

Work2BeWell



Work2BeWell National Student Advisory Council (W2BW NSAC)

The Work2BeWell National Student Advisory Council is a group of teens dedicated to the Work2BeWell program and its vision of empowering teens to thrive through access to mental health resources, authentic connections with peers and educators and digital platforms for resiliency. The NSAC is committed to making mental health a top priority in schools and communities across the nation through Access, Education and Activation.

The council is composed of 15 teens from a variety of backgrounds, schools and states who have a passion for the W2BW vision. NSAC students are selected through a nomination, application and interview process. The council is organized into three teams based on interest and passion to support and provide input to the W2BW Vision. Each team will have a student lead - the three leads will make up the key leadership for that year's council and serve as liaisons to the program management team.

Access Team

- Outreach
 - Reaching out to local schools to share resources
 - Mentoring Work2BeWell Schools, Club leaders
- Public Speaking
 - Conferences for students, educators, administrators, mental health professionals
 - Talk2BeWell Podcasts, Webinars

Education Team

- Social Media
 - Supporting the W2BW content and creation
- Events
 - Planning your own W2BW Mental Health Summit
 - Webinars and Podcasts with the W2BW Team

Activation Team

- Advocacy
 - School, Local Community, State Policy changes to support mental health
 - Introduction of state legislation

Team leaders will be expected to attend at least one virtual meeting a week. All council members will be expected to attend at least one virtual all team meeting a month, as well as an additional meeting with their smaller specialized team. Roughly 6-12 hours a month can be expected for this NSAC commitment, we expect responsiveness on email, joining virtual meetings, collaboration on a variety of tools and resources. Initiative, advocacy, time management, communication, commitment and being proactive are key traits to fit this role.

Once joining the NSAC, students will receive training on mental health first aid, as well as leadership, project development and team building. This opportunity is for teens dedicated to

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breaking the stigma around mental health and making impactful change in their schools and beyond.

Supervision and support to this group will be provided by dedicated educators and mental health professionals.

COPY of application questions for reference (please complete application online [HERE](#)).

Student Information

Applicants must be 14 years or older to apply. Please confirm:

Student First and Last Name:

School:

Grade:

City & State:

Student Phone Number:

Student Email:

I am a...

--returning council member

--new applicant

Does your school currently work with Work2BeWell? Please respond yes, no, or provide additional details.

Does your school currently have mental health programming / a mental health club?

If you were to choose your #1 choice for a NSAC team which would you choose? (Please review team focus areas listed above.)

--Access

--Education

--Advocacy

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Would you have interest in being a team lead? (Must have one year of W2BW experience).
Team leaders will be expected to attend at least one virtual meeting a week.

--Yes

--No

--Yes, in one year after I gain more W2BW experience.

What else would you like to share?

Adult & Student References

Adult Reference Name:

Relationship to applicant:

Email:

Phone:

Student Reference Name:

Relationship to applicant:

Email:

Phone:

Required Support Material - email your document to support@work2bewell.org

Please copy the questions below into a word document. Answer each of the following questions and email directly to support@work2bewell.org. Title your document "LASTNAME_STATE_YEAR." For example, Gutierrez_WA_2020.

ALL Applicants –

- What previous leadership experience has prepared you for this National Council?
- Describe how you plan to participate as a member of NSAC this year?
- How will W2BW NSAC fit into your schedule this year?
- Why are you interested in the topic of mental health?
- What Diversity, Equity and/or Inclusion lens would you bring to the council?

Returning student advisory council members –

- Why would you like to continue to participate in W2BW?
- Describe your involvement in the past year(s).

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New applicants -

- How did you learn about W2BW NSAC?