



Why Should I Become a BHRS Health Ambassador?

As a community member with knowledge and experience, you can make a difference in the lives of families, friends, neighbors, and other members in your community who may be experiencing symptoms of a mental illness and/or a substance use problem.

Health Ambassadors are individuals who are committed to helping to improve the health and wellbeing of individuals in their community and complete the Health Ambassador Program.

San Mateo County's Behavioral Health and Recovery Services (BHRS) Health Ambassador Program was created in recognition of the important role that community members serve in effectively reaching out to others.

Health Ambassador Opportunities:

- Teach youth and adult courses in your community.
- Assist in identifying needs in your community and helping to make a change.
- Share your thoughts with the County of San Mateo about wellness in your community.
- Work with other dedicated individuals.
- Participate in various volunteer opportunities.

How Can the BHRS Health Ambassador Help My Community?

- Increase community awareness of services available in San Mateo County and help connect individuals to appropriate care and support.
- Reduce the stigma around mental health and substance use issues so individuals are more willing to get help.
- Improve your community's ability to recognize the signs and symptoms of mental health and/or substance use issues and implement social change.
- Foster community support and involvement in BHRS' vision to improve services.
- Assist communities in practicing prevention and early intervention, leading to healthier and stronger families.

Health Ambassador Program Course Descriptions:

(All courses offered at no cost)

Complete any 5 of the 11 courses below:

- **The Parent Project[®]**
An interactive 12-week course teaches parents/caregivers parenting skills & focuses on how to improve their relationship with their child(ren). Participants will learn effective identification, prevention & intervention strategies.
- **Mental Health First Aid (MHFA) and/or Youth Mental Health First Aid (YMHFA)**
A ground breaking public educational program that helps the public identify, understand & respond to signs of mental illness & substance use disorders. Classes offered with a focus on adult or youth issues.
- **Wellness Recovery Action Plan (WRAP)**
A tool that helps individuals manage their physical & mental health based on concepts of hope, personal responsibility, self-advocacy, support & education.
- **NAMI Family to Family**
A 12-week educational program for family/caregivers of individuals with severe mental illness. Learn current information about psychiatric diagnosis, treatment & strategies to help a loved one.
- (See reverse for additional courses)



Course Descriptions: *(continued)*

- **NAMI Basics**
A 6-week educational program designed for parents & other family caregivers of children & adolescents with emotional & behavioral difficulties. Helps caregivers understand the illnesses that are causing difficulties and the critical role of family in treatment.
- **Applied Suicide Intervention Skills Training (ASIST)**
Helps people effectively recognize & intervene to prevent suicide. This training helps individuals respond to crisis situations & provides tools to help prevent the immediate risk of suicide.
- **Photo Voice Project**
Enables community residents of all ages & languages to share information about their experiences through photos. A unique way to heal, educate our community & voice your local health issues.
- **Digital Storytelling**
Merging the ancient art of storytelling with today's digital tools to assist individuals in expressing & communicating their thoughts, ideas & experiences through stories.
- **Stigma Free San Mateo**
Become active in advocating for the full inclusion & wellbeing of all persons in our community with mental health & substance use challenges. In this work, individuals engage in outreach, education & dialogue with members of our communities to help create a stigma free county.

- **Lived Experience Academy**
An 10-hour training offered to consumers & family members who want to learn how to share their stories of recovery in a way that empower themselves, inspires others and help improve the County's behavioral health services. Graduates will be considered to present their stories at various BHRS programs/events.

Health Equity Initiatives:

- African American Community Initiative
- Chinese Health Initiative
- Filipino Mental Health Initiative
- Latino Collaborative
- Pacific Islander Initiative
- PRIDE Initiative
- Spirituality Initiative
- Native American Initiative

Get involved in the BHRS Health Equity Initiatives!
Learn more at: www.smchealth.org/bhrs/HEI

For more information about the
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The Health Ambassador Program is supported by San Mateo County Behavioral Health and Recovery Services, Office of Diversity and Equity and is funded by the voter-approved Mental Health Services Act (MHSA - Prop 63).



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SAN MATEO COUNTY HEALTH
**BEHAVIORAL HEALTH
& RECOVERY SERVICES**

Health Ambassador Program (HAP)



*Supporting Healthy Families and
Building Stronger Communities*



**SAN MATEO
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All together better.