

Parent Ambassador Leaders (PALs) Program

Program Overview for School Administrators

PROGRAM DETAILS

The Parent Ambassador Leaders (PALs) Program aims to empower parents and guardians to promote health and wellness in their school communities. PALs is an initiative operated by the Healthy Schools Project Team within the Los Angeles County Department of Public Health.

PALs help improve student health and academic success by sharing information and resources and supporting activities to address four key topics:

- Childhood Immunizations
- Student Mental Health
- Substance Use, Abuse, and Prevention
- Importance of School Attendance

The PALs program aligns with CDE's Family Engagement Goals, helping schools build meaningful partnerships with parents.

HOW THE PROGRAM WORKS

Parents/guardians approved to participate in the PALs program:

- **LEARN** about the four key topics and local resources available.
- **SHARE** this knowledge with their school community through outreach activities and/or supporting ongoing initiatives related to the key topics at their child's school site.
- **GET PAID** with a \$500 gift card after completing all program requirements (see page 2).

Time commitment: 20 hours per school semester

- All 20 hours must be completed during the PALs cohort for which they were approved.
- Hours do not roll over if a parent/guardian re-applies.

ELIGIBILITY AND SELECTION

Any parent or guardian (18 years or older) of a TK-12 student at a Los Angeles County school may apply. Both new and returning PALs are welcome.

SELECTION PRIORITIES

1. Schools with the greatest need (those within the lower quartiles of the [Healthy Places Index](#)) will receive priority consideration, though all schools are eligible.
2. Up to 5 parents or guardians per school may participate each semester. PALs are encouraged to collaborate on larger school projects.

SCHOOL ADMINISTRATOR SUPPORT

To participate, applicants must secure support from their child's school administration. This means the school agrees to welcome and facilitate the parent/guardian's participation in activities that promote health and well-being on campus, such as sharing public health information and coordinating outreach events.

Applicants are required to:

- Discuss the PALs program with their school administrator **before** applying.
- Provide the administrator's name, position, work email, and phone number on the application.

Applications are reviewed in the order they are received.

APPLY NOW

Encourage interested parents and guardians to apply online at [TinyURL.com/DPHPALs](https://tinyurl.com/DPHPALs).



REQUIREMENTS TO RECEIVE STIPEND

Being accepted into the PALs Program does not guarantee a stipend. To receive the stipend, participants must:

- Complete 20 hours of training and outreach activities within one semester
- Submit an Outreach Activity Log and any other requested documentation

PROGRAM REQUIREMENTS

Once accepted into the PALs program, each participant must:

- Attend a PALs Program Orientation (new PALs may not begin program activities until they have attended an orientation)
- Complete required virtual trainings – **6 hours** for *new PALs* and **4 hours** for *returning PALs*
- Share information or resources at least 2 times during the semester at a parent or school meeting/event
- Plan and coordinate school-based activities that support one of the four PALs priority topics (see [“Program Details”](#) on page 1).

LEARN COMPONENT (4 – 6 HOURS)	
TRAINING	SUMMARY OF CONTENT
Trainings on PALs Key Topics (<i>new PALs only</i>)*	Pre-recorded video trainings on each topic and how to conduct school outreach.
Virtual Live Trainings	Live virtual trainings and presentations with monthly rotating topics.
SHARE COMPONENT (14 – 16 HOURS)	
REQUIREMENT	EXAMPLES
Share information and/or resources at two school or parent meetings/events	• Provide a Mental Health Toolkit Walkthrough during Coffee with the Principal • At a school enrollment event, help parents find free or low-cost vaccines to get their child up to date on their immunizations • Explain what Narcan is and where to access it at Open House night
Plan, coordinate, or support a school-based project or ongoing initiative that addresses a PALs priority area	• Support the school in coordinating a school-located health clinic that provides vaccines • Work with school administration to create and implement activities on campus during mental health awareness month • Plan and coordinate a presentation on substance use prevention with a subject matter expert • Participate in a school attendance team or advisory group to support students and families improve school attendance
Participants are encouraged to work with their school administration to develop creative activities that benefit their school communities.	

Returning PALs—those who previously completed the program successfully—are not required to retake the Trainings on PALs Health Topics. They will instead have access to **additional trainings covering new and advanced topics.*

