

## Spotlight on Student Wellness Ambassador at Moreno Valley College

The [Student Wellness Ambassador Program](#) is a component of the CCC Student Mental Health Program, currently in its pilot year. Student Wellness Ambassadors are trained to advocate and conduct peer outreach for student mental health and wellness.

### *From Mercedes Barbara, Student Wellness Ambassador:*

Being a Student Wellness Ambassador and a peer health educator at Moreno Valley College has opened up many opportunities that I didn't think were possible. **Before this program, not many students were well informed or equipped with resources on things like knowing the signs or how to cope with stress**, and I am very proud to have changed that in the little time I had. My peer health educators and I were able to create the Active Minds Club on our campus. Together we have created a club that is able to support and promote mental health awareness and educate students. We have created lasting relationships by destigmatizing the negative connotation associated with the conversation regarding mental health. **We will continue to promote the message of mental wellness as advocates** by hosting events and practicing outreach and engagement on campus.

For example, one of our most recent and very successful events where over 150 students were present was on April 22, when we had the privilege of having Kevin Briggs come and do a TED Talk about suicide prevention. **That just showed us as a club how many students we were able to educate on the topic about suicide, a topic not many are willing to talk about.** Just a few days before this, we were able to take our active members to an Active Minds Summit in Santa Monica College on April 20, where they were able to learn valuable information and techniques to implement on our own college so our events can be successful. To think this was all started with our very first big event called Mental Health and Nutritional Awareness Carnival where we had a couple games in place. We did mini games, like spin the wheel for a nutritious prize; jeopardy, where they got to test their knowledge on mental health; and a stress reliever where you got to pop balloons, and each balloon represented something you have overcome or want to overcome, like anxiety or stress to name a few. Our last big event is going to be on April 30, called Pathway To Wellness, where students will be handed stress kit that will include a stress ball, tea, scantrons, and more. We will also be including therapy dogs, a henna artist, and a masseuse, so students will have the chance to relax and prepare for their finals. **I believe that it's events like this that have made an impact on the students on campus**, and it was all thanks to this program for providing the resources to make this possible as well as our active club members.

Images from Pathways to Wellness event

