

Horizon's Unlimited- SF Success Story 100% Healthy Beverage and Physical Activity Policies



Horizons Unlimited of San Francisco, Inc. is a community based organization in San Francisco's Mission District with a rich, 50 year history of providing culturally affirming services to Latino youth, and other youth of color, ages 12-25, and their families. On an annual basis, services are provided to over 5,000 unduplicated clients through onsite substance abuse treatment and prevention, mental health, gender-specific, and youth workforce programs, as well as large-scale, youth-produced community events and outreach and engagement activities. Horizon's Unlimited of SF chose to pass both Healthy Beverage and Physical Activity Policy on December 16, 2015. Staff is dedicated to both the wellness of their clients, themselves, and to their organization as a whole.

Since passing their policies they are including more physical activity into their daily routines, staff meetings and interactions with clients. They are continually offering water at all events, staff meetings and have a water cooler available for all clients too. They have also started a regular Zumba class that is open to staff and clients. Both the leadership and staff report that this process really helped them examine their own habits, and gain a deeper understanding of how this was about a lifestyle shift, not just diet and exercise. Executive Director Celina Lucero shares, "The Worksite Wellness Initiative solidified our goal to model and practice the change we want to see in our clients. Participation in BANPAC's Worksite Wellness program has catapulted and strengthened our Agency's organizational wellness culture. Celebrating our 50th year in existence, health and wellness surfaced as a focal point for the Agency's vision, with a newfound desire to nurture from within, so that we may continue to heal outwardly. The Worksite Wellness program helped paved the way for this rebirth and renewal to happen."

