



Parent Ambassador Leaders (PALs)

PROGRAM DETAILS

The Los Angeles County (LA County) Department of Public Health (Public Health) School COVID-19 Prevention Program (SCPP) is launching the Parent Ambassador Leaders (PALs) program. PALs help parents/guardians (parents) LEARN about four topics connected to student health and school success:

- Vaccinations and Routine Child Immunizations
- Mental Health
- Substance Use, Abuse, and Prevention
- Importance of School Attendance

Parents watch online trainings to learn about these topics and different Public Health resources available. Resources might be a website or community program. Parents SHARE what they have learned with people in their child’s school community.

Parents are PAID \$550 when they finish approximately 6 hours of training and 14 hours of outreach activities (approximately 20 hours total). Parents receive a gift card at the end of the semester (Fall 2023 or Spring 2024).

- All 20 hours must be completed in one semester.
 - Fall Semester Outreach Activities must be completed by December 15, 2023.
 - Spring Semester Outreach Activities must be completed by May 31, 2024.
- Partially completed hours will not roll over into the following semester.
- Interested parents need the support of a school administrator because outreach activities take place at elementary, middle, or high school campuses.

ELIGIBILITY AND SELECTION

Any parent or guardian of a student at an elementary, middle, or high school campus within LA County boundaries may apply.

For acceptance into the program, Priority will be given to applicants based on the following criteria:

1. Priority will be given to schools with the greatest need, although other schools will also be considered.
 - a. Need includes schools the lowest 25% (least healthy conditions) of the [Healthy Places Index](#) or schools in the highest 25% (most vulnerable) of the [Social Vulnerability Index](#).
2. Up to 5 parents from one school can join the program.
3. Parents of elementary, middle, and high school students can apply, with a mixture of schools representing kindergarten through 12th graders.

To be chosen, a parent must show that they have the school administration’s support. Before starting the online application, interested parents should talk to their school administration. Parents can explain the PALs program and ask for school support.

- School support means the administration wants a parent to share information and resources at school events. On the application, parents will list the school administrator’s work e-mail and work phone number. PALs program staff **will contact** the school administrator to check that the school site is supporting the parent.

The PALs program staff will review applications in the order they are submitted. Complete the online application [here](#).



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REQUIREMENTS TO RECEIVE STIPEND

Being accepted to the PALs program does not guarantee a stipend. A parent must complete approximately **20** hours of training and outreach and submit a completion form and any other requested documents in order to receive the \$550 gift card stipend. Once accepted into the program, the PALs member must do the following activities as part of the 20 hours:

- Complete **7** virtual trainings.
- Recruit **5** parents to join upcoming monthly Public Health Ambassador Trainings.
- Share information or resources **two times** during the semester at a parent/school meeting.
- For Parents in the Spring 24 Semester Program (January through May 2024): Develop a **new** (or continue an existing) program at the school that can continue and will support improvement with a priority area listed in “PROGRAM DETAILS.” More information about the requirements is in the table below.

| REQUIRED TRAININGS (total of 6 hours) | | |
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| TRAINING | | SUMMARY OF TRAINING CONTENT |
| 1. Parent Ambassador Leaders (PALs) Orientation (1 hour) | | PALs program overview, including instructions for tracking outreach hours. |
| 2. Trainings on PALs Health Topics (e.g., Vaccination and Routine Childhood Immunizations, Substance Use, Abuse and Prevention, Student Mental Health, and Importance of School Attendance (3 hours total) | | Pre-recorded video presentations on health topics and how to conduct school outreach. |
| 3. Parent Public Health Ambassador Training | Parents can choose to attend 2 Public Health Ambassador trainings, 2 Community Conversations, or one of each event (1 hour each, for a total of 2 hours) | Live virtual presentation. Topics are different every month. |
| 4. Community Conversations with DPH Leadership | | Live virtual presentation. Topics are different every month. |
| OUTREACH ACTIVITIES (approximately 14 hours) | | |
| REQUIRED | | SUGGESTED EXAMPLES |
| 1. Share information and/or resources at two school/parent meetings. | | <ul style="list-style-type: none"> • Coffee with the principal • PTSA/PTA meetings • ELAC/SSC Meetings • Back to School Night |
| 2. Promote the Public Health Ambassadors trainings and help 5 parents register for an upcoming training | | Public Health Ambassador Program Home Page |
| 3. Spring semester only Develop a new, continuing, program addressing one of the priority areas: <ul style="list-style-type: none"> • Vaccinations and Routine Child Immunizations • Mental Health • Substance Use, Abuse, and Prevention • Importance of School Attendance | | <ul style="list-style-type: none"> • Host immunization clinic • Work with school leadership to create a mental health information campaign. • Create a “speaker series.” • Create workshops for parents and/or students about substance abuse prevention resources. • New strategy to increase school attendance |
| OPTIONAL | | SUGGESTED EXAMPLES |
| 4. Create a unique caption that talks about health. Share a Public Health resource on their personal social media page. | | “Teenage years can be hard. Check out the tips and resources from Public Health to help you talk to your child about mental health: Teen Mental Health Toolkit for Parents/Guardians of Teens” via Instagram/Facebook |
| Participants are encouraged to incorporate other activities and ideas not included here that will be helpful to their school communities! | | |

To apply, complete the online application located [here](#). For additional assistance regarding the PALs program, please contact: TK12Ambassador@ph.lacounty.gov