



Social Media & Youth Outreach Internship Description

Healthy Lamoille Valley, a program of the Lamoille Family Center, is seeking a creative and motivated Lamoille Valley student to join our team as a Social Media & Youth Outreach Intern. In this role, you will manage, share, and create original content for our Instagram account to inspire and empower youth to make a positive impact on our community's well-being.

Beyond social media, you'll assist with preparing outreach materials and representing Healthy Lamoille Valley/Lamoille Family Center at community events. This is a great opportunity to build your communication skills, gain hands-on experience, and help promote healthy, substance-free choices for local youth.

HLV is a coalition of individuals and community organizations working together to prevent and reduce youth substance misuse, while encouraging healthy, substance-free choices. If you're passionate about making a difference, telling meaningful stories, and connecting with your peers, we'd love to hear from you!

Job Responsibilities:

Social Media Management:

- Learn about Healthy Lamoille Valley's mission, current projects, and campaigns.
- Manage the Instagram account by:
 - Creating original content (posts, stories, reels, etc.)
 - Resharing relevant content that:
 - Promotes youth well-being, resources, and opportunities
 - Educates youth about substance misuse
 - Highlights the work of Healthy Lamoille Valley and our community partners
- Create or reshare at least one piece of content per day, at least 2-3 days a week.
- Brainstorm and research peer-to-peer campaign ideas in collaboration with the Youth Substance Prevention Coordinator.
- Monitor the Instagram account by engaging with comments and messages professionally and addressing inappropriate content as needed.
- Share and promote the Instagram account with the primary youth audience.

Youth Outreach & Event Support:

- Assist with preparing outreach materials.
- Participate in tabling and representing Healthy Lamoille Valley at community events (specific activities to be determined).
- Support other youth engagement and prevention initiatives as assigned.

Other Responsibilities:

- Attend regular meetings with your supervisor.
- Attend HLV coalition meetings as able.
- Complete other tasks as assigned by the Youth Substance Prevention Coordinator.
- Commit to remaining substance-free.

Hours and Benefits

\$14/hr

5-7 hrs/week for the '25/26 school year. We will revisit at the end of school year for potential for summer continuation.

Paid Sick Leave, as defined by Vermont's Earned Sick Time Act: A part time employee will earn one hour of earned sick time for every 52 hours of paid work.

Example: Estimate 7 hrs x 42 weeks = 294. $294 / 52 =$ Approx. 5.7 hrs paid sick leave

Qualifications / Skills:

- At least a year of experience creating content on Instagram
- Knowledgeable of Instagram and social media
- Passionate about our mission of youth substance prevention
- Confident verbal and written communication
- Organization
- Self-management skills
- Professionalism
- Teamwork
- Basic graphic design (preferred)

To apply, send a letter of interest stating your qualifications to Youth Coordinator, Carrie Patterson at carrie@healthylamoillevalley.org by September 12, 2025
Anticipated start date for the position is October 15, 2025