



PALs Program Overview

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

PALs will. . .

- **LEARN** about student health and school success. Topics include:
 - Vaccines and required child immunizations
 - Student mental health
 - Substance use, abuse, and prevention
 - Importance of school attendance, and more!
- **SHARE** resources, present information learned, as well as plan and coordinate activities promoting PALs program topics for their school community
 - Invite other parents to training opportunities
 - Present at a school meeting for parents or coordinate a guest speaker
 - Plan and coordinate activities for the school that support PALs priority areas
 - Share health information on school communication app or social media
- **GET PAID** for the work done at schools with a **\$550** gift card!
 - PALs must complete all program requirements in the school semester, including training, outreach and sharing

Program Requirements

- School support and approval from the school administrator
 - Applicant must provide a school administrator's name and email address on their PALs application. Approval from the school administrator will be verified
- Attend a virtual PALs Program Orientation
- **20-hour** time commitment including online training and school outreach
- Promote the Public Health Ambassadors monthly trainings
- Complete required online trainings
 - Training requirements vary if you are a new or returning PAL*
- Share information or resources at parent/school meetings or events at least **2** times
- Plan and coordinate activities for the school to support one of the 4 priority topics for PALs

How do interested parents or guardians apply?

- Complete the online application located [here](#)
- For additional information or assistance regarding the PALs program, please contact: TK12Ambassador@ph.lacounty.gov





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



LEARN COMPONENT (4 – 6 hours)	
TRAINING	SUMMARY OF CONTENT
Trainings on 4 core PALs Topics – <i>ONLY REQUIRED FOR NEW PALs</i>	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 Dr. Morrison	Live virtual presentation. Open question/discussion time. 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
Promote the monthly Public Health Ambassador trainings	<ul style="list-style-type: none"> • Post flyer on Class Dojo / ParentSquare • Share flyers at a school meeting • Print a flyer and post on a physical communication board
Plan and coordinate activities at the school that addresses 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-based immunization clinic • Work with school leadership to create a mental health information campaign • Request a subject matter expert from the Department of Public Health 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 previously accepted into the program AND completed the program requirements successfully. Because the returning PAL has already completed the “Trainings on PALs Health Topics”, they are not required to complete them 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.*