

# Health Messenger Training

## BACKGROUND INFORMATION + APPLICATION



Special Olympics  
**Health**  
FOUNDATION  
MADE POSSIBLE BY **Golisano**

1. Are you a Special Olympics athlete who is passionate about your health?
2. Are you a Special Olympics athlete who is interested in leading other athletes to become healthier?
3. Are you a Special Olympics athlete who is interested in talking with health care providers or political leaders about the importance of health care for people with intellectual disabilities?
4. Are you a Special Olympics athlete who will work with your Special Olympics Program to train additional Health Messengers locally?

If you answered yes to any of these questions, then you should consider applying to be trained as a Special Olympics {insert SO Program name} Health Messenger!

### **Athletes will be trained to:**

- Present and interact at meetings with health partners and health influencers
- Be health representatives on Athlete Input councils and Boards
- Motivate peers on maintaining good nutrition, hydration and physical activity
- Deliver Fit5 lessons to other athletes
- Lead Special Olympics athletes to establish healthy lifestyles and set personal health and fitness goals

### **Mentors will be trained to:**

- Work with Health Messengers to accomplish their local goals
- Continue providing support to athlete leaders both locally and globally

### **SONM will be expected to:**

- Support the Health Messenger achieve their goals as health leaders when they come back to their Program
- Support any resource needs the Health Messenger has to activate from the training.

**Training Dates:** February 9-March 4 on Tuesdays and Thursdays at 12 PM

**Location:** Zoom

**Who:** 3 SONM Athletes and 3 Mentors

**Application Deadline:** Submit your video/written application and form by January 28



### Health Messenger Trainee Qualifications:

- Active Special Olympics athlete
- Interested in health and committed to putting the training into action in your community and SO Program
- Available to attend the training on selected dates
- Has an identified Mentor to attend the training and to support going forward
- Willing to participate in pre-training conference calls
- Has been approved by SONM for participation.

### Application Process:

Each applicant must put together a **no more than 4-minute video** (note: the video can be taken using a smart phone, no special equipment required!) or written document explaining why you think you would be a good Health Messenger.

For the video or paper, we encourage your creativity! Remember that your explanation must be health-focused. Some topics you can answer include:

- Ways you are trying to lead a healthy life
- A personal health story
- A plan of what you would do to help other athletes become healthier
- An explanation as to why it's important that people with intellectual disabilities are included in health care policy or plans

Applicants must also submit the "Athlete Applicant Information" form via Google Forms: <https://forms.gle/28BFAGPLUSDGxyWZ9> .

**Application Deadline:** The video/written application and form should be submitted on the Google Form above, or to [victoria@sonm.org](mailto:victoria@sonm.org) by January 28. **Incomplete or late submissions will not be considered.**



ATHLETE APPLICANT INFORMATION	
Name	
Sport(s) the athlete participates in:	
E-mail	
Phone	
Is the athlete available to come to training on DATE at LOCATION	
Mentor's Name	
Mentor's E-mail	
Mentor's Phone Number	
Is the mentor available to come to training on DATE at LOCATION	

PROGRAM INFORMATION	
Special Olympics Program	
Program Contact Name	
E-mail	
Phone	
SO Program Signature	

VIDEO OR WRITTEN APPLICATION	
How has the video/writing been submitted (i.e. email, YouTube link, dropbox link)?	

**Athletes will be notified by February 2nd if they have been selected to attend the Health Messenger training.**

For questions, please contact: Victoria Martinez at [victoria@sonm.org](mailto:victoria@sonm.org)