Mental Illness

Content Area: **Health & Phys Ed**
Course(s): **HEALTH 1**
Time Period: **Semester 1**
Length: **2 weeks**
Status: **Published**

Standards

2.1.12.PGD.1	Develop a health care plan that includes practices and strategies designed to support an active lifestyle, attend to mental health, and foster a healthy, social and emotional life.
2.1.12.PGD.2	Predict how healthy and unhealthy behaviors can affect brain development and impact physical, social and emotional stages of early adulthood.
2.1.12.EH.1	Recognize one's personal traits, strengths, and limitations and identify how to develop skills to support a healthy lifestyle.
2.1.12.EH.2	Analyze factors that influence the emotional and social impact of mental health illness on the family.
2.1.12.EH.3	Describe strategies to appropriately respond to stressors in a variety of situations (e.g., academics, relationships, shootings, death, car accidents, illness).
2.1.12.EH.4	Analyze and adapt mental and emotional health messages and communication techniques to peers and other specific target audience (e.g., dimensions of health).
2.1.12.CHSS	Community Health Services and Support
2.1.12.CHSS.1	Analyze the opportunities available at home, in school, and in the community to support the mental health of oneself or an individual.
2.1.12.CHSS.2	Develop an advocacy plan for a health issue and share this information with others who can benefit.

Enduring Understandings

1. Mental illnesses are health conditions involving changes in thinking, emotion, and/or behavior. ***HE.9-12.2.1.12.EH*** *- Emotional Health - [Core Idea] - Self-confidence, personal traits, stress, limitations, and strengths impact the mental and emotional development of an individual*

2. Mental illnesses can affect individuals of any age, gender, or ethnicity. ***HE.9-12.2.1.12.EH*** *- Emotional Health - [Core Idea] - Self-confidence, personal traits, stress, limitations, and strengths impact the mental and emotional development of an individual*

3. It is important to have open lines of communication regarding mental illness which will enable individuals to seek help. ***HE.9-12.2.1.12.SSH*** *- Social and Sexual Health - - [Core Idea] - Healthy individuals demonstrate the ability to identify who, when where and/or how to seek help for oneself or others.*

Essential Questions

1. Why is mental illness a difficult topic to discuss?

2. What is the connection between mental illness and suicide?

3. Why are the signs and symptoms of depression and suicide not always evident?

4. What are the multiple resources available for people who need help with mental illness and conditions?

Knowledge and Skills

Performance expectations are:

- Identify the signs and symptoms of depression. ***HE.9-12.2.1.12.PGD.1***
- Understand the risk factors for suicide. ***HE.9-12.2.1.12.PGD.2***
- Understand society's changing views on mental illness.***HE.9-12.2.1.12.EH.2***
- Develop effective stress management skills. ***HE.9-12.2.1.12.EH.1***
- Identify WH and community resources available for mental illness. ***HE.9-12.2.1.12.CHSS.1***

Transfer Goals

1. Students will be able to independently recognize the signs of mental illness.

2. Students will be able to independently understand when to utilize mental health resources.

3. Students will be able to independently seek assistance from a mental health provider for self or others.

Resources

May include speakers from the following organizations:

- Minding Your Mind Guest Speaker - https://mindingyourmind.org/
- Rutgers L.I.G.H.T. Counseling - https://www.whrhs.org/guidance/new-page
- Substance Abuse and Mental Health Support https://www.samhsa.gov/find-help/national-helpline
- Mosaic Counseling
- WHRHS SAC

Assessments

https://docs.google.com/document/d/1z90hu2-lCXoUTewriJPJTl5846tUuXMFSuMHD8is0yI/edit

Modifications for Diverse Learners

https://docs.google.com/document/d/1cUIE1QRfV7jJNjgU2NdcW1x91UAyDENe/edit