

# Student Mental Health Program



## Student Wellness Ambassador 2018-19 Position Summary

### Overview

The Foundation for California Community Colleges is pleased to announce a new opportunity for California community college students to serve as a Student Wellness Ambassador for the 2018-19 academic school year. Wellness Ambassadors will learn about statewide mental health and wellness resources and provide peer-outreach on their community college campus to connect students with resources and supports, raise mental health awareness and reduce stigma.

### What does the Student Wellness Ambassador opportunity offer?

A total of **15** Student Wellness Ambassadors will be selected for the 2018-19 school year, Ambassadors will:

- be trained as a Student Wellness Ambassador through a combination of in-person and online trainings;
- be connected with a faculty advisor on their campus;
- complete a series of milestone goals around peer-outreach on campus, share mental health and wellness materials, plan a health and wellness event or activity, work with a faculty advisor, participate in monthly calls with fellow Student Ambassadors;
- receive a **\$750 stipend** for their service, in three \$250 increments.
- receive an all-expense paid trip to Sacramento to participate in a mandatory 2-day training on November 8<sup>th</sup> and 9<sup>th</sup>.
- participate in extensive professional development and experiential learning opportunities

### Student Ambassador Eligibility

- Must be enrolled at least part-time (6 units) at a California community college
- Available to attend a two-day training in Sacramento November 8-9, 2018 (All travel will be arranged and paid for by the Foundation)
- Commit to serving as a Student Ambassador through June 2019

### Service Project Period: November 8<sup>th</sup>, 2018 – May 30, 2019

- Application opens August 13, 2018
- Application closes September 21, 2018
- Notification of selected students October 5, 2018
- Mandatory 2-day training Sacramento (travel paid for by Foundation) – November 8-9, 2018
- Stipend #1 \$250 December 2018

- Stipend #2 \$250            March 2019
- Stipend #3 \$250            June 2019

**Ambassador Activities**

- complete peer to peer outreach to raise awareness of mental health and wellness resources and information.
- connect students to on and off campus resources and support systems.
- network and partner with campus resources such as health centers, foster youth liaisons, homeless youth liaisons, wellness centers, food pantries, and mental health counselors.
- organize and deliver campus resource tables and health and wellness fairs on campus.
- coordinate and collaborate with existing on-campus student support programs.
- implement activities on and off campus to increase awareness of student support programs.

**Minimum Qualifications**

- Must be enrolled at least part time at a California Community College (see attached list for priority colleges)
- Must be at least 18 years of age

[Go to the CCC Student Wellness Ambassador Application Form](#)