

The Sunshine Crew is a student-led Wellness Ambassador program focused on promoting mental and physical health, substance abuse prevention and harm reduction.

Key Training:

- Tobacco Use Prevention Education (TUPE)
- Substance Use Prevention (SUP)
- Psychological education on CBT skills and practices
- Teen Mental Health First Aid (tMHFA)
- Youth Advocacy 101

Activities:

- Organize wellness fairs and with interactive booths.
- Advocate for healthy coping strategies and resilience.
- Participate in district Student Leadership Advisory Council
- Promote services at the Sierra School-Based Health Center.

TCP Expansion

- Vision: Build upon the Sunshine Crew to include:
 - Student led podcast focused on mental health advocacy and education.
 - Peer to peer counseling support and linking students to resources.
- Goals:
 - Address unmet mental health needs.
 - Strengthen peer-to-peer connection and support.
 - Further build leadership skills
 - Equip students with skills to positively impact their community.




The Children's
Partnership

SUNSHINE
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CREW

