

Parent Ambassador Leaders (PALs) Program

Program Overview for Interested Parents and Guardians

PROGRAM DETAILS

The Parent Ambassador Leaders (PALs) Program is an opportunity for parents/guardians to learn about important health topics, get involved at their child's school, and make a difference in their school community, all while earning a \$500 gift card for completing all the program requirements!

WHAT PALs DO

PALs are community leaders who:

- **LEARN** about student health and school success. Priority topics include:
 - Vaccines and childhood immunizations
 - Student mental health
 - Substance use, abuse, and prevention
 - Importance of school attendance
- **SHARE** what they learn by providing accurate information and resources to their school community, and coordinating activities or participating in school initiatives related to the priority topics. Examples:
 - Presenting at a parent or school meeting
 - Coordinating a guest speaker or community event
 - Planning or supporting school activities related to PALs priority topics
- **GET PAID** with a \$500 gift card after completing all program requirements in one semester, including training and outreach.

PROGRAM REQUIREMENTS

To successfully complete the PALs program and receive the \$500 gift card, participants must:

- Attend a virtual PALs Program Orientation
 - New PALs need to attend a live virtual orientation on Zoom.
 - Returning PALs will watch an abbreviated pre-recorded orientation on Canvas.
- Commit to 20 hours per semester, including online training and school-based activities.
 - Complete required online trainings (requirements vary for new and returning PALs)
 - Share information or resources at least two times during the semester at parent or school meeting/events.
 - Plan, coordinate, or support a project or ongoing initiative that supports one of the four PALs priority topics.

WHO CAN APPLY

Any parent or guardian (18 years or older) of a student attending a TK-12 school within Los Angeles County is welcome to apply. Both new and returning PALs are encouraged to join!

Interested parents/guardians must have school administrator support to participate and need to include school administrator's name, email, and phone number in the online application.

- The administrator should be a principal, assistant principal, community liaison, or other staff member designated by the principal.
- PALs program staff will verify support directly with the school before accepting an applicant in the program.

HOW TO APPLY

- Complete the online application at TinyURL.com/DPHPALs
- For questions or assistance, please contact TK12Ambassador@ph.lacounty.gov



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 at least one 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.*

