



Student Wellness Ambassador 2019-2020 Position Summary

Overview

The California Community Colleges Health & Wellness is pleased to announce another opportunity for California community college students to serve as Student Wellness Ambassadors for the 2019-2020 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 **20** Student Wellness Ambassadors will be selected for the 2019-2020 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, and participate in monthly calls with fellow Student Ambassadors
- receive a **\$1,000 stipend** for their service, in two \$500 increments
- receive an all-expense paid trip to Sacramento to participate in a mandatory 2-day training on August 15th and 16th
- have access to 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 August 15-16 (All travel will be arranged and paid for by the Foundation for California Community Colleges)
- Commit to serving as a Student Ambassador through June 2020

Service Project Period: August 15th, 2019 - May 30th, 2020

- Application opens April 30th, 2019
- Application closes May 24th, 2019
- Notification of selected students Early June 2019
- Mandatory 2-day training Sacramento (travel paid for by Foundation) August 15th-16th, 2019
- Stipend #1 \$500 December 2019
- Stipend #2 \$500 June 2020

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 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
- Must be at least 18 years of age

CCC Health & Wellness and the Student Wellness Ambassador Program is funded by the voter-approved Mental Health Services Act (Prop. 63) and is administered by the California Mental Health Services Authority (CalMHSA) on behalf of California counties and cities.

