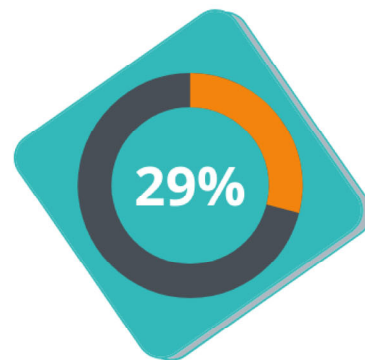




# STUDENT WELLNESS AMBASSADOR PROGRAM: A COUNTY-WIDE, EQUITY-FOCUSED APPROACH



**11th graders** that reported chronic sadness and/or feelings of hopelessness\*



**9th graders** that reported chronic sadness and/or feelings of hopelessness\*

\*California Healthy Kids Survey [CHKS] 2017/2019

## WHAT IS SWAP?

The Student Wellness Ambassador Program (SWAP) is a county-wide response to the growing mental health and wellness needs of young people in Marin County. Many youth are unsure of where to go for mental health and wellness support. SWAP expands community and school-based support to address student depression and anxiety, to deepen student connectedness with schools, and to normalize discussions about mental health and wellness.

## WHAT MAKES SWAP INNOVATIVE?

Equity, collaboration, belonging, and positive youth development are at the center of SWAP. The program is a youth-led, equity-focused, and centralized approach to normalize talking about mental health, improve outcomes for youth of color and LGBTQ+ youth, and enhance youth resiliency and coping skills. Middle and high school peer wellness ambassadors implement culturally responsive health and wellness activities on campus and in the community.

This program is funded by the County of Marin Behavioral Health & Recovery Services (BHRS) utilizing Mental Health Services Act (MHSA) Innovation funding

### Learn more about Marin County Wellness

