

## Union County Educational Services Commission

### Mental Health Mini-Unit

#### ***Standards***

- *PS:A2.3 Recognize, accept, respect and appreciate individual differences.*
- *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.1: Recognize one's personal traits, strengths, and limitations and identify how to develop skills to support a healthy lifestyle.*
- *PS:C1.5 Differentiate between situations requiring peer support & situations requiring adult professional help*
- *PS:C1.6 Identify resource people in the school and community, and know how to seek their help*

#### ***What is/Importance of Mental Health & Well-being***

<b><i>Content</i></b>	<b><i>Skills</i></b>	<b><i>Resources</i></b>
<ul style="list-style-type: none"> <li>What is MH &amp; Well-Being &amp; Why is it important?</li> <li>What are ACEs (Adverse Childhood Experiences)? How do they affect us?</li> <li>The Impact of ACEs and trauma (grief, death, incarceration, violence, etc) on our wellness</li> </ul>	<p style="text-align: center;"><i>The Students Will Be Able To... (TSWBAT)</i></p> <ul style="list-style-type: none"> <li>Develop a basic understanding of the importance of maintaining their own positive MH &amp; Well-being</li> <li>Demonstrate an understanding of what ACEs are</li> <li>Identify some of the common/personal ACEs that may be affecting them.</li> <li>Understand how ACEs can impact our MH &amp; Well-being.</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Protecting Youth MH - US Surgeon General Advisory</a></li> <li><a href="#">Active Mind - We all have MH</a></li> <li><a href="#">Active Mind - Let's Talk about MH</a></li> <li><a href="#">Celebrities that struggle w/MH</a></li> <li><a href="#">Adverse Childhood ExperienceEs</a></li> </ul>

#### ***Common Factors Affecting Our Mental Health***

<b><i>Content</i></b>	<b><i>Skills</i></b>	<b><i>Resources</i></b>
<ul style="list-style-type: none"> <li>Genetics vs Environment</li> <li>SU &amp; MH</li> <li>Protective vs Risk factors</li> </ul>	<p style="text-align: center;"><i>The Students Will Be Able To...(TSWBAT)</i></p> <ul style="list-style-type: none"> <li>Identify common risk factors in MH such as personal familial history, environment, and physical health and well-being</li> <li>Understand how SU can impact MH</li> <li>Identify &amp; familiarize themselves with both protective &amp; risk factors</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">MH &amp; SU Podcasts</a></li> <li>Smart Recovery for Teens</li> <li>NIDA-Drugs and your brain/body</li> </ul>

### ***Common Mental Health Disorders in Adolescents***

<b><i>Content</i></b>	<b><i>Skills</i></b>	<b><i>Resources</i></b>
<ul style="list-style-type: none"> <li>Common Adolescent MH concerns - anxiety, depression, bipolar disorder, schizophrenia, SIB &amp; SI</li> <li>Common symptoms &amp; behavior patterns of anxiety, depression, bipolar disorder, &amp; schizophrenia</li> <li>How can I identify or recognize when it is important to get help?</li> </ul>	<p style="text-align: center;"><i>The Students Will Be Able To...(TSWBAT)</i></p> <ul style="list-style-type: none"> <li>Develop a basic understanding of the most common adolescent MH disorders</li> <li>Identify some of the symptoms &amp; behavior patterns of anxiety, depression, bipolar disorder, schizophrenia, SIB, &amp; SI.</li> <li>Understand when &amp; who to contact when there is a potential for crisis.</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Podcasts Teen Wellness - Depression &amp; SIB</a></li> <li><a href="#">Active Mind - Here for You</a></li> <li><a href="#">Active Mind - When it's more than a bad day</a></li> <li><a href="#">Active Mind - You are not alone</a></li> <li><a href="#">Active Mind - Helping a Friend</a></li> <li><a href="#">Active Mind - Understanding MH Crisis</a></li> <li><a href="#">Reach Out - Anxiety</a></li> <li><a href="#">2nd Floor Youth Helpline</a> call text 24/7 (888-222-2288)</li> <li>Union County PESS 908-994-7131</li> <li>Suicide Crisis Lifeline-988</li> </ul>

### ***Coping, Wellness, & Resources***

<b><i>Content</i></b>	<b><i>Skills</i></b>	<b><i>Resources</i></b>
<ul style="list-style-type: none"> <li>How do we manage stress, anxiety, sadness, etc.</li> <li>Negative vs Positive coping skills</li> <li>Where can I get help? What resources or support services are at my disposal?</li> </ul>	<p style="text-align: center;"><i>The Students Will Be Able To...(TSWBAT)</i></p> <ul style="list-style-type: none"> <li>Identify positive social practices to assist w/emotional regulation.</li> <li>Identify personal coping skills to regulate emotions.</li> <li>Familiarize themselves with the local network of resources available for concerns regarding mental health &amp; well-being/wellness.</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">2nd Floor Youth Helpline</a> call or text 24/7(888-222-2288)</li> <li>Union County PESS 908-994-7131</li> <li>Suicide Crisis Lifeline-988</li> <li><a href="#">NIDA - Stressed out</a></li> <li><a href="#">NIDA - Nurturing Mental &amp; Emotional Health</a></li> <li><a href="#">NAMI Union County</a></li> <li><a href="#">Active Mind - Staying (Mentally) Healthy</a></li> <li><a href="#">Active Minds - Making Responsible Choices</a></li> </ul>

### ***Possible Activities/Assessments***

Brief Surveys, Lists, Summaries to share knowledge, Exit Tickets, Venn Diagram, Hand in Pass out, Mini Whiteboards, Role-Play, Creative constructs - posters, collages, short, ABC stories, Google Forms, Padlet, Quizlet, Quizzizz, & Kahoot Quizzes