

MILESTONES ACCOMPLISHED

