

Mental Health Ambassador Program FAQ

The Loppet Foundation

- **What is the Mental Health Ambassador Program?**
 - A no-cost, 8-session program that brings together youth and adults to learn mental health first aid and suicide prevention, and equips them with the resources to complete a mental health advocacy project in their communities.
- **Who can Participate?**
 - **Youth:** Ages 15-18 can participate
 - **Adults:** Preferably involved in mentoring or adults that regularly work with youth in community (**must have a background check on file**)
- **Are sessions in-person, virtual, or both?**
 - There will be sessions hosted both virtually AND in-person for this program.
- **Do I need to have my own computer/device for the virtual sessions?**
 - Yes. You will also need internet access for the virtual sessions. We understand that technology can be a barrier, so please let us know if that is a concern and we can work with you to find a solution.
- **Do I need to attend all of the sessions in order to participate?**
 - No, but it is strongly encouraged. We ask program participants to confirm that they are able to participate in 6 out of the 8 sessions prior to applying. **Attendance is required at Onboarding, Youth Mental Health First Aid, and Graduation.**
- **Are there any incentives to participate?**
 - Yes!
 - This is a great addition to college applications!
- **Are there any other expectations of participants?**
 - While not required, we would love for participants to opt into the research we are currently conducting on the program.
 - This requires filling out surveys during the program that will measure certain program outcomes.
 - Program participants will have the opportunity to participate in focus groups to provide detailed feedback about their experience in the program.
- **When will sessions be held?**

The schedule is as follows:

 - **Required:** Thursday, October 22nd, 6-8PM
 - In-person
 - **Required:** Friday, October 23rd, 9AM-3PM (Adults)

- In-person
- **Required:** Saturday, October 24th, 9AM-1PM (Youth)
 - Virtual
- Tuesday, October 27th, 6-8PM
 - Virtual
- Thursday, November 5th, 6-8PM
 - In-person
- **Required:** Tuesday, November 10th, 6-8PM
 - In-person
- Thursday, November 12th, 6-8PM
 - Virtual
- November 14th or November 17th, 6-8PM
 - Virtual
- **Required:** Thursday, November 19th, 6-8PM
 - In-person
- **Will I be responsible for transportation to the in-person sessions?**
 - Yes. Let us know if this is a barrier for you and we will do our best to assist you.
- **Will I be compensated for this offering?**
 - Yes
- **Why should I participate in this program?**
 - Participation in this Mental Health Ambassador program engages with many of The Loppet Foundation's values including inclusion, growth, well-being, and collaboration. By participating, you can expand your ability to be a supportive peer and leader in the community. This opportunity is also a great resume builder. Engagement in this program will grow The Loppet Foundation's capacity to support mental health needs and provide resources within programming and events.

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