



College  
Ambassador  
Program

# CLIMB UP

College Ambassador  
Leadership Training  
Interest Packet  
2024

Get Started Today!



Silence  
the Shame



Visit Our Website  
[www.silencetheshame.com](http://www.silencetheshame.com)



APPLY NOW



## About Us

**Silence the Shame, Inc.** is a national mental health education and awareness non-profit organization dedicated to eliminating mental health stigma, reducing health disparities, and improving rates of suicide among vulnerable and disparate population groups. Our mission is to empower and educate communities on mental health and wellness for youth and adults.

**CLIMB UP College Ambassador Training** offers comprehensive support for eligible college students, focusing on personal and professional growth and prioritizing mental well-being. The training includes virtual and in-person learning sessions to enhance self-awareness, growth mindset, and healthy relationships. It also provides guidance on behavioral health in community settings, leadership development, and advocacy for mental well-being and suicide prevention. The program aims to expand interest in behavioral health professions and promote well-being among college students.

### Personal & Professional Development Seminars

Participate in virtual and in-person seminars related to behavioral health, including education, advocacy, workforce, mindfulness leadership, mental health and wellness, healthy relationships, and trauma healing in communities of color.

### Mental Health Education & Advocacy Events

Participate in activities to plan, activate, and evaluate various outreach projects to promote mental health and wellness in vulnerable communities.

### Community, Peer & Professional Networking

Participate in monthly group discussions, engage with community partners active in the behavioral health field, and lead activations for diverse populations.

### Internships & External Learning Opportunities

Learn more about the Georgia Department of Behavioral Health Apex School Base Mental Health Programs. Become an intern for Silence the Shame to complete community engagement projects.

## Community Engagement Roles

Learn how to apply skills of select community engagement roles to promote mental health awareness and suicide prevention in vulnerable communities.



Project Coordinator



Public Speaker/ Panelist



Host/Facilitator



Outreach Promoter



Volunteer Coordinator



Content Creator

# College Ambassador Program

## How It Works

Participate in our six-month program and gain valuable skills in areas such as resilience, mindfulness, and community outreach. You will participate in monthly discussions and self-guided and interactive workshops and implement the skills you learn through community projects. As an intern, you will be compensated for your valuable time and contributions. We will evaluate your progress based on your collaboration, leadership, and literacy improvements. Upon completing the program, you will be awarded the title of College Ambassador at a graduation ceremony.



ORIENTATION  
ONBOARDING



INTERACTIVE WORKSHOPS  
ON-DEMAND SEMINARS



MONTHLY DISCUSSIONS  
PLANNING SESSIONS



PROGRAM ACTIVATIONS  
CONTENT CREATION

## Community Outreach Projects

### CONVERSATIONS & CARE



Conversations & Care is a community outreach program that raises mental health awareness and teaches stress management strategies through educational discussions and self-care activities.

### FREE YOUR FEELS TEEN SUMMIT



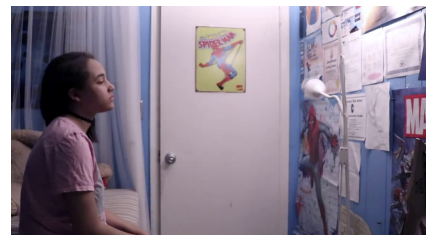
The FYF Teen Summits create a secure environment for 13-19-year-olds to prioritize their mental well-being, providing knowledge, skills, and resources to navigate life's challenges.

### MLG: SUICIDE AWARENESS SUMMIT



The My Life is a Gift Suicide Awareness Summit focuses on developing culturally appropriate resources, discussing suicide experiences in vulnerable communities, and educating about suicide prevention.

### TEEN CONTENT CREATION



Mental Health Talk is a documentary series to explain mental health to youth and young adults. Silence The Shame's Teen Ambassador, Milan Robertson, shares relatable signs and symptoms of depression.

## Eligibility

- Must be currently enrolled in a behavioral health/public health college program.
- Must possess fundamental knowledge of mental health issues and their impact on individuals and communities.
- Must demonstrate exceptional communication and interpersonal skills.
- Must be willing to collaborate and work as part of a team.
- Must be able to commit to the responsibilities and time requirements of the role.
- Must be willing to attend relevant training sessions and workshops on mental health advocacy and ambassadorship.
- Must have a stable WiFi connection for virtual sessions.

## Time Commitment

- Six Month Cohort
- Monthly 60-minute peer discussion groups
- Bi-monthly 60-minute training sessions for four months
- Four 60-90 minute planning sessions for two months
- 30-minute 1:1 Clifton Strengths Review
- One Community Outreach Project 2-4 Hour Event or - 1-2 hour Content Creation Events
- Optional - 30-60 minute On-Demand seminars on mental health, personal growth, and professional development

**Get Started Now!** ↘ Apply in 3 Easy Steps!

### **Attend an Interest Meeting**

Register Online for One of Four Interest Meeting

### **Complete an online application with a current resume.**

Submit a student resume, vitae, and cover letter, and Headshot

### **Submit a personal statement video**

Motivation and goals for joining the leadership training program.

*If selected, you will be invited for an interview to assess your communication skills, leadership aspirations, and enthusiasm for the program. Once accepted, you will receive training to learn about cultivating youth voice, community behavioral health, and mindfulness leadership. Gain experience demonstrating your commitment to the program by actively participating in outreach events and content creation, internships and outreach roles, and planning activities.*



## College Ambassador Program

### Benefits of Ambassador Training

We recognize that financial obstacles can prevent students from participating in leadership training programs. Therefore, we offer students up to \$2,000 as compensation for their contribution and time spent attending training sessions and events. For those attending in-person events, we provide transportation assistance through Uber/Lyft vouchers or gas cards.

As a participant, students have the opportunity to advocate for mental health awareness on their campuses. They gain access to networking opportunities with other mental health advocates and professionals in the field. Our program encourages students to engage with their local communities and take on leadership roles in organizing mental health events and initiatives. This provides valuable hands-on experience and helps students build their leadership skills.

Upon completing the program, candidates will be eligible to serve as College Ambassadors for their schools or as Community Ambassadors through STS initiatives. We believe that student advocates are essential to spreading awareness and de-stigmatizing mental health issues.



STIPENDS &  
TRANSPORTATION  
ASSISTANCE



ADVOCACY &  
NETWORKING  
OPPORTUNITIES



COMMUNITY  
ENGAGEMENT &  
LEADERSHIP ROLES

### Become a College Ambassador

*Are you passionate about raising awareness for mental health issues in your community?*

Consider becoming a **Silence the Shame College Ambassador**. As an ambassador, you'll be able to create a positive impact on campus and beyond by organizing events, workshops, and campaigns to combat the stigma surrounding mental health.

Your role will also involve being an approachable advocate for mental health creating a safe and supportive environment for your peers. Additionally, you'll be equipped with the necessary tools to encourage change by collaborating with administrators and faculty to create a more inclusive and supportive campus for all. This is an excellent opportunity to gain valuable experience in promoting mental wellness and supporting others on their mental health journey.