

# Wellness Coach Scholarship Program (WCSP): Informational Webinar

July 23, 2024 – 2:00 PM

# **Who is this webinar for?**

Students seeking scholarships to start or continue their associate or bachelor's degree\* in:

- Social Work
- Human Services
- Addiction Studies

➤ **There are funds available to support more than a thousand scholarships.**

**If you have a degree, you may be eligible to become certified now.**

➤ Go to [www.cawellnesscoach.org](http://www.cawellnesscoach.org)

\*A more detailed list of the degrees appears on [page 4](#) of the grant guide

# **Agenda**

## **Housekeeping & Introduction**

Christopher Roina, Communication Analyst, Operations Unit

## **Welcome & Overview**

Sharmil Shah, PsyD, Assistant Deputy Director, Office of Health Workforce Development

## **Certified Wellness Coaches Services**

Christian Jones, State Health Policy Analyst, Office of Health Workforce Development

## **WCSP Program Elements, Application Process, and Evaluation**

Luke Ennis, Program Officer

## **Questions & Answers**

Christopher Roina, Communication Analyst, Operations Unit

## **Closing Remarks:**

Sharmil Shah, PsyD, Assistant Deputy Director, OHWD

# Housekeeping & Introduction

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1. This webinar is hosted in Microsoft Teams, if you're not familiar with the platform, you can find the camera, microphone, chat, and view controls in the menu bar at the top of your screens.
2. The chat option will be open for asking questions during the Q&A session which is at the end of this webinar.
3. This webinar will be recorded and will be available within 7-10 business days.

# Welcome and Overview

Sharmil Shah, PsyD, Assistant Deputy Director, OHWD

# Our Mission



HCAI expands equitable access to quality, affordable health care for all Californians through resilient facilities, actionable information, and the health workforce each community needs.

# **Why Wellness Coaches? Why Now?**

One in four adolescents suffers from depression and anxiety<sup>1</sup>. Despite a growing need for a skilled behavioral health professionals, there is an inadequate supply of workers to keep up with the demand.

**California needs to expand its behavioral health workforce to better address the unmet needs of its diverse communities.**

We are creating a behavioral health workforce that provides behavioral health prevention and early intervention services and supports to help children and youth before they need clinical services.

<sup>1</sup> <https://healthforce.ucsf.edu/publications/california-s-current-and-future-behavioral-health-workforce>





# **About the Wellness Coach**

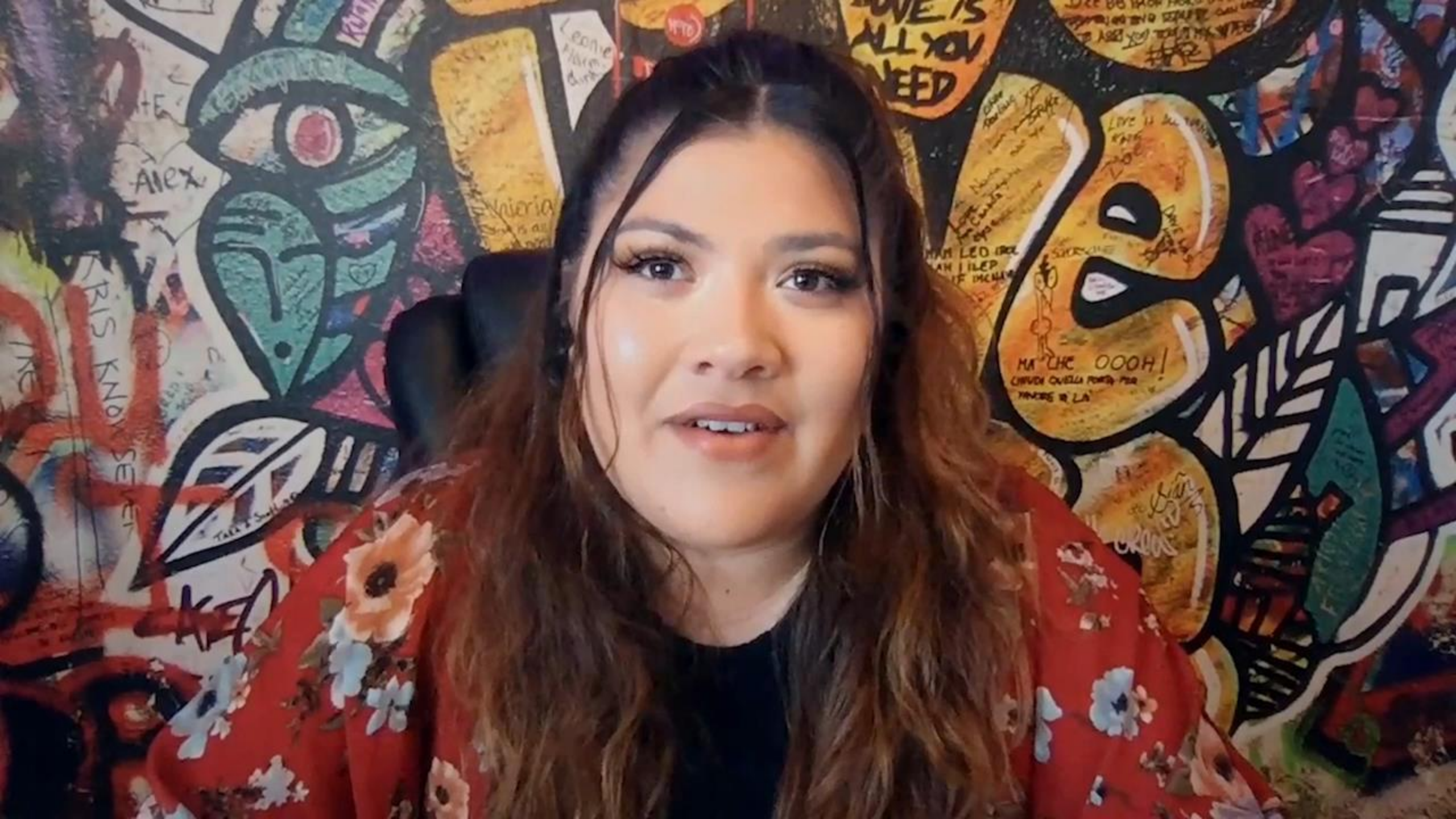
## **What is a Certified Wellness Coach?**

A Certified Wellness Coach is new kind of behavioral health profession that the state has created to serve the needs of children and youth. This new profession will provide behavioral health support to children where they are.

## **What does a Certified Wellness Coach do?**

A Certified Wellness Coach teaches people about staying healthy and helps with behavioral health and wellness programs. They help young people with social and emotional needs and connect them with the right help when needed. They also offer one-on-one or group support to promote overall wellness and behavioral health.

- To learn more about being a Certified Wellness Coach, visit: [Employer Resource Guide](#) (p. 13-19)



# Path to Becoming a Certified Wellness Coach

Attend  
college



APPLY FOR A  
SCHOLARSHIP  
TODAY!

Graduate  
from college

Apply for  
Certification

Find  
Employment

# **Certified Wellness Coach Services**

Christian Jones, State Health Policy Analyst, OHWD



# Services and Competencies of the Certified Wellness Coach

## Services

*Activities core to the Certified Wellness Coach roles*

- 1 Wellness promotion and education
- 2 Screening
- 3 Care coordination and extension
- 4 Individual support
- 5 Group support
- 6 Crisis referral

## Additional Competencies

*Demonstrated areas of knowledge to be evaluated against during field experience*

- 7 Cultural responsiveness, humility and mitigating implicit bias
- 8 Professionalism, ethics and legal mandates
- 9 Communication
- 10 Operating in role and different environments

# What does that look like in practice?

## 1 Wellness promotion and education

- **Classroom presentations** on wellness skills, social-emotional learning competencies, mindfulness, evidence-based stress busters, substance use prevention, social skills, bullying prevention, suicide prevention
- **Lead campus wellness activities** re: stress busters, mental health literacy, cultural healing practices
- Promote activities to **address mental health stigma**, such as coordinating and leading tours of School-Based Health Centers (SBHCs) and Wellness Centers
- **Build rapport** with students, staff, and parents schoolwide
- **Serve as wellness champion** on campus and in School-Based Health Centers/ Wellness Centers with school-wide visibility

## 2 Screening

- Support **implementation of universal mental health/wellness student screening**
- **Targeted screening for specific groups** of students (Students being seen in SBHCs for any health service, incoming students, groups with higher need)
- **Triage students** who need Tier 2 or 3 interventions following screening
- **Develop school-wide wellness promotion activities** based on screening data

# What does that look like in practice?

## 3 Care coordination and extension

- **Support in case management** in coordination with behavioral health clinicians
- **Navigate needed external referrals** (providing support with scheduling appts, facilitating communication, reminders, addressing transportation barriers)
- **Liaise with school staff/SBHC staff** re: specific student need
- Participate in **coordination of Services Team meetings**
- **Develop strong relationships with internal and external partners** to facilitate culturally appropriate service.
- **Provide student advocacy** in accessing needed support.

## 4 Individual support

- **Check-in and check-out** for drop-in Wellness Centers, support student to choose a self-regulation station (calming space)
- **Support students individually** in SBHC & WC with mental health education, healthy relationships support, and other health topics
- **Provide emotional support** to students in SBHC & WC, and identify students needing a higher level of emotional support and provide warm hand-offs
- **Assess students** re: Social Drivers of Health and other concerns using non-clinical assessment tools
- **Monitor student participation** in behavioral health care through outreach, referral linkage, and help address barriers to participation
- **Conduct Motivational Interviewing** to support stages of change around substance use or other risky behaviors

# What does that look like in practice?

## 5 Group support

- **Coordinate and lead non-clinical skill-building groups** - mindfulness, anger management, socialization groups, stress management, wellness practices
- **Lead or co-lead culturally-specific or gender specific groups** (i.e., Black girls group, ESL students, LGBTQ+)
- **Partner with SBHC & WC mental health provider to support therapeutic groups**, both administratively and through group participation
- **Support and co-facilitate school peer-to-peer programs**, such as Peer Mentoring, Peer Counseling, Peer Education **in partnership with mental health provider/teacher**
- **Facilitate restorative justice circles** and/or work with students to facilitate peer-lead mediation and peer restorative justice
- **Serve as coordinator** of SBHC/Wellness Center Youth Advisory Board, mental health student club (e.g., Nami on campus, Bring Change to Mind)
- **Oversee student workers** in SBHC/Wellness Centers, provide training and guidance

## 6 Crisis referral

- **Participate as part of school's crisis response team**
- **Participate in postvention activities following a school tragedy**, such as healing circles, re-entry circles
- **Promote and coordinate school-wide healing activities and culture building** following a school tragedy
- **Trained in Youth Mental Health First Aid**
- **Trained in QPR for crisis intervention** (Question, Persuade, Refer)



# **WCSP Program Elements & Key Dates**

Luke Ennis, Program Officer

# Eligible Professions for WCSP Awards

To be eligible for this Scholarship, the applicant must be planning to become a Certified Wellness Coach.

- Associate degree: Certified Wellness Coach I
- Bachelor degree: Certified Wellness Coach II

There is a list of specific degrees required to become a Certified Wellness Coach.

- A Community College certificate is not sufficient to become a Wellness Coach.

# **Eligible Associate and Bachelor Degrees**

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## **Addiction Studies, including:**

- Addiction Disorder Studies
- Addiction Disorder Counseling
- Addiction Counseling
- Alcohol & Drug Studies
- Chemical Dependency & Counseling
- Drug & Alcohol Paraprofessional
- Substance Abuse

## **Human Services, including:**

- Mental Health Worker
- Human Services: Alcohol & Drug Studies
- Human Services Paraprofessional
- Community Social Services
- Community Studies
- Collaborative Health and Human Services
- Human Development

## **Social Work, including**

- Social Work & Human Services
- Social Work, Human Services & Counseling

# Awards

- **Maximum Award: \$35,000**
- **Award levels:** HCAI may award full, partial, or no funding to an applicant based on the applicant's criteria score and the amount of available funds.
- Applicants will be awarded no more the total **cost of attendance** for one year of the program. These costs include:
  - Tuition, fees and books
  - Transportation
  - On- or off-campus housing and food
  - Loan fees
  - Dependent care
- Applicants will report their Cost of Attendance amount within the scholarship application by completing a Cost of Attendance form. A sample form is on the next slide.

# Sample of the Cost of Attendance Form



## HCAi Scholarship Cost of Attendance Form

Please fill in the annual cost for each category and then fill in the total cost. Please ensure that all costs provided are for only one year of attendance. Please remember to sign at the bottom.

Category	Details	Annual Cost
Tuition and Fees	The total cost of tuition and fees including student health insurance.	
Books and supplies	Cost associated with books and supplies not to exceed \$800.	
Food allowance	Cost associated with on or off campus food including groceries and on campus meal plans.	
Housing	Cost associated with on or off campus housing.	
Transportation	Cost associated with transportation including gas, on-campus parking, bus passes, bike maintenance.	
Loan Fee	Cost associated with applying for student loans.	
Dependent care	Cost associated with caring for children or an adult for which you are the caregiver.	

Total: \_\_\_\_\_ 0

\_\_\_\_\_ attest under penalty of perjury that the above costs are accurate and reflect the costs of one year of attendance.

Date: \_\_\_\_\_

- View form [here](#)
- Please ensure that the costs on this form reflect your real costs, **NOT** the costs estimate your school produces
- If your rent is \$1,500 a month then your yearly cost of housing is \$18,000

# Service Obligation

- Within **twelve months of graduation**, awardees must find employment that fulfills a **one year of service obligation providing direct client care in a qualified worksite**.
- Students graduating with an associate degree may defer their service obligation for up to 30 months if they are pursuing a bachelor degree leading to becoming a Certified Wellness Coach II.

# Key Dates

Event	Date
Application Available	July 8, 2024 @ 3:00 p.m.
Informational Webinar	July 23, 2024 @ 2:00 p.m.
Application Submission Deadline	August 16, 2024 @ 3:00 p.m.
Anticipated Award Notice Dates	October 2024
Scholarship Grant Agreement Start Date	November 1, 2024

# WCSP Application Process



# Application Components

The application has nine sections:

1. General Information
2. Profile Information
3. Contact Information (one contact required)
4. Educational Information
5. Professional Information
6. Scholarship Cost of Attendance
7. Employment History
8. Required Documents
  - **Ensure you use an acceptable file format, or your application will be rejected!** Examples of acceptable formats are **.jpg**, **.doc**, **.docx**, and **.pdf**.
9. Application Certification

➤ **Please contact us if you have any questions or problems with the application!**

Email us at [BHPrograms@hcai.ca.gov](mailto:BHPrograms@hcai.ca.gov)

# **Post-Award and Payment Provisions (1 of 2)**

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- HCAI expects the Grantee will begin performance of the grant agreement on the start date listed on the grant award documents. This means we assume you will begin school in September 2024.
- The State Controller's Office mails a paper check directly to the Grantee's address on file.
  - ***Please ensure HCAI has your most current address on file to avoid delay in payment.***

# **Post-Award and Payment Provisions (2 of 2)**

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- HCAI cannot provide tax advice to Grantees. HCAI are not tax professionals and tax consequences may vary depending on the Grantee. For this reason, Grantees should seek professional tax advice.
- HCAI reserves the right to recover monies for a Grantee's failure to perform service and other grant agreement obligations.

# **WCSP Evaluation and Scoring Procedures**

# Application Evaluation Criteria

Evaluation criteria include the following:

- Income-based financial situation.
- Experience working in an underserved area or with underserved groups.
- Experience with homelessness.
- Experience with the foster care or child welfare system.
- First generation college students.
- Languages spoken.
- Academic setting: Preference given to attendance at a California Community College, California State University, and the University of California.

# Grant Application Resources

- Review the [WCSP Grant Guide](#) before starting the online application.
- Review the [WCSP Technical Assistance Guide](#) before starting the online application.
- Online application: [2024-2025 WCSP Online Application](#).
- For more information: Behavioral Health Programs. [BHPrograms@HCAI.ca.gov](mailto:BHPrograms@HCAI.ca.gov)
- Check out HCAI'S [Funding Eligibility Tool](#).

# Certified Wellness Coach Resources

- To view a sample job description/role, please visit the [Employer Resource Guide](#) (p. 13-19)
- Wellness Coach Website with information, resources and certification application: <https://cawellnesscoach.org/>

# Questions & Answers

Christopher Roina, Communication Analyst and  
Wellness Coach Scholarship Program Team Members



# **Reminder of Who the Scholarships Are For**

This scholarship is for students starting or continuing in college to earn an associate or bachelor's degree in:

- Social Work
- Human Services
- Addiction Studies

**If you have a degree**, you may be eligible to become certified **now**.

➤ Go to [www.cawellnesscoach.org](http://www.cawellnesscoach.org)

**Questions: email [WellnessCoach@hcai.ca.gov](mailto:WellnessCoach@hcai.ca.gov)**

\*A more detailed list of the degrees appears on [page 4](#) of the grant guide

# Closing Remarks

Sharmil Shah, PsyD, Assistant Deputy Director, OHWD

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**#WeAreHCAI #HCAI #HealthWorkforce  
#HealthFacilities #HealthInformation**

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<https://hcai.ca.gov/mailing-list/>

## Contact Us!

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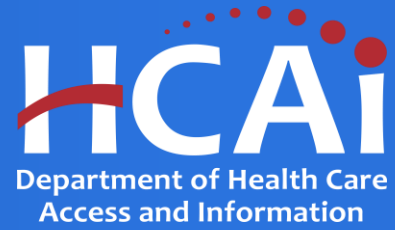
Phone (916) 326-3700



Email [BHPrograms@hcai.ca.gov](mailto:BHPrograms@hcai.ca.gov)

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**#HealthFacilities   #HealthInformation**



# Thank You!

For further questions, please email  
[BHPrograms@hcai.ca.gov](mailto:BHPrograms@hcai.ca.gov)