



Los Angeles County Department of Public Health Parent Ambassador Leaders (PALs)



PROGRAM DETAILS

The Los Angeles County Department of Public Health (LACDPH) Healthy Schools Project Team proudly presents the ongoing Parent Ambassador Leaders (PALs) program. PALs play a vital role in empowering their school community by providing essential knowledge on four key topics crucial to student health and academic achievement:

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

The PALs Program aligns with CDE's Family Engagement Goals and is designed to help schools achieve these goals by fostering meaningful partnerships with parents.

Parents who join the program will attend online trainings to **LEARN** about these topics and gain understanding of the local resources available to them. Resources may include information to share, a community program or direct services. Parents then **SHARE** what they have learned with their child's school community. Parents are **PAID** with a **\$500** gift card at the end of the semester if they successfully complete all the program requirements (see page 2). The PALs program time commitment is approximately 20 hours.

- All 20 hours must be completed in one semester.
- Partially completed hours will **not** roll over into the following semester if they choose to reapply.
- Interested parents need the support of a school administrator because outreach activities take place at the school campus.

ELIGIBILITY AND SELECTION

Any parent or guardian of a student at a TK-12 campus within LA County boundaries, who is 18 years or older, is welcome to apply. New and returning PALs are welcome!

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. Schools with the greatest need are defined as schools in the lower 25% of the [Healthy Places Index](#).
2. Up to 5 parents/guardians from one school are encouraged to join the program per semester and can work together on a larger project.

The PALs program staff will review applications in the order they are submitted.

To be accepted into the PALs program, a parent/guardian must receive approval from a school administrator. Before starting the online application, interested parents should talk to their school administration to explain the PALs program and ask for school support.

- **School support** means the administration welcomes the parent/guardian to participate in school events and activities by sharing public health information and resources and planning and coordinating activities that support health and well-being.
- Applicants must provide a school administrator's name, position, work email and work phone number. The PALs program staff **will contact** the school administrator via email to check that the school site is supporting the parent.

If you know parents who would excel in this program, invite them to complete the online application [here](#).



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REQUIREMENTS TO RECEIVE STIPEND

Being accepted into the PALs Program DOES NOT guarantee a stipend. A participant must complete **20 hours** of training and outreach and submit a completion form and any other requested documents to receive the gift card. Once accepted into the program, the PALs member must complete the following:

- Attend a PALs Program orientation
- **6 hours** of virtual training (new PALs) or **4 hours** of virtual training (returning PALs)*
- Share information or resources **two** times during the semester at a parent/school meeting or event
- Plan and coordinate activities at the school that will support one of the PALs priority topics listed in the "PROGRAM DETAILS" (see page 1)

LEARN COMPONENT (4 – 6 hours)	
TRAINING	SUMMARY OF CONTENT
Trainings on PALs Health Topics -- see "PROGRAM DETAILS" (Only required for new PALs) *	Pre-recorded video presentations on health topics and how to conduct school outreach.
Public Health Ambassador Training	Live virtual presentation. Topics are different every month.
Community Conversations with Public Health Doctor	Live virtual presentation. Topics are different every month.
SHARE COMPONENT (14 – 16 hours)	
REQUIREMENT	SUGGESTED EXAMPLES
Share information and/or resources at two school/parent meetings or events	<ul style="list-style-type: none"> • Coffee with the Principal • PTSA/PTA meetings • ELAC/SSP Meetings • Back to School Night
Develop a new or continuing program addressing one of the priority areas: <ol style="list-style-type: none"> 1. Vaccinations and Routine Child Immunizations 2. Student Mental Health 3. Substance Use, Abuse and Prevention 4. Importance of School Attendance 	<ul style="list-style-type: none"> • Coordinate a school-located immunization clinic • Work with school leadership to create a mental health information campaign • Request a subject matter expert from DPH to provide a presentation on substance use prevention • Work with the school attendance team to support student attendance
<i>Participants are encouraged to work with their school administration and to incorporate other activities/ideas not included here that will be helpful to their school communities!</i>	

*PALs requirements vary slightly depending on whether a parent/guardian is new to the program or a returning PAL. A returning PAL is a parent/guardian who was accepted into the program and completed the program requirements successfully. Returning PALs are not required to complete the Trainings on PALs Health topics again but will have access to them if they'd like to re-watch. Instead, PALs will attend additional live trainings that will discuss other topics.