



YOUTH AMBASSADOR PROGRAM - SPRING 2021

Let's Move! Examining the effects of movement on your brain, emotions and immunity.



SPREAD THE WORD

As a Canopy Children's Solutions' (Canopy) Youth Ambassador, you will shine your light on mental health by engaging family and friends through conversations, hand-written letters, text messages, e-mail, social media. Spread the word about the benefits of movement and exercise on brain health, emotions and immunity. To get started, participate and/or volunteer in the annual 5K4Kids Canopy Cares Run! Race in-person on Saturday, May 1, or all month-long virtually from the comfort of your home. Register today at [5K4Kids.com](https://www.5K4Kids.com).



WAYS YOU CAN HELP

- Engage your friends and family about Canopy's 5K4Kids and the benefits of movement on your brain, emotions and immunity
- Promote the 5K4Kids on social media
- Create a 5K4Kids team and encourage classmates to join you
- Participate and/or volunteer at the 5K4Kids
- Share what you learn and encourage others to practice mindfulness



EXAMPLE MESSAGING

- Join me as I race to shine the light on children's mental health! Register now at [5K4Kids.com](https://www.5K4Kids.com).
- Did you know that balanced exercise types are protective against stress? Let's move together! Join me at Canopy's 5K4Kids as we race to shine the light on children's mental health. [5K4Kids.com](https://www.5K4Kids.com)
- Ready, Set, Go! Join me for Canopy's 5K4Kids Canopy Cares Run.
- Let's get moving to improve your mental health.
- Let's move! Reach out to a friend and take a walk. A great time to reconnect.
- Time outs are good! Who knew? Take a few minutes of quiet time today.

CONNECT WITH CANOPY

- Tag Canopy in your posts and photos, and be sure to use hashtags: #CanopyCares #MentalHealth #5K4Kids
- Share your "why" with others through a photo or video post
- Start a Facebook fundraiser, so friends and family can shine their light and support Canopy's mission
- Re-post and share Canopy posts and branded graphics
- Update your Facebook profile picture with the 5K4Kids frame





COMMUNITY SERVICE HOUR LEVELS

15 HOURS

- Digital ambassador (spread the word via social media, text message, e-mail, word of mouth)
- Attend 2 of 3 virtual ambassador Zoom meetings
- Complete and submit monthly ambassador form

20 HOURS

- Digital ambassador (spread the word via social media, text message, e-mail, word of mouth)
- Attend 2 of 3 virtual ambassador Zoom meetings
- Complete and submit monthly ambassador form
- Participate and/or volunteer at 5K4Kids Canopy Cares Run (Madison, MS) on Saturday, May 1, 2021 or virtual 5K throughout the month of May

25 HOURS

- Digital ambassador (spread the word via social media, text message, e-mail, word of mouth)
- Attend 2 of 3 virtual ambassador Zoom meetings
- Complete and submit monthly ambassador form
- Participate and/or volunteer at 5K4Kids Canopy Cares Run (Madison, MS) on Saturday, May 1, 2021 or virtual 5K throughout the month of May
- Sign-up a 5K team of 5+ more people to participate in the in-person race or virtual



MARK YOUR CALENDARS

Tuesday, March 9: Virtual kick off meeting via Zoom // 5:30 p.m.

Topic: Movement and Your Brain

Friday, April 2: Monthly questionnaire due to kea.hart@mycanopy.org

Tuesday, April 6: Virtual meeting via Zoom // 5:30 p.m.

Topic: Movement and Your Emotions

Friday, April 30: Monthly questionnaire due to kea.hart@mycanopy.org

Saturday, May 1: 5K4KIDS CANOPY CARES RUN

Tuesday, May 4: Virtual meeting via Zoom // 5:30 p.m.

Topic: Movement and Your Immunity

Tuesday, May 4: Community service hour forms due to kea.hart@mycanopy.org

Friday, May 14: Monthly questionnaire due to kea.hart@mycanopy.org



DID YOU KNOW

Canopy Children's Solutions' mission is to help children thrive and families overcome extraordinary challenges by providing a continuum of behavioral health, education and social service solutions.

Canopy is Mississippi's largest and most comprehensive provider of children's behavioral health, educational and social service solutions, reaching each of Mississippi's 82 counties. For more than 100 years, Canopy has innovated solutions to solve the most vexing problems facing Mississippi's children and families.

CANOPY STATEWIDE SOLUTIONS

Behavioral Health Solutions

- Early Intervention Autism Clinics (Jackson)
- Behavioral Health Clinics (Gulfport, Hattiesburg, Jackson)
- CARES Center - Psychiatric Residential Treatment Center (Jackson)

Intensive In-Home Solutions

- Community-based mental and behavioral health solutions

Educational Solutions

- CARES Schools (Hattiesburg, Jackson)

Social Services Solutions

- Adoption and Maternity Services
- South Mississippi Child Advocacy Center - Forensic Interviewing (Gulfport, Pascagoula)
- Warren County Children's Shelter (WCCS) - Diagnostic and Evaluation Crisis Shelter (Vicksburg)
- Family Preservation and Reunification Solutions
- Therapeutic Foster Care (Hattiesburg)



2020

82

Mississippi
counties served

17

statewide
locations

5,470

total youth served

6,812

total hours of
autism therapy

1,269

total victims of
violent crimes
served at SMCAC

2,359

total youth served
in mental and
behavioral health
outpatient clinics

let's connect



Canopy Children's Solutions



canopychildrens



canopychildren



Canopy Children's Solutions

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