

PRESS RELEASE

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FOR IMMEDIATE RELEASE

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Oak Ridge Student Receives Congressional Silver Medal

On Monday, December 12, 2016 Congressman Tom McClintock presented the Congressional Silver Medal to Oak Ridge student, Tiffany Wong. Ms. Wong was awarded for her extensive volunteer service, personal development, physical fitness, and exploration. She helped the local community through El Dorado County Youth Commission, El Dorado County Teen Court, the California Association of Student Council, and the US Naval Sea Cadets. She also applied her piano skills in public service by playing with Sierra Symphony and organized a group of young artists playing at local senior centers. She developed knowledge and skills relating to the US Naval Sea Cadets and US Navy.

For physical fitness, she improved her golf skills by taking private lessons, joining Oak Ridge Girl's Golf Team, and participating in tournaments. For exploration, she went to the United Kingdom where she learned about the local culture and history. Ms. Wong said "it is a great honor to receive this prestigious Silver Medal Award." The majority of the work for this award was done when she was attending Virtual Academy last year. This year, while attending Oak Ridge High School, she continued all of her previous work she did while at the Virtual Academy. In addition, she initiated a Mental Health Awareness and Training Program for all of the schools in the El Dorado County.

This past summer, Ms. Wong contacted El Dorado County Mental Health Division after she identified a great training that they offer called "Mental Health First Aid." The free, interactive training will arm the public with skills to help identify, understand and respond to signs of mental illness and substance abuse disorders. She urged and coordinated to bring the "Mental Health First Aid" Training to our schools in El Dorado County. She was fortunate and grateful that she received full support from her Principal, Mr. Aaron Palm, who had been supportive and encouraging to her back when she attended Virtual Academy while he was the Director. "Oak Ridge High School is so proud of Tiffany and all that she has accomplished. She is a true asset to our school and our community" said Mr. Palm.

After a few months of coordination with the program's trainer, Stephanie Carlson, the El Dorado Union High School District offered the "Mental Health First Aid" training for free to all administrators and counselors from the entire district. Ms. Carlson offered flexible schedules and locations that allowed our schools to customize the training to their needs. In addition, at least two schools within the district offered this training to their students. Ms. Wong also received many thanks from the County Mental Health Division for taking such initiative.

Ms. Wong plans to continue this journey working with the County Youth Commission and the Board of Supervisors. Her next goal is to bring Mental Health First Aid to teachers, students, and parents of all schools within El Dorado County.

To register online, or for more information about the course, please visit: www.edcgov.us/mentalhealth or call Stephanie Carlson at (530) 621-6315.



Principal Aaron Palm, Tiffany Wong, and Congressman Tom McClintock