



**Guiding Youth to
be Safe &
Socially Responsible**



**Nearly 50
Years of
Serving Our
Community**



SHOP 55

**Strategy: High School and Post-Secondary
Student Success**

Presentation at OFCY Planning and
Oversight Committee on
Wednesday, April 16, 2025

EBAYC & SHOP 55 OVERVIEW

ABOUT EBAYC

Our mission is to empower young people to lead safe and socially responsible lives.

ABOUT SHOP 55

EBAYC operates SHOP 55 at Oakland High School, a youth-driven one-stop student wellness center providing culturally-responsive, trauma-informed, and healing-centered support services, in partnership with the school and community organizations.

OAKLAND HIGH SCHOOL SHOP 55

WELLNESS CENTER &
EXPANDED LEARNING PROGRAM

WE ARE HERE FOR YOU!
www.shop55.org
510-874-7152
Ext. *8801 (299)

All services listed below are FREE.



BASIC LIFE NEEDS

- Connection to free food and groceries
- Connection to Cal Fresh and health insurance (Medi-Cal) eligibility and enrollment
- Support with AC Transit Application for students

Provided by EBAYC, Oakland High, and OUSD



PHYSICAL HEALTH

- Grab and Go: bandages, sanitation pads, and tampons
- Minor First Aid Triage (i.e. cramps, headaches, stomachache, etc.)
- School Nurse services (i.e. chronic health case management, and major first aid triage for injury, scrapes or cuts, bloody nose, etc.)
- Dental Services (Priority goes to students without health insurance or with Medi-Cal)
- Sports Physical
- Confidential Reproductive Health Services
 - Reproductive Health Services and Counseling (i.e. birth control and testing for sexually transmitted infections).
 - Emergency Contraception
 - Prenatal Care
 - PrEP (HIV pre-exposure prophylaxis)
- Immunizations (Only for students without health insurance or with Medi-Cal)

Provided by Asian Health Services, EBAYC, and OUSD



EMOTIONAL & MENTAL HEALTH

- On-call crisis counseling
- Wellness Check-In
- Individual Therapy
- Group Support
- Peer Mentoring
- Case Management & Life Coaching (wellness check-ins, goal setting, social and emotional support)
- In-house self-care baskets
- Take home wellness kits (art supplies, & Di stress and anxiety relief activities)

All confidential, except when there is harm.

Provided by EBAYC, Family Violence Law Center, Lincoln, OUSD, Wellness Together, and U.C. Berkeley College Corps



EXPANDED LEARNING PROGRAMS

The program schedule will be distributed at the beginning of each semester.

- Academic Support
 - Homework help
 - Sport study halls
- Enrichment Programs
 - 5th Element Music Studio
- EBAYC Youth Employment
 - SHOP 55 Peer Mentors, and EBAYC Youth Educators

Provided by EBAYC, Oakland High, and community partners

California State Law allows a minor 12-17 Years Old to receive reproductive health services, mental health services, and alcohol & substance use counseling without parental consent. However, we encourage open communication between students and parents/ caretakers

SHOP 55 is a partnership between Oakland High and local community agencies that provide medical health, mental health, youth development, and academic support to Oakland High scholars. Together, the partners work to increase scholar well-being, equity, and community spirit at Oakland High.

SHOP 55



WILDCATS



Follow us on Instagram
[@ohs.shop55](https://www.instagram.com/ohs.shop55)

OFCY Strategy: High School and Post-Secondary Student Success

THANK YOU OFCY FOR SUPPORTING PEER TO PEER SUPPORT EFFORTS

PG. 2

SHOP 55 Peer to Peer Supports

to aid in High School and Post-Secondary Student Success



WHY PEER TO PEER?

Pre-COVID-19 pandemic, students on the Oakland High's Culture and Climate Team advocated for a peer mentoring program. They believed students are relatable and could connect and support their peers more effectively than adults. In 2021, shortly after we returned to in-person learning, over 600 students at Oakland High reported wanting the following supports:

1) Mental health; 2) Academic support; 3) Mentors; and 4) Peer Counseling

WE ARE NOW IN OUR 3RD YEAR OF PROVIDING A COMPREHENSIVE PEER TO PEER SUPPORT PROGRAM!

Peer-to-peer support is an evidence-based strategy to support mental health.

Reference: [California Children's Trust - Peer to Peer Brief](#)

WHO DO WE SERVE?

HOW DO WE SERVE?



We will
cover this
today!



- **30 Peer Mentors:**

- Work 10 hours a week for 30 weeks
- Pre-service training and bi-weekly professional development
- Lead individual and group support
- Bi-weekly coaching and supervision
- Monthly community building events or field trips

- **90 mentees (long-term):**

- Weekly one-on-one sessions
- Weekly academic support
- Monthly community building events or field trips

- **30 Youth Educators:**

- Work 10 hours a week for 30 weeks
- High school youth support elementary youth
- Partners with an after-school teacher
- Pre-service training and bi-weekly professional development
- Once a semester community building event or field trip

**250 mentees
(short-term)**

Only tutoring when
needed

Strategy 1

Peer Mentor Professional Development

Pre-service training and bi-weekly professional development workshops focused on developing their knowledge and skills in caring for one's mental health and building their preparedness for life after high school.



Practicing resilience!



Building connectedness!

Strategy 2

Peer Mentor Coaching and Supervision

One-on-one sessions with the Peer Mentor Counselor focused on work/school/life balance, progress on work responsibilities as a peer mentor, and caseload review to check how they are progressing with their mentees.



100% of our 12th Grade Mentors graduated from Oakland High School!

Strategy 3

Peer Mentor and Mentee Individual Sessions

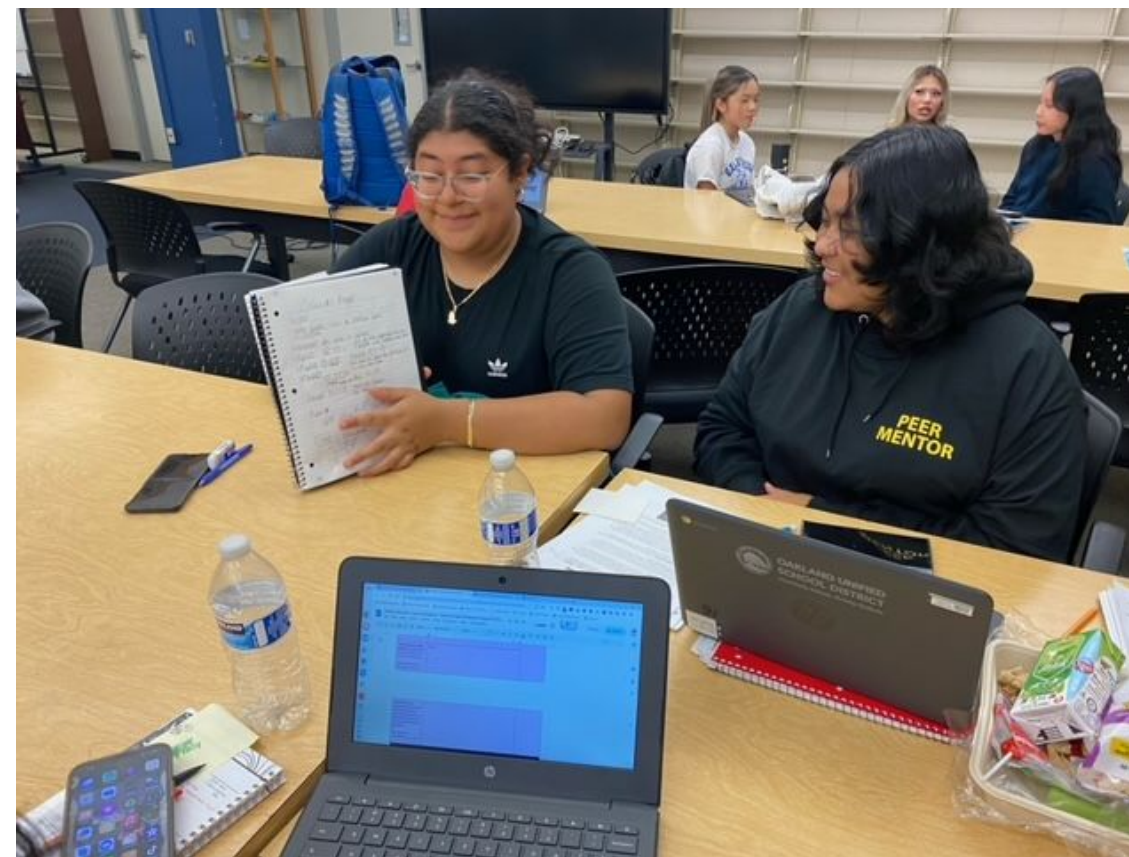
Each peer mentor has a caseload of 3 mentees, and they aim to meet at least once a week. These one-on-one sessions are focused on relationship building, wellness check-ins, academic support, and/or goal setting.



Strategy 4

Individual and Group Peer Tutoring

Peer mentors provide after-school academic support in a variety of school subjects. Peer Tutoring is open to all Oakland High students. Additionally, in-class support is offered to newcomer students.



Video: [SHOP 55 Peer Mentor Highlight in OHS Newscast](#)

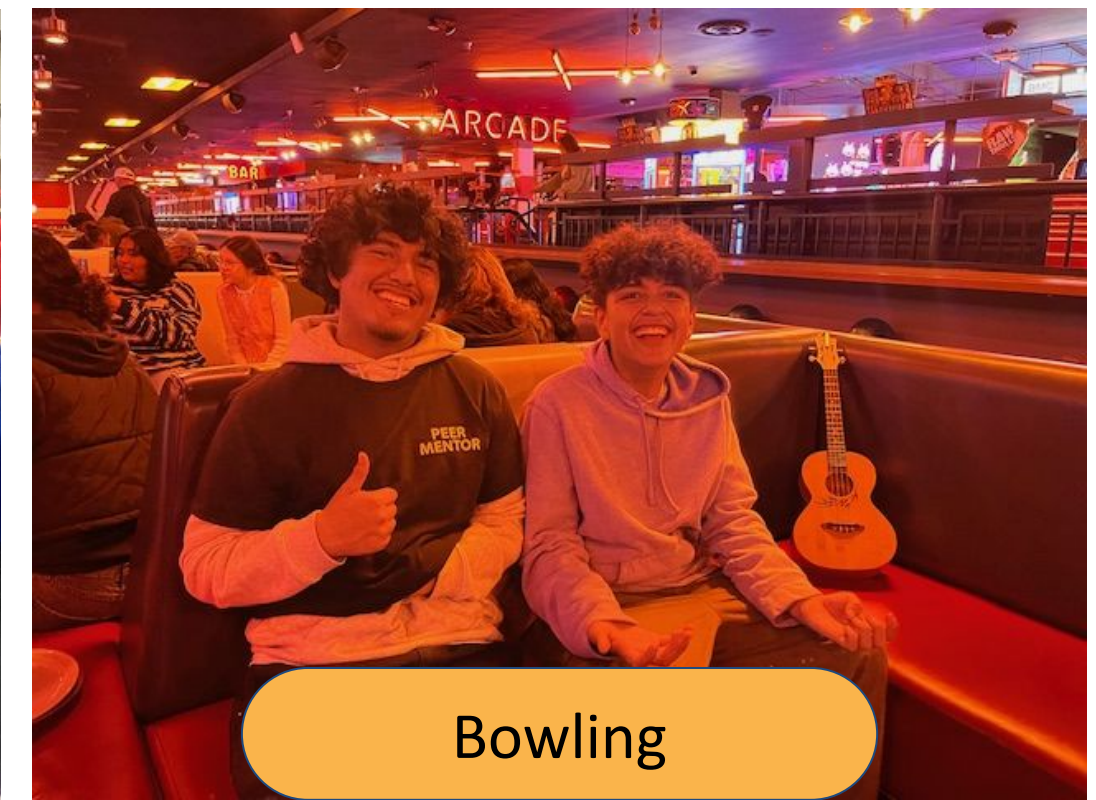
Strategy 5

Community Building Events & Trips

We offer on-site events and off-site field trips to foster connection, cultivate joy, and build awareness and exposure to colleges.



Holiday Games



Bowling



U.C. Santa Cruz & Santa Cruz Boardwalk



S.F. State & Their Peer Mentoring Program

Strategy 6

SHOP 55 Referral

For mentors or mentees who need additional emotional or physical health support, we can submit a SHOP 55 referral to connect them to additional services. A soft hand-off may also be made.



PROGRAM IMPACT (2023-2024)



100% of 12th-Grade Peer Mentors graduated from Oakland High School.

100% of Peer Mentors agreed or strongly agreed mental health trainings were helpful in shaping and strengthening their mentoring skills.

90% of Peer Mentors agreed or strongly agreed the program helped them feel more connected to their peers.

80% of Peer Mentors agreed or strongly agreed the program increased their sense of preparedness for life after school.

92% of Mentees felt their mentors always created a safe and inclusive environment for their mentoring sessions AND agreed that being a part of the program made them feel more connected to peers.

Of the 797 goals established, 568 (66%) were fully accomplished, and 273 (34%) were partially met.

Examples of goals: asking questions in class, sleeping earlier, communicating more with the teacher, finishing assignments, being physically active, and improving grades.

QUOTES FROM STUDENTS

What do enjoy most about being a Peer Mentor?

"Being able to help and having fun with my mentees."

- Peer Mentor

Describe your relationship with your peer mentor.

"When I wanted to talk to her in private, she would make sure to take me to a place where no one can hear, and she never judged anything I said."

- Mentee

QUESTIONS?

**THANK YOU OFCY FOR
YOUR SUPPORT!**





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