

YOUTH MENTAL WELLNESS CHAMPIONS

2025-26 Cohort

Building Student Leader Skills & Connections

Wisconsin Office of
Children's Mental Health



Youth Mental Wellness Champions

A new opportunity for
dedicated high school
students to serve as
a leader in mental
health and wellness.

Each academic year, 15 high
school Juniors and Seniors
with varied lived experiences
across Wisconsin will be part
of a cohort and engage in
monthly virtual meetings to
expand their knowledge,
skills, and network.

MONTHLY MEETING TOPICS TO INSPIRE & ENGAGE

- ▶ Mental Health: Past & Present
- ▶ School-Based Mental Health
- ▶ Wellness & Belonging
- ▶ Advocacy Strategies
- ▶ Identifying Priorities
- ▶ Sharing Stories for Impact
- ▶ Data for Change

PARTICIPATION REQUIREMENT

- Attend virtual meetings the **third Thursday of each month** from **7:30 pm – 9 pm** on the following dates:

September 18, 2025	January 15, 2026
October 16, 2025	February 19, 2026
November 20, 2025	March 19, 2026
December 18, 2025	April 9, 2026*
- Attend in-person cohort completion ceremony **May 14, 2026*** in **Madison**.

** Final two sessions are held the second Thursday of the month*

WHY APPLY?

- Expand personal and professional network
- Build skills to analyze complex social issues
- Share ideas for improving wellness in Wisconsin
- Practice strategic storytelling to influence decision-makers
- Certificate of completion for resumes and college applications

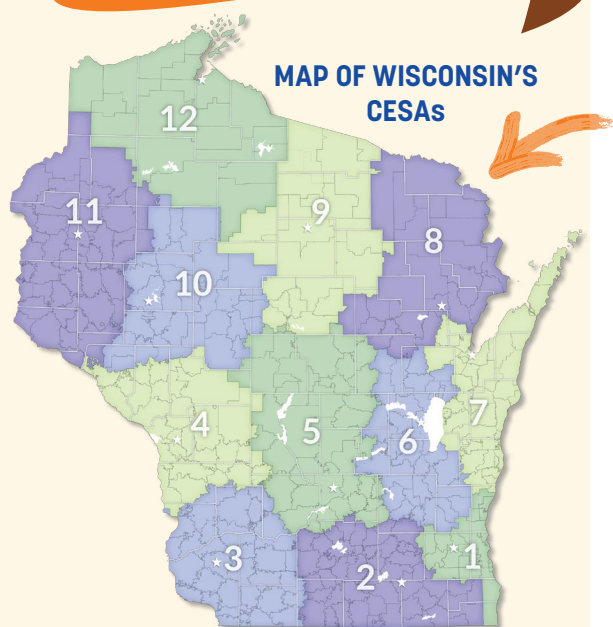
[continued >>](#)



YOUTH MENTAL WELLNESS CHAMPIONS

2025-26 Cohort Application Details

Applications are due
Monday, Sept. 8, 2025
by midnight



MAP OF WISCONSIN'S
CESAs

**CESA stands for Cooperative
Educational Service Agency.**

There are 12 CESAs in the
state of Wisconsin.

Not sure which CESA you are in?
Ask a School Administrator or
search for your School District
on the Department of Public
Instruction website.

*For questions about the
Wisconsin Youth Mental Wellness
Champions, please contact OCMH@
wi.gov.*

WHO CAN APPLY?

OCMH prioritizes youth voice and seeks to have diverse Youth Mental Wellness Champions with a representative mix of experiences and identities. Each academic year, a rising high school Junior or Senior from each of the 12 CESAs will be chosen for the Wisconsin Youth Mental Wellness Champions Cohort. An additional three seats will be filled by applicants from any region in Wisconsin, for a total of 15 members.

The cohort model will provide a space where student leaders can share their perspectives and recommendations to influence the work of OCMH while building peer connections.

No member may serve more than one academic year, which ensures this unique leadership development opportunity can reach many young people in Wisconsin.

HOW TO APPLY

Students entering their Junior or Senior year of high school can apply via a short online form. Student leaders will be asked to provide the following information in their application:

- Name, email address, mailing address
- Name of high school, CESA Region
- Brief description of personal experience with mental health/wellness
- Short list of relevant extracurricular, volunteer, or work experiences
- 1 – 3 minute video explaining why the student would like to participate in the Youth Mental Wellness Champions Cohort



**APPLY
HERE!**

**ALL APPLICATIONS MUST BE SUBMITTED
BY MONDAY, SEPT. 8 BY MIDNIGHT**

OR FIND THE APPLICATION AT [CHILDREN.WI.GOV](https://children.wi.gov)



**Wisconsin Office of
Children's
Mental Health**

children.wi.gov

Wisconsin Office of
Children's Mental Health



**Youth Mental
Wellness Champions**