

Mental Health Training for Substitutes

Recognize the symptoms of common mental health disorders and apply effective strategies in the classroom

OBJECTIVES:

- Identify the symptoms of common mental health disorders
- Understand classroom interventions that help manage behaviors
- Understand your role in reporting and your responsibility in maintaining confidentiality

ADHD Symptoms

Attention Deficit and Hyperactivity Disorder

- Trouble staying on task and finishing assignments
- Trouble following the rules
- Easily distracted; doesn't seem to listen
- Decreased frustration tolerance
- Blurts out answers

ADHD Classroom Interventions

Use these techniques to help manage the behavior of an ADHD student...

- Give instructions one or two at a time
- Allow the student to help you within the classroom
- Provide positive reinforcement for desired behaviors

ODD Symptoms

Oppositional Defiant Disorder

If left untreated, ADHD can become ODD and possibly an even more serious Conduct Disorder

An ODD student:

- Often angry and resentful
- Argues and actively refuses to comply with adults
- Loses temper easily and frequently
- Intentionally annoys others, but is easily annoyed themselves
- Does not take responsibility for their own actions
- Often warns and speaks of revenge

ODD Classroom Interventions

Use these techniques to help manage the behavior of an ADHD student...

- Avoid power struggles
- Give choices rather than directions
- Build rapport based on student interests
- Be sincere in all of your interactions
- Choose your battles carefully

De-escalation Techniques

- Lowered voice
- Relaxed posture
- Respect for personal space
- Caring cues

Psychosis

DEFINITION:

- Abnormal condition of the mind
- Loss of contact with reality
- Personality changes and thought disorder
- Unusual or bizarre behavior
- Difficulty with social interaction
- Impairment in daily activities

SYMPTOMS:

- Delusions; ganging up
- Hallucinations
- Disorganized speech
- Extremely strange behavior
- Significantly withdrawn
- Extreme confusion
- Unusual display of emotions

What to do if you feel a student is having a psychotic episode:

- Utilize de-escalation techniques
- Remove them from the vicinity of other students as quickly as possible
- Enlist the help of surrounding teachers and administration
- Ensure your classroom is being covered while dealing with the situation

STUDENT CONFIDENTIALITY

As an employee of Friendswood ISD, it is your responsibility to maintain a strict level of confidentiality at all times.

- Do not discuss personal information regarding students or staff. This includes, behavior, grades and incidents that may occur during the school day
- Do not discuss or post on social media anything regarding the students or staff of FISD
- Do not share student disruptions or the discipline involved
- Any infraction regarding the confidentiality of our students and staff can result in immediate dismissal