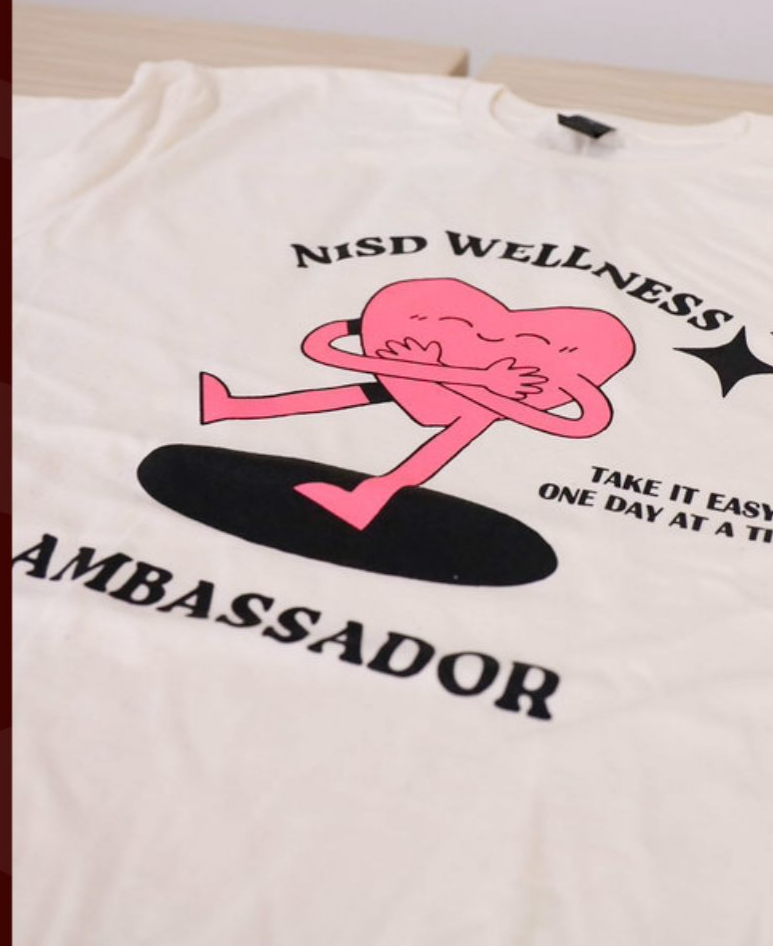


# NISD WELLNESS AMBASSADORS



# NISD Wellness Ambassadors

- Initiated Wellness Ambassadors in fall of 2023
- Encourage positive school climate
- Focus on substance use prevention and teen mental health
- Application process this year - exceeded expectations
- Student inspired activities







# Wellness Ambassador Summit 23-24

# Wellness Ambassador Service Projects

- Angel Tree Adoption
- Positive Messages
- Kindness Notes
- Encouragement Photo-Ops
- Red Ribbon Week Projects







Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING



# teen MENTAL HEALTH FIRST AID

## Learning Objectives:

- Skills-based training that teaches teens how to identify, understand, and respond to signs of a mental health or substance use challenge.
- Helps teens to assist someone experiencing a challenge until professional assistance (or trusted adult) is obtained or the crisis is resolved.



# 2024 Say What! Action Summit - Dallas

- April 2024 - Summit was led by Texas School Safety Center's Say What! Texas Teen Ambassadors
- Attendees participated in vaping and drug prevention education
- Transformed knowledge into advocacy
- Planned our own project for vape and drug prevention - Red Ribbon week 2024 NISD



## Say What! Texas Tobacco-Free Conference Austin

- NISD Wellness Ambassadors received scholarships to the July 2024 conference.
- Say What! is a student-led conference that provides tobacco and drug prevention education
- Students utilized their knowledge to create various social media posts at the event to impact their communities.
- Students returned with a revised plan for a tobacco and drug prevention event for NISD.





# Inaugural Texas School Safety Teen Ambassadors

- Nine ambassadors selected around the State
- I am ONE of the nine ambassadors who were selected.
- I will be part of a team at the state level to host educational events on substance use prevention, teen mental health, and violence prevention.



**Samiaha Stroud**  
**- Eaton High School Senior**

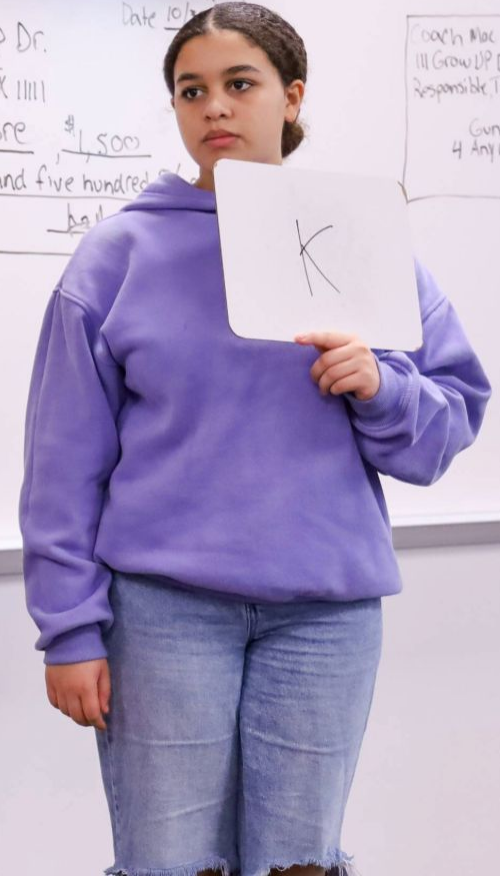
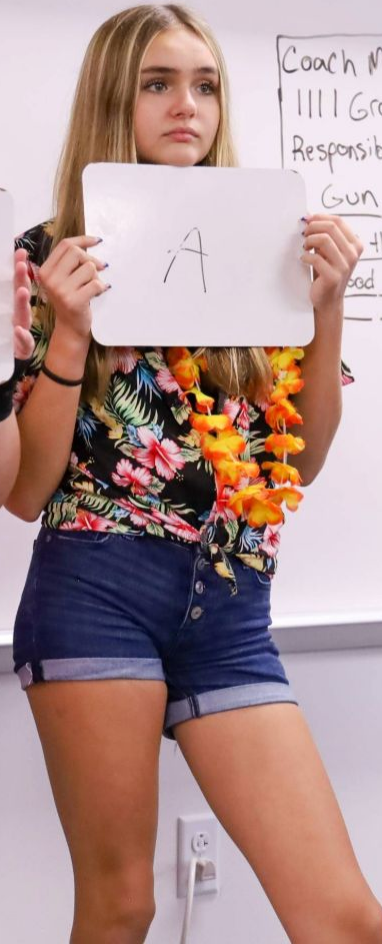
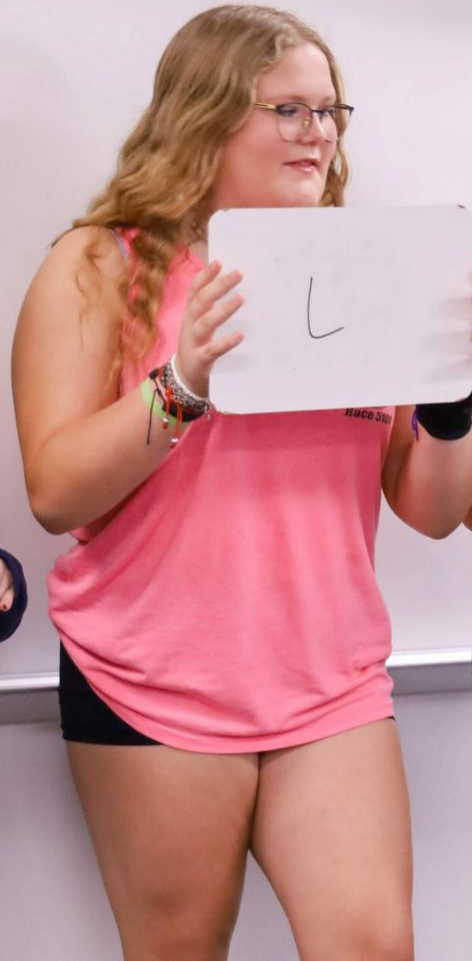


# Wellness Ambassador Summit 24/25





# Coping Skills Scramble



Coach Mac  
1111 Grow Up Dr.  
Responsible, TX 1111  
Gun Store \$1,500  
thousand five hundred  
bod \_\_\_\_\_ ball \_\_\_\_\_

Coach Mac  
111 Grow Up Dr.  
Responsible, TX 111  
Gun Store  
4 Anywhere, TX 111



# Substance Abuse Trivia

What neurotransmitter, often referred to as the "Feel-Good" chemical, is commonly released in the brain during substance use, leading to feelings of pleasure and reward?



143.24  
one hundred forty three and 24/100  
Northwest of Steele  
Wellness  
Ambassadors

NAME: \_\_\_\_\_ DATE: 10/26/24  
Address: \_\_\_\_\_  
Ford Service Center \$ 830.00  
Digital Medical Writing and Shop - Dallas

Car repairs \_\_\_\_\_  
Randy Samuelli  
account/raising numbers

BE "NICE" to Eachother!

Speed

Need a P  
Check one  
for your  
license

Car accident -  
need to pay  
for fire my car  
830  
Ford Service Center

# ***Substance Abuse 20-Questions***

A close-up photograph showing a person's hand holding a small, white, rectangular card. The word "Fentanyl" is written on the card in a simple, handwritten font. The hand is positioned next to the head of a dog, which has a black and white speckled pattern. The background is blurred, showing what appears to be a person's leg in dark pants and some yellow flowers. The overall scene suggests a connection between the substance and the dog.

Fentanyl



# **Bean Boozled**

**WORK**

*like a*

**STATION 4**

*Bean Boozled*





# NISD Wellness Ambassadors