



Mission

To improve students' health, well being and success in school by increasing access to comprehensive, high-quality health services, reducing barriers to learning, and supporting families and communities by providing basic medical care, mental health services and health education in a respectful, teen-centered environment.

Tiger Clinic

Fremont Federation High School



Why is there a health center at Fremont High School?

“Schools could do more than perhaps any other single institution in society to help young people, and the adults they will become, to live healthier, longer, more satisfying, and more productive lives.”

— Carnegie Council on Adolescent Development

The Tiger Clinic is operated by



La Clínica de La Raza

In collaboration with:



girls inc.

Girls Incorporated of Alameda

County/Pathways Counseling Center



Alameda County School-Based Health Center Coalition

4610 Foothill Boulevard, Oakland, CA 94601

510-879-1600

510-879-8849 (Fax)



Clinic Hours:

Monday – Friday
8:30 a.m. – 3:30 p.m.

Call or drop in for an appointment or referral.
If you're a student and it's during school hours,
remember to bring a blue pass!

Clinic Staff Include:

- Medical Providers
(Physician Assistant, Nurse Practitioner, Doctor)
- Medical Assistant
- Mental Health Clinicians
- Human Services Specialist
(Registration, Insurance Enrollment)
- Health Educators
- Clinic Supervisor



Healthy teens make better students

A student who is tired, sick, suffering from chronic illness, stressed out, depressed or scared is less likely to perform well in school and life. Although adolescence is an ideal time to promote health and well-being, teens are the least likely of any age group to seek out traditional health services. Moreover, many Fremont High School students do not have health insurance and/or a primary care provider.

The TIGER CLINIC, located on the Fremont High School campus, provides a free, safe and convenient place for students to receive the comprehensive health care services they need to succeed in school and become productive members of their community.



Medical

- Vision & Hearing Screening
- Management of Chronic Illnesses
- Screening and Treatment of STDs
- Health Insurance Enrollment
- Dental Screenings & Referrals
- Family Planning Services
- Physical Exams/Sports Physicals
- HIV Testing
- Immunizations
- TB Skin Testing

Health Education

- Pregnancy Prevention
- HIV/STD Prevention
- Human Sexuality
- Peer Health Education
- Substance Use Prevention
- Obesity Prevention

Counseling/Therapy

- Individual & Group Counseling
- Crisis Intervention
- Relationship Counseling
- Substance Abuse Counseling
- Family Counseling
- Stress Management
- Depression
- Case Management

