

Become a Certified Wellness Coach

Play a role in improving the mental health and well-being of children and youth in California.

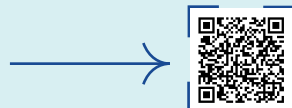
Discover
your path to
certification
today.



What is a Certified Wellness Coach?

Nearly half of California's youth are currently struggling with their mental health. **Certified Wellness Coaches (CWCs)** are here to help. Certified by the California Department of Healthcare Access and Information (HCAI), CWCs support the behavioral health of kids and teens by helping them manage stress, build healthy habits, and improve their overall well-being.

[Watch this video to learn more.](#)



What steps do I need to take to qualify to become a CWC?

To become a Certified Wellness Coach (CWC), you'll need to complete an associates or bachelor's degree and meet fieldwork requirements. Some California colleges and universities are partnering with HCAI to create "designated" programs that prepare students for certification right after graduation.

If you're attending one of [these institutions](#), connect with a program coordinator, academic counselor, or advisor to learn more.



Why it matters – for you & your future.

Gain Experience Now

Get experience while in school and enter the workforce as soon as you get your associates or bachelor's degree.

Get Employed

Schools and community organizations are actively hiring CWCs and billing insurance to cover their costs.

Build Your Future

Getting certified allows you to seek advanced careers in counseling, social work, or psychology.

Behavioral health demand will surge **62%** by 2036, but staffing will drop 13%*.

**Supplemental Healthcare Trends Report for 2024.*



Your Path to Certification at HCAI-Designated Programs.



What does a Certified Wellness Coach do?

Certified Wellness Coaches (CWCs) provide entry-level behavioral health services to children and youth up to age 25. They work alongside school psychologists, counselors, social workers, and health staff in schools, as well as licensed professionals in health centers and youth-serving organizations. They support youth before clinical help is needed, making it easier to access care and build healthy habits early on.

Where do CWCs work?

Certified Wellness Coaches integrate into existing provider networks that support children and youth, offering supplemental care that is both accessible and inclusive. They operate in settings where children and youth are, such as:


Community
Organizations


Health Centers
and Clinics


Schools



CWCs provide six core services:



Wellness Promotion and Education

Lead group or classroom sessions that promote wellness, build life skills, and support mental health.



Screening

Under the guidance of qualified staff, help coordinate and facilitate screening programs in schools and community settings.



Care Coordination & Extension

Coordinate care by communicating with providers, school staff, and other professionals and help connect youth to support services.



Individual Support

Provide brief one-on-one check-ins and scheduled sessions to offer emotional support and teach wellness skills.



Group Support

Lead small and large group sessions using structured programs to build life skills and support emotional well-being.



Crisis Referral

Recognize potential risks, provide emotional support, and refer youth to qualified behavioral health providers.



[Explore program details](#)



[Check out our FAQs](#)



WellnessCoach@hcai.ca.gov

Learn more: