



## Teens Make Health Happen Mentorship

At HealthCorps

Oxnard

Are you interested in serving your community and empowering the next generation of healthy leaders? HealthCorps and our mission to improve the lives of youth, both mentally and physically, provides you with the opportunity to do just that.

### Who We Are

We're HealthCorps – a national, non-profit organization committed to improving lives by addressing health challenges in communities through programming that includes innovative and engaging experiences for teens in education, leadership, and service learning. We empower teens by encouraging them to become change agents within their families, schools, and neighborhoods. Our program is grounded in the understanding that limited access to health education can lead to a lifetime of social, emotional, and physical challenges.

### Where You Fit In

We're looking for a creative, friendly, self-starter who will implement an innovative wellness club, Teens Make Health Happen in 2-3 middle or high schools in the greater Oxnard area. The TMHH Club empowers teens to make healthier choices for themselves and their families. You will serve as a catalyst for sustainable change, promoting improved health and wellness and creating leadership opportunities for teens at your assigned sites.

As a TMHH Mentor, you will serve as a near-peer mentor to local middle and high school students throughout the academic year. You will gain hands on experience leading our health and wellness club, Teens Make Health Happen, in area schools and by supporting teens in planning and leading wellness programming such as lunchtime demonstrations, step challenges and community improvement projects.

### What You'll Do

#### *Responsibilities:*

- **Develop Strong Relationships.** You will collaborate with teen wellness leaders and site partners to ensure effective delivery of HealthCorps' programming across 1-3 school sites. You will collaborate with your Regional Program Manager and other area mentors, as well as participate in ongoing professional development and leadership opportunities, provided by the organization at no-expense.
- **Assess Your Schools' Needs and Progress.** You will research what health inequities the schools you serve are facing and then measure your impact by completing a needs assessment, reporting, and tracking your work throughout your mentorship.
- **Manage Teens Make Health Happen Clubs.** You will plan and implement the successful delivery of the HealthCorps' program, Teens Make Health Happen, committing to 8+ hours a week throughout the course of the academic year. Your commitment to this program will require you to be at your assigned school sites/campuses for 3-4 hours each week for instructional purposes. We prioritize full year placements, however we do have a few



opportunities for single semester commitments, as well as 1 or 3 club site placements, if you are looking for a slightly different commitment level.

- **Share and Make Aware.** You will host Café O Yea demonstrations at each of your sites monthly and support them with regional events. You will support and contribute to HealthCorps' social media platforms (Instagram, TikTok, etc.) by sharing program highlights, stories of impact, and photos that will shine a bright light on your students.
- **Commit to the HealthCorps Mission.** You will prioritize health and wellness daily and work to ensure that relevant, local health resources are accessible for all students and staff at your respective sites. Your spark to serve will leave a lasting, positive impact on your community.
- **Represent HealthCorps in Oxnard.** You will be an embodiment and extension of our organization and our values, both inside and outside your sites. Your presence -- whether at your assigned sites or at an area-wide event -- will be an asset in outreach efforts that connect teens, staff, and community members to HealthCorps resources and materials.

#### *Minimum Qualifications:*

- An undergraduate or graduate college student majoring in, or interested in public health, public policy, biology, nutrition, marketing, psychology, education, social work or other related fields.
- In good academic standing with your university.
- A commitment of 8+ hours each week to the mentorship for the entire academic year.
- A self-expectation and strong desire to grow personally and professionally as a leader in the community, and as a speaker who is comfortable in learning and presenting on health-related topics to a teen audience.

#### *Physical Requirements:*

- Ability to travel to assigned sites, which may include distances of up to 40 miles/ within the Oxnard area.
- Must be able to lift up to 15 pounds at times

## **What You'll Gain**

#### *College credit:*

HealthCorps will work with you and your university to provide college credit\* for the mentorship.

\*Depending on the specific requirements and guidelines of your university this may be in the form of college or course credit or practicum hours.

#### *Professional Development:*

You will receive ongoing training, professional development, and mentorship throughout your time in the mentorship program. You will gain direct experience in public health and the education system and have opportunities to network with community leaders in the field.

#### *Stipend:*

You will receive a stipend based on the number of sites you serve. This stipend is intended to help alleviate potential costs that you may incur from participating in the program. You may use these funds for whatever you feel you need it for (bus passes, gas, professional clothing, parking, meals while serving, etc.) and it will be distributed in monthly installments.



## **Additional Position Details**

Ensuring an inclusive workplace where we learn from each other, and our communities is core to HealthCorps' values. We welcome people of different backgrounds, experiences, abilities, and perspectives and are seeking individuals that align with these same core beliefs. We are an equal opportunity employer and aim to provide a sense of belonging for everyone.

HealthCorps, Inc. is an Equal Opportunity Employer. HealthCorps provides equal employment opportunities (EEO) to all employees and applicants for employment without regard to race, color, religion, sex, national origin, age, disability, or genetics, and in compliance with all state and federal law requirements.

HealthCorps, Inc. complies with applicable state and local laws governing nondiscrimination in employment in every location in which the company has facilities. This policy applies to all terms and conditions of employment, including recruiting, hiring, placement, promotion, termination, layoff, recall, transfer, leaves of absence, compensation, and training.

HealthCorps, Inc. reserves the right to conduct background investigations and/or reference checks on all its potential mentors. Your mentorship offer is contingent upon a clearance of a background investigation and/or reference check.