

Mental Health & High School Curriculum Resource –

The Mental Health & High School Curriculum Guide was developed in collaboration between Dr. Stan Kutcher, Sun Life Financial Chair in Adolescent Mental Health and the Canadian Mental Health Association national office. Dr. Kutcher is an internationally renowned adolescent psychiatrist. Dr. Kutcher is a Professor of Psychiatry and Director of the World Health Organization Collaborating Center in Mental Health Training and Policy Development at Dalhousie University (Nova Scotia). With support from Dalhousie University, and with mentorship from Curriculum Services Canada, the Mental Health & High School Curriculum Guide was developed.

- The Guide Has been implemented in Canadian schools across all Provinces
- It was developed to address the need for mental health education for teens. It is designed to provide teacher and student-friendly classroom-based resources.
- It uses up-to-date and evidence based information to increase knowledge and reduce stigma.
- The Guide has been field-tested and can be utilized in grades 9-12.
- It was created in collaboration with teachers, guidance counselors, mental health professionals, **students, parents, and curriculum development experts.**

Some highlights of the resource include

- That it aligns well with newly drafted **Washington State K12 Health and Physical Education Learning Standards** (Including components of Eating Disorders, Stress Management, Emotional and Mental/Behavioral Health, and Wellness)
- Designed to support teachers and improve students' knowledge of mental health
- Limited training will be provided for early adopters

Mental Health Curriculum Content

The curriculum resource takes 8-10 hours and is essentially a unit on Mental Health Literacy. The modules can be easily organized into 45-minute to 1-hour sessions, usually delivered over a period of one to two weeks.

Topics include:

1. Reducing stigma
2. Understanding mental health and mental illness
3. Information on specific mental illness – eating disorders, anxiety, depression, ADHD, obsessive compulsive disorder, bipolar disorder, schizophrenia, and PTSD
4. Experience of mental illness
5. Seeking help and finding support
6. Importance of positive mental health

Information and Contact

To register for training, visit the Project AWARE Website: <http://www.k12.wa.us/SecondaryEducation/AWARE.aspx>

Or contact a training coordination team member:

- Mandy Paradise, Project AWARE Supervisor, OSPI: 360-725-6248 or mandy.paradise@k12.wa.us
- Deb Binion, Executive Director, Jordan Binion Project: 253-318-1232 or deborah@jordanbinionproject.org
- Monet Craton, Director, Prevent-Avert-Respond Initiative, CHI Franciscan Health: 253-539-6786 or monetcraton@chifranciscan.org

