



THE YOUTH WELLNESS COACH MODEL IS AN INNOVATIVE SCHOOL-BASED YOUTH PEER MODEL DESIGNED TO OFFER AND ENHANCE NON-CLINICAL BEHAVIORAL HEALTH AND OTHER WELLNESS INITIATIVES WITH HIGH SCHOOLERS.

Youth Wellness Coaches are young professionals who bring the following specialized expertise to the role:

- Near-age peers (19+), offering a powerful combination of near-peer, mentor, and trusted adult.
- Name and draw on lived/living experience in navigating behavioral health and well-being concerns, including substance use and mental health, to bring compassionate validation to the adolescent experience.
- Model strengths-based resilience, self-efficacy, and connection-building.
- Practice cultural humility and responsiveness by recognizing the social determinants of health that inform health and wellness outcomes for youth.

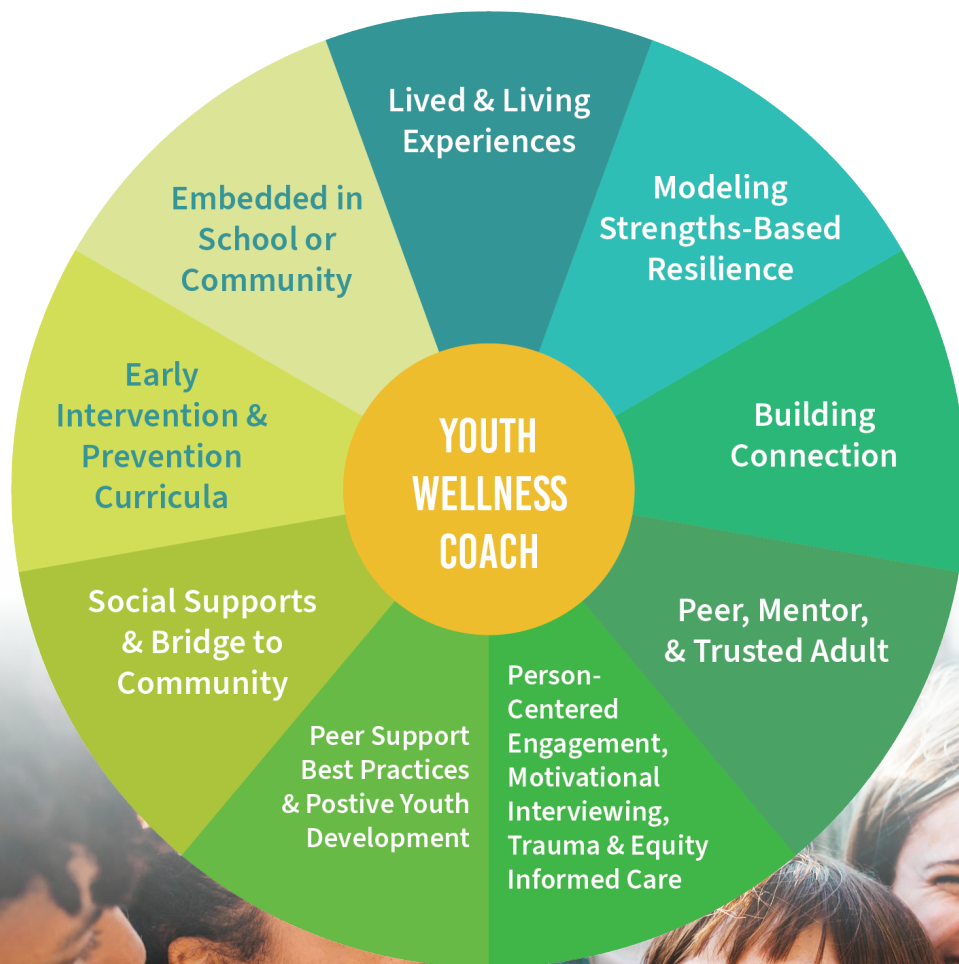
Youth Wellness Coaches receive extensive training and skills development to ensure they can responsibly fill their roles as near-age peers. Training is both live and asynchronous and includes written practice work and intensive role-playing practice. All training is delivered by skilled facilitators and reinforced by supervisors with deep content knowledge. Currently, training and supervision structure is as follows:

- CCAR (Recovery Coach) for Youth – 40 hours
- Motivational Interviewing – 18 hours
- Harm Reduction Approaches and Substance Use Education – 15 hours
- Youth Peer Basics – 15 hours
- History of Youth Work and Consumer Movement – 4 hours
- Trauma and Equity Informed Care – 15 hours
- Professional Best Practices – 8 hours
- Cultural Humility – 8 hours
- Peer Ethics – 4 hours
- Mandated Reporting – 2 hours
- SBIRT Screening and Practice – 25 hours
- Health and Wellness – 8 hours
- Project Amp – 16 hours
- 1:1 Supervision and Group Supervision– 2 hours/week
- + Ongoing Professional Development opportunities and training as needed



In your school and community, Youth Wellness Coaches can perform the following duties:

- Provide non-clinical behavioral health and wellness support and services.
- Conduct Screening, Brief Intervention, and Referral to Treatment (SBIRT) with adolescents.
- Implement Project Amp, a strengths-based extended brief intervention designed for students experiencing any of a broad list of risk factors.
- Support existing school or community wellness initiatives, such as violence prevention, vaping cessation programming, drug and alcohol education programming, wellness planning, community or parent engagement, LGBTQIA+ support, and other peer-based programming.
- Remain embedded in the school and host organization but maintain organizational independence and support, which can enhance trust with students.



FOR MORE INFORMATION ABOUT PARTNERING WITH C4 INNOVATIONS TO SUPPORT A FULL-TIME YOUTH WELLNESS COACH IN YOUR COMMUNITY OR SCHOOL, AND FOR TIPS ON IDENTIFYING POTENTIAL FUNDING SOURCES THAT MAY SUPPORT THIS ROLE IN YOUR COMMUNITY, PLEASE REACH OUT TO CATY WILKEY CWILKEY@C4INNOVATES.COM OR VISIT OUR WEBSITE AT C4INNOVATES.COM