The mission of the *Mental Health Ambassador Program* is to provide an opportunity for Montclair State University students to develop leadership, community outreach, and human services skills while also serving as change agents in promoting health, wellness, and mental health awareness in the MSU community. Through this program, CAPS aims to engage student leaders in providing mental health outreach programming to their peers and to the MSU community as a whole.

Mental Health Ambassadors receive training and mentorship in serving as outreach assistants for CAPS, with the aim of decreasing myths about seeking help, empowering and motivating other students to make healthy life changes, and providing information on counseling and CAPS services to raise awareness and decrease mental health stigma on campus.

The CAPS Mental Health Ambassador Program is co-facilitated by Dr. Sudha Wadhwani and Dr. Jude Uy, with assistance from CAPS graduate assistants.

The program consists of 10 weekly seminars during the Fall 2019 semester, all on Fridays from 10:00am to 12:00pm. Making a commitment to prompt and complete attendance to all seminars is required.

**Application Criteria, Procedures and Information:**

- **Leadership experience at MSU or another university (or high school if an entering first year student), with a letter of recommendation by a supervisor or mentor, is required.** Please submit your letter of recommendation with your application (emailed letters directly from the recommender will be accepted). Applications without a corresponding letter of recommendation will NOT be accepted.

- *Mental Health Ambassadors* will be selected based on their community service experience, energy, drive to succeed, commitment to being a change agent in the MSU community, motivation to reach their personal/academic/professional goals, and overall leadership potential.

- Students who are current clients of the program co-facilitators (Dr. Sudha Wadhwani and Dr. Jude Uy) are not eligible to apply, due to conflict of interest and dual role concerns, since program administrators are unable to serve as supervisors to current therapy clients.

- Applicants must be in good academic and judicial standing, with a GPA of **3.00** or above.

- 10-12 students will be selected.

- Please submit the attached application form via email or in person to Sudha Wadhwani, Psy.D. in Russ Hall by **Friday, 9/6/19 by 5:00pm**.

- Applicants will be contacted by email for in-person individual interviews on a rolling basis until 9/12/19. **Applicants will be notified of their selection by 9/13/19. Training will begin on 09/20/19.**

- **All applicants must be available on Fridays from 10:00am to 12:00pm for the training seminars, as follows: 9/20, 9/27, 10/4, 10/11, 10/18, 10/25, 11/01, 11/8, 11/15, and 11/22. Location: CAPS/Russ Hall.**
CAPS MENTAL HEALTH AMBASSADOR PROGRAM

Fall 2019 Application Form

Name: ______________________
Student ID#: __________________
Age: ___________ Date of Birth: ___________

Year (check one): ___First Year ___Sophomore ___Junior ___Senior
Major: ______ Minor: ________ Number of Credits this semester: ______
GPA: ___________ Expected Date of Graduation: ______
Current Employment (where/position): ____________________________ Hours per week: ______
Residence (check one): ___on-campus ___off-campus apartment ___family home ___other (____)

Contact Information:
Email Address: ______________________
Phone #: ____________________________
Address: ____________________________

Student Activities:

Leadership Positions/Relevant Work Experience:
Please answer the following questions to the best of your ability (please type):

1. What are your strengths that make you a strong leader and role model for other MSU students?

2. What educational or life experiences would make you a good CAPS Mental Health Ambassador?

3. What, in particular, makes you interested in the CAPS Mental Health Ambassador position?

4. What motivates you? Who inspires you? How would you motivate and inspire others?

I agree to make a commitment to adhere to the mission and principles of the CAPS Mental Health Ambassador Program and I realize the importance of prompt and complete attendance to training seminars. I also agree to respect the confidentiality of the other students throughout the training process. If accepted as a CAPS Mental Health Ambassador, I agree to serve as a role model and student leader for other MSU students. I also confirm that the information provided on this application is true to the best of my knowledge.

Name: _____________________ Date: __________

Signature: _______________________________