

Certified Well-being Ambassador Program FAQs

Q: What is a Certified Well-being Ambassador?

A: A Certified Well-Being Ambassador (CWBA) is equipped to make a positive difference in their community. By attending all three trainings of the Mental Health Awareness Series offered by Peer Support Coalition of Florida, you will be eligible to apply for CWBA certification and join a network of your peers who have also completed the qualifying training.

A CWBA is equipped with a basic, non-clinical understanding of mental health challenges. They are trained to listen and connect with other people to provide support that leads to empowerment and revitalization. They have access to and provide information on supportive community resources to others. Importantly, CWBAs also understand the necessity and benefits of practicing their own holistic self-care.

Q: Who can apply to become a Certified Well-being Ambassador?

A: Anyone who has completed all three trainings of the Mental Health Awareness Series:

- Mental Health First Aid (Youth or Adult)
- Emotional CPR (Hybrid or full-length)
- Wellness Recovery Action Plan (WRAP) or Orientation to WRAP

These trainings can be taken through PSCFL or another organization that offers them. To find an upcoming course, [check the training calendar](#).

Q: How can I apply?

A: After you have completed the required 3 trainings, you will need to upload all 3 certificates to your PSCFL Membership Profile using [these instructions](#) OR email them to cwba@peersupportfl.org. Then, you can fill out this [Google Form](#) to apply.

Q: What are the ongoing requirements for maintaining certification?

A: Community of Practice Sessions for Well-being Ambassadors will be held quarterly (4 times per year) as an opportunity to learn from one another and discuss successes and challenges encountered in using the skills you've gained through trainings. As a requirement, **you must attend at least 1 of these per year**. You are also required to obtain **at least 8 hours of Continuing Education yearly** in any wellness-related topic.

Still have questions? Reach out to cwba@peersupportfl.org.