



## Youth Mental Health Ambassador Program

### What is the Youth Mental Health Ambassador program?

The Youth Mental Health Ambassador program is a student-led club that focuses on building mental health advocacy, help seeking behaviors, and a culture of wellness in the school community. In partnership with [Our Minds Matter](#), student ambassadors and adult school-based staff lead clubs and schoolwide campaigns to increase mental health literacy. Each club determines their own meeting cadence, but clubs must convene at least four times during the school year.

### What is Our Minds Matter?

[Our Minds Matter](#) is a nonprofit organization that aims to support students by building social connectedness, self-care and healthy habits, help seeking, and prosocial skills.

### What kinds of support will student ambassadors be provided to start the club?

Participating students will complete the [Be There Certificate](#) training. Our Minds Matter provides clubs with access to an online portal containing activities and resources. Our Minds Matter also provides consultation and technical assistance to support implementation of the club. Student ambassadors will also be supervised by two school-based staff members.

### What is the role of the school-based staff members?

Every club requires the supervision of two school-based staff members; it is recommended that one of the staff members has a background in mental health. School-based staff members will participate in training, supervise student ambassadors, attend office hours for technical assistance with Our Minds Matter, and help promote club efforts. These staff members will receive a stipend in the amount of \$1,250 for their successful participation.

### What do ambassadors get from the program?

The Youth Mental Health Ambassador program is a leadership opportunity. Students are given an opportunity to learn leadership and advocacy skills, organize events, and make a difference in their school communities. Per school approval, student ambassadors can also earn community service hours.

### Interested in Participating or Have Additional Questions?

Interested school leaders should submit an [application](#). Reach out to [OSSE.HYDT@dc.gov](mailto:OSSE.HYDT@dc.gov) or [program@ourmindsmatter.org](mailto:program@ourmindsmatter.org) with any additional questions.